

Preventing Illicit Drug Use in Teens

LGBTQ+ Health & Well-Being

According to U.S. Department of Health & Human Services high school students identifying as lesbian, gay, or bisexual are nearly twice as likely to engage in illicit drug use compared to their heterosexual peers. Illicit drug use is associated with risky sexual behavior, violence, health concerns, and academic challenges.

In 2017, 27.8% of sexual minority students in grades 9 through 12 reported that they had ever used illicit drugs in their lifetime, compared to 23.1% in the most recent data from Healthy People 2023, indicating a worsening health disparity.

The U.S. Department of Health and Human Services emphasizes that fostering familial acceptance of LGBTQ+ identities among adolescents can significantly contribute to the reduction of illicit drug usage.



LGBTQ+ health and well-being resources are available, including:

- [The Center San Diego LGBT Community Center](http://www.thecentersd.org) offers support groups – www.thecentersd.org
- [The Trevor Project](http://www.thetrevorproject.org) – The Trevor Project is dedicated to supporting LGBTQ youth who may find themselves confronting mental health and substance use challenges.
 - Crisis Services are available 24/7 to any LGBTQ youth in need:
 - Online: www.thetrevorproject.org/get-help/
 - Phone: [1-866-488-7386](tel:1-866-488-7386)
 - SMS: [Text 'START' to 678-678](https://www.thetrevorproject.org/text)



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