

Supplementary Materials S1 Table of Access, recruitment and sampling approach for the YuPP[©] Project

Stage	Number of people	Number of contacts
Access		
Informal discussion	2 youth stakeholders	<ul style="list-style-type: none"> • 1 WhatsApp conversation • 1 online ZOOM™ discussion
	2 adult stakeholders	<ul style="list-style-type: none"> • 3 emails • 1 telephone calls
Formal contact	2 youth stakeholders	<ul style="list-style-type: none"> • 1 WhatsApp conversation • 1 online ZOOM™ discussion
	7 adult stakeholders	<ul style="list-style-type: none"> • 14 emails • 7 telephone calls
Recruitment		
Informed of project	12 YAG members	<ul style="list-style-type: none"> • Stakeholders' liaison with YAG members and shared invitations to Information Sessions
Invitation to attend Information Sessions	2 youth stakeholders	<ul style="list-style-type: none"> • 6 WhatsApp conversations
	9 YAG members	<ul style="list-style-type: none"> • 9 email invitations with ZOOM™ links forwarded
Information Session	9 YAG members accepted invitation	<ul style="list-style-type: none"> • 2 half-hour Information Sessions convened and recorded via ZOOM™
	1 youth stakeholder	<ul style="list-style-type: none"> • Stakeholder liaison with YAG members via FB and WhatsApp and link posted to recording
Forwarded Recording of Information Session	4 adult stakeholders	<ul style="list-style-type: none"> • 6 emails with attached link to recording • 4 telephone calls • 4 text messages
	8 YAG members expressed interest 2 YAG members unavailable 1 YAG member could not be contacted	<ul style="list-style-type: none"> • 9 emails forwarded with information sheets and consent form
Sampling		
Follow up after cooling-off period	8 YAG members expressed interest	<ul style="list-style-type: none"> • 8 reminder emails re: consent
	1 YAG member declined 1 YAG member did not respond	<ul style="list-style-type: none"> • 2 x telephone calls to adult stakeholder
Consent to be part of WhatsApp Group	8 YAG members	<ul style="list-style-type: none"> • 2x text messages to adult stakeholder
Invitation to attend Update Zoom presentation	8 YAG members	<ul style="list-style-type: none"> • 8 WhatsApp conversations • 2 WhatsApp conversations • 8 email invitations with Zoom links forwarded
	8 YAG members	<ul style="list-style-type: none"> • 2 half-hour Information Sessions convened and recorded via ZOOM™
Forwarded Recording of Information Session	2 YAG members	<ul style="list-style-type: none"> • 2 emails with link posted to recording
Consent to be part of the YuPP [©] Project	7 YAG members	<ul style="list-style-type: none"> • 8 reminder emails • 8 WhatsApp conversations
Attended consultations	6 YAG members	<ul style="list-style-type: none"> • 7 reminder emails
		<ul style="list-style-type: none"> • 7 WhatsApp conversations

Supplementary Materials S2: Information sheet



Young People's Information Sheet (Youth Advisory Group)

Introductory statement: This study is being led by Ms. Nerilee Ceatha, a SPHeRE scholar with UCD.

Topic and title of the research: LGBTI+ YuPP☺: Young People's Panels, Youth Perspectives and Priorities on wellbeing

What is this research about? The study hopes to collaborate with young people from the Youth Advisory Group for the *LGBTI+ National Youth Strategy* to explore LGBTI+ youth wellbeing. The *LGBTI+ National Youth Strategy* highlights that LGBTI+ young people can flourish when they are visible, valued and included. At the moment, we do not know much about the positive factors that protect and promote LGBTI+ youth wellbeing. We hope to gain insights of youth perspectives and priorities that may be useful in policy and practice.

Why I am doing this research? This study is linked to the objectives of the *LGBTI+ National Youth Strategy*, including developing research on factors that support positive mental health and exploring the data from Growing Up in Ireland (GUI). We have analysed GUI and for the first time we know that one-in-ten young people identify as lesbian, gay, bisexual, transgender, questioning, asexual or describe their gender as other. The research is really exciting and to really understand the results and findings we want to involve young people.

Why have you been invited to take part? We discussed the project with other YAG members and they suggested that you might have a unique contribution and could provide insights on YAG involvement in the *LGBTI+ National Youth Strategy*. We wanted to make sure that everyone who participated on the YAG has the same information about the project. We hope you may be interested in taking part in the LGBTI+ YuPP☺ online consultations and collaborating with researchers through sharing your insights. You may also be interested in doing an online interview about your experience of being on the YAG. You do not have to take part but we hope that you will.

How will your data be used? To make sure that our research is relevant to LGBTI+ youth we want to give young people a say in how the project is run. We are inviting LGBTI+ youth to be involved in LGBTI+ YuPP☺ to:

- Help us to understand LGBTI+ wellbeing from a youth perspective
- Comment on the findings from a scoping review of the literature
- Discuss the results from GUI and help us interpret the study findings

- Advise on the protective factors that can promote LGBTI+ wellbeing
- Collaboratively develop a topic guide for peer interviews on YAG involvement in the development of the *LGBTI+ National Youth Strategy*
- Participate in an interview
- Help to develop a policy brief and or infographic of recommendations for the engagement, involvement and inclusion of youth in participatory policy-making.

The information we produce together will help to ensure the LGBTI+ YuPP☺ study is relevant in reports and presentations and to make recommendations.

What will happen if you decide to take part in this research study? If you take part in LGBTI+ YuPP☺ online consultations you will be asked to attend up to 3 online meetings for up to 1½ hours via Zoom. These meetings will involve short presentations from the research team and ask about your perspectives and priorities. With your permission, the discussion will be recorded so that it can be typed up.

How will your privacy be protected? The other YAG members who chose to take part will know what you tell us as well as the researchers and the others attending the online. You will be not be asked about your personal experience in the online consultations. Because you have been invited to take part as a member of the Youth Advisory Group, you may be identifiable. This means that there is a limit to maintaining your confidentiality. To address this, as a group we will discuss and agree on whether names, an alias or no identifying information should be used when reporting the research findings. Anything you share may become part of the research, so we will check that the information is accurate. All recordings and typed data will be stored securely. We will not include your name on anything you share without your permission in reports or presentations. No other personal information about you will be published.

What are the benefits of taking part in this research study? This project will support your rights as a young person and give you an opportunity to have a say on an issue that directly impacts your own life. This is a good chance for you to be involved in a research project and have your say on something that directly impacts LGBTI+ youth. It may feel good to talk about LGBTI+ youth wellbeing and know that you are being listened to. LGBTI+ wellbeing is an important issue and you have a unique contribution.

What are the risks of taking part in this research study? There are few risks involved in this study. Talking about LGBTI+ youth wellbeing might make you feel upset. There may be experiences from the YAG that are upsetting. In the event that these discussions are upsetting, you can talk to a researcher and they will make sure that you get help. Information about supports is available and will be offered to all young people (see attached). If you tell us something that leads us to believe that you or another person is at risk, we will have to report this. If this happens, I will discuss this with you first.

Can you change your mind at any stage and withdraw from the study? Please consider whether you would like to take part in the LGBTI+ YuPP☺ online consultations. You can decide to withdraw from the study at any time, without consequence. However, it may not be possible to

extract your data from typed notes, once identifying information has been removed. It will not be possible to withdraw from the study after the data has been written up.

How will you find out what happens with this project? The findings will be used in publications and presentations to share the information with researchers, policy makers, practitioners and the LGBTI+ communities. The results of the study will be presented to you and all the young people who participated in the LGBTI+ YuPP☺ project in the form of a research article, policy brief, poster or infographic.

Contact details for further information If you want to ask any questions about the study, please contact Nerilee.

Their contact details are:

Nerilee Ceatha (researcher)



nerilee.ceatha@ucdconnect.ie



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Structured Population and
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Supplementary Materials S3: Online technology information sheet



SPH eRE
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Online Technology Information Sheet

LGBTI+ YuPP☺: Young People's Panels, Youth Perspectives and Priorities on wellbeing

How will the online consultations and interviews take place?

All online consultations will use Zoom, the software tool approved for use in UCD. As a PhD student, Nerilee Ceatha has been granted Zoom access via Graduate Studies.

Zoom meetings will be held by invitation only. Meeting IDs will not be posted in public and a new access code will be generated for each meeting. This will be password protected so that only people who have signed in to the meeting will be able to attend. There will be a waiting room so that the research team can make sure that those who are not invited cannot attend. The private chat function will be disabled.

Zoom default settings will ensure that screen sharing is limited to the researcher who is the host. If the researcher determines that screen sharing by participants is needed, sharing by "one participant at a time" will be selected.

What privacy protections will be put in place for the online consultations and interviews?

Everyone attending a Zoom meeting, with the research team, will be given options including:

- using a virtual background if they do not want to have their surroundings visible
- attending without using the camera, by muting the video
- attending without using the microphone, by muting their audio
- providing responses and asking questions using the text chat window

What recording technology will be used for the online consultations and interviews?

The research team will use Zoom, a software application to record parts of the online consultation and interviews. Zoom provides an automatic message informing participants that recording has commenced and inviting them to continue or leave the meeting. The audio recording provides a written transcription which can be reviewed to correct any errors or missing segments.

What privacy protections will be put in place for the audio recording of online consultations and interviews?

All online consultations and interviews will include *unrecorded* time throughout, to give participants an opportunity to discuss topics or ask questions that they do not wish to have recorded. The research team will verbally inform participants if any part of the meeting is to be recorded. People will be offered the opportunity to opt out of the meeting, without consequences.

At the beginning of each recorded consultation the research team will:

- Remind participants about the purpose of the study and that participation is voluntary

- Make sure that participants are clear about what to expect and have the opportunity to ask questions
- Review limits to confidentiality
- Ensure assent is given before commencing recording

Participants will be reminded that they will not be asked about their personal experience of wellbeing; rather they will be asked about their general views and to give feedback on the research findings. This approach is designed to ensure that young people can make informed choices on the information they choose to share.

The researcher will specifically ask for meeting participant permission to capture audio recordings and save sessions. Participants will be asked to confirm they agree to the use of audio recording, with consent recorded via Zoom.

Contact details for further information If you want to ask any questions about the study, please contact Nerilee. Their contact details are:

Nerilee Ceatha (researcher)



nerilee.ceatha@ucdconnect.ie



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LGBTI+ **YuPP**😊 project:

*Young **P**eople's **P**anels, **Y**outh **P**erspectives and **P**riorities*

Overview of session

- Mentimetre sticky notes:
 - **group agreement**
- Dr Gary J Gates:
 - **presentation (20 mins)**
- Mentimetre word cloud:
 - **3 words that come to mind after Gary's presentation**
- Zoom chat box:
 - **thoughts**
 - **questions**
- Mentimetre sticky notes:
 - **What's working well?**
 - **What are the issues?**
 - **What needs to change?**
- Mentimetre poll:
 - **mic only OR mic & camera**
- Discussion
 - **burning issues**
- **END**



LGBTI+ **YuPP**☺ project:

*Young **P**eople's **P**anels, **Y**outh **P**erspectives and **P**riorities*

Overview of consultation

Group agreement

Thoughts / comments / questions from
Dr Gary J Gates presentation?

- **Any burning issues**

Prompts from Gary's presentation

- **What is the context of the survey?**
- **What is the methodology used?**
- **What do we need to measure?**
- **How do we measure?**

Discussion

Growing Up in Ireland (GUI):

- **Context?**
- **Methodology?**
- **What are they measuring?**
- **How?**

Discussion

END 4pm



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If you don't count people, they tend to not count in policy

Having data gets people's attention

People can misuse data

strongly
agree

agree

neither
agree
nor
disagree

disagree

strongly
disagree

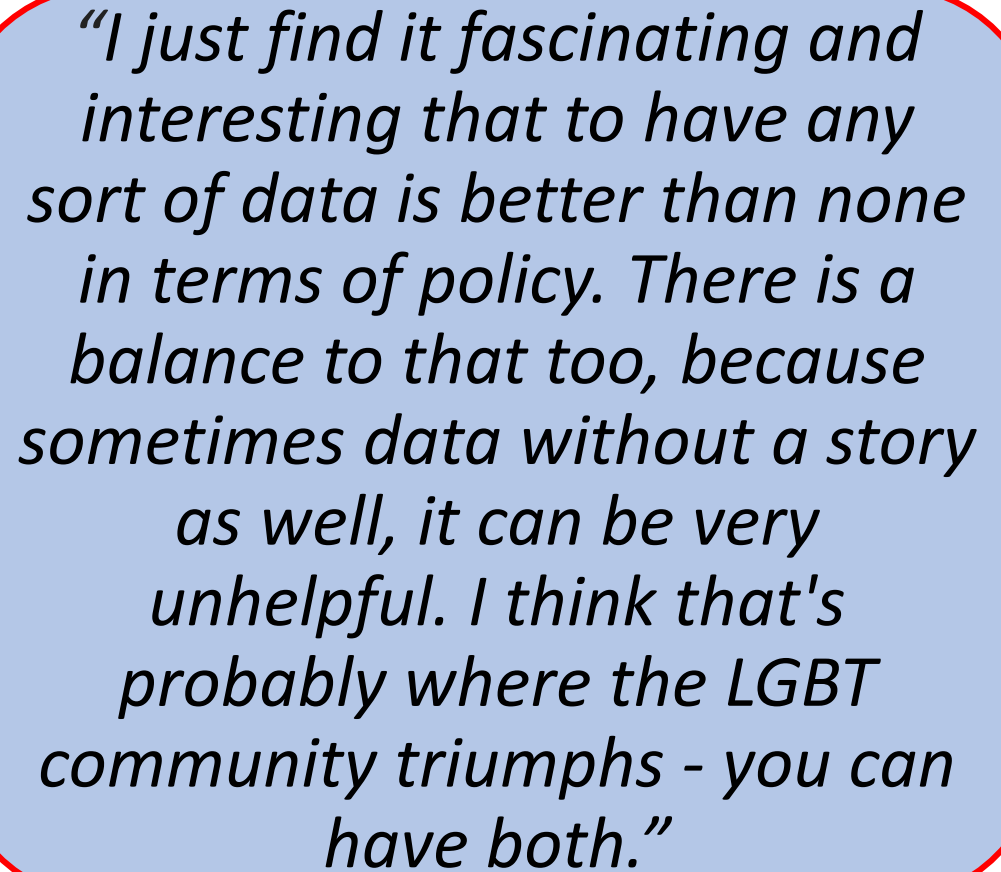
We have to figure out a way as a community to feel comfortable being counted

Having data gives policymakers backup in case they're going to get flak

Prompts from Gary's presentation: context

What is the context of the survey?

- How the data are used may determine what questions you need to ask
- May need to ask better questions that actually capture how you're going to use the data
- LGBTI+ identity may not be the most salient factor in their lives, right now



"I just find it fascinating and interesting that to have any sort of data is better than none in terms of policy. There is a balance to that too, because sometimes data without a story as well, it can be very unhelpful. I think that's probably where the LGBT community triumphs - you can have both."

Growing Up in Ireland: context

GUI context

- Irish National Longitudinal Study of Children
- Representative sample
- Longitudinal - the same people are surveyed at several points of time in their life:
 - Four waves of data:
 - 9
 - 13
 - 17/18 ☒
 - 20 years ☒

“For longitudinal studies like this, you do have to think about if you've asked the question one time before. Even if it was imperfect sometimes you have to think about well how much do we want to tweak it next round. Then we might not be able to compare them as well”

Prompts from Gary's presentation: methodology

What is the methodology used?

- How we collect data can affect how we ask questions
- How do we ensure confidentiality?
 - in terms of thinking about how we structure surveys
 - making sure that people feel like the data are protected and confidential
- Privacy is related to confidentiality
 - Might there be other people around?
 - Can we screen off so people can't see the responses?

“What situation were young people in when they were responding to GUI?”

“They would all have still been pretty much living at home and they were probably still at school, because they were 17 and 18. That was the first time that they could ask those questions”

Growing Up in Ireland: methodology

What is the methodology used?

- Questionnaire
 - Computer Assisted Personal Interview
 - Computer Assisted Self Interview
- Access Researcher Microfile Data
 - RMF of GUI data considered sensitive
 - Access via Appointment as an Officer of Statistics by the Director General of the CSO
 - Limits on cell sizes (no. of people)
 - eg 50 vs 30



GROWING UP IN IRELAND
– the national longitudinal study of children

STRICTLY CONFIDENTIAL

YOUNG PERSON MAIN QUESTIONNAIRE

AREA H'OLD

Interviewer Name _____ Interviewer Number



GROWING UP IN IRELAND – the national longitudinal study of children
STRICTLY CONFIDENTIAL

YOUNG PERSON: SENSITIVE QUESTIONNAIRE, 17-Year-olds

AREA HHOLD YP No

Interviewer Name _____ Interviewer Number

Time Section Started (24 hour clock) Date

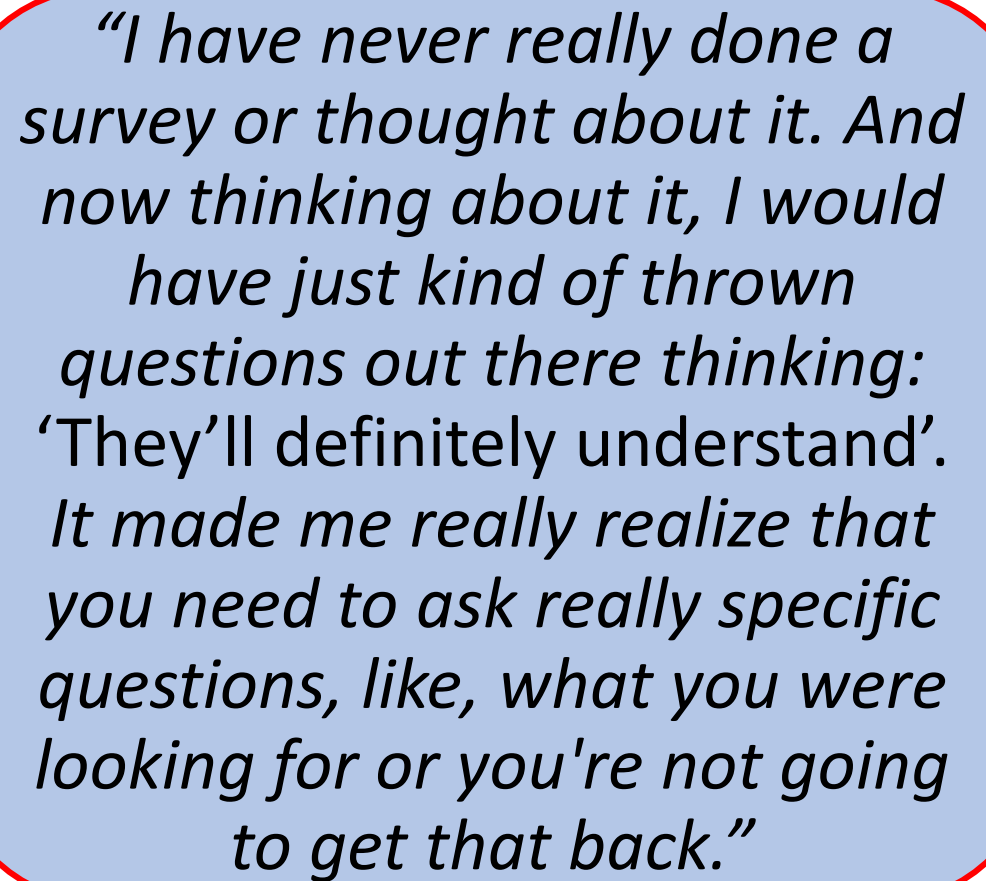
day month year

We have a few final questions which we would like you to answer. As some of these may be considered slightly sensitive we have included them in a section for you to complete by yourself. We would ask you to complete this section and return it to the interviewer. Once again, we would like to assure you that ALL THE INFORMATION PROVIDED IN ANSWER TO THE QUESTIONS IN THIS INTERVIEW IS TREATED IN THE STRICTEST

Prompts from Gary's presentation: methodology

What is the methodology used?

- Think about more than just LGBT-identifying young people
 - ALSO a big population who are probably not LGBT
- Questions need to be understood
 - by those who identify as LGBTI+
 - ALSO the majority population - so that they don't make mistakes
- Open-ended questions
 - allow people taking the survey to express themselves
 - responses may not be understood by those analysing the data



"I have never really done a survey or thought about it. And now thinking about it, I would have just kind of thrown questions out there thinking: 'They'll definitely understand'. It made me really realize that you need to ask really specific questions, like, what you were looking for or you're not going to get that back."

Prompts from Gary's presentation: what are you measuring?

What are you measuring:

- whether we're measuring on a spectrum around gender
- whether we're measuring different aspects of sexual orientation
- OR whether we're measuring the nexus of both sexual orientation and gender
- identity is what people call themselves, regardless of their behaviours or attractions

"It's definitely relevant to the Youth Strategy. The survey we gave to people who came to the in-person consultations was changed or challenged at nearly every single consultation, because people understood the questions differently and queried why they were structured the way they were."

Prompts from Gary's presentation: what do we need to measure?

What do we need to measure?

- Measuring sexual orientation, we can also measure: attraction, behaviour, identity
 - what kinds of sexual attractions you have AND
 - what kinds of sexual attractions you don't have
 - what kinds of sexual behaviours you have AND
 - what kind of sexual behaviours you don't have
- We often forget to measure, asexuality

"Just thinking about Gary's point of identity vs attraction. I know someone who tends to identify as gay, even though attraction-wise they often find themselves attracted to multiple genders. They have said before that their attraction would be more in line with pansexuality."

Growing Up in Ireland: measuring

Sexual orientation

D2 . How would you describe your sexual orientation? [TICK ONE BOX]

Heterosexual/straight (sexually attracted to the opposite sex) ☐

Gay or Lesbian (attracted to the same sex) ☐

Bisexual (attracted to both men and women) ☐

Questioning/ Not sure ☐

Asexual (not attracted to either sex) ☐

Don't know ☐

Prefer not to say ☐

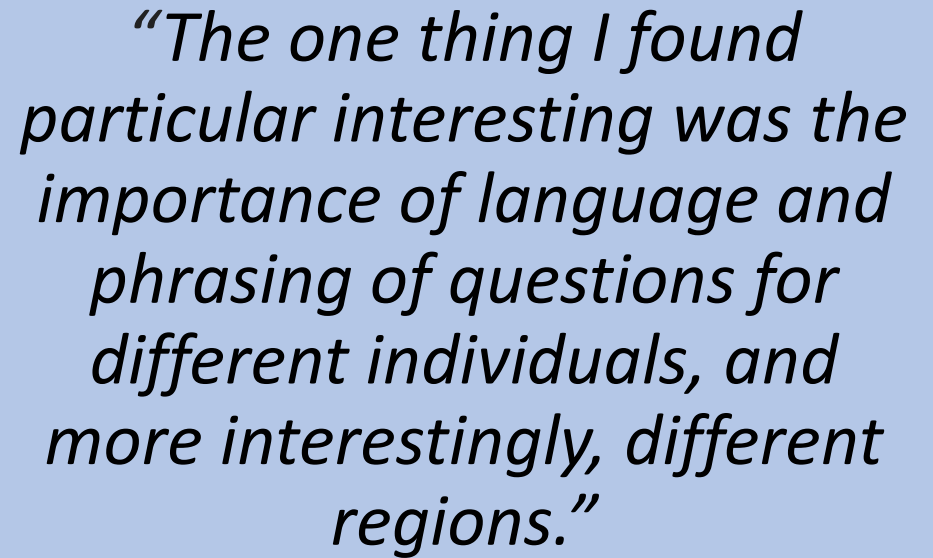
One-in-ten youth: **LGB+**
Lesbian, Gay, Bisexual,
Questioning, Asexual



Prompts from Gary's presentation: measuring

How do we measure?

- How they identify gender
 - include terms that go beyond male and female
 - sense of someone's internal sense of gender,
 - regardless of how they present or identify
- We don't have great questions for how to measure the intersex population
 - Combination of identity, also very specific medical situations



“The one thing I found particular interesting was the importance of language and phrasing of questions for different individuals, and more interestingly, different regions.”

Prompts from Gary's presentation: how do we measure?

How do we measure?

- For gender identity terms like transgender may not work
 - a lot of trans people identify as male or female
 - and don't use the terminology of transgender
- We often think about this idea of sex assigned at birth:
 - What was recorded on your birth certificate
 - What the person started life being assigned as, and does that somehow differ from the identity today

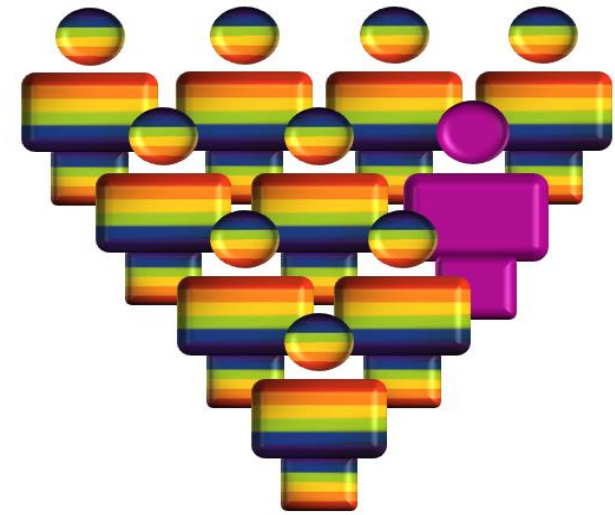
"What Gary said about the question around birth certs would be inaccurate in Ireland because of our system of gender recognition. Many trans folks have birth certs that reflect their gender identity. Using that to capture that data wouldn't work so well in context."

Growing Up in Ireland: measuring

Gender and gender identity

D3. Would you describe yourself as: Male.....☐₁ Female☐₂ Other.....☐₃ Prefer not to say ...☐₄

D4. Would you describe yourself as transgender? Yes.....☐₁ No.....☐₂ Prefer not to say ...☐₃



Of **LGBTI+** youth, one in ten:
Transgender, **Gender Other**

Prompts from Gary's presentation: question placement

How do we measure?

- Question placement
 - where you put the question in a survey can be a really important
- In the past this stigmatized sexual orientation and gender identity
- Can you ask the question in a demographic section:
 - age, race, ethnicity,
 - there's a different sense - perhaps it's less stigmatizing

"A lot of what Gary was saying resonates with me from a lot of angles - from participating in a lot of surveys & research focused on the LGBTQ+, from studying quantitative & qualitative research, from doing social policy and knowing the need for research to make good policy."

Growing Up in Ireland: question placement

Sections

X1 & X2

X1. Young Person's sex:.. Male.....☐₁ Female.....☐ ₂

X2. Young Person's date of birth? day month year

Section A: Your friends and how you get on with them

Section B: Smoking, drinking, alcohol and drugs

Section C: Sex education

Section D: Gender identity and intimate behaviour

Growing Up in Ireland: question placement

Section D

Section D: The next set of questions relates to **GENDER IDENTITY AND INTIMATE BEHAVIOUR**. If you would like to talk with someone about any issues in this area you could use the phone numbers on the card given to you by the interviewer or just tell the interviewer you would like someone who is experienced in this area to call you to discuss these matters with you.

D1a. Thinking first about your mother, how easy or difficult do you think it is for you to talk openly about sex with her?

Very easy ☐1 Quite easy ☐2 Neither ☐3 Quite difficult ☐4 Very difficult ☐5 Never came up ☐6 Not Applicable ☐7 Prefer not to say ☐8

D1b. Now thinking about your father, how easy or difficult do you think it is for you to talk openly about sex with him?

Very easy ☐1 Quite easy ☐2 Neither ☐3 Quite difficult ☐4 Very difficult ☐5 Never came up ☐6 Not Applicable ☐7 Prefer not to say ☐8

D2. How would you describe your sexual orientation? [TICK ONE BOX]

Heterosexual/straight (sexually attracted to the opposite sex) ☐1
Gay or Lesbian (attracted to the same sex) ☐2
Bisexual (attracted to both men and women) ☐3
Questioning/ Not sure ☐4
Asexual (not attracted to either sex) ☐5
Don't know ☐6
Prefer not to say ☐7

D3. Would you describe yourself as: Male ☐1 Female ☐2 Other ☐3 Prefer not to say ... ☐4

D4. Would you describe yourself as transgender? Yes ☐1 No ☐2 Prefer not to say ... ☐3

D5a. Do you currently have a boyfriend? Yes ☐1 No ☐2 Prefer not to say ... ☐3

D5b. Do you currently have a girlfriend? Yes ☐1 No ☐2 Prefer not to say ... ☐3

D6. In total, including your current boyfriend or girlfriend (if relevant), how many girlfriends/boyfriends have you had during the last year?

None ☐0 1 ☐1 2 ☐2 3 ☐3 4+ ☐4 Prefer not to say ☐5

Last words from Gary

“Gender fluidity is an emerging and very challenging issue. We've traditionally thought of all of the measures of sexual orientation as presuming male and female:

- gay and lesbian as same gender attractions
- bisexual assumes 2 genders

It gets even more complicated around behaviours and attractions where we're asking about gender and the relationship to other genders and if genders are not simply binary. This is an emerging field and we don't have great answers yet.”