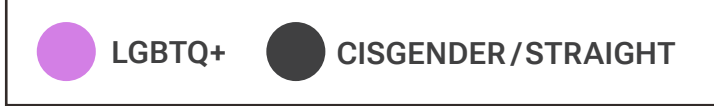


# Key Findings on Social Media, Digital Tools, & Mental Health Among LGBTQ+ Young People

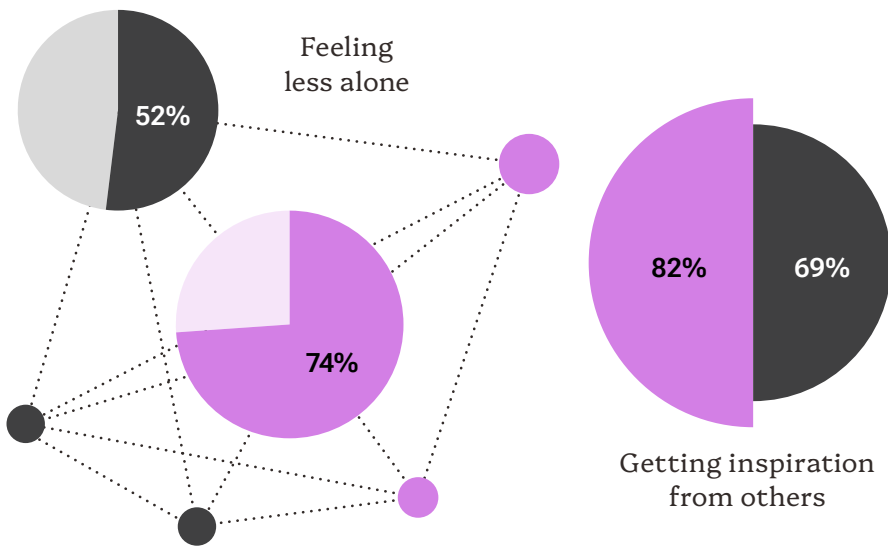
This fact sheet highlights data collected by Hopelab and Common Sense Media from over 1200 young people ages 14-22. This research was released across [three reports](#). Young people were directly involved in creating survey topics and questions as well as interpreting results.

Analyses of LGBTQ+ identity compare young people who described their sexual orientation as lesbian, gay, bisexual or pansexual, or asexual, or who identified as transgender or nonbinary (LGBTQ+) to those who endorsed heterosexual or straight for their sexual orientation without describing themselves as transgender or nonbinary (cisgender/straight).

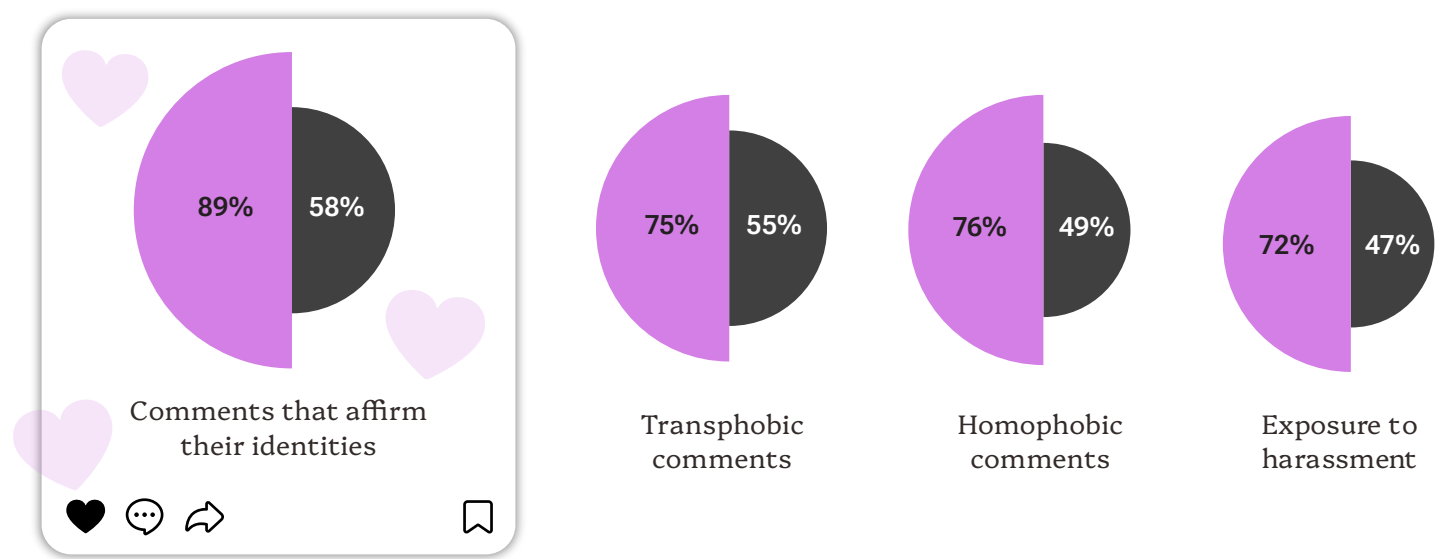


The data below has been abbreviated. For the full questions and response options, please visit [hopelab.org/research](https://hopelab.org/research).

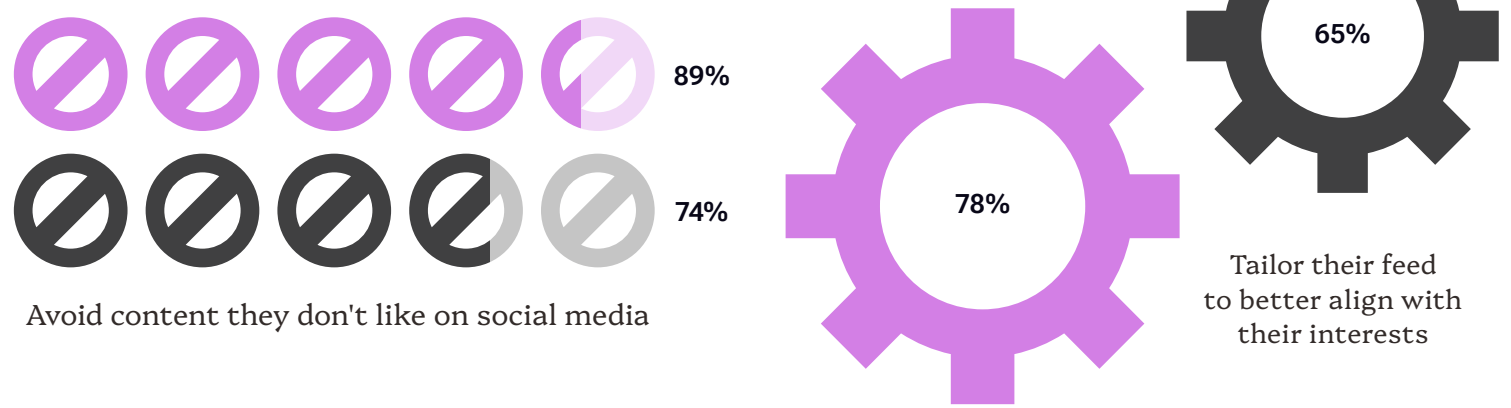
## Social media is an important source of support and connection for LGBTQ+ young people.



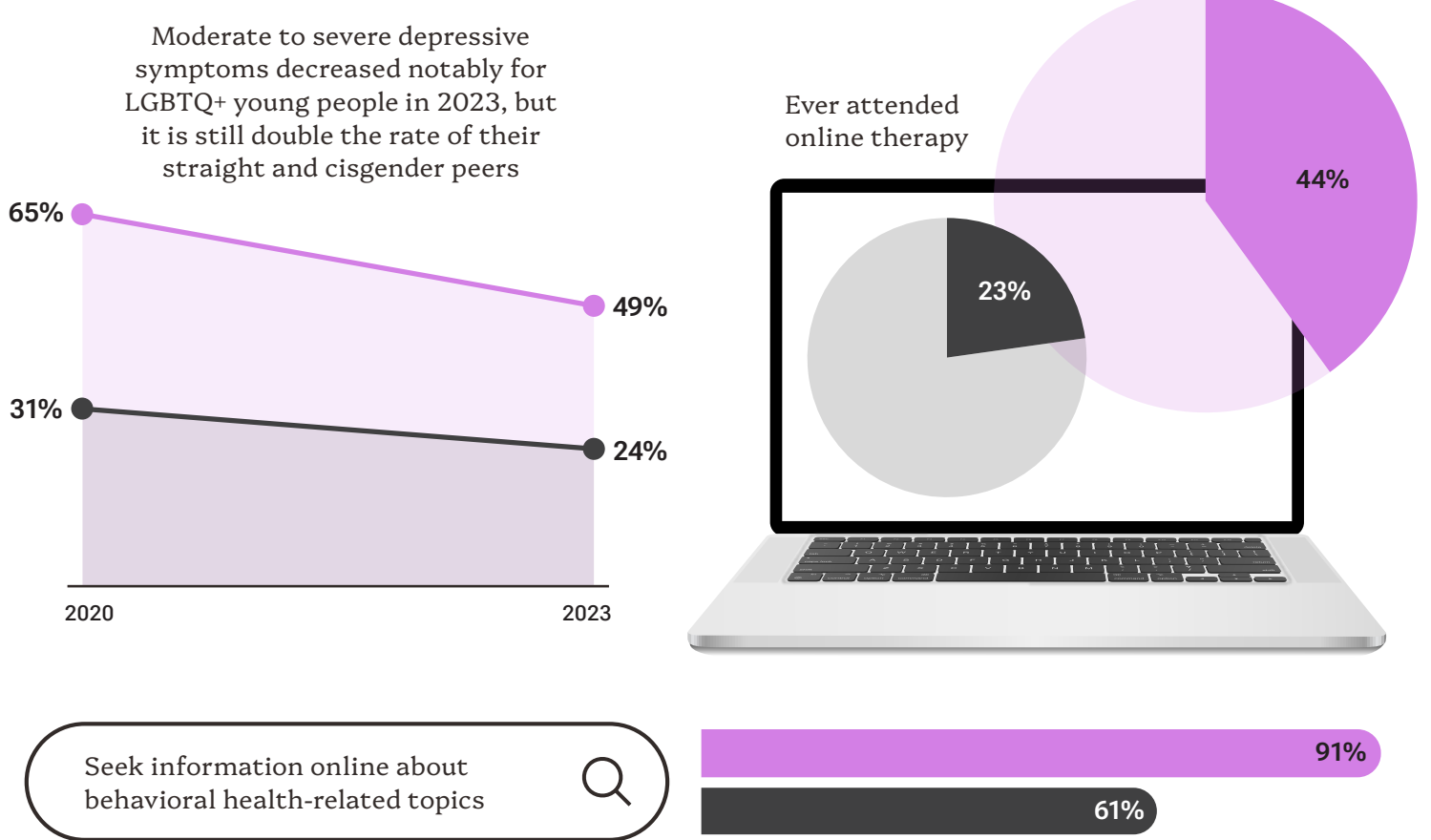
## LGBTQ+ young people see more of the good and bad sides of social media than their peers.



## LGBTQ+ young people actively try to maximize the benefits and minimize the harms of social media.



## LGBTQ+ young people continue to experience more depressive symptoms than their peers, with greater use of online mental health resources.



## LGBTQ+ young people express more concerns and skepticism over the future of generative AI than their peers.

