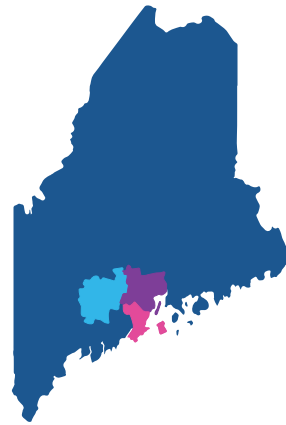


LGBTQ+ YOUTH

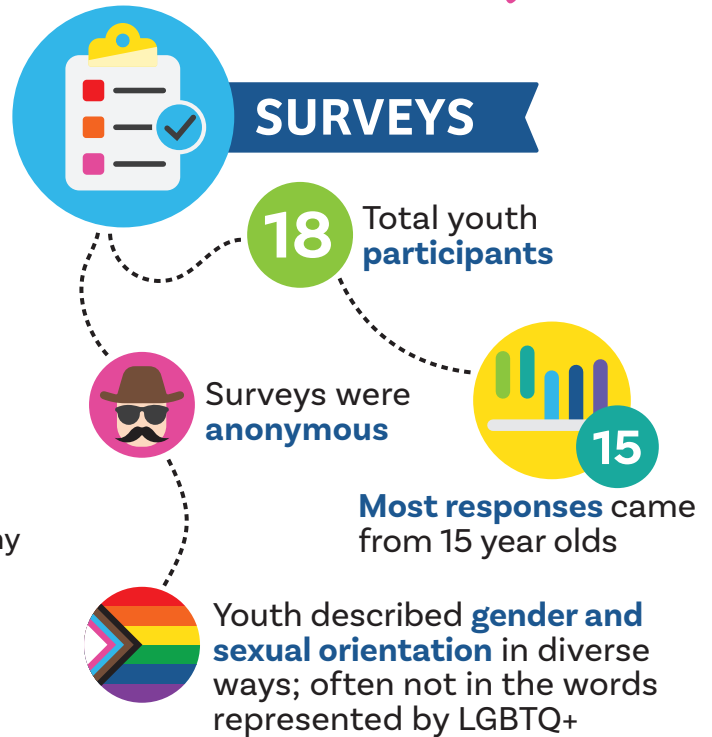
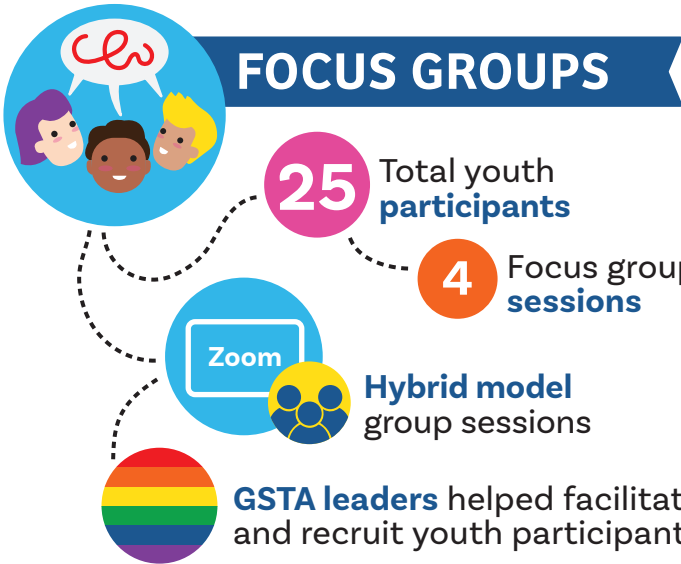
Tobacco Prevention Project

The LGBTQ+ Youth Tobacco Prevention Project Needs Assessment 2021

collected crucial data related to their tobacco use and exposure. Authentic voices of LGBTQ+ youth in Maine were added in 2022.



Focus groups and surveys were conducted to gain voices of Maine LGBTQ+ youth in **Kennebec**, **Knox** and **Waldo** Counties.



Both research modalities focused on questions in five areas...

- 1 feelings of acceptance
- 2 who they trust and why
- 3 stress, anxiety and depression
- 4 why LGBTQ+ youth sometimes do things they don't want to do
- 5 tobacco/cannabis access, use, and beliefs

Research Findings

LGBTQ+ youth want to fit in...

Using correct **names and pronouns** builds trust and acceptance

GSTA leaders, librarians, English teachers are at the top of the list of people at school who accept them

Although both are harmful, they were unsure of whether **smoking or vaping is more harmful**

The incorrect consensus that cannabis is **"way, way, way" less harmful** is of concern

LGBTQ+ youth experience **Minority Stress**...

Use of nicotine and withdrawal from nicotine **mimic symptoms associated with stress, anxiety and depression**

80% of respondents reported **feeling stressed** almost always or often

77% **feel anxious** almost always or often

72% of respondents also indicated they **felt depressed** almost always or often