



2023 Impact Report



#ByYouth4Youth



The Need: LGBTQ Youth Face Isolation and Mental Health Challenges

Research reveals that increased isolation is contributing to the rapid deterioration of mental health and well-being.

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 particularly vulnerable:

41%

- ▶ 41% of LGBTQ youth age 13-24 seriously considered attempting suicide in the past year**

14%

- ▶ 14% of them did attempt suicide
- ▶ Transgender, Nonbinary and BIPOC youth are the most at risk**

*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 2023 - The Trevor Project



Barriers to support

Shame and Stigma

Perceptions of stigma associated with

- LGBTQ+ identity
- Seeking mental health support

Access to Care

Access to effective support may be limited based on factors such as

- Socio-economic status
- Cultural background
- Geography



Vision

All LGBTQ youth 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.

Theory of change

If LGBTQ 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.

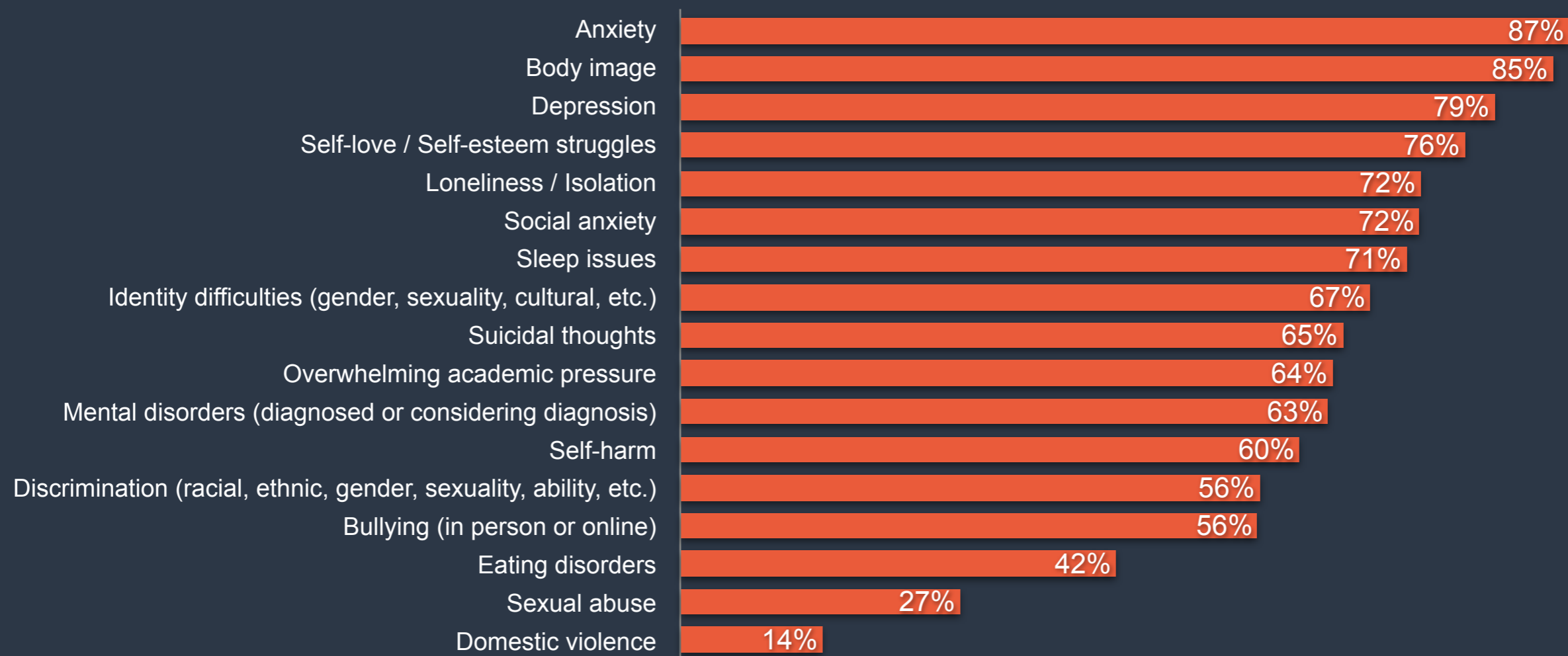


Our Approach: Supportive Group Chats

- Safe online chat groups of 12 to 15 where youth in distress connect with peers who have experienced or experiencing the same struggles
- 1 trained youth facilitator
- Hosted on Give Us The Floor's app
- Supported by a team of adults with extensive experience in youth clinical mental health and youth at risk



Main Struggles Experienced by Participants



Suicidal thoughts increased from 59% in 2022 to 65% in 2023
And self-harm from 54% to 60%



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-](#)



The Program Was Designed to Ensure Participant Safety

GUTF designed the SGC program to ensure participant safety.

- Our Community Rules are strictly enforced. There is zero tolerance for disrespect, racism, queer phobia, harassment, or threats.
- Participants are not allowed to share personal information or have 1:1 contact with other participants.
- Each member is asked to use the app's reporting feature if someone does not respect the rules or if a member is in danger.
- AI will be implemented in the App 2.0 to detect crisis and offer immediate resources, detect inappropriate behavior, and sharing personal information.
- Adult advisors follow a strict process when a crisis is detected, so that life-saving interventions can be made.



Our Impact: Key Program Outcomes

After only 1 month in the program:

88% of the participants reported that the group chat had helped with their struggles - **76%** 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

83% reported that the group chat had improved the way they feel about themselves



Our Impact: A Safe Place

98% of the participants reported that they feel that their group is a safe place

93% reported that they feel comfortable sharing their personal challenges



Our Impact: Program Reach

Between April 2018 (launch of the Supportive Group Chats) and December 2023

- Youth served: 12,000+
- Dosage: 1,913,587 days
- Connection: 1,709,000 messages exchanged
- Lifetime: On average, participants have been active for 181 days, 6 months!
- Engagement: 103 messages per month per active member
- 193 youth trained to facilitate group chats



2023: Our Impact

- Youth served: **3,138**

Half compared to 2022: This decrease is because of new limitations that large social media companies instituted which greatly restricted our ability to target youth. We paused our outreach efforts Q2 2023 to reassess marketing efforts and implement new strategies. We're thrilled to report that our efforts paid off as the number of sign-ups went significantly up in the 2 last months of the year.

- An average of **103 messages per month** per active member
+56% more than in 2022
- Crisis response
 - **63** instances of suicidal ideation among participants were flagged; 1 instance resulted in a wellness check; **62** instances resulted in the development of a safety plan and sharing resources with the youth in crisis
 - **39** Self-harm crises were reported, leading to the development of a safety plan, review of coping strategies and sharing resources
 - **3** 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, sometimes more than once depending on the situation.



Looking Ahead: 2024 & 2025

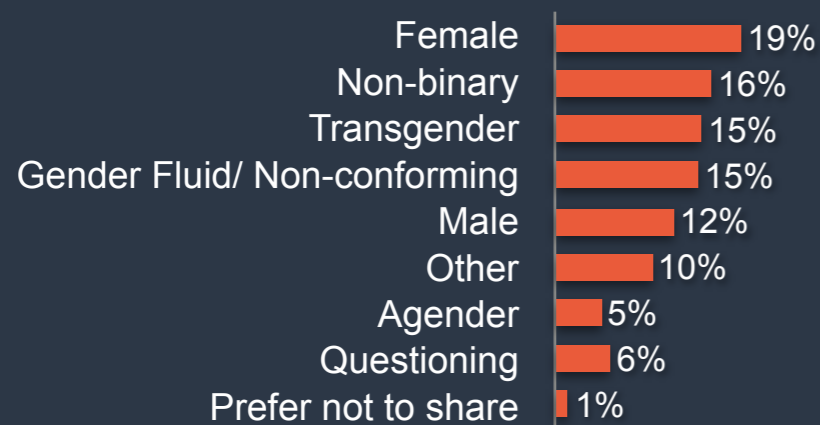
- Our goal is to support and help **10,000** LGBTQ youth in 2024 and **15,000** in 2025
- **The app 2.0** is scheduled to be released in Beta in February 2024 and we plan to launch it in Q2, 2024. This app version will offer:
 - A smoother user experience
 - Additional features that our participants have asked for such as the possibility to be tagged, reply to a specific message, have more choices for the notification settings, being able to ask to change groups without having to directly message GUTF, channels that every participant can access, and that will focus on more specific challenges such as Social Anxiety, BIPOC, Bullying, High school/College, and Discrimination
 - Improved safety thanks to AI and machine learning integration
 - Key improvements to backend systems which will allow us to dramatically increase the number of youth being on-boarded at any given time and increase the depth of support we provide
- **Continue to develop key partnerships with:**
 - State Education Departments and School Districts
 - Aligned influencers
 - Hotlines and resources such as The Trevor Project and 988
 - Aligned non-profits such as the American Student Assistance, CenterLink, and local LGBTQ organizations and centers
 - Academics such as The Connected Learning Lab (UC Irvine), The Clay Center for Young Healthy Minds (Harvard)

Our full list of partners is available on our [website](#)

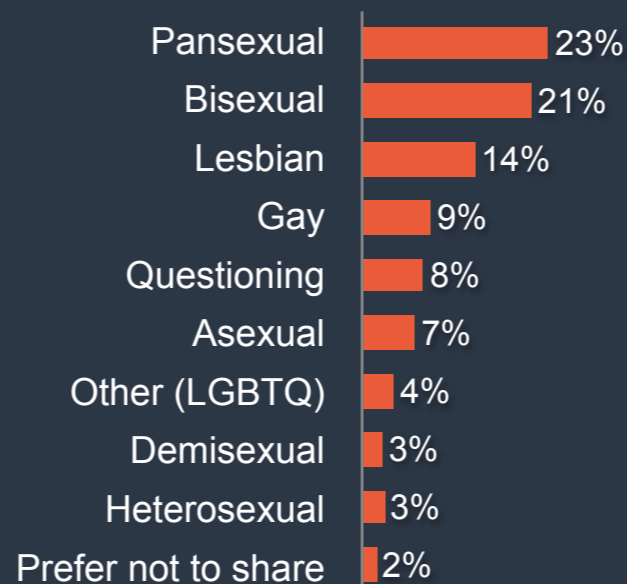


Participant Demographics

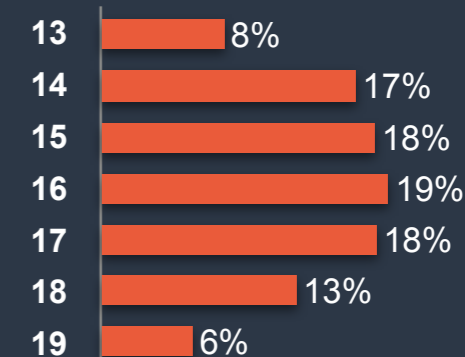
Gender



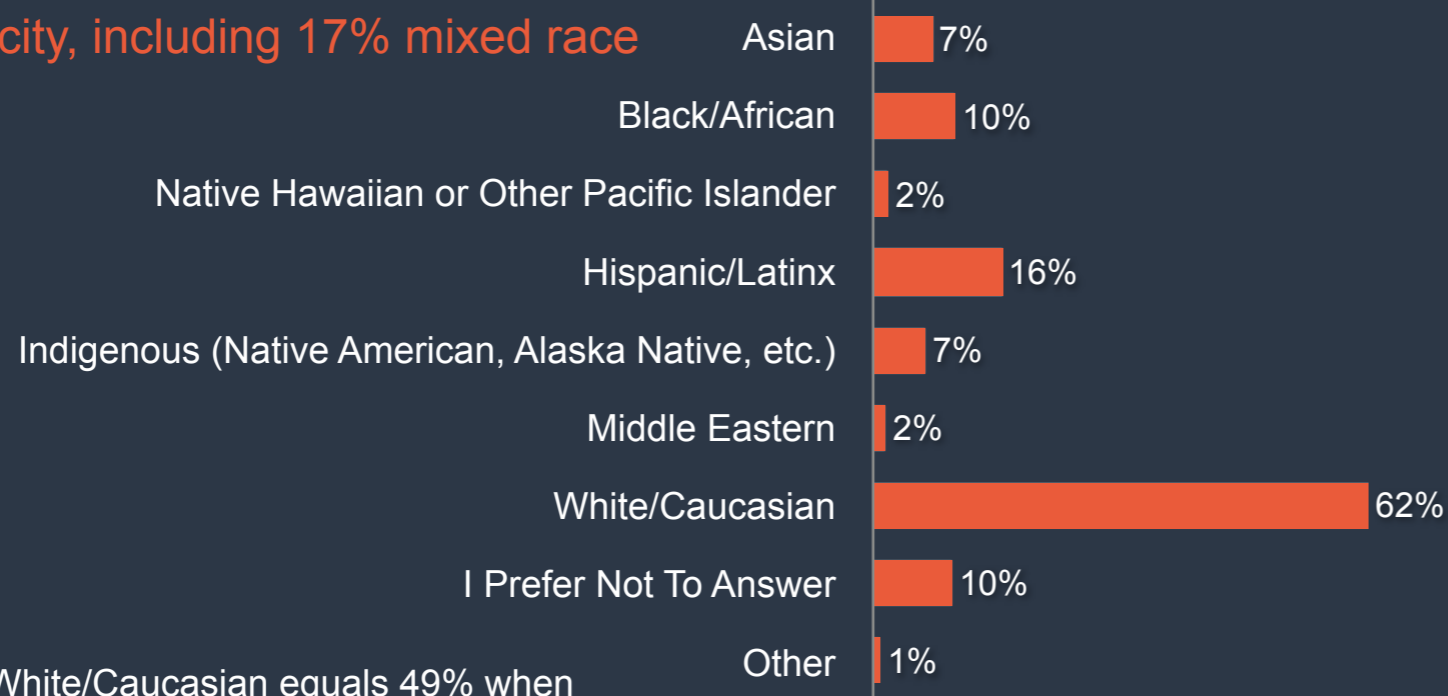
Sexual Orientation



Age



Ethnicity, including 17% mixed race

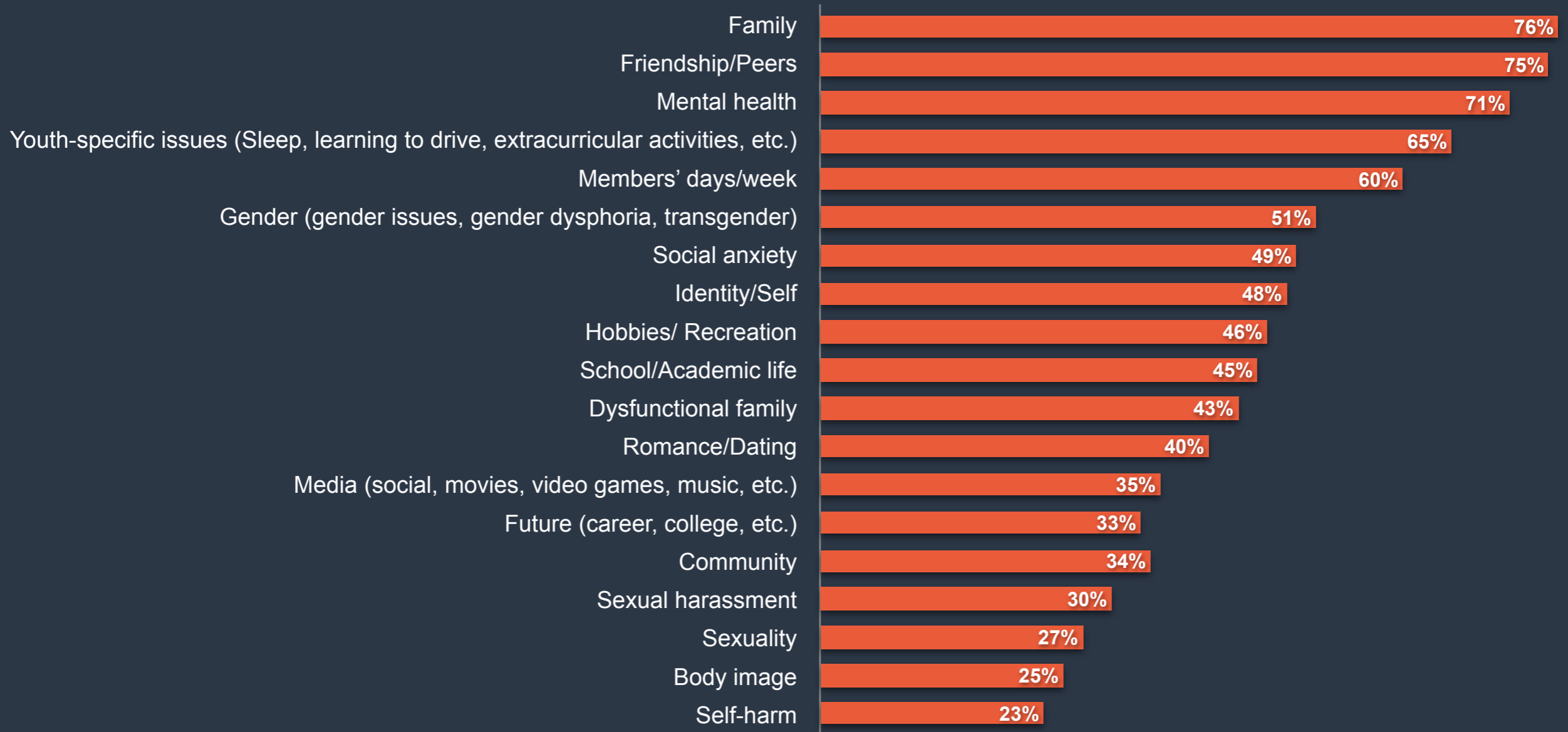


Participants reside in all 50 US states and in the District of Columbia, with the highest membership in California, Texas, Florida, and New York.

Note: White/Caucasian equals 49% when excluding mixed races



Main Discussion Topics

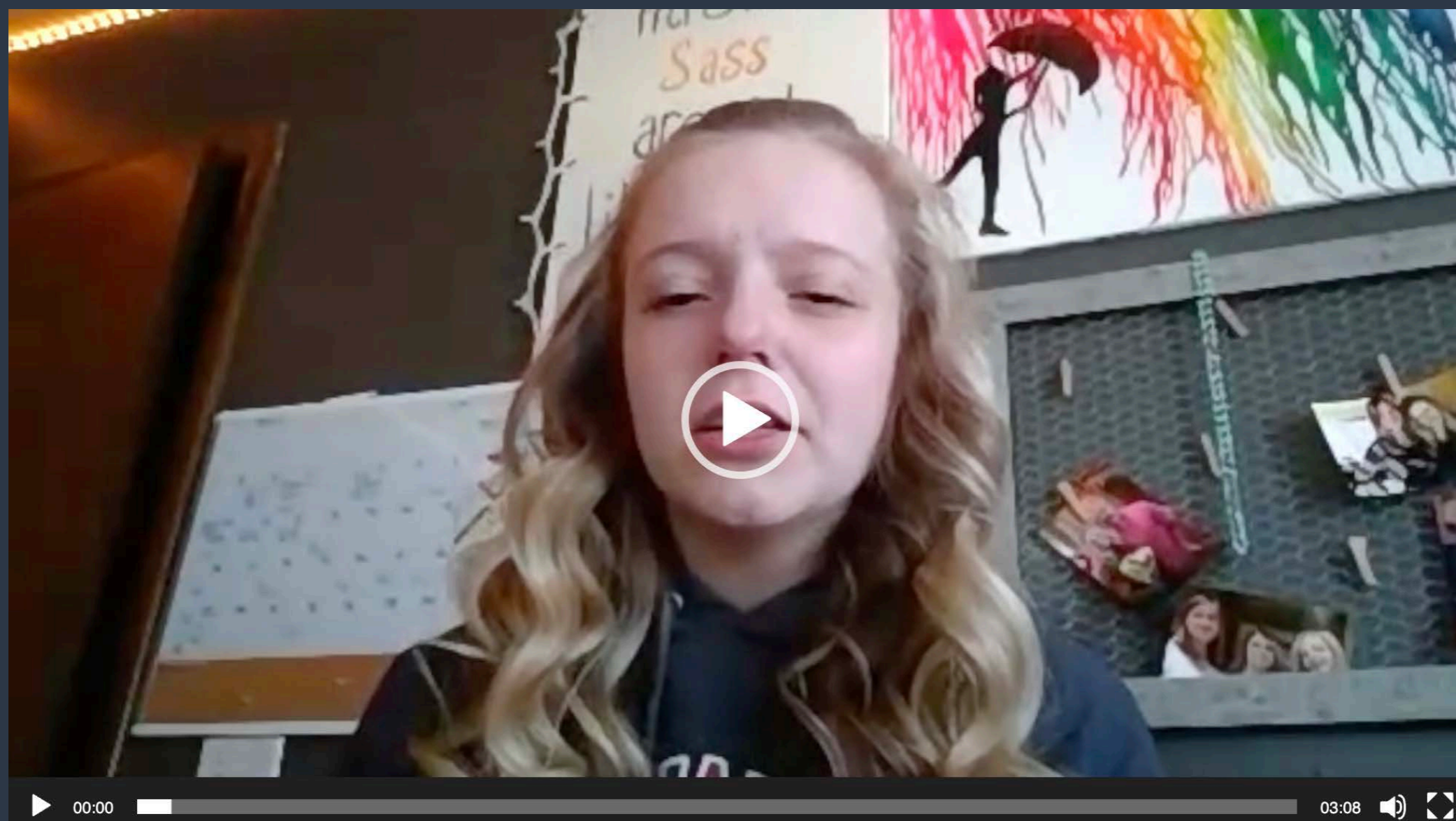


Major changes between 2022 and 2023

- Mental health from 62% to 71%
- Gender from 42% to 51%
- Self-harm from 18% to 23%
- Future from 45% to 33%
- Covid from 32% to 8%



In Their Own Voices





Join Us

To get involved or just ask questions, please contact info@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 users in the Support Group Chats program in 2023. Samples were taken at different intervals of the program:

- Baseline survey upon joining the program sent to 2,271 participants with a 26% response rate
- 1 month after joining the program survey sent to 1,987 participants with a 6% response rate
- 3 month after joining the program survey sent to 601 participants with a 11% response rate