

Self-care can help us feel calmer, and can give us a sense of control when things feel out of control. The best way to plan for this kind of self-support is to identify things that may be helpful or comforting. Start your self-care planning here.



LOVE
IS
LOVE

LOCAL RESOURCES

School Youth Health Centres
For folks under 20

Cape Breton Youth Project
(902) 578-5801

Halifax Youth Project
(902) 429-5429

Wabanaki Two Spirit Alliance
(902) 880-4337

Healing Our Nations
(902) 492-4255

Cape Breton Centre for Sexual Health
(902) 539-5158

CPCSH

440 George St, Sydney, NS B1P 1K3
pp.cb@bellaliant.com
(902) 539-5158

LGBTQ2S+ YOUTH SHAMING & BULLYING



CAPE BRETON CENTRE FOR
SEXUAL HEALTH

The LGBTQ2S+ community includes lesbian, gay, bisexual, transgender, queer, and Two Spirit identifying individuals.

This community generally celebrates pride, diversity, individuality, and sexuality. LGBTQ2S+ activists and sociologists see the LGBTQ2S+ community as a counterbalance to heterosexism, homophobia, biphobia, transphobia, sexualism, and conformist pressures that exist in the larger society.

The connections between sexual identities and self-destructive behaviours in young people is high.

Evidence shows that there are high rates of suicide and alcohol abuse among LGBTQ2S+ youth.

Homophobia, biphobia, and transphobia works to hurt these individuals on a deep level.

The result is many individuals face challenges with mental health and are often not able to find support in their community.

BULLYING BY THE NUMBERS

- 1 in 5 LGBTQ2S+ students report being physically harassed or assaulted
- There are 6000+ LGBTQ2S+ youth who are homeless each year
- 49% of transgender students report sexual harassment
- LGBTQ2S+ youth are 4 times more likely to attempt suicide than their heterosexual peers
- 33% of LGBTQ2S+ youth have attempted suicide compared to 7% of youth in general

EGALE Canada, 2019

WHAT IS SLUT SHAMING?

Applying derogatory terms towards a person based on their behaviour, sexual experience, clothing preferences, or dating history.

Although these are terms that are often directed toward women, they are not exclusively used against women and girls. In research on violence against LGBTQ2S+ youth, those who are more sexually active have reported being victimized by their peers.

HOW DOES THIS AFFECT THE LGBTQ2S+ COMMUNITY?

- The relationship of sexuality and slut shaming is a form of bullying.
- Reports of sexual activity in LGBTQ2S+ youth are significantly correlated with instances of verbal, relational, and overall bullying.
- Those who engage in increased sexual activity experienced further levels of bullying and victimization.

As a result of the harassment and discrimination LGBTQ2S+ students experience, there are significant costs. The emotional experience of being bullied by peers include suicidal ideation, anxiety, and depression. For LGBTQ2S+ youth, the academic effects related to being bullied can include lower grades and a reduced likelihood of obtaining post-secondary education.

