



## Recommendations Concluding the 2024 CROP-FJRS Survey

1. Develop Programs to Combat Prejudices, Attitudes, and Harmful Conducts Toward People from Sexual and Gender Diversity

### **Support Programs Against Addressing Violence and Discrimination in General**

People from sexual and gender diversity face higher rates of violence and discrimination.

Over the past 12 months, 23% of the general population has experienced violence, compared to 46% of people from sexual and gender diversity (lifetime prevalence is 69% for the general Canadian population versus 89% for the people of diversity). This suggests that despite positive changes in the acceptance of people of diversity, they remain significant targets of violence. Physical appearance (18%), gender identity, and sexual orientation (both at 15%) are the main reasons reported for violence and discrimination.

Furthermore, half (46%) of victims from the people of diversity do not know the person(s) who assaulted them (35% in the general population).

This indicates that awareness and prevention programs for anti-LGBTQ+ violence should be more strongly promoted and funded.

### **Support Programs Addressing Violence and Discrimination in Workplaces and Educational Settings**

Workplaces and educational institutions are environments where violence and discrimination should be closely monitored. These settings account for 24% of the reported cases of discrimination or violence in the most recent incidents. In 18% of these cases, the aggression experienced by people from sexual and gender diversity was perpetrated by colleagues. Nearly one in two youths aged 15 to 17 (46%) who experienced violence or discrimination in the past 12 months reported that it occurred within or near a school setting.

To address the violence faced by young people from sexual and gender diversity in educational settings, we recommend creating specific programs and educational measures focused on pro-diversity social and emotional learning for all young people.

## 2. Develop Mechanisms for Preventing and Controlling Online Violence

The Web is a useful platform for people from sexual and gender diversity, offering a positive environment for self-development.

According to our survey, half of the respondents (52%) believe that social media sites (Facebook, Instagram, TikTok) are beneficial for the exploration, acceptance, or affirmation of their gender identity and/or sexual orientation. Similarly, 42% identify websites as favorable for their self-exploration, acceptance, or identity affirmation. Despite these benefits, the internet is also a space where people of diversity experience bullying and violence.

People of diversity are three times more likely to be victims of cyberviolence than the general population (32% vs. 10%). When focusing on the past 12 months, trans individuals (26%) and younger individuals from the people of diversity (25% among those aged 15-17) are the most frequent victims. Therefore, specific awareness and prevention programs should be developed in this area.

## 3. Implement Support Measures and Facilitate Access to Mental Health Support for People of Diversity

The survey reveals that a higher proportion of people from sexual and gender diversity report having "fair" or "poor" mental health (60% among the people of diversity compared to 32% in the Canadian population). Stress levels are also higher among people of diversity (6.5/10) compared to the general Canadian population (5.3/10).

Similarly, sexually and gender diverse people are twice as likely to have been diagnosed with depression (49% vs. 26%) or anxiety disorders (48% vs. 26%). The same trend is observed for substance abuse (21% among the people of diversity vs. 12%) and eating disorders (20% vs. 8%). Notably, four in ten individuals from the people of diversity (40%) report having had suicidal thoughts in the past 12 months, which is three times higher than the Canadian population (12%).

Thus, it is important to implement support measures for people of diversity and facilitate access to professional mental health support, particularly for younger individuals, trans, and non-binary people, who are the most affected. Additionally, more than half (58%) of the people of diversity consider the available support resources as insufficient.

### **Enhance Sexual Education in Schools**

Enhancing sexual education courses is identified by both people of diversity and the general Canadian population as the most useful action to promote the well-being and integration of people from sexual and gender diversity. This is especially important as most young people start questioning their sexual orientation during their school years (between

6 and 19 years old) and their gender identity during childhood (between 6 and 12 years) or adolescence (between 13 and 19 years).

Sexual education should always adequately cover LGBTQ+ realities and experiences, particularly for young people.

### **Ensure Good Representation of Sexual and Gender Diverse People in Media**

Forty-four percent of people from sexual and gender diversity believe that better representation of their realities, particularly in the media, would enhance their well-being and integration into Canadian society. In this regard, the media faces a significant challenge.

### **Increase Funding for Research on Sexual and Gender Diversity**

Finally, research on the experiences and needs of people from sexual and gender diversity, particularly younger generations, should be further encouraged and funded by public institutions. There is a notable gap in this area (for example, this research was 100% privately funded). Improved understanding of these populations' problems and needs would help direct and prioritize human and financial resources where they are most needed and well-documented.