



LGBTQ+ Youth Experiences Online

In today's digital era, LGBTQ+ youth increasingly seek support, connection, and self-expression in online spaces. The platforms provide crucial opportunities for identity development and community-building, however they also post unique challenges, including cyberbullying, privacy concerns, harassment, and exposure to harmful content.

This infographic summarizes key insights from our [research brief on the online experiences of LGBTQ+ youth](#), and provides information on how we can create safer, more supportive digital spaces for all young people.

LGBTQ+ Youth Mental Health: Struggling with Unseen Burdens

65% of LGBTQ+ high school students in the U.S. experienced “persistent feelings of sadness or hopelessness” during the past year, **more than double the rate** found among cisgender or heterosexual students
CDC, 2024

Tech Time: LGBTQ+ Teens & Their Screen Habits

3.72 additional hours LGBTQ+ teens spend on screens daily as compared to the screen usage of their non-LGBTQ+ peers
Nagata et al., 2023

25% of Australian LGBTQIA+ teens who use 10+ social media platforms (compared to 8% of their non-LGBTQIA+ peers)
eSafety Commissioner, 2024

The Hidden Dangers: Cyberbullying & Online Harassment

76% of transgender individuals report being harassed online
Gardner, 2024

91% of LGBTQ+ youth believe grooming online is common
Thorn, 2023

Sexting & Sexual Exploitation: A Complex Reality for LGBTQ+ Youth

50% of cisgender non-heterosexual male teens have been sent unsolicited nude photos
Thorn, 2023

10% of sexual minority adolescents in Spain have experienced sexortion
Gómez-Guadix & Incera, 2021

Protecting LGBTQ+ Youth: Privacy & Risk of Being “Outed” Online

Less than 40% of LGBTQ+ youth find their physical homes affirming of their identity
Gardner, 2024; Trevor Project, 2024

Only 28% of mental health care facilities in the U.S. offer LGBTQ+ specific services
Choi et al., 2023

Building Identity & Support: The Power of Online Spaces

54% of LGBTQ+ young adults came out on a dating app before telling friends and family
Tinder, 2023

68% of LGBTQ+ youth report having access to affirming online spaces
The Trevor Project, 2024

At the [Digital Wellness Lab](#), we are dedicated to understanding and promoting positive digital media experiences for young people, with a focus on mental, social, and emotional wellbeing. Together, we can create a digital world that supports youth in developing healthy, safe relationships with technology.