

Stressors on Families of Trans Youth Checklist (SFTYC)

Development of this measure

This measure was developed to capture types of stressors on the families of trans youth that may be externally imposed. It was derived from clinician, researcher, and parent report. Input was then provided from four feedback groups—two trans youth feedback groups (English and French) and two parents of trans youth feedback groups (English and French)—to identify additional stressors and confirm content validity. Redundant or highly overlapping response options were removed.

There are two parallel versions of this checklist measure: one for youth, and one for parents/caregivers; both are available in English and French (French version: <http://www.jeunestranscan.ca/documents-de-projet/#instruments>). While the parent/caregiver version was designed to be self-completed, the youth version was designed to be administered by personal interview. Youth participant eligibility criteria for Trans Youth CAN! included being a trans youth aged from puberty to 15 years who was referred to one of the study clinic sites for puberty blockers or gender-affirming hormone therapy. The measure was developed in English and translated to French.

Scoring

Each item that is endorsed by the respondent as having occurred is scored as '1' (excluding the 'none of the above' option). If the respondent endorses 'something else', each incident they mention that is not already captured in existing checklist items is scored an additional '1'. The sum total of the endorsed items is the final score for this measure.

Citation

Bauer G, Churchill S, Ducharme J, Feder S, Gillis L, Gotovac S, Holmes C, Lawson M, Metzger D, Saewyc E, Speechley K, Temple-Newhook J, for the Trans Youth CAN! Research Team. Stressors on Families of Trans Youth Checklist (SFTYC). London, Canada: Trans Youth CAN! Research Team, 2017.

Acknowledgement

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Stressors on Families of Trans Youth Checklist - Youth Version

Has your family experienced any of the following because of your gender?

- ☐ Friends or family have told your parent or caregiver that they are a bad parent or caregiver
- ☐ Strangers (online or in person) have told your parent or caregiver that they are a bad parent or caregiver
- ☐ Your parent or caregiver has had to deal with unwanted parenting advice from friends or family
- ☐ Your parent or caregiver has had to deal with unwanted parenting advice from strangers (in person or online)
- ☐ Child welfare authorities have investigated, threatened, attempted, or taken you away from your parent or caregiver
- ☐ Other family members no longer speak to your family
- ☐ Members of your community no longer speak to your family
- ☐ Other parents stopped letting their kids come to your house or see you
- ☐ Other people stopped letting you go to their house to visit your friends
- ☐ Someone in your family has had to get involved in your school regarding gender issues
- ☐ Someone in your family had to get involved regarding a dress code that forced you to wear clothes (or a uniform or costume) that didn't fit your gender
- ☐ Someone in your family had to defend your right to use a washroom
- ☐ Someone in your family was asked to not participate in a religious organization anymore
- ☐ Someone in your family had to defend your right to participate on your identified gender's sports team or extracurricular activities (e.g., boy scouts/girl guides, clubs, sports)
- ☐ You or your family was asked to find another family doctor or health care provider
- ☐ You or your family was asked to find another mental health care provider
- ☐ Something else _____
- ☐ None of the above

Stressors on Families of Trans Youth Checklist – Parent/Caregiver Version

We want to ask about the types of things that parents, families, and people close to trans youth might be subjected to from outside of their family or their close circle.

When we say 'family', it's however you define your family for yourself.

As a parent or caregiver, have you or your family experienced any of the following because of your youth's gender? (You may choose more than one.)

- ☐ Friends or family have told you that you are a bad parent or caregiver
- ☐ Strangers (online or in person) have told you that you are a bad parent or caregiver
- ☐ Friends or family have given you unwanted parenting or caregiving advice
- ☐ Strangers (in person or online) have given you unwanted parenting or caregiving advice
- ☐ Child welfare authorities have opened a file or an investigation into your parenting, threatened, attempted, or taken your youth away from you
- ☐ Other family members no longer speak to you
- ☐ Members of your community no longer speak to you or members of your family
- ☐ Other parents stopped letting their kids come to your house
- ☐ Other people stopped letting your youth (or your other children) go to their house(s) to visit their friends
- ☐ You or someone in your family has had to get involved in their school regarding gender issues
- ☐ You or someone in your family had to get involved regarding a dress code at school or outside of school that forced your youth to wear clothes (or a uniform or costume) that don't fit their gender
- ☐ You or someone in your family had to defend their right to use a washroom
- ☐ You or someone in your family was asked to not participate in your religious organization anymore
- ☐ You or someone in your family had to defend your youth's right to participate on their identified gender's sports team or extracurricular activities (e.g., boy scouts/girl guides, clubs, sports)
- ☐ Your youth or your family was asked to find another family doctor or health care provider
- ☐ Your youth or your family was asked to find another mental health care provider
- ☐ Something else _____
- ☐ None of the above