

# Parental Support

## Experiences of Trans and Non-Binary Youth Under Age 16 in Clinical Care

What youth say about their parents' support for:



60%

Among youth who have asked their parents or caregivers to use a different pronoun, 60% of youth say **all** their parents **always** use their pronouns.

92%

92% of youth say that at least one parent is a source of support.

Youth whose parents were all very supportive had **LESS** gender distress<sup>1</sup> than youth who have moderate/mixed support from parents.

15%

About 15% of youth rate their parents' support **more positively** than parents rate their own support.

20%

About 20% of youth rate their parents' support **more negatively** than parents rate their own support.

Less Than 10%

Less than 10% of youth and parents say addressing their youth's gender had a negative impact on the family. About **half of youth** and parents said say addressing their youth's gender has a **positive impact** on their family.

56%

56% of youth feel their family understand them.

82%

82% of youth feel their family cares about their feelings.

We found **NO DIFFERENCE** in the support parents gave to their youth between:

White vs Visibility Minority (& Indigenous) parents

Immigrant vs Non-Immigrant parents

Parents Above vs Below the low-income measure cut off<sup>2</sup>

Very Religious vs. Non-Religious parents

WHAT ONE THING YOUTH SAY THEY NEED FROM THEIR PARENTS

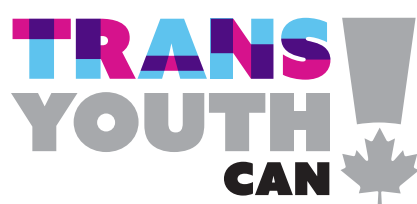
TRUST  
HUGS

SUPPORT  
RESPECT  
UNDERSTANDING  
LOVE

RESOURCES  
PRIVACY  
PATIENCE  
FREEDOM

ADVOCACY

LOVE



### Who are the participants in this study?

There are 174 youth and 160 parents/caregivers participating in the Trans Youth CAN! study. Youth aged 15 or younger and who had reached puberty were recruited at their first appointment after referral for blockers or hormones at one of 10 medical clinics across Canada (Vancouver, Calgary, Edmonton, Winnipeg, London, Toronto, Hamilton, Ottawa, Montreal, Halifax). Youth could also invite one parent or caregiver to participate. Baseline data were collected between September 2017 and June 2019.

1 - What is gender distress? Learn how we define and measure it here: [https://transyouthcan.ca/wp-content/uploads/2019/03/Gender-Distress-Scale-vSHARE\\_EN.pdf](https://transyouthcan.ca/wp-content/uploads/2019/03/Gender-Distress-Scale-vSHARE_EN.pdf)

2 - <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1110023201>