

Reference List

Sexual Health Risks and Outcomes for Sexually and Gender Diverse Youth

*For more information about sexual health outcomes for sexually and gender diverse youth, including information about protective factors and inclusive sexual health education, please visit <https://skprevention.ca/supporting-the-sexual-health-of-sexually-and-gender-diverse-youth/>.

It is important to recognize that negative outcomes are not inevitable for 2SLGBTQ+ youth, but may be more likely due to the discrimination, marginalization, and isolation that many 2SLGBTQ+ people experience. While many 2SLGBTQ+ youth have healthy and positive sexual health experiences, research shows that 2SLGBTQ+ youth are more likely than heterosexual and cisgender peers (also known as cishet) to:

- Experience:
 - Adolescent pregnancy^{1, 2, 3, 4, 5}
 - Sexual and intimate partner/dating violence^{5, 6, 7, 8, 9, 10, 11, 12, 13, 14}
 - Up to one quarter of sexually and gender diverse youth experience sexual and dating violence, with transgender youth experiencing the highest rate (4-6 times higher than their cishet peers).^{6, 7, 8, 10, 11, 12}
 - Sexually transmitted and blood-borne infections (STBBIs)^{1, 9, 10, 12, 15, 16, 17}
 - 2SLGBTQ+ youth are more likely than cishet peers to get tested for STBBIs. This healthy behaviour may partly explain the higher rates of STBBIs.^{9, 10, 12}
- Engage in behaviours that are risk factors for STBBIs and adolescent pregnancy, including:
 - Greater number of sex partners^{5, 8, 9, 10, 15, 17, 18, 19, 20, 21, 22}
 - Less consistent use of barrier methods during sex (e.g., condoms)^{4, 8, 9, 10, 18, 21, 23, 24}
 - Less likely to use contraception (or consistently use contraception)^{12, 15, 16, 19, 22}
 - Bisexual females report higher use of emergency contraception than lesbian and heterosexual peers⁵
 - Substance use prior to sex^{2, 4, 9, 10, 15, 17, 18, 21, 23}
 - Concurrent sexual partners (multiple partners within 90 days)^{8, 15, 16}
 - Earlier sexual debut^{5, 8, 9, 10, 15, 20, 21, 22}
- Have sexual conversations online with people 5 or more years or older than them²⁴

Associated Reference List

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