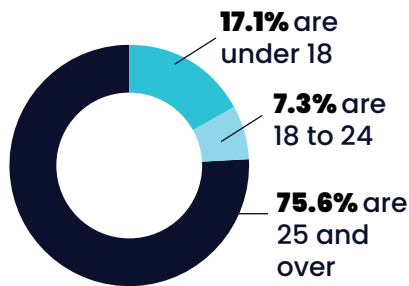


# YOUTH EXPERIENCING HOUSING INSTABILITY

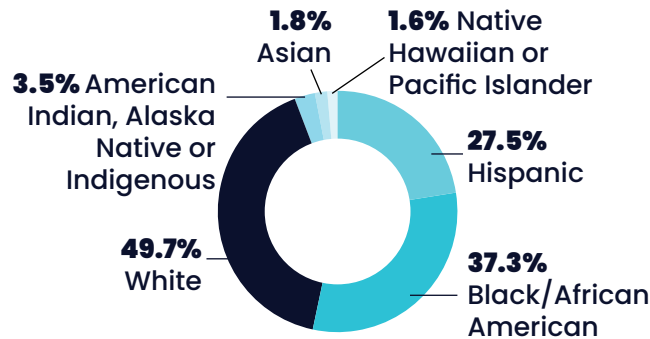
In 2023, families experiencing housing instability\* increased by 16%. Many of the youth you serve may be unhoused, either on their own or with their families. About 3 in 10 unhoused people were part of a family with children under 18.<sup>1</sup> This snapshot report provides important information about unhoused youth. It also explores the factors that may contribute to housing instability among youth and how you can support unhoused youth and their families.

## QUICK FACTS<sup>1</sup> ABOUT UNHOUSED PEOPLE IN THE U.S.

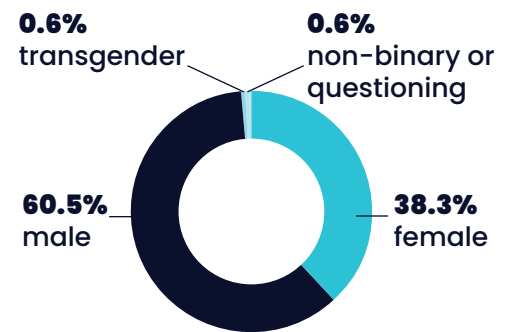
### Age



### Race/ethnicity



### Gender



## IMPORTANT DATA



In December 2020  
**28% of LGBTQ youth reported experiencing homelessness or housing instability at some point in their lives.**<sup>2</sup>

In the 2020–21 school year  
**20% of all unhoused students had a disability.**<sup>3</sup>

In the 2020–21 school year  
**18% of all unhoused students were English language learners.**<sup>3</sup>

In summer 2016  
**28% of youth with unstable housing were staying with family or friends, 48% were staying in a shelter or transitional housing program, and 24% were unsheltered.**<sup>4</sup>

## FACTORS THAT AFFECT HOUSING INSTABILITY AMONG YOUTH

### EXPERIENCING DISCORD WITH PARENTS/CAREGIVERS AT HOME

- 90% of youth in youth shelters reported constant fighting at home.<sup>5</sup>
- Many LGBTQIA2S+ youth leave home because of conflicts with parents/caregivers over their sexual orientation or gender identity.<sup>6</sup>

### FACING RISING HOUSING COSTS

- Many families pay up to 50% of their incomes on housing, making them more susceptible to losing their housing.<sup>7</sup>
- The U.S. has a shortage of approximately 7.3 million rental homes affordable for renters with incomes [at or below the federal poverty level](#).<sup>8</sup>

### EXITING THE FOSTER CARE SYSTEM

- 22% of youth in their first year out of foster care experienced homelessness at least one night.<sup>8</sup>
- Every year, 4,500 to 6,500 young people run away from their foster care placement.<sup>9</sup>

### EXPERIENCING DOMESTIC VIOLENCE

- In 2023, approximately 10.4% of all emergency bed and shelters were for survivors of domestic abuse and their families.<sup>9</sup>
- Parents who have experienced domestic violence may remain with or return to perpetrators because of the high cost of obtaining housing.

#### \* Terminology:

**Housing instability:** This term covers a range of challenges and disruptions to one's living situation beyond the immediate risk of being without housing.

**Housing Insecurity:** This term emphasizes the risk or precarious nature of a housing situation.

**Homeless:** This has been a long-standing term used to refer to individuals who lack housing. It can carry a stigma and imply permanence. It may also imply that people without permanent housing do not have a community they consider "home." If this term is used, it's best to say, "people experiencing homelessness."

**Unhoused:** This is a more recent term that focuses on the lack of housing rather than defining the person by their housing status. It implies that the condition is temporary and fixable. It is increasingly used by housing advocates.

## WHAT CAN ADOLESCENT PREGNANCY PREVENTION (APP) GRANTEES DO?

1. **Conduct community outreach to engage unhoused youth.** Work with partner organizations such as social service and housing offices, homeless coalitions, LGBTQIA2S+-focused providers, schools, and faith-based organizations to identify unhoused youth. Some places you might find them are the following<sup>4,10</sup>:
  - Libraries, parks, or other open spaces with free wi-fi
  - Shelters, transitional living program sites
  - Free or low-cost health clinics
  - Low-cost motels
  - 24-hour retail establishments
  - Laundromats
  - Day or community centers
2. **Learn the signs.** Unhoused youth may show the following signs<sup>11</sup>:
  - Gaps in academic skills development
  - Fatigue
  - Chronic hunger or food hoarding
  - Erratic attendance and tardiness
  - Inconsistent grooming
  - Loss of books and supplies on a regular basis
  - Being angry or embarrassed when asked about their current address
  - Saying “we’ve been moving around a lot” or “we’re staying with relatives”

3. **Connect youth and families to resources.** Become familiar with the resources below and help youth and families access them:

### Housing Resources

- [Permanent Supportive Housing](#)
- [Rapid Re-Housing Programs](#)
- [Housing Choice Voucher program](#) and [HUD Public Housing program](#)
- [U.S. Department of Housing and Urban Development: Public Housing Agency](#)
- [Job Corps | Careers Begin Here](#) and [Workforce Development Board Finder in CO | CareerOneStop](#)
- [Continuum-of-Care Homeless Assistance program](#)
- [Homeless Veterans Reintegration program](#)

### Crisis Hotlines

- [National Runaway Safeline](#): Call 1-800-RUNAWAY (1-800-786-2929) or text: 66008.
- [National Human Trafficking Hotline](#): Call 1-888-373-7888 or text: 233733. For TTY users: Use your preferred relay service or dial 711.
- [National Domestic Violence Hotline](#): Call 1-800-799-SAFE (7233) or text “START” to 88788.
- [Home \(nationalsafeplace.org\)](#): Text “safe” and your current location to “4HELP” (44357).

4. **Promote self-sufficiency through the Adolescent Preparation Subjects.**

- Encourage financial independence among unhoused youth via [financial literacy education](#).
- Strengthen [parent/caregiver-teen connectedness and communication skills](#) to improve relationships between teens and their parents/caregivers and decrease the likelihood that youth will run away from home or be asked to leave their homes.
- Provide activities to support [educational and career success](#), including academic support, mentorship, education planning, and job and career guidance for a successful transition to adulthood.

## RESOURCES FOR PROFESSIONALS

- [Case Management Resources for People Experiencing Homelessness | SAMHSA](#)
- [Chapin Hall – Policy research that benefits children, families, and their communities](#)
- [Data – National Center for Homeless Education](#)
- [Home - National Alliance to End Homelessness](#)
- [Home | United States Interagency Council on Homelessness \(usch.gov\)](#)
- [Housing - National Homelessness Law Center \(homelesslaw.org\)](#)
- [Resources for Youth Homelessness - HUD Exchange](#)
- [RHY Resources \(rhyttac.net\)](#)
- [Youth Topics | Youth.gov](#)

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