# Slide 1

# "Gender diversity and mental illness | students from an LGBTIQ background"

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Why are students from the LGBTQI community disproportionately represented in mental health statistics? What should we doing as a community to support them?

## Slide 2 Outline of the session

Acknowledgement of country

Introduction of Panel members

Scenario 1

Assumptions

Impact of assumptions

Scenario 2. Discussion by panel members

Scenario 3. Discussion by panel members

Imagined futures. Whole panel to discuss

Glossary of terms

Thank you and people to contact

## Slide 3 Introduction of panel members

Introduction of the panel members. Panel members represent diverse sections of the LGBTIQ community to discuss their experiences and what they would find more inclusive and helpful when studying and working in a tertiary environment.

How we self-identify, pronouns. As the statistics demonstrate ‘LGBTIQ’ is not a single category but consists of people with their own distinct experiences and health issues. So the statistics and research may not necessarily be representative of all groups.

Definition of LGBTIQ what each letter signifies. Reference to a Glossary of terms.

In reality sexual orientation and gender identity are different concepts.

Most Lesbian, Gay, Bisexual, Trans and Intersex (LGBTIQ) Australians live healthy and happy lives.

However, according to the National LGBTI Health Alliance research ([The statistics at a glance: The mental health of LGBTI people in Australia](https://lgbtihealth.org.au/statistics/))

a disproportionate number (in particular in the 16 to 27 year age group) experience poorer mental health outcomes and have a higher risk of suicidal behaviours than their peers. Unfortunately these health outcomes are directly related to experiences of stigma, prejudice, discrimination and abuse on the basis of being LGBTI.

## Scenario 1

Experience of a student at university. Target of discrimination and oppression which severely impacts on their ability to continue to study and work.

## Slide 4

**Assumptions** made which if challenged result in social exclusion and abuse. The impact this has on the person if they do not conform. The results and consequences for mental health and wellbeing – felling unsafe, addiction, self-harm, psychological distress, suicide attempt, risk of mental illness.

## Slide 5

Mental health and wellbeing outcomes of LGBTIQ people. The Graph shows the average psychological distress experienced by LGBTIQ people compared with the general Australian population. score. The K10 is a measure of recent experiences of anxiety and depression. Higher scores equal greater levels of distress:

General population: 14.5

Trans: 23.2

Bisexual: 22.5

Same-sex attracted 18.93

## Slide 6 Scenario 2

A student brings a letter to a Disability Advisor to register with Equity.

Discussion of the letter, what information to look for and what supports could be put in place for the student; use of pronouns.

## Slide 7 Scenario 3

A classroom situation. Case study – Steven Pinker on Language Pragmatics

How the curriculum can discriminate when all the examples are from a hetero-normative perspective. Assumptions about gender, pronouns and attitudes.

Discussion on how the classroom can be more gender inclusive.

## Slide 8 Final thoughts: Imagined Futures

All Panel members to contribute. Supports currently available on campus as well as online. Training available (such as ALLY) Panel to discuss the type of supports they would like to see implemented and why.

## Slide 9 Glossary of terms

* **LGBTIQ:** Lesbian, gay, bisexual, transgender, intersex and queer and/or questioning.
* **Allyship (n.):** informed, accountable action that contributes to other people’s ability to survive and thrive in a context of inequality.
* **Cisgender (adj.):** A person whose gender identity and/or expression is the same as the sex they were assigned at birth.
* **Transgender (adj.):** Trans people generally experience or identify their gender as not matching their sex assigned at birth. This includes people who identify as transgender, brotherboy, sistergirl, non-binary, agender, genderqueer and more.
* **Non-binary (adj.):** Describes individuals whose gender identity is neither man nor woman but rather both, neither and/or something else.

## Slide 10 Thank you

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