



**Trinity College Dublin**  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



# Sources of information and their usefulness in relation to sexuality and sexual health of Lesbian, Gay, Bisexual and Questioning (LGBQ) Adolescents

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# Outline of Presentation

- Context
- Aims and Objectives
- Methodology
- Ethical Considerations
- Findings
- Recommendations



# Study Context

Increased risk of adverse sexual health consequences in LGBTQ People comparison to heterosexual people

Earlier sexual initiation

More sexual partners

Increased rates of HIV and other sexually transmitted infections (STIs),

Associated with an unplanned pregnancy

Risks associated with sex work

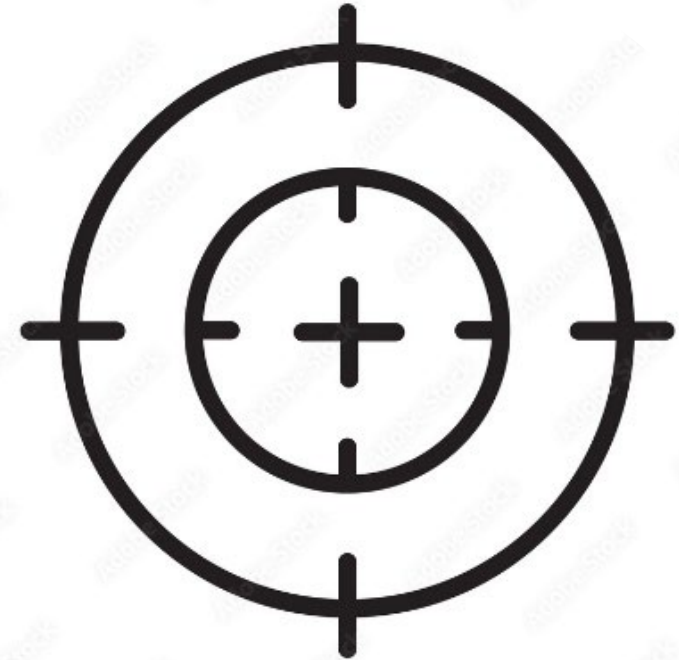
# Irish National Sexual Health Strategy (2015-2020)

- Vision:
  - *“That everyone in Ireland experiences positive sexual health and wellbeing”.*
- Aim:
  - *“To improve sexual health and wellbeing and reduce negative sexual health outcomes by ensuring that everyone living in Ireland has access to high quality sexual health information, education and services throughout their lives”*
- National Sexual Health Strategy (Department of Health 2015 p.17)



# Overall Aim of the Study

- To gain an understanding of the sources of information of LGBTQ adolescents (aged 13-19) in relation to sexuality and sexual health.



Aim

# Objectives of the Study



Ascertain where LGBTQ young people sourced information on topics associated with:

- Friendships and Sexual Orientation,
- Readiness for Safer Sex
- Sexual Behaviour/Activity

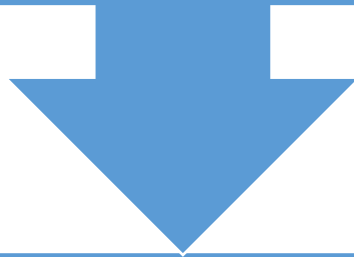
Identify how used/useful were 20 sources in the following groups:

- Family
- Peers
- Professionals
- Internet/ media

# Survey Design



The survey development was informed by an Integrative and Literature Review and refined with assistance from BeLonGTo



Face and Content Validity

Teachers

Parents

Sexual Healthcare  
Practitioners

Youth Advocates  
LGBQ Organisations

- Final Survey comprised of 51 questions in 11 sections:
  - Participant Information Sheet
  - Declaration
  - About your Sexual feelings/ Attraction
  - Information Sources and their usefulness
    - Friendships and Sexual Orientation (4 topics)
    - Readiness for Safer Sex (6 topics)
    - Sexual Behaviour/ Sexual Activity (10 topics)
  - Reasons for not sourcing information
  - History
  - Internet Use
  - General Questions about You
  - Support and Information

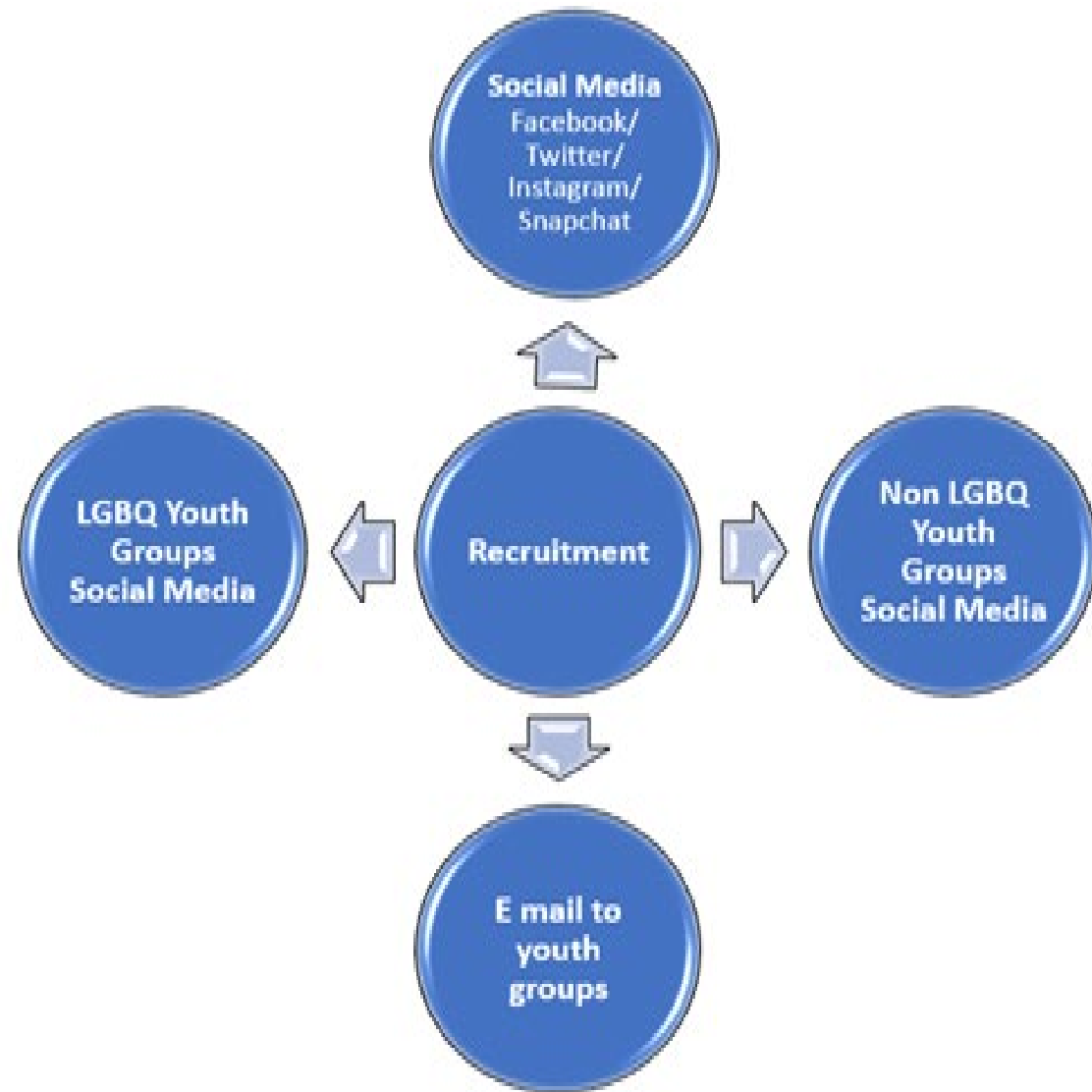
# Ethical Considerations

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- 3 hurdles to overcome for Ethical Approval
  - Vulnerable Population
  - Sensitive Topic
  - Parental Waiver



# Multipronged Recruitment





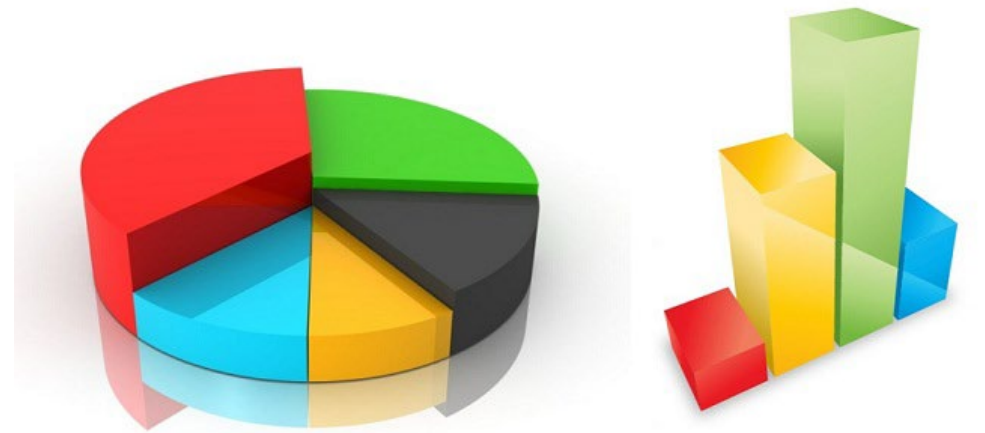
# Data Analysis

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- Quantitative
  - Descriptive statistics
  - Bivariate Statistics
- Qualitative
  - Thematic analysis

# Results

- Demographic Information
- Primary Sources for each Topic
- Most Useful Sources for each Topic



- In total 303 people responded to the questionnaire
- 93 people completed all questions

Demographic Information	
Age	Even spread of ages from 13-19
Gender and Gender Identity	Majority were Female (Gender Identity and Female at Birth)
Sexual Orientation	Majority stated that they were attracted people of my own and other gender
Other Demographic Factors	<p>77.2% (n= 71) White Irish</p> <p>88% (n=81) lived at home</p> <p>98.9% (n=92) attending school/ college</p>
Internet Use	<p>100% (n=97) Accessed Internet at home</p> <p>89.7% (n=87) Accessed Internet on a smartphone</p>

# Primary Sources of Information and Usefulness (% n=)

## - Friendships and Sexual Orientation (n=164)

Friendships and Sexual Orientation	Primary Source of Information	Usefulness of Sources
Sexual Attraction/ Orientation	LGBQ focussed Internet Search (57.9% n=95)	LGBQ focussed Internet Search (91.1% n=82)
LGBQ relationships	LGBQ Friends (65.2% n=107)	LGBQ Friends (81% n=81)
Finding LGBQ friends	LGBQ Community (43.9% n=72)	LGBQ Community (85% n=57)
Coming Out	LGBQ Friends (53.6% n=88)	LGBQ Friends (90.7% n= 78)

Friendships and Sexual Orientation (n= 164)	Primary Source of Information	Difference in Age %
Sexual Attraction/ Orientation	LGBQ focussed Internet Search (57.9% n=95)	Aged 13-15 66.7%
		Aged 16-19 66.7%
LGBQ relationships	LGBQ Friends(65.2% n=107)	Aged 13-15 73.8%
		Aged 16-19 58.8%
Finding LGBQ friends	LGBQ Community (43.9% n=72)	Aged 13-15 45.2%
		Aged 16-`19 41.2%
Coming Out	LGBQ Friends (53.6% n=88)	Aged 13-15 52.4%
		Aged 16-19 52.9%

# Primary Sources of Information and Usefulness (% n=) - Readiness for Safer Sex (n=116)

Readiness for Safer	Primary Source of Information	Usefulness of Sources
Pregnancy	Mother/ female guardian (47.4% n=55)	Mother/ female guardian (81.6% n=40 out of 49)
Contraception (apart from condoms)	Mother/ female guardian (37.9% n=44)	General Internet Search (89.5% n=34 out of 38) Mother/ female guardian (84.2% n=32 out of 38)
Sexually Transmitted Infections	General Internet Search (39.7% n=46)	General Internet Search (88.4% n=38 out of 43)
Safer Sex (condoms)	Teachers/ School (43.9% n=51)	Mother/ female guardian (89.9% n=34 out of 41) Teachers/ School (57.9% n=22 out of 32)
What it means to consent for sexual activity and my rights	LGBQ Friends (32.7% n=38) General Internet Search (32.7% n=38)	LGBQ Community (97.1% n= 34 out of 35) LGBQ Friends (88.9% n=32 out of 36)
How to know I am ready for sex	General Internet Search (31.9% n=37)	LGBQ friends (79.4% n=27 out of 36) Sexual Partners (75.8% n= 25 out of 35)

Readiness for Safer Sex (n= 116)	Primary Source of Information	Difference in Age %
Pregnancy	Mother/ female guardian (47.4% n=55)	Age 13-15 40.4%
		Age 16-19 39.2%
Contraception (apart from condoms)	Mother/ female guardian (37.9% n=44)	Age 13-15 23.8%
		Age 16-19 35.3%
Sexually Transmitted Infections	General Internet Search (39.7% n=46)	Age 13-15 33.3%
		Age 16-19 41.2%
Safer Sex (condoms)	Teachers/ School (43.9% n=51)	Age 13-15 26.1%
		Age 16-19 60.8%
What it means to consent for sexual activity and my rights	LGBQ Friends (32.7% n=38)	Age 13-15 16.7%
		Age 16-19 37.2%
	General Internet Search (32.7% n=38)	Age 13-15 28.6%
		Age 16-19 35.3%
How to know I am ready for sex	General Internet Search (31.9% n=37)	Age 13-15 30.9%
		Age 16-19 33.3%

Primary Sources of Information and Usefulness (% n=)

Sexual Activity/ Sexual Behaviour (n=91)

Sexual Activity/ Sexual Behaviour	Primary Source of Information	Usefulness of Sources
Genital Touching	Pornography (34.1% n=31)	Pornography (74.1% n= 20 out of 27) Sexual Partners (92.3% n=24 out of 26)
Masturbation	Pornography (41.7% n=38)	Pornography (78.8% n=26 out of 33) General Internet Search (87.5% n=28 out of 32)
Oral Sex	Pornography (37.3% n=34)	Pornography (76.7% n=23 out of 30) General Internet Search (92% n=23 out of 25)
Vaginal Sex	Pornography (34.1% n=31) Non-LGBQ Friends (34.1% n=31)	Pornography (66.7% n=18 out of 27) Non-LGBQ Friends (82.8% n=24 out of 29)
Anal Sex	Pornography (35.1% n=32)	Pornography (71.4% n=20 out of 28) LGBQ focussed Internet Search (82.6% n=19 out of 23)

Sexual Activity/ Sexual Behaviour (n= 91)	Primary Source of Information	Difference in Age %
Genital Touching	Pornography (34.1% n=31)	Age 13-15 28.6%
		Age 16-19 25.5%
Masturbation	Pornography (41.7% n=38)	Age 13-15 35.7%
		Age 16-19 31.4%
Oral Sex	Pornography (37.3% n=34)	Age 13-15 30.9%
		Age 16-19 29.4%
Vaginal Sex	Pornography (34.1% n=31)	Age 13-15 30.9%
		Age 16-19 25.5%
	Non-LGBQ Friends (34.1% n=31)	Age 13-15 19%
		Age 16-19 39.2%
Anal Sex	Pornography (35.1% n=32)	Age 13-15 30.9%
		Age 16-19 25.5%

# Primary Sources of Information and usefulness (% n=)

## - Sexual Activity/ Sexual Behaviour (n=91)

Sexual Activity/ Sexual Behaviour	Primary Source of Information	Usefulness of Sources
Kissing	LGBQ Friends (52.7% n= 48)	LGBQ Friends (92.3% n= 36 out of 39)
Cuddling	LGBQ Friends (47.2 n=43)	LGBQ Friends (97.4% n=37 out of 38)
What to do during sex	LGBQ Friends (36.2% n=33)	LGBQ Friends (87.1% n=27 out of 31)
How to use safer sex aids	LGBQ Community (30.8% n=28) Teacher/ School (30.8% n=28)	LGBQ Community (88% n= 17 out of 24) Teacher/ School (65% n=13 out of 20)
How to use sex toys safely	LGBQ focussed Internet Search (31.9% n=29) LGBQ Community (31.9% n=29)	LGBQ focussed Internet Search (75% n=18 out of 24) LGBQ Community (70.8% n= 17 out of 24)

Sexual Activity/ Sexual Behaviour (n= 91)	Primary Source of Information	Difference in Age %
Kissing	LGBQ Friends (52.7% n= 48)	Age 13-15 42.8%
		Age 16-19 47%
Cuddling	LGBQ Friends (47.2 n=43)	Age 13-15 38%
		Age 16-19 43.1%
What to do during sex	LGBQ Friends (36.2% n=33)	Age 13-15 23.8%
		Age 16-19 37.2%
How to use safer sex aids	LGBQ Community (30.8% n=28)	Age 13-15 23.8%
		Age 16-19 29.4%
	Teacher/ School (30.8% n=28)	Age 13-15 19%
		Age 16-19 21.6%
How to use sex toys safely	LGBQ focussed Internet Search (31.9% n=29)	Age 13-15 28.6%
		Age 16-19 23.5%
	LGBQ Community (31.9% n=29)	Age 13-15 30.9%
		Age 16-19 25.5%

# Recommendations



Research



Healthcare Practice



School Based Education



Policy

# Go raibh mile maith agaibh

