

## WGS.151 Final Project Proposal

**Title:** LGBTQ+ inclusive sex education and risks of depression and suicide in LGBTQ+ youth and young adults.

- 1. Study question:** To determine the effect of LGBTQ+ inclusive sex education on the risks of depression and suicide among LGBTQ+ individuals.
- 2. Design and participants:** Case-control study, where cases are taken from documented suicides or patients from selected therapists/mental health clinicians. Controls can be taken from LGBTQ+ organizations who have members with no history of depression.
- 3. Exposure:** LGBTQ+ inclusive sex ed (yes/no) determined via zip code and school district for cases and by interview for controls.
- 4. Outcome:** Cases will be LGBTQ+ individuals with depression or who have committed suicide. As a control group, LGBTQ+ individuals without depression (and who are alive as a result of not having committed suicide) will also be investigated to look into their sex education background.
- 5. Significance:** While it's been shown that abstinence-only sex ed is ineffective, and it has been suggested that there is a need for LGBTQ+ inclusive sex ed for the benefit of non-heterosexual individuals, it is unclear what the tangible mental health benefits are of having this inclusive education. A study which has the potential to demonstrate a relationship between LGBTQ+ inclusive sex ed and positive mental health outcomes could have enormous implications for sex ed policy.

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