

# The Facts About Marriage Equality – What Science Tells Us



**Loving couple relationships,**  
especially marriages, confer health benefits to those in them<sup>1</sup>,  
as well as legal protection.

## **Marriage strengthens families**

International research shows that after marriage equality:<sup>1,2</sup>

- a. Partners are more committed
- b. Existing families feel safer
- c. Community acceptance increases



## **Protecting effects of marriage equality<sup>5,6</sup>**

Legal and interpersonal discrimination increases suicidality, depression, anxiety, and unsafe behavior, according to international research.<sup>7,8</sup>

Therefore, it is important to protect people from harmful effects by reducing legal and personal discrimination.<sup>2,9</sup>



Illustration: Lena Scheiwiller

## **The kids are alright**

Decades of research tell us that kids raised by same-sex parents or other rainbow and non-traditional families are thriving:<sup>3,4</sup>

- a. Emotionally
- b. Educationally
- c. Socially
- d. In relationships
- e. In attachment to parents

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<sup>1</sup> Wienke, C., & Hill, G. J. (2009). Does the "marriage benefit" extend to partners in gay and lesbian relationships? Evidence from a random sample of sexually active adults. *Journal of Family Issues*, 30(2), 259-289. <sup>2</sup> Ramos, C., Goldberg, N. G., & Badgett, M. V. (2009). The effects of marriage equality in Massachusetts: A survey of the experiences and impact of marriage on same-sex couples. <sup>3</sup> Anderssen, N., Amlie, C., & Ytterøy, E. A. (2002). Outcomes for children with lesbian or gay parents. A review of studies from 1978 to 2000. *Scandinavian Journal of Psychology*, 43(4), 335-351. <sup>4</sup> Golombok, S. (2015). *Modern families: Parents and children in new family forms*. Cambridge University Press. <sup>5</sup> Hatzenbuehler, M. L., O'Leirigh, C., Grasso, C., Mayer, K., Safren, S., & Bradford, J. (2012). Effect of same-sex marriage laws on health care use and expenditures in sexual minority men: A quasi-natural experiment. *American Journal of Public Health*, 102(2), 285-291. <sup>6</sup> Ogolsky BG, Monk JK, Rice TM, Oswald RF. As the states turned: Implications of the changing legal context of same-sex marriage on well-being. *Journal of Social and Personal Relationships*. 2019;36(10):3219-3238. <sup>7</sup> Hatzenbuehler, M. L., McLaughlin, K. A., Keyes, K. M., & Hasin, D. S. (2010). The impact of institutional discrimination on psychiatric disorders in lesbian, gay, and bisexual populations: A prospective study. *American Journal of Public Health*, 100(3), 452-459. <sup>8</sup> Figueroa, V. S., Zoccola, P. M., Manigault, A. W., Hamilton, K. R., Scanlin, M. C., & Johnson, R. C. (2020). Daily stressors and diurnal cortisol among sexual and gender minority young adults. *Health Psychology*. <sup>9</sup> O'fosu, E. K., Chambers, M. K., Chen, J. M., & Hehman, E. (2019). Same-sex marriage legalization associated with reduced implicit and explicit antigay bias. *Proceedings of the National Academy of Sciences*, 116(18), 8846-8851.