

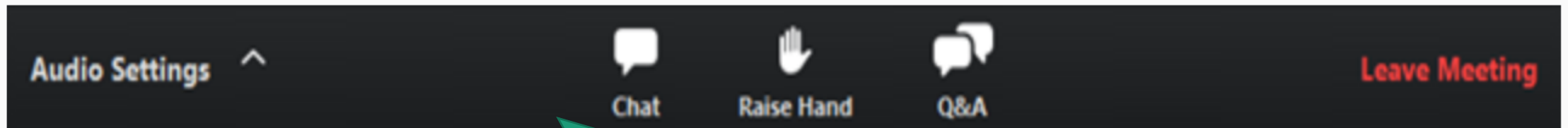
Trans Youth CAN! Clinic-Community Event

January 28, 2021



Some Zoom tips

- Your audio and video is turned off in a webinar format
- Want to interact with us? Use your Zoom menu!

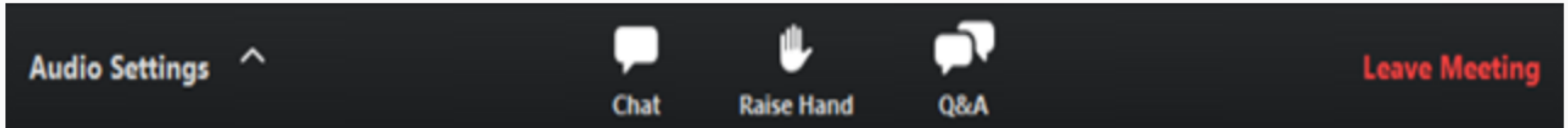


Send messages to the hosts here. Hosts may also post links to resources and info in the chat window.

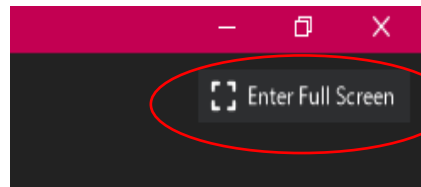
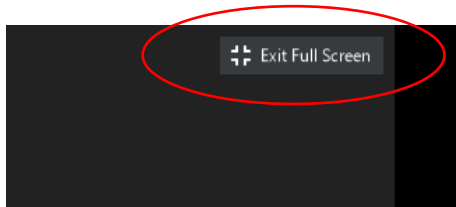
Submit **any and all questions** you have through the Q&A window. We will be answering submitted questions throughout the webinar.
Questions can be submitted anonymously



Some Zoom tips



Click the ^ arrow to change your speaker or audio output (e.g., speakers to headphones)



Or click minimize to make a small floating window you can drag around your screen.

**Desktop only*



Go back and forth between full screen by clicking on the TOP RIGHT of your zoom window or press 'Esc' to exit full screen.

Click here to go back to your full Zoom window.



Thanks for attending this event!

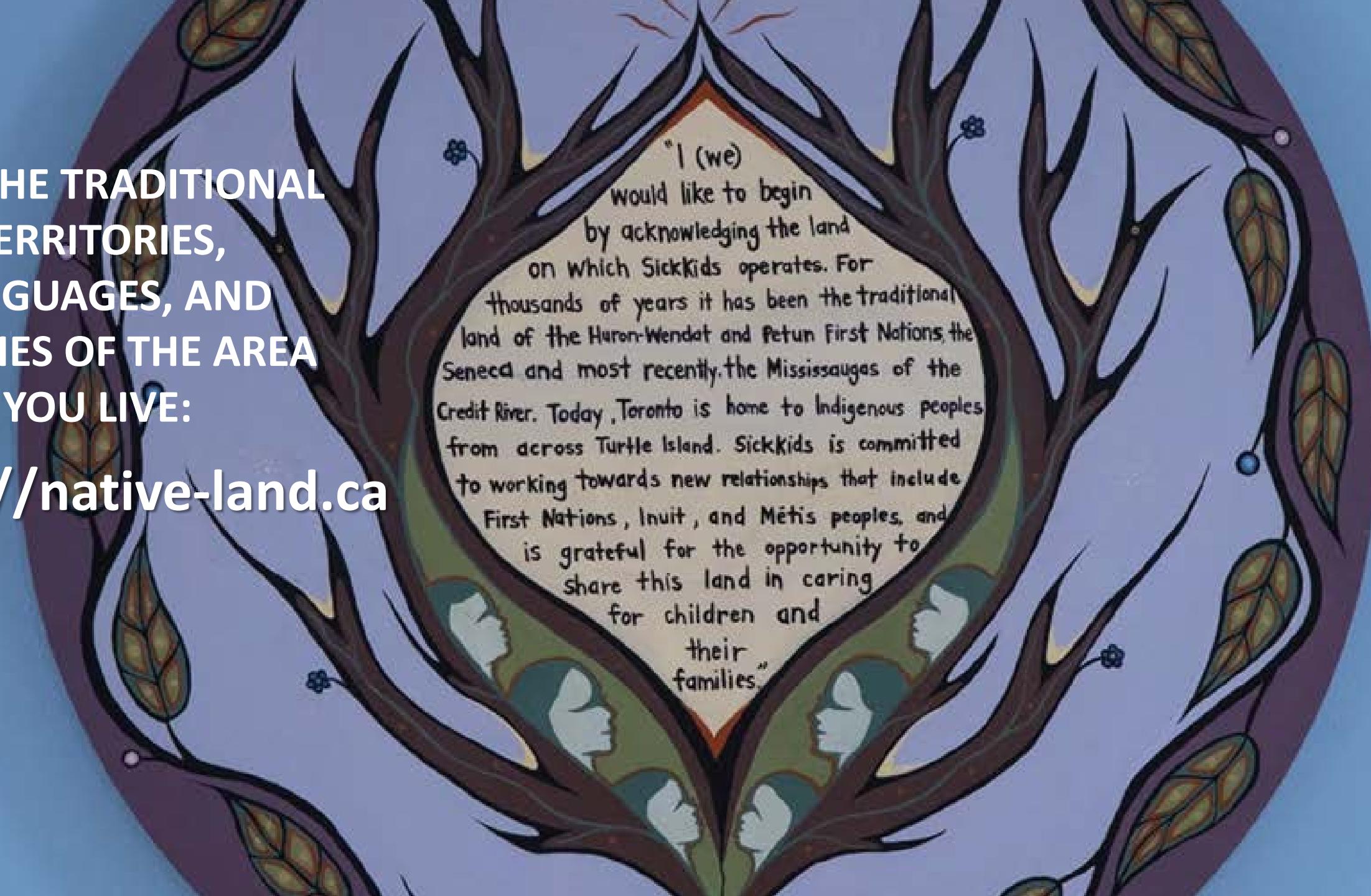
We're excited to have you!

- With this event we want to:
 - Share information about our project and the clinic
 - A preview of our *NEW INFOGRAPHIC*
 - Answer questions anyone has about our infographics, this project, and the clinic
- Our hosts today are:
 - **Ashley Vandermorris:** Adolescent Medicine Physician, SickKids Transgender Youth Clinic
 - **Mark Palmert:** Endocrinologist, SickKids Transgender Youth Clinic
 - **Cathy Maser:** Nurse Practitioner and Team Lead, SickKids Transgender Youth Clinic
 - **Karen Leslie:** Adolescent Medicine Physician, SickKids Transgender Youth Clinic
 - **Julia Sorbara:** Endocrinologist, SickKids Transgender Youth Clinic
 - **Ceilidh Harrison:** Research Assistant, SickKids Clinic, Trans Youth CAN!
 - **Sandra Gotovac:** Project Coordinator, Trans Youth CAN!



FIND THE TRADITIONAL
TERRITORIES,
LANGUAGES, AND
TREATIES OF THE AREA
YOU LIVE:

<https://native-land.ca>



"I (we)
would like to begin
by acknowledging the land
on which SickKids operates. For
thousands of years it has been the traditional
land of the Huron-Wendat and Petun First Nations, the
Seneca and most recently, the Mississaugas of the
Credit River. Today, Toronto is home to Indigenous peoples
from across Turtle Island. SickKids is committed
to working towards new relationships that include
First Nations, Inuit, and Métis peoples, and
is grateful for the opportunity to
share this land in caring
for children and
their
families."

About the Transgender Youth Clinic at SickKids



Established October 2013 after 1 year of community consultation and benchmarking

Interprofessional team

- Adolescent Medicine Paediatricians
- Paediatric Endocrinologists
- Nurse Practitioner
- Social Work
- Endocrinology RN
- Clinic Coordinator
- Consulting Psychiatrist

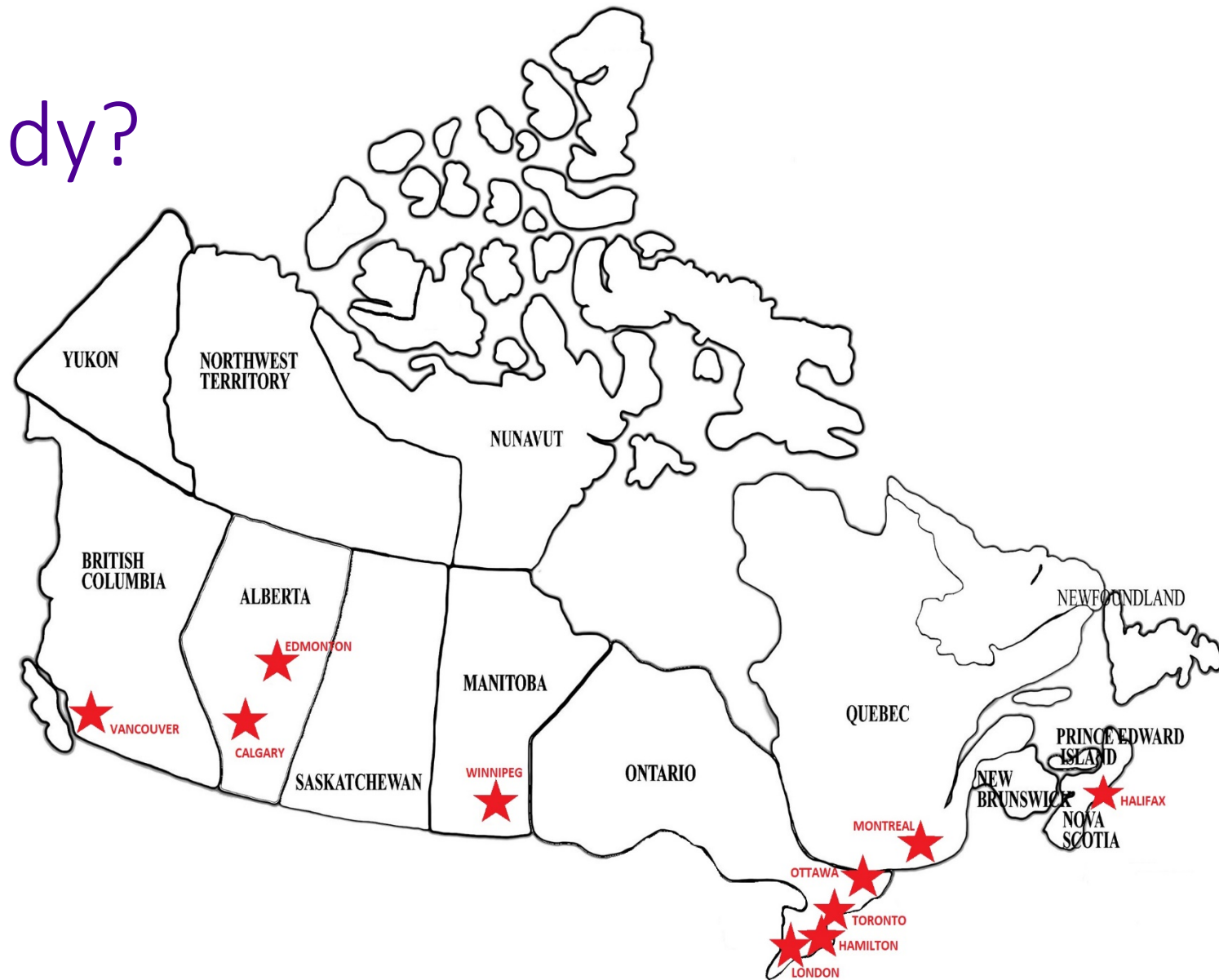
Catchment is all of Ontario

20-30 referrals per month

- Complete 14 new assessments per month
- 66 follow up appointments per month

What is the Trans Youth CAN! study?

- Looking at medical, social, and family outcomes of trans and non-binary youth referred for puberty blockers or hormones



What is the Trans Youth CAN! study?

- Youth from puberty to age 15 were recruited at their 1st medical appointment for blockers or hormones
- They are followed for 2 years through their journey of gender-affirming medical care
- Participants complete surveys and give permission to get information on their health and clinical care from clinic medical records
- Youth could invite one parent or caregiver to participate in the study
- Participant recruitment and baseline data were from Sept 2017 to June 2019
- **174 youth** and **160 parents/caregivers** were recruited



Learn all about our study at

www.transyouthcan.ca



Check out all our infographics!



Get the full downloadable PDFs on our website:
www.transyouthcan.ca/research-type/infographics-posters/

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

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

Who are the People Served by Canadian Trans and Non-Binary Youth Clinics?
Characteristics of Trans and Non-Binary Youth Under Age 16 in Clinical Care

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

Self Care & Coping
Experiences of Trans and Non-Binary Youth Under Age 16 in Clinical Care

Strategies Youth Use MOST Often To Cope With Stress:

Strategy	Transmasculine Youth	Transfeminine Youth
Listen to music	83%	77%
Watching a movie/show or videos	77%	74%
Spending time alone	74%	72%
Talking with friends	74%	62%
Spending time with animals	72%	60%
Creating something artistic	62%	64%
Seeking to avoid the problem	64%	63%
Eating food that makes you feel better	63%	54%
Forgetting/daydreaming	54%	54%
Ignoring it	54%	54%
Playing video games	54%	54%

Youth Are Avoiding Places To Prevent Harassment Or Being Outed:

Place	All Youth	Transfeminine Youth	Transmasculine Youth
Washrooms or locker rooms	81%	87%	80%
Gyms, pools, and sports venues	68%	70%	70%
Stores or restaurants	46%	31%	50%
Schools	39%	21%	50%
Other people's homes	35%	17%	43%
Social groups or community events	34%	21%	46%
Public transit or staying	27%	2%	40%
Community or religious institutions	23%	6%	40%
Public or outdoor spaces	20%	2%	30%
Avoiding no spaces	14%	9%	26%
Avoiding no spaces	14%	3%	22%

Who are the participants in this study?

Youth Under Age 16 In Clinical Care

Ethnoracial Background

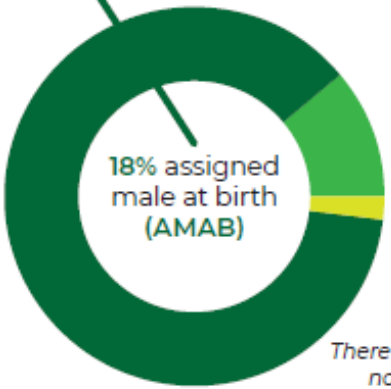
- 7% Non-Indigenous visible minorities
- 19% Indigenous
- 74% Non-Indigenous white

Compared to the Canadian population: 5% Indigenous² and 27% visible minorities³

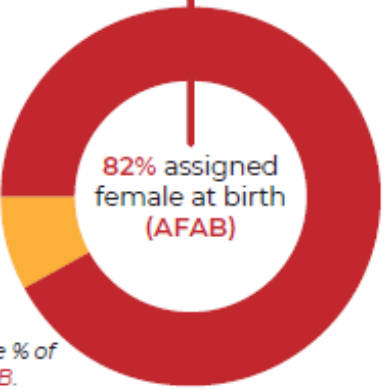


Sex Assigned At Birth:

This is similar to what was found for these ages in a national community survey¹



- Their Gender Identity:
- 2% Male/Boy
 - 87% Female/Girl
 - 11% Non-binary or another gender



There was no statistically significant difference in the % of non-binary youth between those AMAB and AFAB.

Other words youth use to describe their gender:

Garçon féminin

Androgynous

Non-binary boy

Demiboy

Cis but questioning

Genderfluid

Flambouyant

Neither gender

Genderqueer

In the middle of male and female



School Experiences

81%

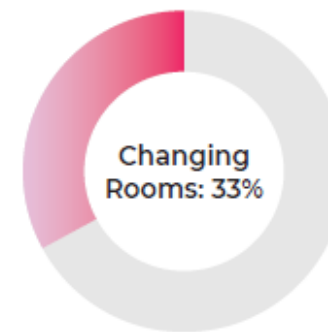
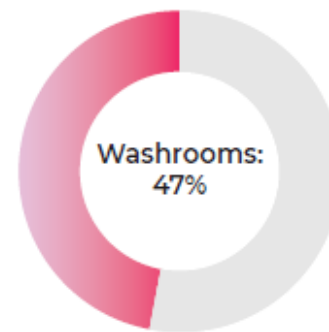
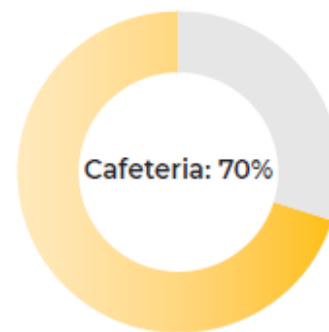
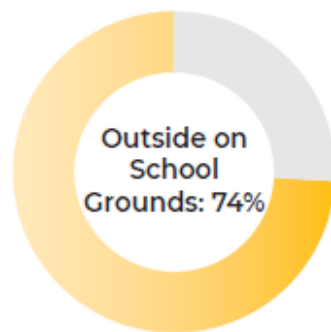
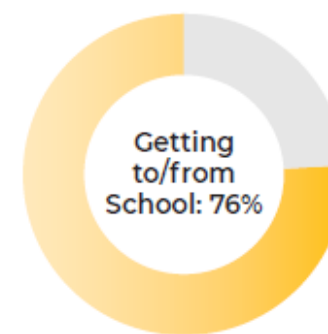
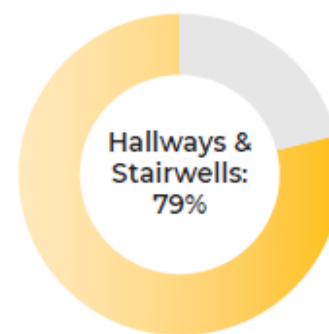
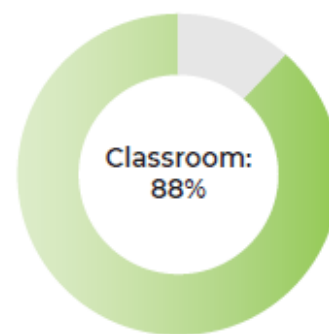
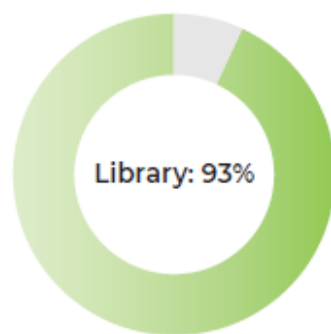
BUT

63%

81% agree they *feel safe in school*

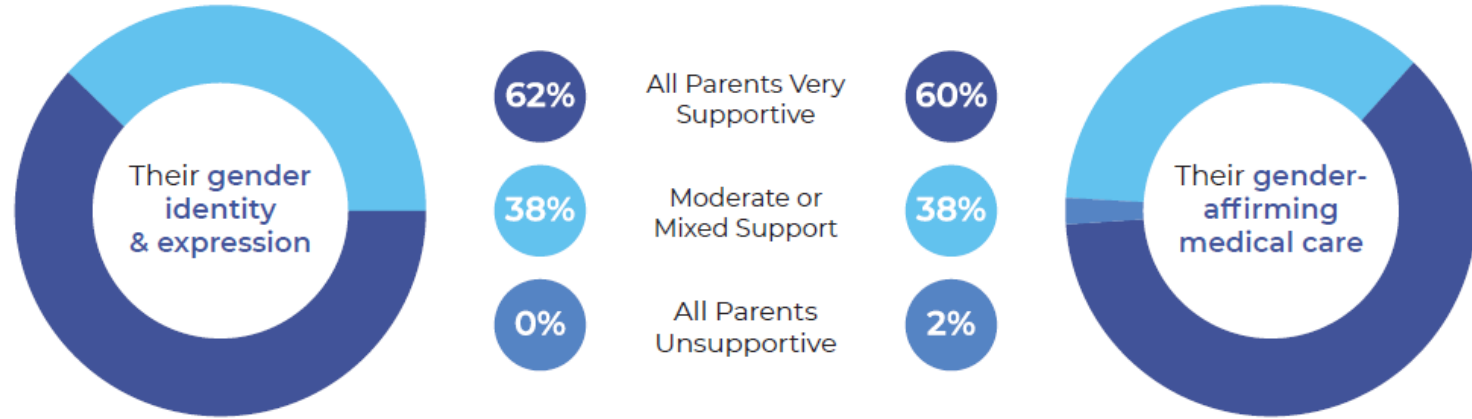
63% were *avoiding school locker rooms and school washrooms*

Safety at School: Percentages Of Youth Who Felt *SAFE* In The Following Places

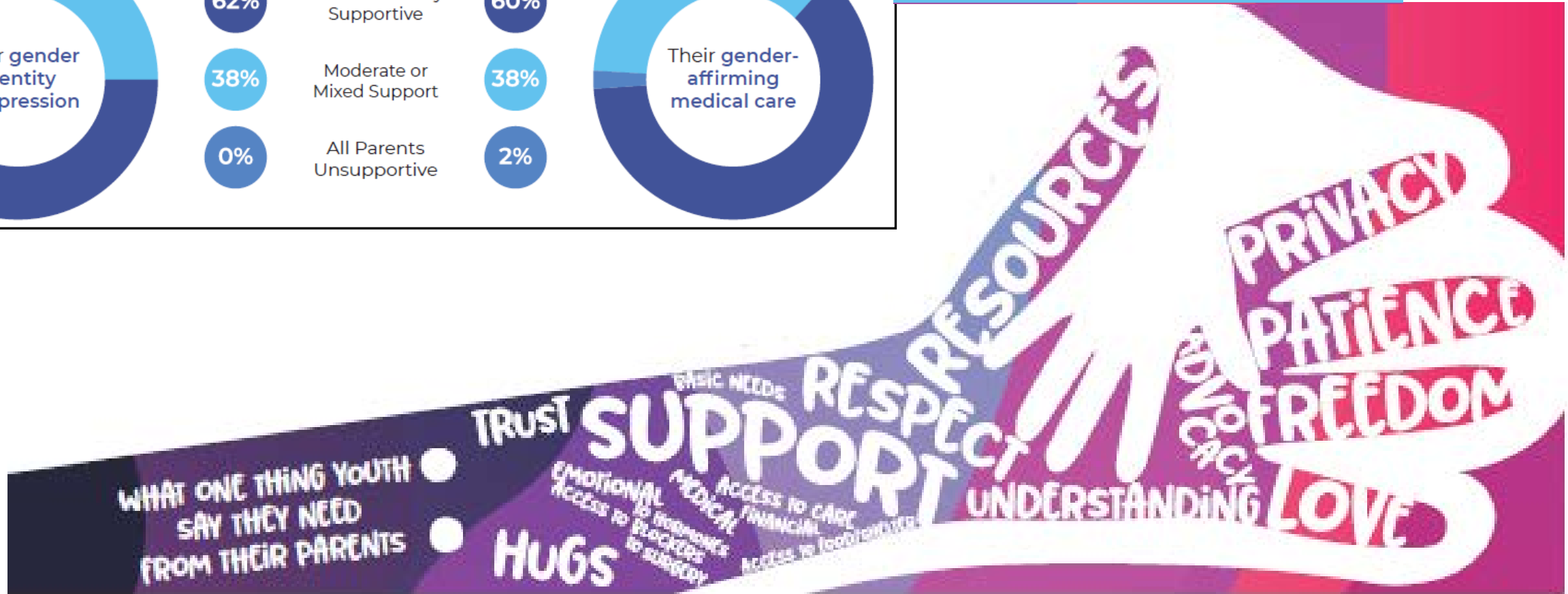


Parental Support

What youth say about their parents' support for:



Youth whose parents were all very supportive had LESS gender distress¹ than youth who have moderate/mixed support from parents.



Experiences of Immigrant Families

29% of youth in the study are from families with immigrant parents¹

4% of youth in the study are immigrants to Canada¹

Top Sources Of Support For Youth From Immigrant Families:

- 90% Parent(s)
- 83% In real life (IRL) friends
- 73% Non-trans friends
- 53% Extended family
- 51% Trans friends
- 50% Mental health provider
- 2% Cultural/ethnic community or their religious/faith-based community

Top Sources Of Support For Immigrant Parents Of Trans Youth:

- 78% Friend/relative who is not a parent of trans youth
- 76% Spouse/Partner

Self Care & Coping

Strategies Youth Use MOST Often To Cope With Stress:

93%	Listen to music
78%	Watching a movie/show or videos
77%	Spending time alone
75%	Talking with friends
74%	Spending time with animals
72%	Creating something artistic
65%	Sleeping to avoid the problem
64%	Eating food that makes you feel better
63%	Fantasizing/daydreaming
54%	Ignoring it
54%	Playing video games

11% of youth used marijuana in the last month to deal with general stress

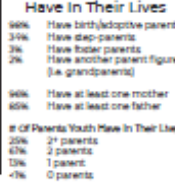
5% of youth used it to deal with gender-related stress

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

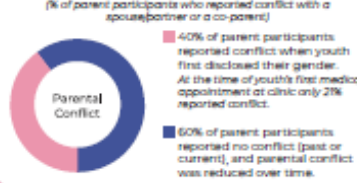
Parent Participants



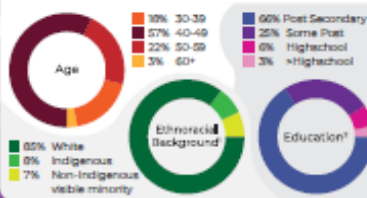
Parents That Youth Have In Their Lives



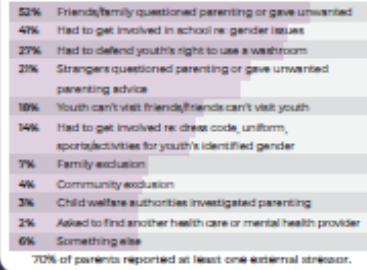
Parental Conflict Regarding Youth's Gender



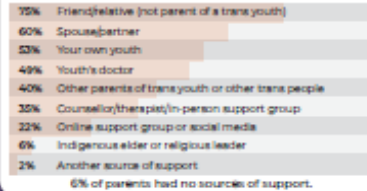
Characteristics Of Parent Participants



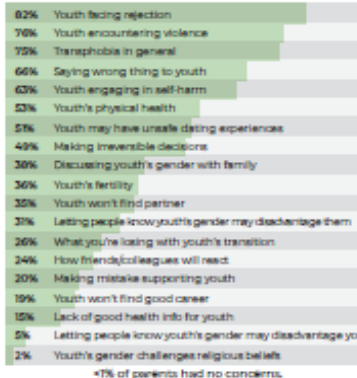
External Stressors On The Families Of Trans Youth



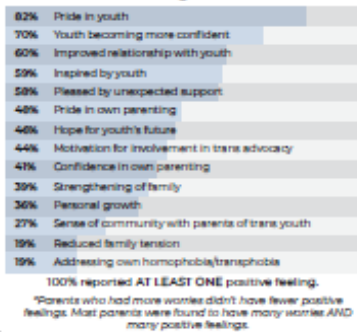
Source Of Support For Parents Of Trans Youth



Parents' Worries About Youth's Gender*



Parents' Positive Feelings About Youth's Gender*



Who are the participants in this study?
There are 176 youth and 360 parents/caregivers participating in the Trans Youth CAN study. Youth aged 13 or younger and who had reached puberty were recruited at their first appointment either virtual or in-person at one of 170 medical clinics across Canada (Ottawa, Calgary, Edmonton, Winnipeg, London, Toronto, Hamilton, Oshawa, Montreal, Halifax). Youth could also invite a parent or caregiver to participate. This data was collected between September 2017 and June 2018.

1 - Compared to the adult Canadian population: 36% Indigenous (vs 14.7%), and 22% visible minorities (vs 14.7%)
2 - Compared to the Canadian population aged 25-64: Less than highschool diploma (22%) | Highschool diploma (24%) | Post-secondary diploma/diplome and above (54%) | (vs 14.7% <Highschool)

Designed by ST Design
www.stdesign.com

Want to learn more about this project? Click here to go to our project website: www.transyouthcan.ca

PREVIEW OF OUR NEW INFOGRAPHIC!



Who are the participants in this study?

Experiences of Parents

Parent Participants

96%	Birth/adoptive parents
2%	Step-parents
< 1%	Foster parents
1%	Other parent figure (i.e. grandparents)
85%	Female/mothers
14%	Male/fathers
1%	Non-binary parent

Parents That Youth Have In Their Lives

98%	Have birth/adoptive parents
34%	Have step-parents
3%	Have foster parents
2%	Have another parent figure (i.e. grandparents)

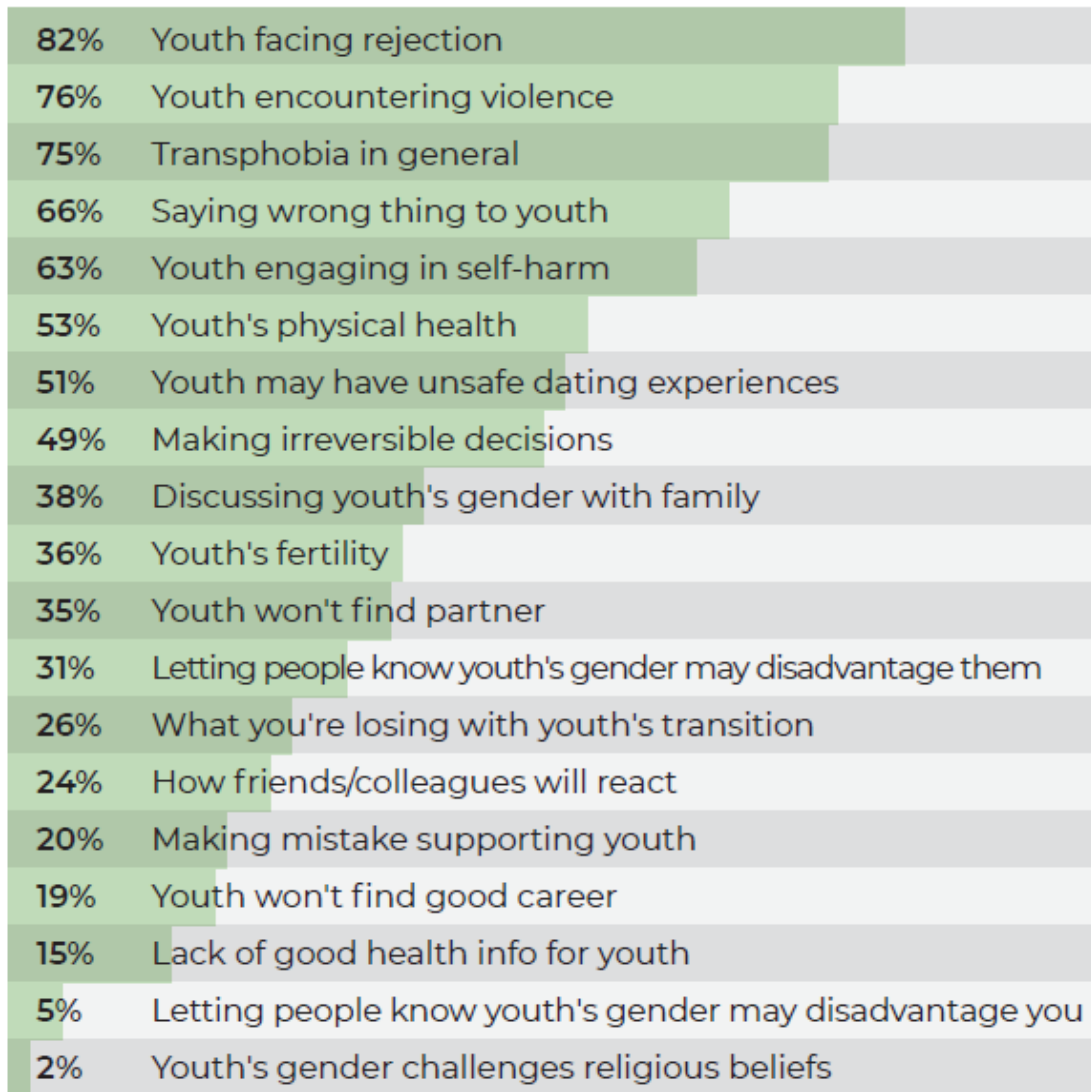
96%	Have at least one mother
85%	Have at least one father

Of Parents Youth Have In Their Lives

25%	2+ parents
61%	2 parents
13%	1 parent
<1%	0 parents



Parents' Worries About Youth's Gender*



<1% of parents had no concerns.

Parents' Positive Feelings About Youth's Gender*



100% reported **AT LEAST ONE** positive feeling.

External Stressors On The Families Of Trans Youth

52%	Friends/family questioned parenting or gave unwanted
41%	Had to get involved in school re: gender issues
27%	Had to defend youth's right to use a washroom
21%	Strangers questioned parenting or gave unwanted parenting advice
18%	Youth can't visit friends/friends can't visit youth
14%	Had to get involved re: dress code, uniform, sports/activities for youth's identified gender
7%	Family exclusion
4%	Community exclusion
3%	Child welfare authorities investigated parenting
2%	Asked to find another health care or mental health provider
6%	Something else

70% of parents reported at least one external stressor.

Source Of Support For Parents Of Trans Youth

75%	Friend/relative (not parent of a trans youth)
60%	Spouse/partner
53%	Your own youth
49%	Youth's doctor
40%	Other parents of trans youth or other trans people
35%	Counsellor/therapist/in-person support group
22%	Online support group or social media
6%	Indigenous elder or religious leader
2%	Another source of support

6% of parents had no sources of support.



What's coming up for Trans Youth CAN!

- More infographics!
 - *“Gender Distress and Gender Positivity”* and *“Pathways to Care”* next!
 - Plus more topics in the coming months - Watch our website!
- Academic papers:
 - Youth characteristics
 - Parent/caregiver experiences
 - Pathways to gender-affirming care
 - Gender distress and gender positivity measures
 - Coping strategies (mixed methods)

CONTACT US IF YOU HAVE OTHER QUESTIONS

www.transyouthcan.ca/contact/

or email: transyouthcan@sickkids.ca



THANK YOU to our participants!

A HUGE THANK YOU! to all the youth and parents across Canada who joined our study and shared their experiences with us.

Without them this research would not be possible. We're so grateful for their trust and working with us to improve care provided to gender-diverse youth and families.



ANY QUESTIONS?



Send us any questions you have!

