

How can we improve school life for LGBTQ+ young people?

LGBTQ+ young people are more likely to experience depression, anxiety, self-harm and suicide attempts than their heterosexual or cisgender peers.

To find out how schools can make things better, and which current interventions are effective, we looked at data from 54 research studies from around the world and spoke to LGBTQ+ young people, teachers and school governors in the UK.



Here's what we found...

INTERVENTION

1



Gay Straight Alliance clubs and Pride clubs

Provides LGBTQ+ young people with a safe space where they can normalise their thoughts and feelings.



Can lead to: Reductions in bullying, discrimination, and suicidal thoughts and attempts.



But: Clubs need wider acceptance throughout the school environment so young people aren't bullied for attending them.

INTERVENTION

2



LGBTQ+ inclusive anti-bullying and harassment school policies

Can reduce LGBTQ+ based bullying, harassment and discrimination.



Can lead to: LGBTQ+ students feeling safer and less likely to experience self-harm, suicidal thoughts, and attempts.



But: School staff need to be aware of these policies so they can implement them, and the wider community needs to be supportive.

INTERVENTION

3



LGBTQ+ inclusive curriculums

Normalises being LGBTQ+ and advocates equality and inclusion. Provides visible role models.



Can lead to: Greater empathy and support from non-LGBTQ+ students. Increases inclusivity and acceptance. Can reduce bullying.



But: Teachers need to be appropriately trained and well informed, and the wider community needs to be supportive.

INTERVENTION

4



Workshops and media-based interventions

Increases inclusivity and acceptance, and raises awareness.



Can lead to: Increased understanding and empathy from non-LGBTQ+ students. Decreases bullying.



But: Workshops should be run by people with LGBTQ+ lived experience. They should not be a one-off.