



2022 Impact Report



giveusthefloor.org



The Need: LGBTQ Teens Face Isolation and Mental Health Challenges

Research reveals that increased isolation is contributing to the rapid deterioration of mental health and wellbeing. It's affecting youth way more than adults: Experiencing social isolation and loneliness [during adolescence/ childhood] increased the risk of depression up to 9 years later. *

LGBTQ youth are suffering

- ▶ 50% of LGBTQ youth age 13-17 seriously considered attempting suicide in the past year and 18% of them did attempt suicide:**
- ▶ LGBTQ youth of color reported higher rates than their white peers: 12% of white youth attempted suicide compared to 21% of Native / Indigenous youth, 20% of Middle Eastern / Northern African youth, 19% of Black youth, 17% of multiracial youth, 16% of Latinx youth, and 12% of Asian / Pacific Islander youth**
- ▶ LGBTQ youth who had access to spaces that affirmed their sexual orientation and gender identity reported lower rates of attempting suicide **
- ▶ 60% of LGBTQ youth who wanted mental health support in the past year were not able to access care, including nearly 3 in 5 transgender youth and more than 3 in 5 cisgender youth**

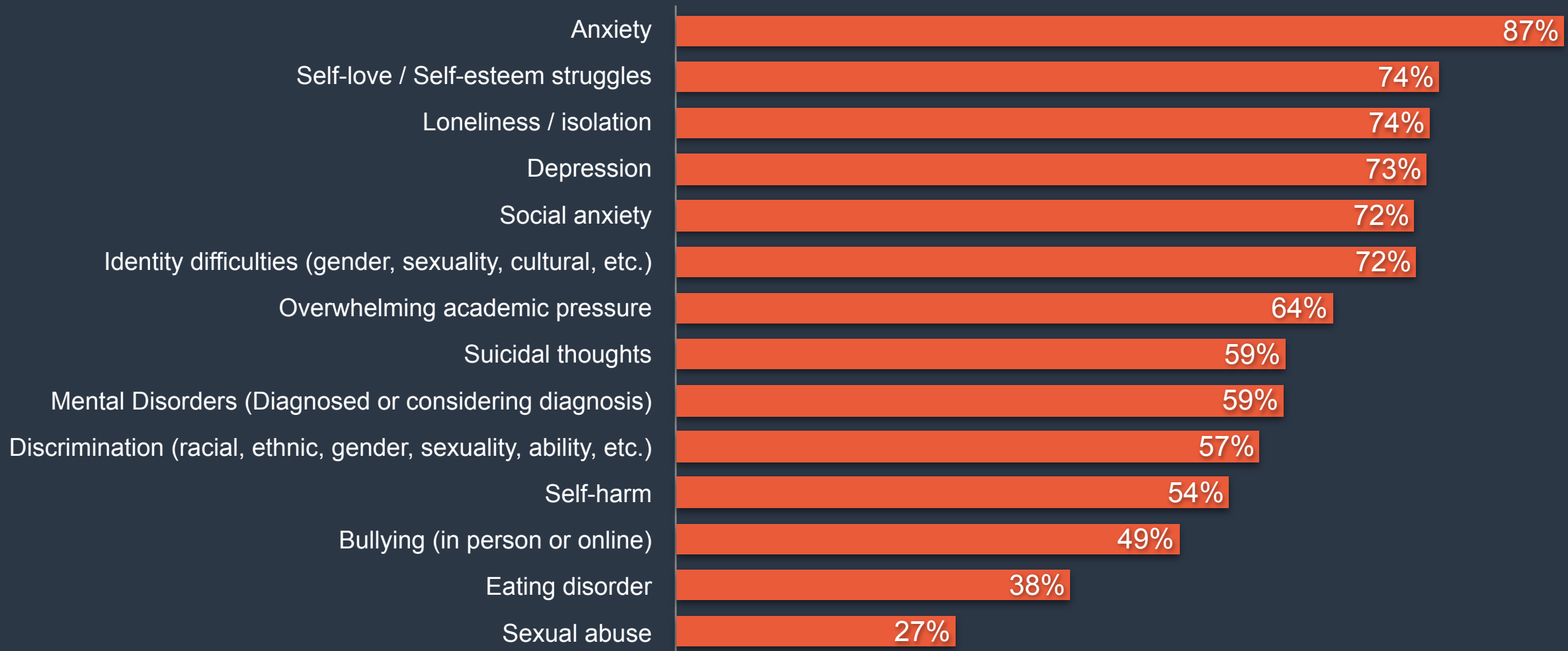
In 2022, 87% of Give Us The Floor participants reported suffering from anxiety, 74% from loneliness, 73% from depression, 54% from self-harm and 59% had suicidal thoughts.

*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*

**National Survey on LGBTQ Youth Mental Health 2022 - The Trevor Project



Main Struggles Experienced by Participants





Our Vision and Mission

Vision

All LGBTQ young people have access to the support they need, free from stigma, to overcome their challenges and envision a bright future for themselves.

Mission

Give Us The Floor nurtures a safe, accessible, peer-to-peer community that supports youth in their challenges, reduces shame and stigma, and cultivates hope for all LGBTQ young people in distress.

If LGBTQ young people 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.



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-](#)



Our Impact: Headlines

1. 2022 was the first full year of operation of our proprietary app

We're thrilled to report:

- ▶ An increase in the percentage of participants reporting being helped after one month (from 83% to 91%).
- ▶ Engagement has increased from 55 messages per month to 66 for active members.
- ▶ Safety in the group has increased.
 - ▶ No one-on-one messages are possible.
 - ▶ Participant profiles are completely anonymous.
 - ▶ A strict rule and enforcement of the interdiction of sharing personal information.
 - ▶ An easy accessible in-app reporting feature that participants don't hesitate to use.

2. Launch of Trans and Nonbinary specific groups

- ▶ In 2021, 30% of our participants reported belonging to the Trans Umbrella, with 12.7% identifying as Transgender. It was clear that we needed to create more specific programming to support them.
- ▶ On November 13, 2022 we launched the Trans and Nonbinary Supportive Group Chats. By the end of 2022, 409 participants had signed-up and become active in these groups.



Our Impact: Key Program Outcomes

After only 1 month in the program:

- **91%** of the participants reported that the group chat had helped with their struggles - 79% say they are not sure or sure they couldn't have gotten the help from somewhere else
- **84%** reported that the group chat had helped them feel less lonely
- **79%** reported that the group chat had improved the way they feel about themselves



Our Impact: A safe place

99% of the participants reported that they **feel that their group is a safe place.**

92% reported that they feel comfortable sharing their personal challenges.



Our Impact: Growing Footprint

Between April 2018 (launch of the Supportive Group Chats) and December 2022

- Teens served: 10,000+
- Dosage: 1,608,485 days
- Connection: 1,350,000 millions messages exchanged
- Lifetime: Participants have been active for 162 days, on average, over 5 months!
- 177 teens trained to facilitate group chats

2022

- Teens served: **6,285**
+76% growth compared to 2021
- An average of 66 messages per month per active member
- Crisis Response
 - 44 instances of suicidal ideation among participants were flagged; 11 instances resulted in a wellness check; 33 instances resulted in the development of a safety plan for the teen in distress
 - 22 Self-harm crises were reported, leading to the development of a safety plan and review of coping strategies
 - 4 Child Protection Services reports because of minors being abused by adults

Adult Advisors always follow up 24 hrs or 48 hrs later with the youth in crisis



Looking Ahead: 2023 & 2024

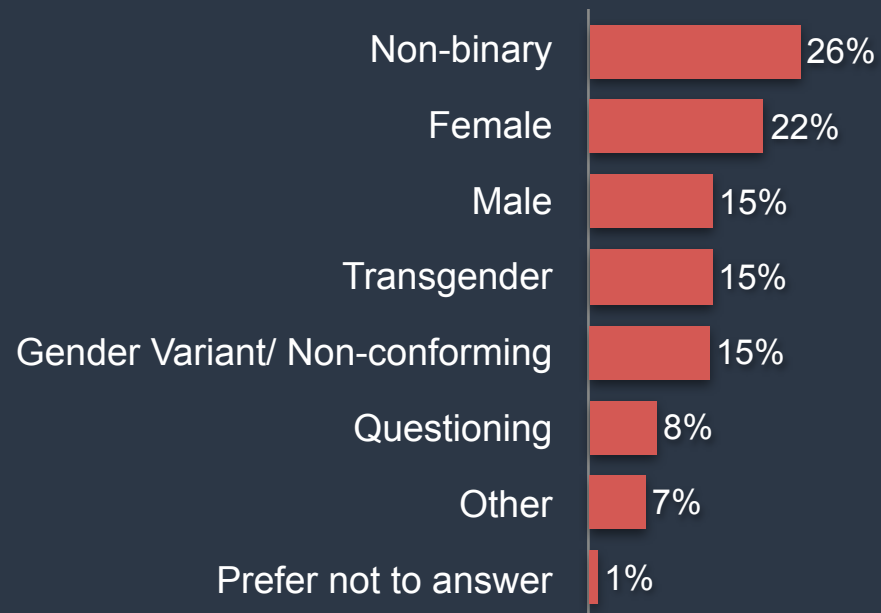
- In 2022 we set a goal to support and help **15,000** youth by the end of 2023 and **25,000** by the end of 2024. We are on track!
- **Integrate AI and machine learning** into our app to additionally scale and increase the effectiveness of the program. AI will allow us to increase the level of support we provide to teens on the platform as well as offer crucial safety measures by triggering emergency intervention when needed.
- **Develop version 2.0 of our app.** In 2023 we will focus on upgrades to create a smoother user experience and improve back-end administration.
- **Increase partnerships.** In 2022,
 - We started funding partnerships with The Colorado Health Foundation, The California Foundation for Stronger Communities, and the B.W. Bastian Foundation.
 - We established organizational partnerships with Born This Way Foundation, Boys and Girls Clubs, CenterLink, Coalition to End Social Isolation & Loneliness, Foundation for Social Connection, Imi, Inside Out Youth Services, LGBTQ Youthlink, Loving Beyond Understanding, Q Chat, Unite Us.
 - Our full list of partners is available on our [website](#).
- 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.



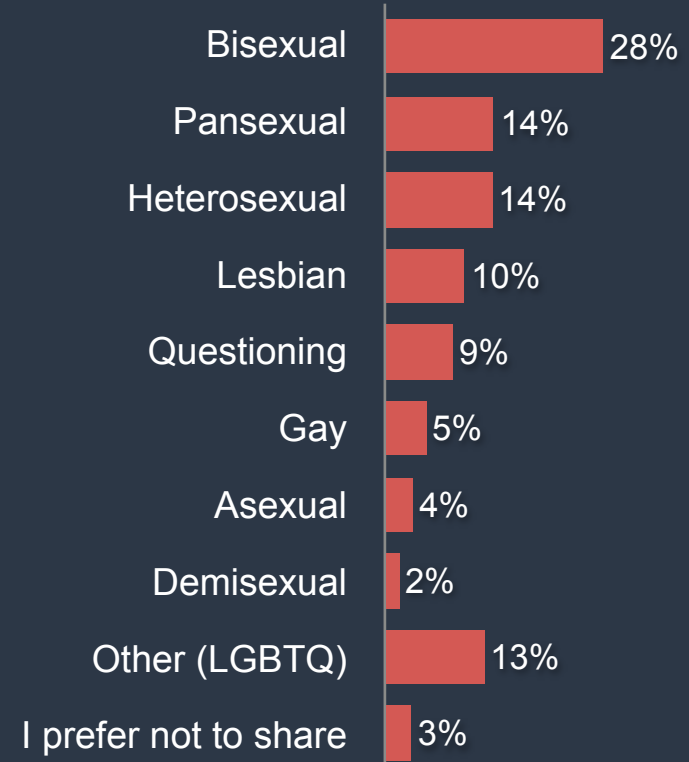
Participant Demographics

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Gender



Sexual Orientation



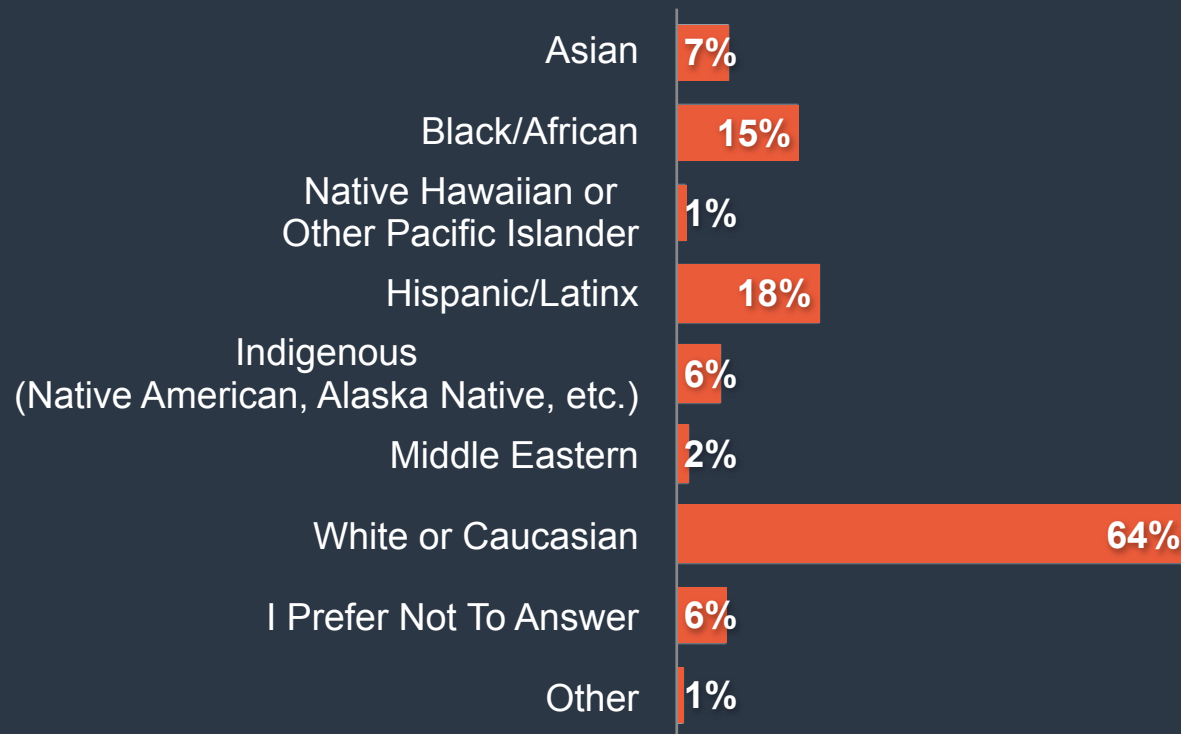


Participant Demographics

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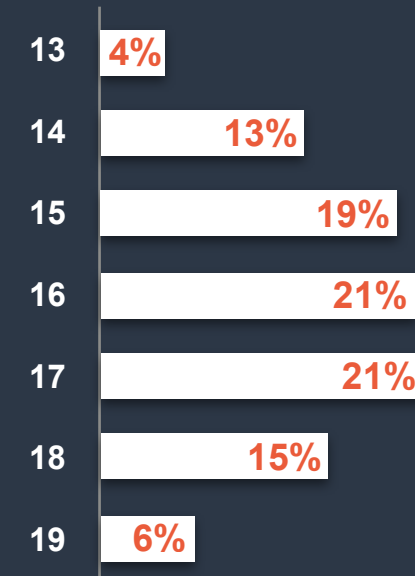
Participants reside in all 50 US states and in the District of Columbia, with the highest membership in California, Texas, Florida, and New York.

Ethnicity



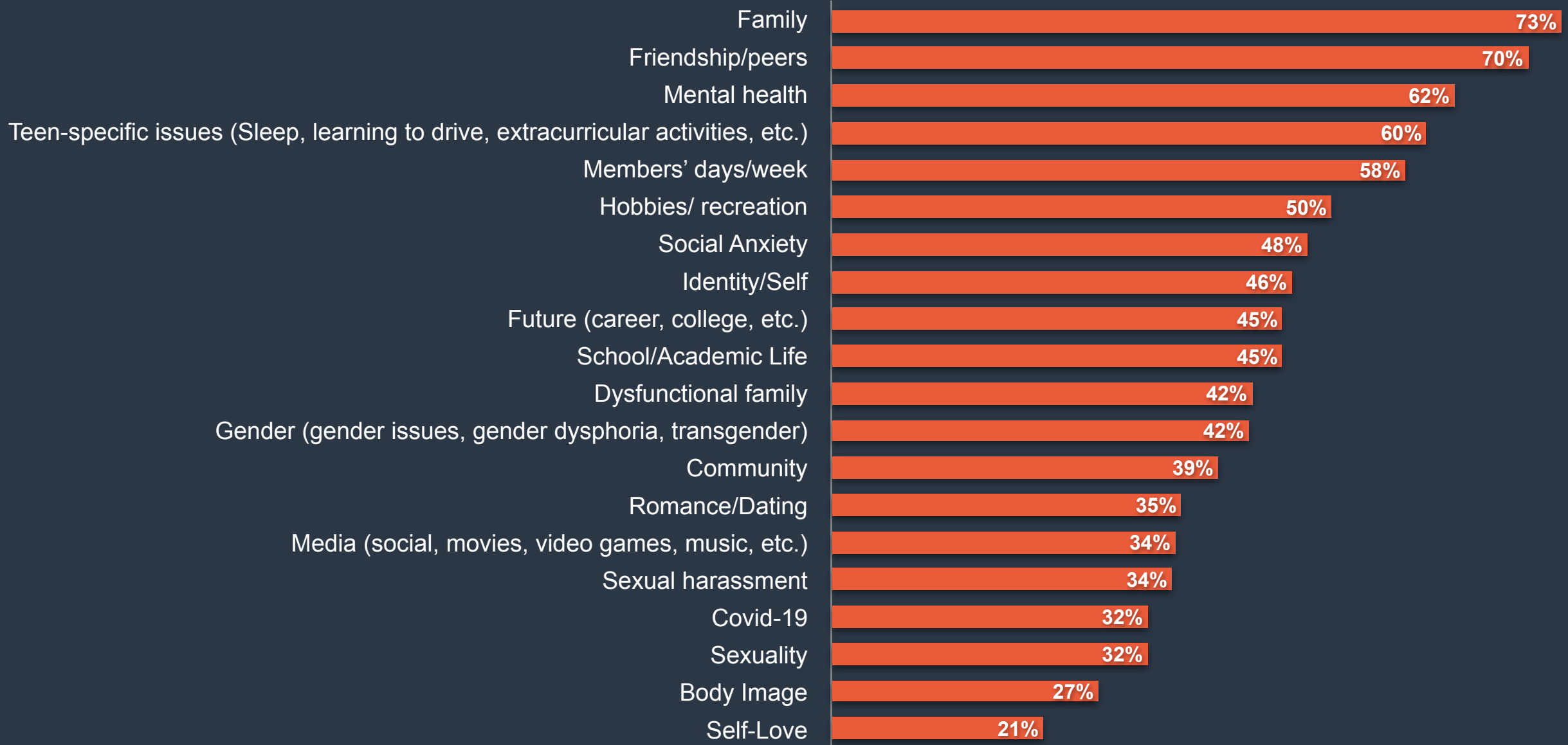
Including mixed race: 18%

Age





Main Discussion Topics



Major changes between 2021 and 2022

- Gender grew from 26 to 42 (+62%)
- Sexuality from 20 to 32 (+60%)
- Identity/self grew from 37% to 46% (+24%)



A few testimonials in 2022

(among hundreds)

1/4

MENTAL HEALTH / CRISIS

“They help me during my panic attacks.”

“When I attempted to take my life.”

“When my mental health goes downhill.”

“Get through a day of rough dysphoria.”

“Talking to the others helped me realize how I actually felt, and it helped me get past those hard feelings that I was feeling.”

“I got diagnosed with dissociative identity disorder and we told the group chat. They helped us feel more human.”

LONELINESS

“They listened to me. It’s very rare that people listen to me.”

“I have issues talking to new people. Being able to chat with other people my age with little to no anxiety is so nice.”

“Just talking to others when I’m feeling a little too alone helps. They make me feel less like a forsaken freak.”

“They’ve helped me express myself as I am and I gained lots of friends at school cause of that!”

“My group is there for me through the thick and thin.”

“It feels like no longer being alone.”



A few testimonials in 2022

(among hundreds)

2/4

GENDER / SEXUALITY / IDENTITY

“How to cope after coming out to my mother, and giving me advise about my situation.”

“I was having a crummy day as a closeted trans teen and I was feeling bad about myself, my group helped me feel better.”

“They made me feel valid for who I am, they also remind me that people do care.”

“When I was questioning my sexuality.”

“I was having a hard time picking a new name and they helped me.”

“There was a time when I was having a lot of trouble with a transphobic relative, and found out that they had told people I was mentally ill behind my back, and everyone on the group was incredibly supportive.”

“I was struggling with some things being said to me and happening after coming out to my parents, and they helped me through that.”

NOT THE ONLY ONE

“It helps a lot to know there are other people out there struggling with similar issues.”

“It’s just easy talking to people who have the same problems I have.”

“It feels Amazing knowing that you have someone to talk to about the things that none else understands.”



A few testimonials in 2022

(among hundreds)

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SENSE OF BELONGING

"I feel loved."

"It feels like you are finally welcomed into a home that supports you no matter what."

"It makes me feel safe."

"It feels like having people who I can trust and come to for anything."

NO JUDGMENT

"I feel like I have a safe space. I don't have the fear of being judged by my group like I generally do in social situations."

"I feel like I won't be judged for being who I am, and that I finally have a family that accepts me."

"I feel supported like I can be anything and not be judged for it and like I belong it feels like we are family."

GUN VIOLENCE

"There was one time that my school got a threat saying that there might be a shooting, so there were a lot of cops at my school...All of the police officers were a constant reminder that something could happen...Talking to my group chat helped me calm down."

LOSS

"They helped comfort me when I lost my brother."



A few testimonials in 2022

(among hundreds)

4/4

ABUSE

“They helped me by giving me options on who to call or contact in an abusive situation, and giving moral support :) I’m pretty sure I never would’ve worked up the courage to speak up if it wasn’t for them.”

THE BENEFIT OF ANONYMITY

“It’s great to know someone’s always there to help you when you’re scared to go to anyone else.”

“Sometimes it’s hard for me to tell the people in my life how I’m feeling. I feel embarrassed. I feel better talking to people I don’t know but at the same time know what I’m going through. I feel less alone.”

SENSE OF PURPOSE

“It’s really good to know that I might be making a positive impact on other people.”

POSITIVE IMPACT OUTSIDE OF GUTF

“My group helped me when a friend texted me that they were going to kill themselves and, I went to the authorities.”

“One of my friends was struggling and I didn’t know how to help or talk to them, and my group helped me.”



Join Us

To get involved or just ask questions, please contact Amy Webb, amy@giveusthefloor.org

Follow us on [Facebook](#)

Website: giveusthefloor.org



APPENDIX



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 2022. Samples were taken at different intervals of the program:

- Baseline survey upon joining the program sent to 4,365 participants with a 25% response rate
- 3 months after joining the program survey sent to 1,397 participants with a 13% response rate

Quotes from teens in the program were provided anonymously.