



Young, Outspoken, & Unbreakable: Reducing Minority Stress in a School Setting



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The Program

Be YOU: Young, Outspoken, Unbreakable is a school-based curriculum developed by a community-based organization to support students vulnerable to minority stress, including LGBTQ+ youth and allies in middle schools and high schools through school-based group counseling.

The Big Picture

- Be YOU increased students' emotion regulation, decreased rumination as a result of the intervention.
- The more program sessions students attended, the better the outcome.
- Be YOU is the first research-informed, evidence-based curriculum developed for LGBTQ youth that we are aware of anywhere.

Pilot Data

Data analyzed and exemplified in this presentation come from the 2017/2018 school year pilot:

- demographic information
- pre- and post-program assessment on students' mental health and well-being

Detailed information and analyses available upon request.

Visualizing the Data

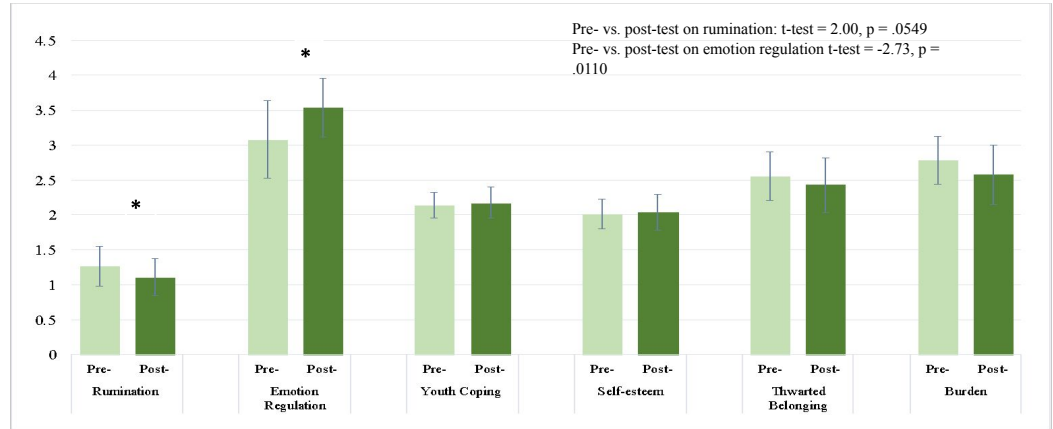


Figure 1. Pre- and Post-Program Mental Health and Well-Being

	Rumination	Emotion Regulation	Self-esteem	Youth Coping	Burden	Thwarted Belonging	Program Dosage
Rumination	1						
Emotion Regulation	-.45*	1					
Self-esteem	-.43*	.48**	1				
Youth Coping	-.04	.38*	.37*	1			
Burden	-.33	-.14	-.16	.07	1		
Thwarted Belonging	-.24	.58**	.54**	.32	.14	1	
Program Dosage	-.47**	.29	.32	.01	-.23	.30	1

Table 1. Correlation Matrix for Post-Program Well-Being & Program Dosage. Note. * p < .05. ** p < .01.

Youth Voices

We asked participants “how has your participation in the Be YOU program had an impact on you?”

- “I enjoyed having a group setting where I could talk about my problems. Hearing other people's perspectives helped me ground myself and be more realistic.”
- “It has helped me by being able to know what to do when I'm sad or angry.”
- “It has given me a strong resource for problems I am facing.”

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References

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Russell, S. T., & Fish, J. N. (2016). Mental Health in Lesbian, Gay, Bisexual, and Transgender (LGBT) Youth. *Annual Review of Clinical Psychology*, 12(1).

Contact Information

For more information about Out Youth's School-Based Services program, please visit:
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