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.

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

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

SURVEYS
18 Total youth participants
Surveys were anonymous
Most responses came from 15 year olds
Youth described gender and sexual orientation in diverse ways; often not in the words represented by LGBTQ+

Research Findings
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

Maine Integrated Youth Health Survey (MIYHS) 2019 www.maine.gov/miyhs/results
LGBTQ+ YTPP Needs Assessment 2022 www.hccame.org