

A Child Is a Child: LGBTQ+ Youth Health & Well-Being

2026 Snapshot: Data Sources

POPULATION

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Estimated number of California youth ages 13-17 who identify as lesbian, gay, bisexual, and/or transgender.	2020	Conron, K. J. (2020). <i>LGBT Youth Population in the United States</i> . The Williams Institute, UCLA.	Estimates are based on Youth Risk Behavior Surveillance System data (2015-2017), U.S. Census Bureau population estimates (2017), and Williams Institute estimates.	[link]
Percentage of California 7th, 9th, and 11th grade students who identify with a sexual orientation other than heterosexual/straight (lesbian or gay, bisexual, something else, or not sure) and/or as either transgender or not sure if they are transgender, by race and ethnicity.	2023-2025	California Department of Health Care Services, 20th Biennial State California Healthy Kids Survey, 2023-2025. [Custom tabulation by WestEd.]	Estimates are for the 2023-24 and 2024-25 school years. Regarding sexual orientation, students were asked, <i>Which of the following best describes you?</i> , and given the following response options: Heterosexual (straight); Lesbian or gay; Bisexual; Something else; Not sure; Decline to respond. Regarding transgender status, students were asked, <i>Some people describe themselves as transgender when how they think or feel about their gender is different from the sex they were assigned at birth. Are you transgender?</i> , and given the following response options: No, I am not transgender; Yes, I am transgender; I am not sure if I am transgender; Decline to respond.	[link]

HOSTILE ENVIRONMENTS

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Percentage of U.S. LGBTQ+ young people ages 13-24 reporting that recent LGBTQ+-related policies, laws, and debates (i) caused them stress or anxiety, (ii) negatively impacted their mental health, or (iii) made them feel unsafe going to a doctor or hospital.	2025	Nath, R., et al. (2026). <i>2025 U.S. National Survey on the Mental Health of LGBTQ+ Young People</i> . The Trevor Project.	The 2025 U.S. National Survey on the Mental Health of LGBTQ+ Young People was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]

MENTAL HEALTH

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Percentage of California LGBTQ+ young people ages 13-24 reporting symptoms of anxiety or depression.	2024	Nath, R., et al. (2025). <i>2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People by State</i> . The Trevor Project.	The 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]
Percentage of California LGBTQ+ young people ages 13-24 reporting receipt mental health care, among those who wanted it.	2024	Nath, R., et al. (2025). <i>2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People by State</i> . The Trevor Project.	The 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]
Percentage of California 7th and 11th grade students who in the previous year experienced chronic sadness or hopelessness.	2023-2025	California Department of Education, California Healthy Kids Survey: <i>Chronic sadness/hopelessness</i> .	Estimates are for the 2023-24 and 2024-25 school years. Data presented reflect students who felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities.	[link]
Percentage of California 7th and 11th grade students who in the previous year seriously considered attempting suicide.	2023-2025	California Department of Education, California Healthy Kids Survey: <i>Considered suicide</i> .	Estimates are for the 2023-24 and 2024-25 school years.	[link]

DISCRIMINATION

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Percentage of California LGBTQ+ young people ages 13-24 reporting they were discriminated against or physically threatened or harmed in the previous year based on their sexual orientation or gender identity.	2024	Nath, R., et al. (2025). <i>2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People by State</i> . The Trevor Project.	The 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]

Percentage of U.S. LGBTQ+ young people of color ages 13-24 reporting they were discriminated against or physically threatened or harmed in the previous year based on their sexual orientation, gender identity, or race/ethnicity/national origin.	2025	Nath, R., et al. (2026). <i>2025 U.S. National Survey on the Mental Health of LGBTQ+ Young People</i> . The Trevor Project.	The 2025 U.S. National Survey on the Mental Health of LGBTQ+ Young People was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]
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ECONOMIC WELL-BEING

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Percentage of U.S. LGBTQ+ young people ages 13-24 reporting economic insecurity -- i.e., being unable to make ends meet, experiencing food insecurity in the previous month, or having ever experienced homelessness.	2024	The Trevor Project. (2025). <i>The Impact of Houselessness and Food Insecurity on the Mental Health of LGBTQ+ Young People</i> .	Estimates are based on data from the 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People, which was designed to generate a large and diverse sample of LGBTQ+ young people but not a nationally representative one. Respondents were defined as being LGBTQ+ if they identified with a sexual orientation other than straight/heterosexual, a gender identity other than cisgender, or both.	[link]
Percentage of U.S. high school students who in the previous 30 days experienced unstable housing -- i.e., did not have a usual place to sleep or slept (i) in the home of a friend, family member, or other person because they had to leave their home or their parent or guardian could not afford housing; (ii) in a shelter or emergency housing; (iii) in a motel or hotel; or (iv) in a car, park, campground, or other public place.	2023	Centers for Disease Control and Prevention. (2024). <i>Youth Risk Behavior Survey Data Summary and Trends Report: 2013-2023</i> .	Estimates are based on data from a nationally representative sample of students in grades 9-12 attending public schools (including charter schools), Catholic schools, and other non-public schools in the 50 states and the District of Columbia. Students are classified as LGBTQ+ if they responded, "gay or lesbian," "bisexual," "I describe my sexual identity in some other way," or "I am not sure about my sexual identity (questioning)" to a question about sexual orientation and/or "yes, I am transgender," or "I am not sure if I am transgender" to a question about gender identity.	[link]

SCHOOL SUCCESS & SAFETY

Indicator	Data Year(s)	Data Source	Interpretation Notes	Link
Percentage of California 7th grade students who experienced bullying or harassment at school in the previous 12 months.	2023-2025	California Department of Education, California Healthy Kids Survey: <i>Any harassment on school property</i> .	Estimates are for the 2023-24 and 2024-25 school years. Data presented reflect students who were harassed or bullied by other students at least once, on school property or remotely.	[link]

Percentage of California 7th and 11th grade students who feel safe at school.	2023-2025	California Department of Education, California Healthy Kids Survey: <i>Perceived safety at school</i> .	Estimates are for the 2023-24 and 2024-25 school years. Data presented reflect students who responded "safe" or "very safe" to the question, <i>How safe do you feel when you are at school?</i>	[link]
Percentage of California 7th and 11th grade students who at least once in the previous 12 months were afraid of being beaten up on school property.	2023-2025	California Department of Education, California Healthy Kids Survey: <i>Afraid of being beaten up</i> .	Estimates are for the 2023-24 and 2024-25 school years.	[link]
Percentage of U.S. high school students who in the previous 30 days did not go to school at least once because they felt unsafe either at school or on the way to or from school.	2023	Centers for Disease Control and Prevention. (2024). <i>Youth Risk Behavior Survey Data Summary and Trends Report: 2013-2023</i> .	Estimates are based on data from a nationally representative sample of students in grades 9-12 attending public schools (including charter schools), Catholic schools, and other non-public schools in the 50 states and the District of Columbia. Students are classified as LGBTQ+ if they responded, "gay or lesbian," "bisexual," "I describe my sexual identity in some other way," or "I am not sure about my sexual identity (questioning)" to a question about sexual orientation and/or "yes, I am transgender," or "I am not sure if I am transgender" to a question about gender identity.	[link]