



2021 Impact Report



giveusthefloor.org



The Need: Teens Face Isolation and Mental Health Challenges

Research is revealing that increased isolation is contributing to the rapid deterioration of mental health and wellbeing. It's affecting youth way more than adults: *Social isolation and loneliness increased the risk of depression **up to 9 years later**.

In 2020 and 2021, we observed an alarming increase of teen participants struggling with crises such as suicidal ideations, self-harm, substance abuse, and even overdoses.

- 13.84% of youth (age 12-17) report suffering from at least one major depressive episode (MDE) in the past year (increased by 126,000 from last year's dataset)**
- 60% of youth with depression do not receive any mental health treatment**

LGBTQ youth are suffering even more. In 2021, **86%** Give Us The Floor participants reported belonging to the LGBTQIA+ community.

- 42% of LGBTQ youth seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary youth ***
- Only 1 in 3 LGBTQ youth find their home to be LGBTQ-affirming ***
- LGBTQ youth who had access to spaces that affirmed their sexual orientation and gender identity reported lower rates of attempting suicide ***

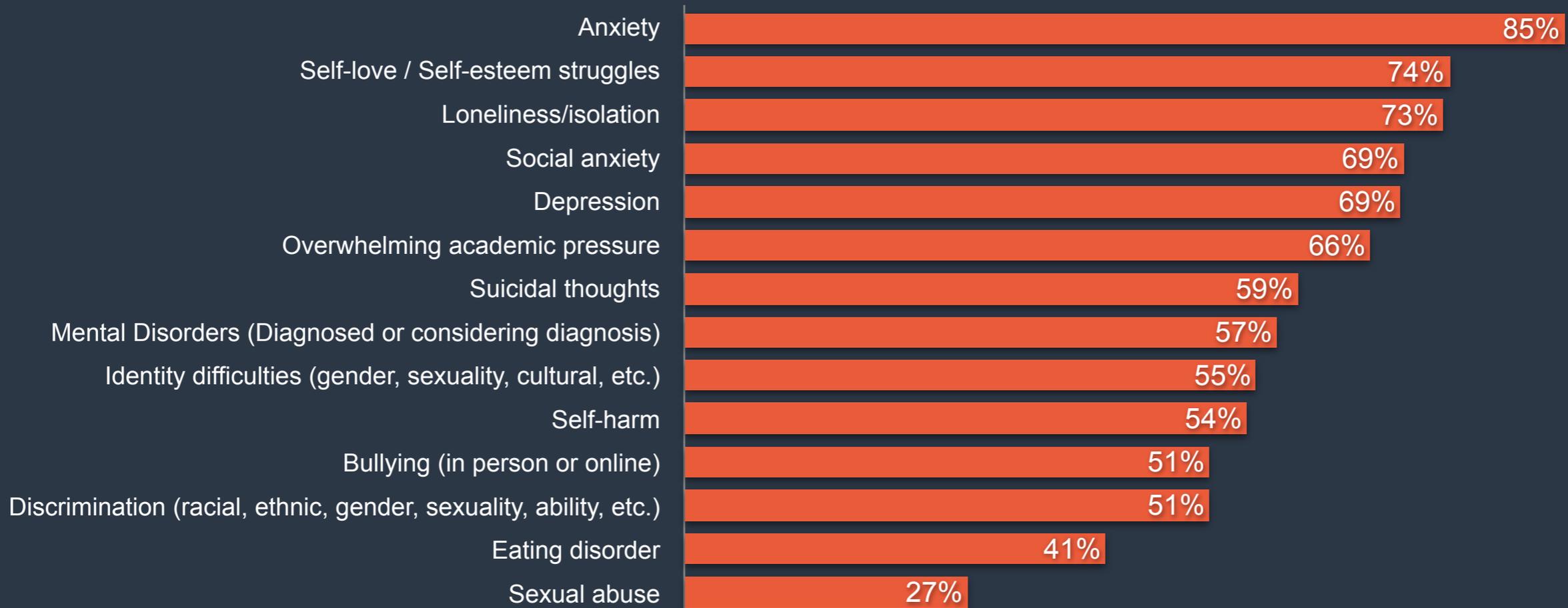
*Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19, *Loades and colleagues*

** 2021 The State of Mental Health in America - MHA

*** National Survey on LGBTQ Youth Mental Health 2021 - The Trevor Project



Main Struggles Experienced by Participants





Our Mission

If youth can share freely and safely with peers the difficulties they go through, stigma and taboo are removed. They feel better and are able to believe in themselves and in the future.

To create and support a safe, non-judgmental and trustworthy community where LGBTQ+ youth know that whatever challenge they struggle with, they will find peers that have faced or are facing the same challenges - a community where young people encourage each other and understand they're not alone.



Our Approach: Supportive Group Chats

The Give Us The Floor app helps LGBTQ+ youth in distress connect with peers who have experienced or experiencing the same struggles and have access to a list of resources.

The Supportive Group Chats are safe online chat groups of 12 to 15 teens with 1 or 2 trained teen facilitators.



Why Positive Peer Connections are Critical

1. Positive Peer Support improves social integration and self-confidence [-Read more-](#) and mitigates transactions between depressive symptoms and peer victimization [-Read more-](#)
2. Sense of Belonging is critical for maintaining physical and emotional health as well as resiliency: "The connection between belonging (or its absence) and suicidality has been established for a number of diverse populations, including young adolescents, college students." [-Read more-](#)
3. The Sharing Effect: knowing that a friend is experiencing the same emotion makes humans feel better than they would if they experienced the situation alone [-Read more-](#)
4. Helping Others: builds relationship skills and promotes well-being [-Read more-](#)



Supportive Group Chats Key Benefits

After only 1 month in the program:

- **83%** of the participants reported that the group chat had helped with their struggles. That number shot up to **89%** after three months of engagement in the program.
- **85%** reported that the group chat had helped them feel less lonely
- **77%** reported that the group chat had improved the way they feel about themselves

Watch this video where participants explain how Give Us The Floor has positively impacted their lives

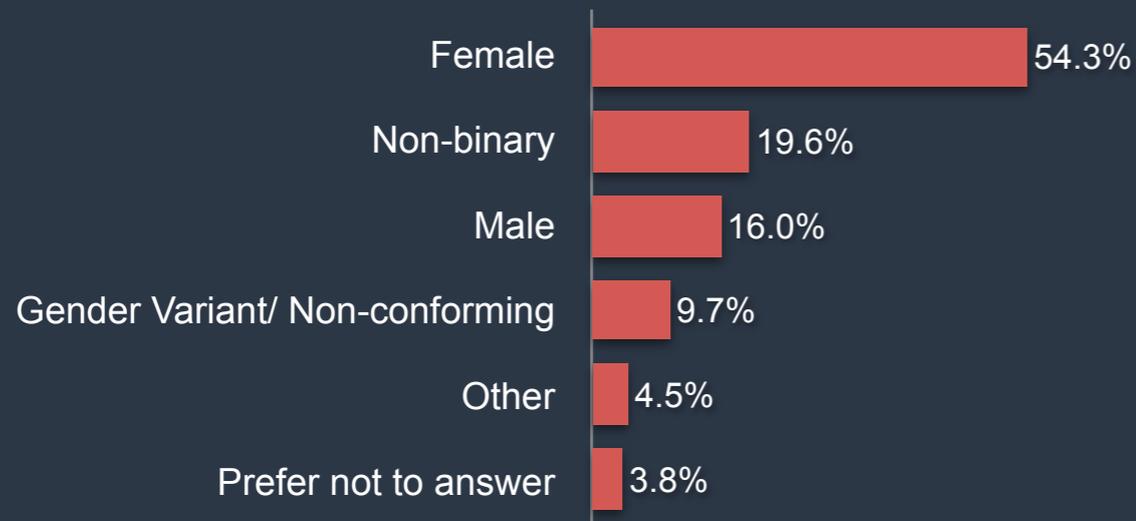




Participants Demographics

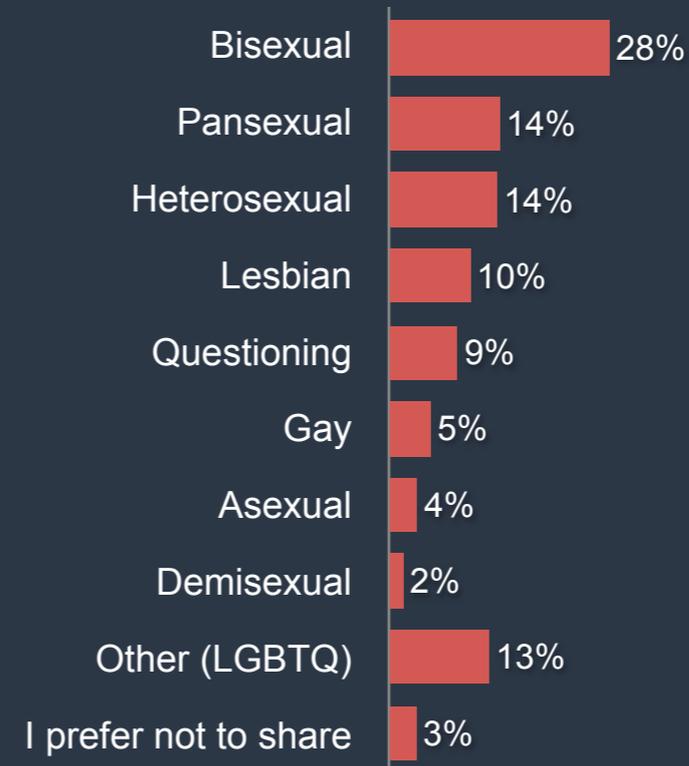
86% of the participants identify as members of the LGBTQIA+ community with **12.7%** reporting being transgender.

Gender



Transgender: 12.7%

Sexual Orientation



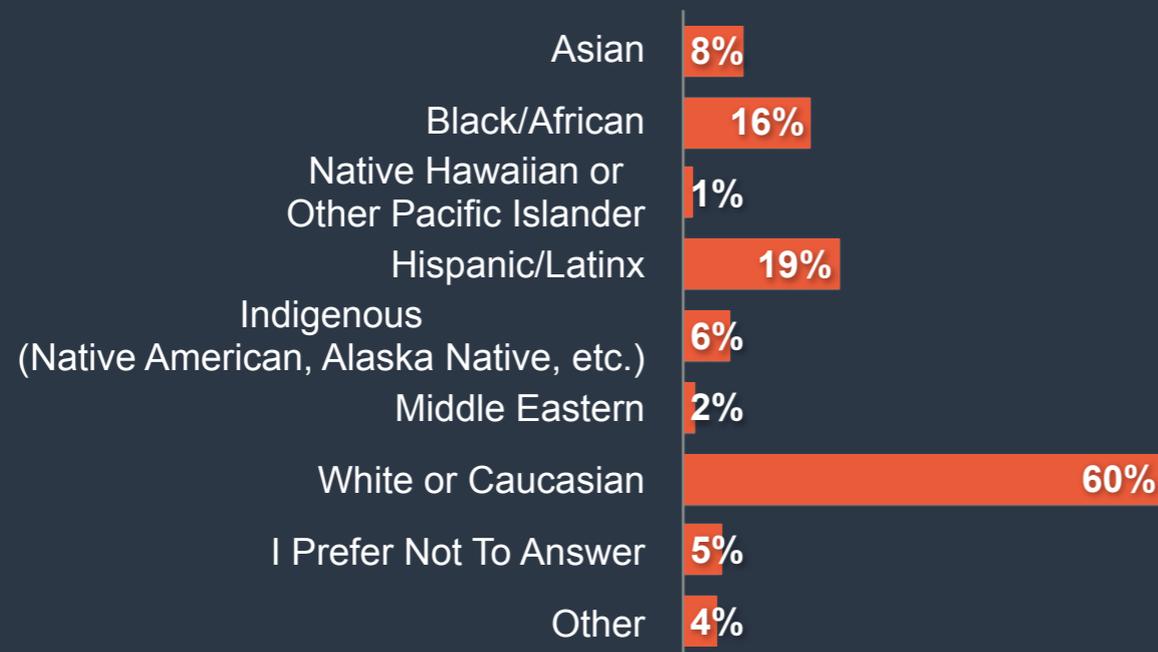


Participants Demographics

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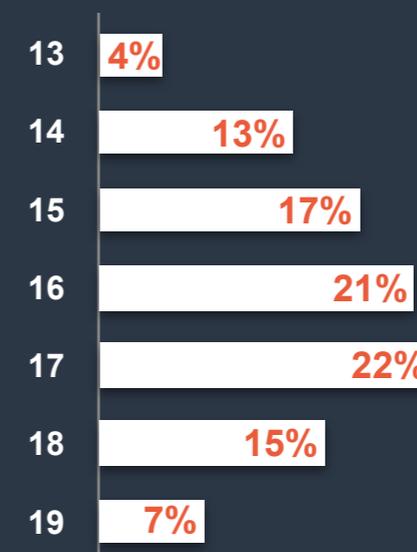
Participants reside in all 50 US states and in the District of Columbia, with the highest membership in California, Texas, Florida, and New York.

Ethnicity



Mixed race: 19%

Age





A Powerful New Tool: Our App

The iOS Give Us The Floor App was launched in October 2021 after 5 months of Beta testing. The new app has already proven to increase the participants' engagement.

The Android version has been in Beta testing since December 2021 and was released in February 2022.



Our Impact: Overview

Between April 2018 (launch of the Supportive Group Chats) and December 2021

- TEENS SERVED: 5,358
- DOSAGE: 1,191,080 days
- CONNECTION: Over 1 million messages exchanged
- FREQUENCY OF CONNECTION: An average of 55+ messages per month per active member
- LIFETIME: Participants have been active on average 292 days, over 9 months!

2021

- TEENS SERVED: 3,561
- 70 teens on waiting list at the end of the year

+56% growth compared to 2020

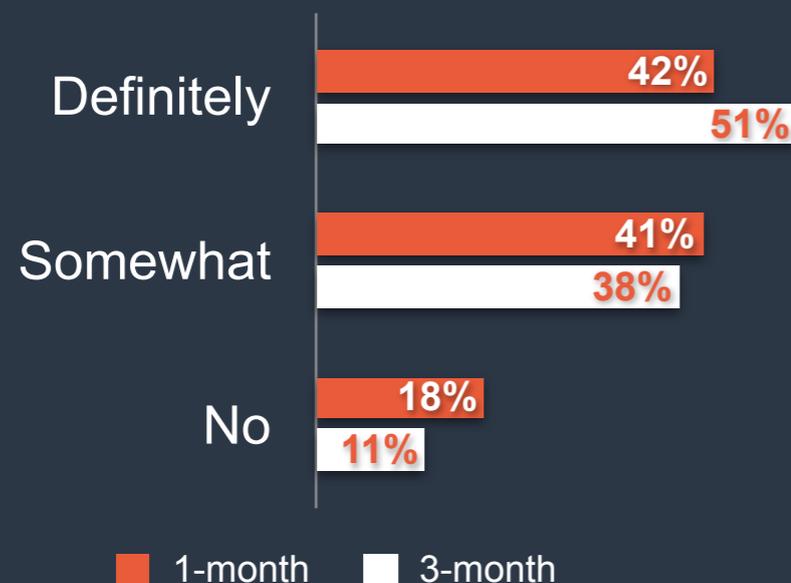


Supportive Group chats are helping participants with their struggles

“When I'm in a dark place they help me not do something I might regret.”

“The group has helped me a lot mentally and physically, they helped me believe that I'm not alone and there is hope.”

83% reported that the group chat had helped with their struggles after just one month. That number shot up to **89%** after three months of engagement in the program.



“Helped me get up in the morning and actually eat food.”

“I feel happier and I stopped cutting.”

“It helps because when you get out of bed even to do the little things they will praise you.”

78% reported that they are not sure or sure they couldn't have gotten the help from somewhere else.



Participants **feel less lonely**

"I'm never alone again and I don't have to keep things to myself when I'm feeling down."

"There's always someone there for you."

85% reported that the group chat had helped them feel less lonely after just one month.



"It gives me a family I don't have at home."

"I belong to something."



A **safe** place

98.7% of the participants reported that they **feel that their group is a safe place.**

89% reported that they feel comfortable sharing their personal challenges.

“It feels like friends who just support you. help you with issues and never judge you.”

“You’ll never be judged or looked at like your problems aren’t that serious.”

“It’s like being able to share anything because no one personally knows each other in real life.”

“Oftentimes, we’re too afraid to talk to our family or friends in fear that they will judge us or not listen to our problems.”



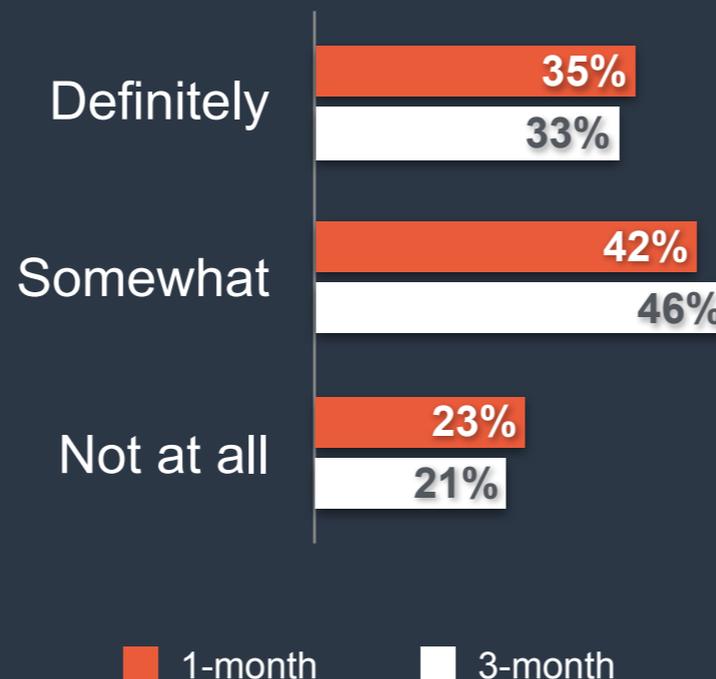
Belonging to a supportive group chat **improves** the way participants **feel about themselves**

“I've felt better about myself since I started the group.”

“I have been feeling down lately and they are bringing me back up tell me I am beautiful, everyday.”

“When I struggle with my self-esteem they always back me up.”

After only a month, **77%** reported that the group chat had improved the way they feel about themselves.





Looking Ahead: 2022 & 2023

- Support and help over 10,000 additional struggling youth
- Integrate AI and machine learning into our app to additionally scale and increase the effectiveness of the program. AI will allow us to increase the level of support we provide to teens on the platform as well as offer crucial safety measures by triggering emergency intervention when needed
- Increase the reach of our #Proud2BeMeChallenge which gives youth the opportunity to reflect on themselves and realize that they can be proud of who they are! No more shame or stigma. The challenge consists of sharing a short video on Social Media about what makes them feel proud of themselves



Join Us

To get involved please contact:

Name: Nicolle Aleman, nicolle@giveusthefloor.org

Facebook: [Give Us The Floor](#)

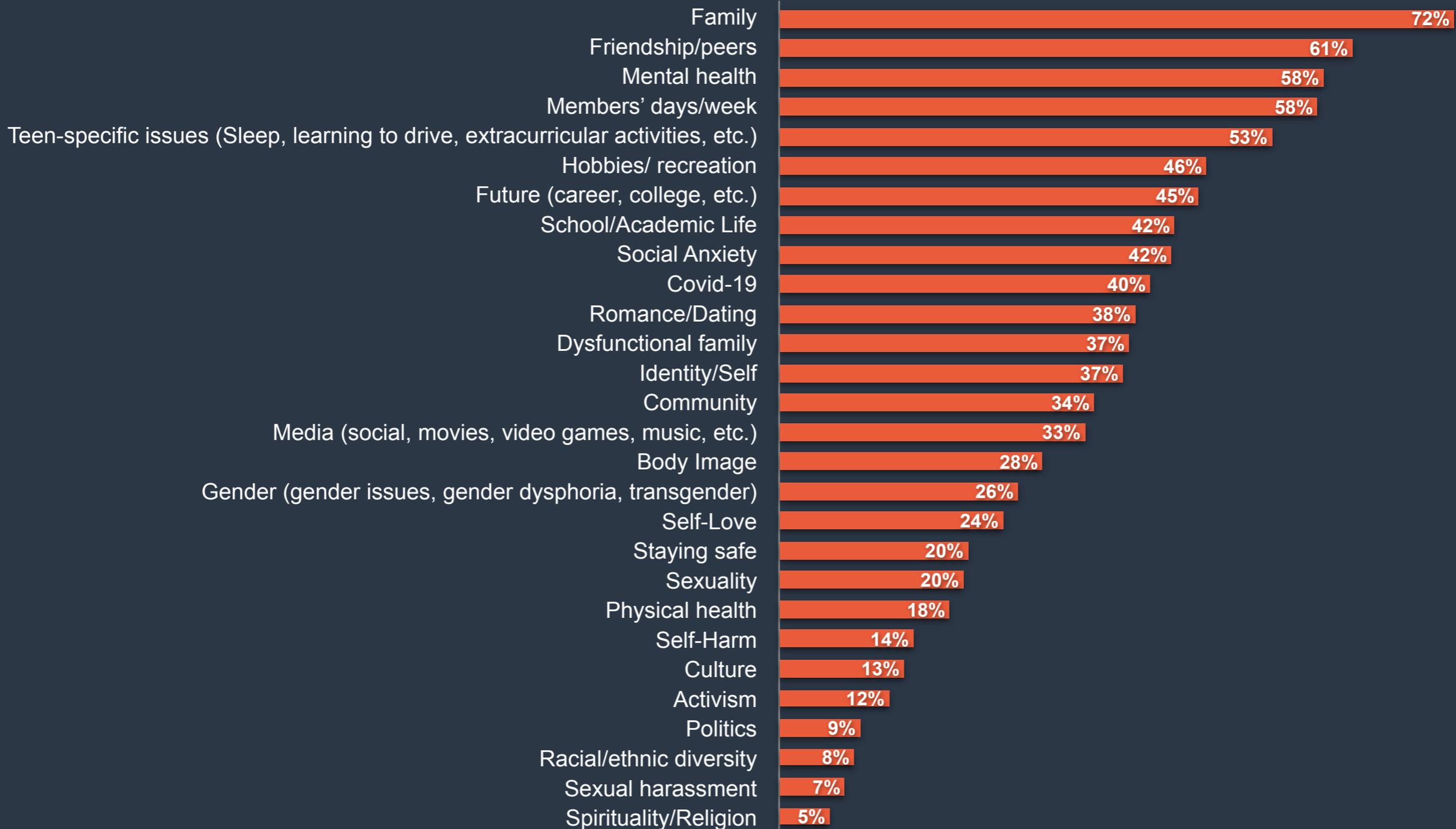
Website: giveusthefloor.org



APPENDIX



What Are They Talking About?





How **does it feel** to belong to a Supportive Group Chat?

Just a few testimonials among hundreds

“It feels like you have a family with endless love and support.”

“You feel loved, and cared for.”

“It makes you feel as if you are not the only person that has things going on in their life.”

“You feel that people actually care for you.”

“You have a secondary backbone to where you don't have to struggle so much on your own.”

“It just makes you feel so seen and so valid.”

“Happy it makes me happy.”



Methodology

Data provided in this report was collected through a series of anonymous surveys that were sent to the teen users in the Support Group Chats program in 2021. Three samples were taken at different intervals of the program:

- Baseline survey upon joining the program sent to 2184 participants with a 25% response rate
- 1 month after joining the program survey sent to 529 participants with a 14% response rate
- 3 months after joining the program survey sent to 1031 participants with a 10% response rate

Quotes from teens in the program were provided anonymously.