

Experiences and stressors of parents of trans and gender diverse youth in clinical care from Trans Youth CAN!

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WPATH 2020, 7 November 2020



Parental Experiences After Their Youth Comes Out

- Parents may experience variety of emotions
 - Grief, isolation, relief or pride^{1,2,3}
- Parents may experience worries and stressors
 - Worry about youth's safety^{2,4}
 - Parenting judged by other people^{2,5,6}
- Parental support crucial to youth and parent well-being
 - Youth who socially transition have better mental health^{7,8}, and parents deserve to feel validated and supported too



Trans Youth CAN!

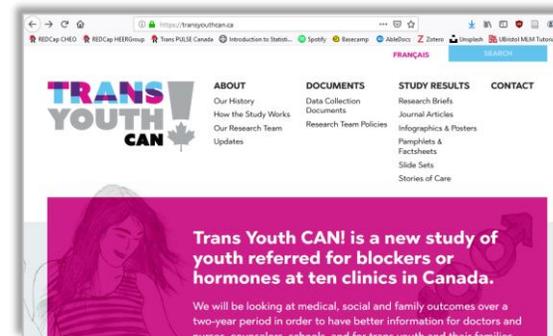
Cohort study of **174 youth** aged from puberty to age 15 attending one of 10 medical clinics for blockers or hormones, and where youth consented (and possible) a **parent or caregiver (n=160)**.

Enrollment and baseline data collection completed, and two years of follow-up data being collected. Our central research question is how best to support the well-being of trans and non-binary youth attending clinics for gender-affirming care, and their families. Data are collected on social, family, and medical outcomes.

Follow our progress and get results here!



www.transyouthcan.ca



Parent Participant Characteristics

Gender	%
Male	13.8
Female	85.1
Non-binary, or something other than male or female	1.1
Sexual Orientation	
Heterosexual	83.8
Sexual Minority	16.2
Immigrant Status	
Immigrant	13.1
Non-Immigrant	86.9
First Language	
English	89.3
French	10.2
Indigenous language	0.0
Other	0.6

Caregiver Role	%
Parent (birth/adoptive)	96.1
Step-parent	2.5
Foster parent	0.5
Other	0.96
Age in years	
30-39	18.4
40-49	57.2
50-59	21.6
60-69	2.9
Ethnoracial Background	
Indigenous	7.7
Non-Indigenous racialized	7.2
Non-Indigenous white	85.1

**NOTE: these results are currently unpublished (as of November 2020)*



Family Characteristics

	%
Parent Partner Status	
Parent has partner	64.4
Co-Parent living elsewhere	38.4
Others living in household	
Youth in this study (lives there all or some of the time)	99.6
Other child(ren)	63.8
Grandparents	3.9
Other	8.3
Household income	
Low-income	27.1
Not low-income	72.9

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Parent report of support for youth's gender

-Change from when youth first disclosed gender to current

Increasing support (diagonal arrow pointing up-right)

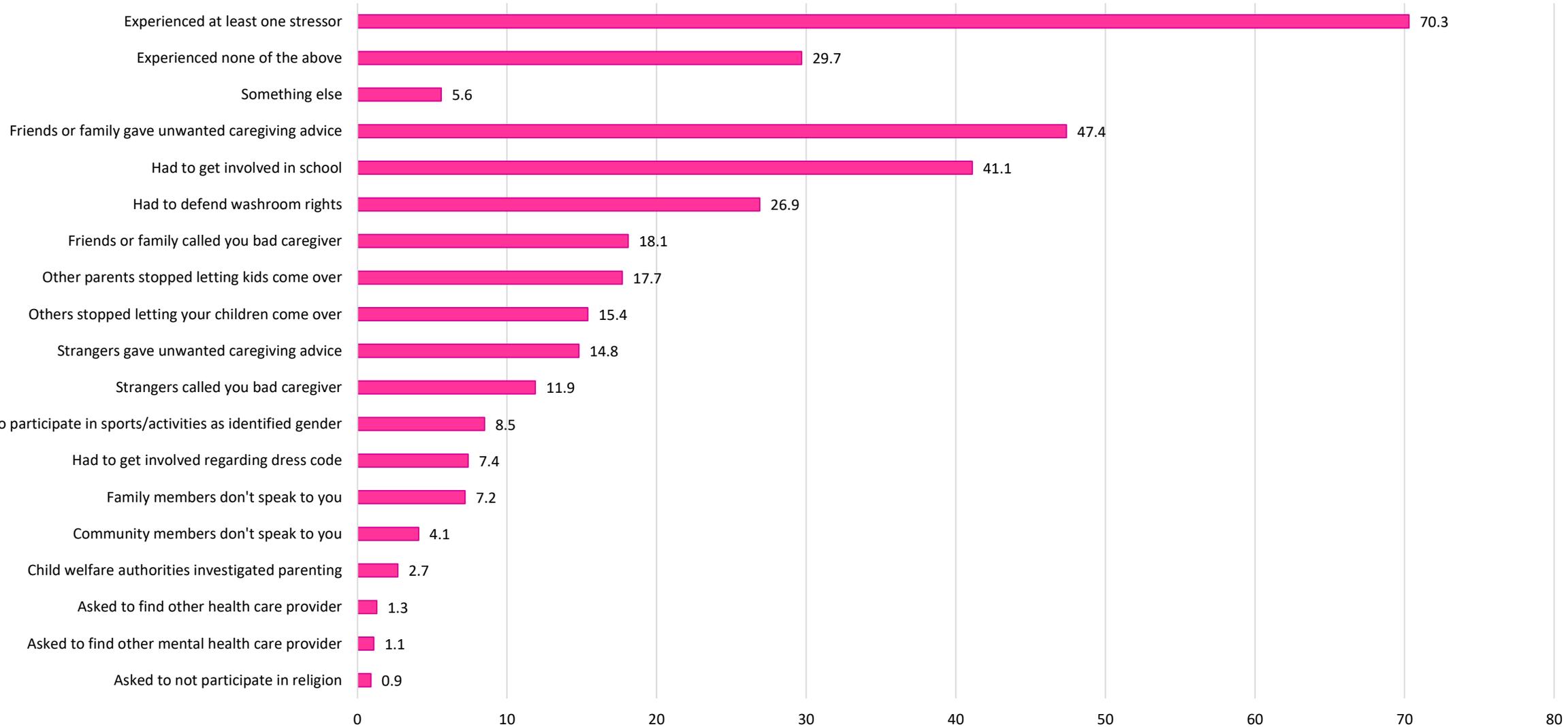
Decreasing support (diagonal arrow pointing down-left)

		Current Support Level			
		Not at all	Not very	Somewhat	Very
Initial Support Level	Not at all	1.4%	0.6%	0.4%	2.6%
	Not very	0.0%	0.5%	0.0%	6.6%
	Somewhat	0.0%	0.0%	4.6%	19.8%
	Very	0.0%	0.0%	1.7%	61.7%

**NOTE: these results are currently unpublished (as of November 2020)*



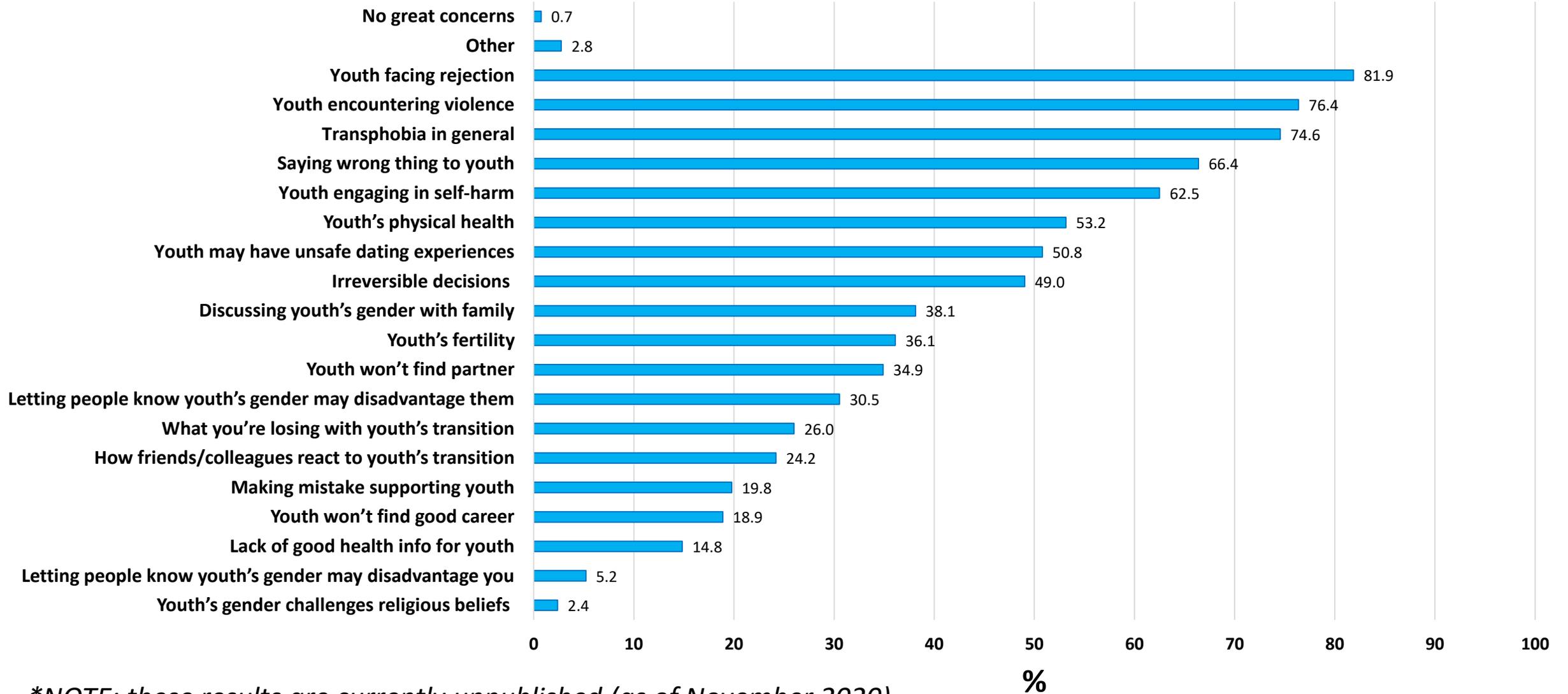
Trans-Specific Family Stressors Reported by Parents/Caregivers of Trans Youth



**NOTE: these results are currently unpublished (as of November 2020)*



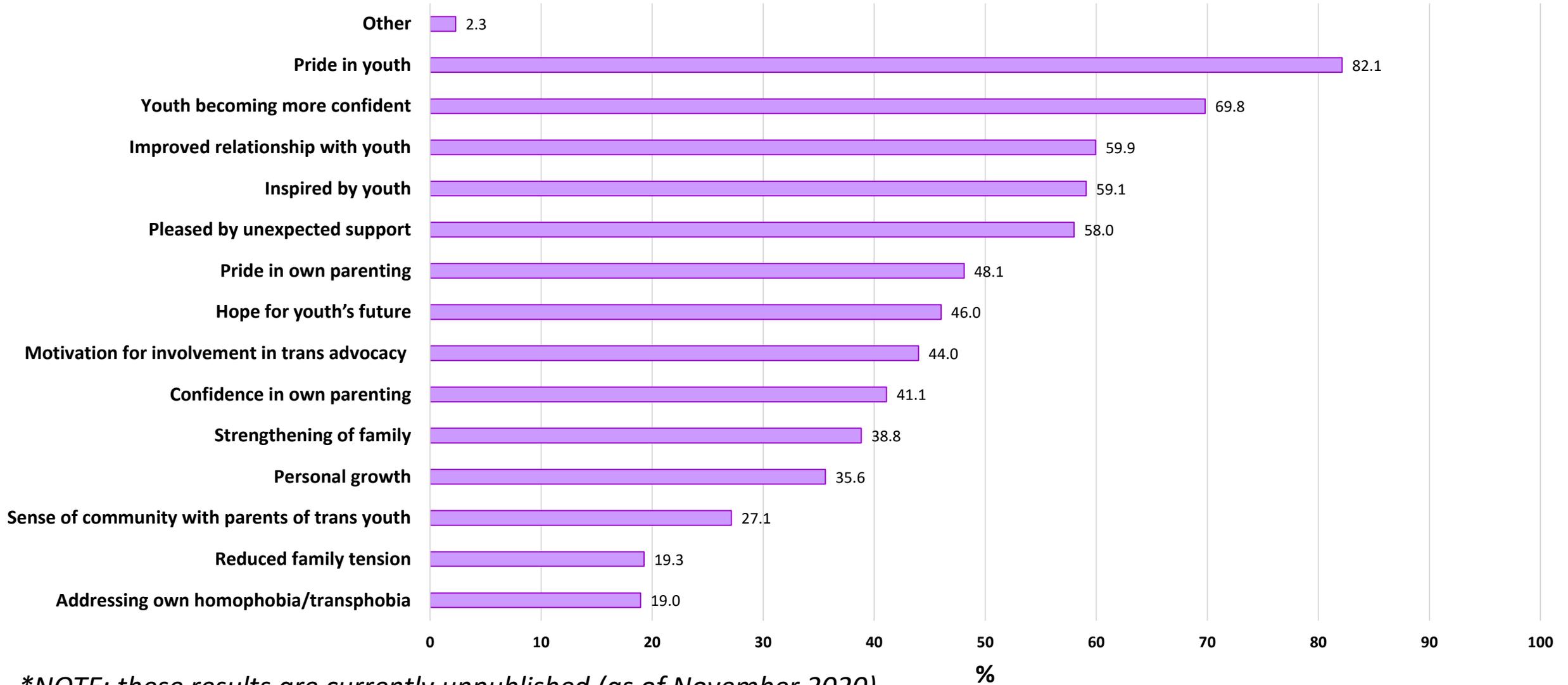
Parental Worries



**NOTE: these results are currently unpublished (as of November 2020)*



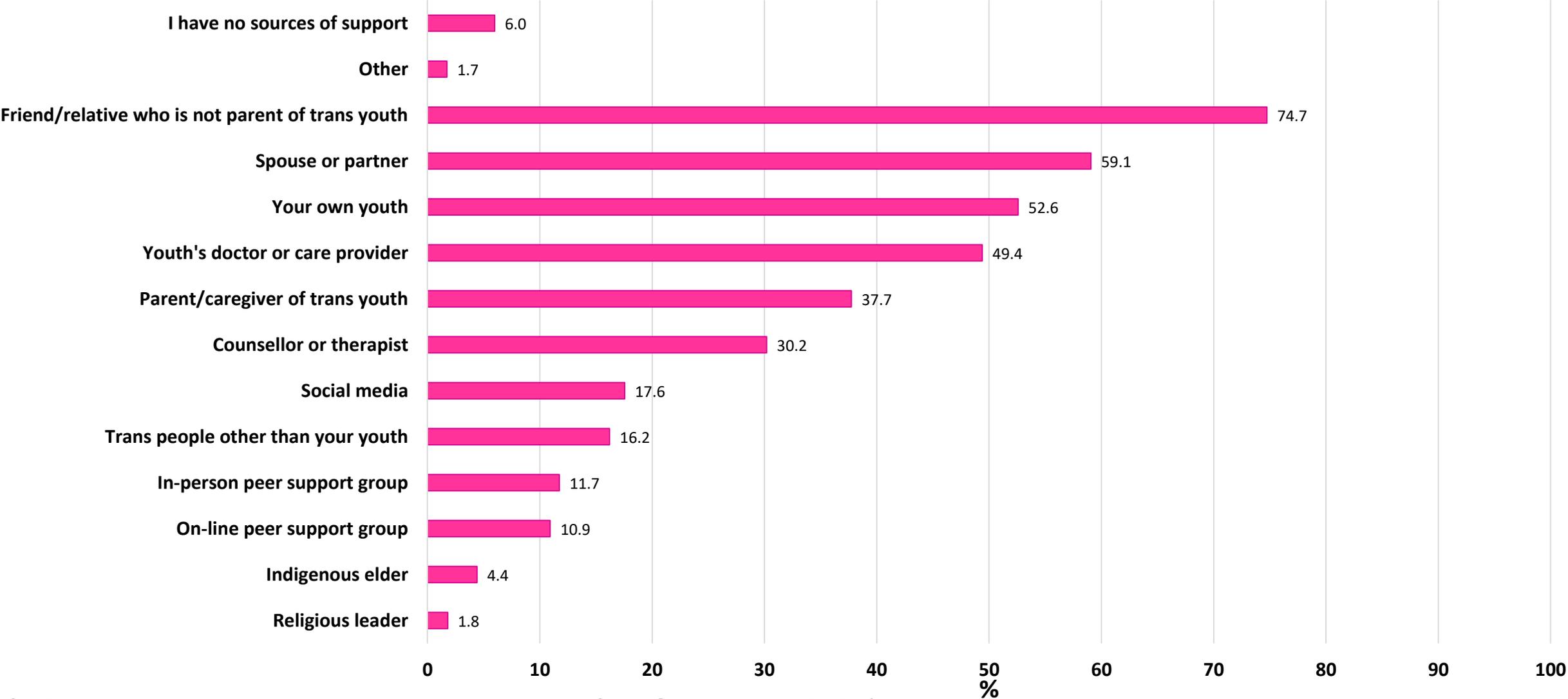
Parents' Positive Feelings About Youth's Gender



**NOTE: these results are currently unpublished (as of November 2020)*



Sources of Support Reported by Parents



**NOTE: these results are currently unpublished (as of November 2020)*



Conclusions

- Many parents became supportive of their youth's gender over time, or remained highly supportive over time
- Parents report a variety of experiences
 - Mix of worries and positive feelings about their youth's gender
 - Most families experienced a range of external stressors related to youth's gender, but over 1/4 reported not experiencing any stressors
 - Parents rely on diverse sources of support, including friends, partners, their own youth, their youth's care providers, and other parents of trans youth

**NOTE: these results are currently unpublished (as of November 2020)*



References

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Thank you to our research team!

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**19 youth who provided
feedback on survey items
(English and French groups)**

**9 parents/caregivers who
provided feedback on
survey items (English and
French groups)**

**6 youth and 7 parents in our
Community Consultation
Committees**

Our youth participants

**Our parents
participants**

Our funders





uOttawa



University of Victoria



Alberta Children's Hospital



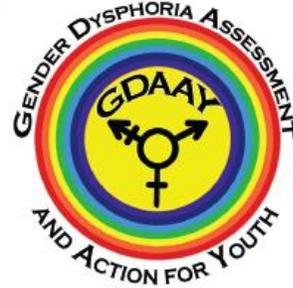
Avec nos mains, nos cœurs, et nos esprits ouverts



Montreal Children's Hospital
McGill University Health Centre



UNIVERSITY OF MANITOBA



Canadian Institutes of Health Research / Instituts de recherche en santé du Canada



Rainbow Health Ontario / Santé arc-en-ciel Ontario