



Free Event:
WED OCT 26
7 PM via Zoom



Hardy Girls Presents: **The State of Girls and Nonbinary Youth in Maine**

An intergenerational discussion of the 2021
Maine Integrated Youth Health Survey (MIYHS) Results

Register at hghw.org/state-of-girls

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About Hardy Girls: Hardy Girls is a Maine-based, research-driven nonprofit. Established in 2000, we partner with girls and nonbinary youth to ignite curiosity, promote thinking critically, build coalitions, and challenge the status quo. We believe in changing the culture, not fixing the young person. Hardy Girls works with 1,200+ girls and nonbinary youth annually through year-round, statewide programs. Learn more about Hardy Girls at hghw.org.

About the Maine Integrated Youth Health Survey (MIYHS): The MIYHS is a biennial survey of Maine students in grades 5 through 12 that monitors health behaviors and attitudes regarding tobacco, alcohol, substance use, mental health, nutrition, physical activity, and protective factors. The MIYHS was first administered in 2009 and will be offered in February of odd-number years, except in 2021 when the survey was administered in the fall. The MIYHS is conducted by the Maine Department of Health and Human Services in collaboration with the Maine Department of Education. All data and reports can be found at www.maine.gov/miyhs/.

Content Warning: This overview will include topics such as depression, anxiety, suicide, sexual violence, sexism, racism, transphobia, and homophobia.

Overview:

- Page 1: Introduction
- Pages 2-5: High School (Grades 9-12)
- Pages 6-7: Middle School (Grades 7-8)



2021 MIYHS HIGH SCHOOL (GRADES 9-12) DATA¹

Demographics:

- **30.6%** of female respondents identify as “gay or lesbian, bisexual, or some other way,” compared to **10.8%** of male respondents.
- **6.8%** of female respondents are questioning their sexual identity, compared to **2.6%** of male respondents.
- **3.9%** of female respondents identify as transgender², compared to **2.6%** of male students.
- **89.3%** of respondents are white.

Safety and Mattering:

- Question: In the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
 - **7.8%** of female respondents answered “at least one day,” compared to **4.9%** of male respondents.
 - The rate for multiracial females (**14.0%**) is significantly³ higher than that for white females (**7.5%**).
 - The rates of females who identify as Gay/Lesbian (**11.5%**), Bisexual (**11.1%**), or who describe their sexuality in some other way (**11.5%**) are significantly higher than that for heterosexual females (**5.7%**).
 - **16.4%** of trans respondents answered “at least one day,” compared to **5.7%** of respondents who identified as not transgender.
- Question: Do you agree or disagree that in your community you feel like you matter to people?
 - **47.0%** of female respondents answered “agree or strongly agree,” compared to **56.3%** of male respondents.
 - The rates for Black or African American females (**41.0%**) and multiracial females (**38.8%**) are significantly lower than that for white females (**47.5%**).
 - The rates of females who identify as Gay/Lesbian (**31.7%**), Bisexual (**35.7%**), who describe their sexuality in some other way (**32.0%**), and

¹https://www.maine.gov/miyhs/sites/default/files/2021_Reports/Detailed_Reports/HS/Maine%20High%20School%20Detailed%20Tables.pdf

² The question asked was “Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?”

³ When we use the term “significantly,” we are referring to statistical significance, which indicates that an observed relationship is unlikely to be due to chance.



who are questioning their sexual orientation (**40.4%**) are significantly lower than that for heterosexual females (**5.7%**).

- **24.3%** of trans respondents answered “agree or strongly agree,” compared to **53.3%** of respondents who identified as not transgender.

Violence and Harassment:

- Question: Have you been forced (physically or otherwise) to have sexual contact?
 - **22.0%** of female respondents answered “yes” to lifetime contact, compared to **6.5%** of male respondents.
 - The rate for Hispanic females (**30.6%**) is significantly higher than that for non-Hispanic females (**21.7%**).
 - The rates for American Indian or Alaskan Native females (**34.8%**) and multiracial females (**32.0%**) are significantly higher than that for white females (**21.8%**).
 - The rates of females who identify as Gay/Lesbian (**32.1%**), Bisexual (**37.7%**), who describe their sexuality in some other way (**30.0%**), and who are questioning their sexual orientation (**22.7%**) are significantly higher than that for heterosexual females (**15.6%**).
 - **36.0%** of trans respondents answered “yes,” compared to **12.8%** of respondents who identified as not transgender.
- Question: During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
 - **23.3%** of female respondents answered “yes,” compared to **12.6%** of male respondents.
 - The rates for American Indian or Alaskan Native females (**33.4%**) and multiracial females (**28.1%**) are significantly higher than that for white females (**23.4%**).
 - The rate of females who identify as Bisexual (**30.3%**) is significantly higher than that for heterosexual females (**20.8%**).
 - **34.0%** of trans respondents answered “yes,” compared to **17.0%** of respondents who identified as not transgender.
- Question: Has anyone ever made offensive sexual comments to you at school?
 - **31.1%** of female respondents answered “yes,” compared to **10.6%** of male respondents.
 - The rates of females who identify as Bisexual (**45.6%**) and who describe their sexuality in some other way (**44.0%**) are significantly higher than that for heterosexual females (**25.2%**).



- **39.4%** of trans respondents answered “yes,” compared to **19.4%** of respondents who identified as not transgender.

Mental Health:

- Question: During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
 - **48.1%** of female respondents answered “yes,” compared to **23.7%** of male respondents.
 - The rate for Hispanic females (**53.8%**) is significantly higher than that for non-Hispanic females (**48.0%**).
 - The rate for multiracial females (**58.8%**) is significantly higher than that for white females (**47.8%**).
 - The rates of females who identify as Gay/Lesbian (**70.8%**), Bisexual (**67.9%**), who describe their sexuality in some other way (**67.6%**), and who are questioning their sexual orientation (**54.5%**) are significantly higher than that for heterosexual females (**37.8%**).
 - **74.0%** of trans respondents answered “agree or strongly agree,” compared to **33.6%** of respondents who identified as not transgender.
- Question: During the past 12 months, did you ever seriously consider attempting suicide?
 - **24.2%** of female respondents answered “yes,” compared to **12.5%** of male respondents.
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 - The rate for Hispanic females (**29.1%**) is significantly higher than that for non-Hispanic females (**24.1%**).
 - The rates for American Indian or Alaskan Native females (**32.7%**) and multiracial females (**33.7%**) are significantly higher than that for white females (**23.9%**).
 - The rates of females who identify as Gay/Lesbian (**44.1%**), Bisexual (**42.7%**), who describe their sexuality in some other way (**39.1%**), and who are questioning their sexual orientation (**26.7%**) are significantly higher than that for heterosexual females (**15.5%**).
 - **52.7%** of trans respondents answered “agree or strongly agree,” compared to **16.5%** of respondents who identified as not transgender.
- Question: During the past 12 months, how many times did you actually attempt suicide?
 - **11.1%** of female respondents answered “at least 1 time,” compared to **6.6%** of male respondents.



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- The rates of females who identify as Gay/Lesbian (**17.3%**), Bisexual (**16.5%**), and who describe their sexuality in some other way (**19.5%**) are significantly higher than that for heterosexual females (**7.9%**).
- **24.8%** of trans respondents answered “at least 1 time,” compared to **7.9%** of respondents who identified as not transgender.
- Question: During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
 - **32.8%** of female respondents answered “at least 1 time,” compared to **12.8%** of male respondents.
 - The rate for multiracial females (**39.4%**) is significantly higher than that for white females (**33.0%**).
 - The rates of females who identify as Gay/Lesbian (**57.2%**), Bisexual (**52.4%**), who describe their sexuality in some other way (**53.5%**), and who are questioning their sexual orientation (**39.1%**) are significantly higher than that for heterosexual females (**21.8%**).
 - **59.6%** of trans respondents answered “at least 1 time,” compared to **20.5%** of respondents who identified as not transgender.



2021 MIYHS MIDDLE SCHOOL (GRADES 7-8) DATA⁴

Demographics:

- **29.9%** of female respondents said they were best described as “Gay or lesbian,” “Bisexual,” or “I describe my sexual identity some other way,” compared to **8.6%** of male respondents
- **8.3%** of female respondents are questioning their sexual identity, compared to **4.0%** of male respondents
- **86.6%** of respondents are white

Mattering:

- Question: Do you agree or disagree that in your community you feel like you matter to people?
 - **48.5%** of female respondents answered “yes,” compared to **62.0%** of male respondents.
 - The rate for Hispanic females (**40.7%**) is significantly lower than that for non-Hispanic females (**48.7%**).
 - The rates for American Indian or Alaskan Native females (**34.8%**), Asian (**29.5%**), and multiracial females (**39.9%**) are significantly lower than that for white females (**49.6%**).

Violence and Harassment:

- Question: Have you been forced (physically or otherwise) to have sexual contact?
 - **9.8%** of female respondents answered “yes,” compared to **2.3%** of male respondents.
 - The rate for Hispanic females (**25.7%**) is significantly higher than that for non-Hispanic females (**9.0%**).
- Question: Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
 - **40.8%** of female respondents answered “yes,” compared to **25.4%** of male respondents.

Mental Health:

- Question: Have you ever felt so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

⁴https://www.maine.gov/miyhs/sites/default/files/2021_Reports/Detailed_Reports/MS/Maine%20Middle%20School%20Detailed%20Tables.pdf



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- **39.6%** of female respondents answered “yes,” compared to **19.0%** of male respondents.
- The rates for American Indian or Alaskan Native females (**49.8%**) and multiracial females (**48.5%**) are significantly higher than that for white females (**39.0%**).
- Question: Have you ever seriously thought about killing yourself?
 - **26.2%** of female respondents answered “yes,” compared to **13.0%** of male respondents.
 - The rates for American Indian or Alaskan Native females (**36.7%**), Native Hawaiian or Other Pacific Islander females (**54.0%**), and multiracial females (**33.8%**) are significantly higher than that for white females (**25.5%**).
- Question: Have you ever tried to kill yourself?
 - **9.8%** of female respondents answered “yes,” compared to **4.7%** of male respondents.
 - The rate for Hispanic females (**19.7%**) is significantly higher than that for non-Hispanic females (**21.7%**).
 - The rate for multiracial females (**16.7%**) is significantly higher than that for white females (**9.2%**).
- Have you ever done something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
 - **27.2%** of female respondents answered “yes,” compared to **12.3%** of male respondents.