

Reducing Inequalities Between LGBTQ and Cisgender and Heterosexual Adolescents: School-Based Interventions

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Primary School-Based SOGIE Disparities

- Higher levels of bullying, harassment and victimization
 - From both peers and educators
- Higher levels of exclusionary and punitive discipline
 - Youth of color and transgender and gender non-conforming youth overrepresented
- Lack of access to affirming and supportive resources
 - Examples: Use of preferred name and pronouns, bathrooms, inclusive curriculum, comprehensive and inclusive sexuality education
- These hostile and toxic contexts lead to
 - Higher levels of compromised mental health, negative coping mechanisms and risk-taking, and absenteeism
 - Lower levels of school engagement and educational attainment

Critical Interventions that Reduce Disparities

- Inclusive and enumerated policies
 - Anti-discrimination, bullying, and harassment
 - Inclusive access for transgender and gender non-conforming youth
- Educator professional development
 - SOGIE identity and bias
 - Bias-motivated bullying, discrimination and harassment (SOGIE)
 - Interventions to reduce bullying, discrimination, and harassment and to improve school climate
- Student-based support groups (e.g. GSA's)
- Inclusive curricula and school resources

Critical Interventions that Reduce Disparities: Outcomes

- **Inclusive and enumerated policies** → more positive school climate, decreased bullying and harassment → increased student well-being and success
- **Supportive Teachers** → increased perception of safety and belonging, better attendance, higher academic performance
- **Educator Professional Development** → increased intervention → decreased bullying and harassment → more positive school climate → increased student well-being and success

Critical Interventions that Reduce Disparities: Outcomes

- **School Club Participation** → higher levels of school belonging, increased sense of school safety, higher academic performance, increased civic involvement and participation → health and health behaviors (reduced risk behavior), more positive mental health
- **Presence of a Club in School** → increased sense of school safety
- **Inclusive Curricula** → decreased bullying and harassment, more positive school climate, increased sense of school safety → higher levels of attendance
- **School resources** → more positive school climate, perception that adults were supportive and fair → increased student well-being

Critical Interventions that Reduce the Disparities: Summary

- Strategies that
 - reduce bullying, harassment, and discrimination
 - increase access and support
- Lead to
 - increased positive school climate
 - Increased sense of safety and belonging
- Which are related to
 - increased overall well-being
 - more positive mental and physical health
 - higher levels of school engagement and academic success

Knowledge Gaps: School-based Interventions

- Trans and gender non-binary youth
- Bisexual youth
- Youth of Color
- Elementary school contexts and younger students and their families
- Enhancing positive outcomes rather than reduction of harm (e.g. youth voice and autonomy, civic engagement, activism, positive peer and intimate relationships)
- How school level supports relate to other contexts (e.g. families, juvenile justice, child welfare)
- Impact of macro-level strategies (e.g. state level policies, teacher education)

Promising Approaches

- Whole school/district approaches are most effective
 - Requires courageous leadership at all levels
 - Inclusive policy context at all levels
- Multi-sector collaborations
 - University-community-school
 - School-juvenile justice-community
 - Family-school-community
- Practice to Research to Practice Partnerships



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