



SARAVYC

Stigma and Resilience Among Vulnerable Youth Centre

Trans Youth CAN! Community Event

January 26, 2021

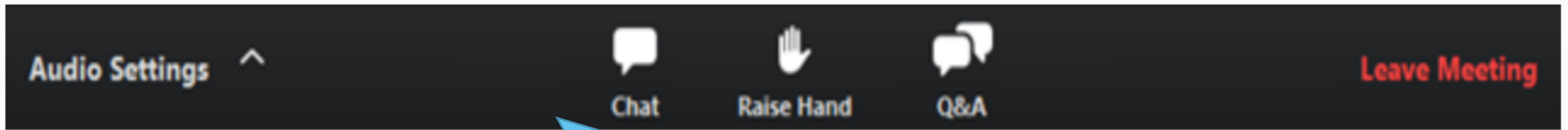


Stigma and Resilience
Among Vulnerable
Youth Centre



Some Zoom tips

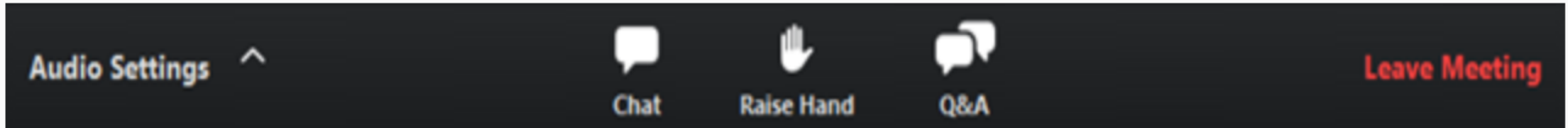
- Your audio and video is turned off in a webinar format
- Want to interact with us? Use your zoom menu



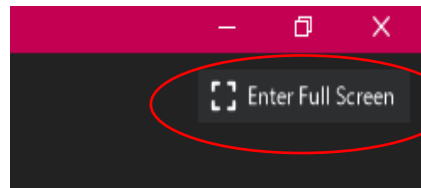
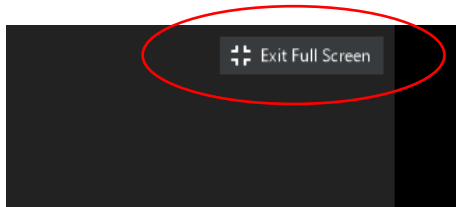
Send messages to the hosts. Hosts may also post links to resources and info in the chat window.

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*



Click here to go back to your full zoom window.

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



Introductions

- Dr. Elizabeth Saewyc (SARAVYC, UBC School of Nursing)
- Dr. Dan Metzger (BC Children's Hospital Gender Clinic & SARAVYC)
- Dr. Greta Bauer (Western University, PI of Trans Youth CAN!)
- Dr. Sandra Gotovac (Western University)
- Shannon Millar (SARAVYC)



Land Acknowledgement

We would like to acknowledge that, in spite of the virtual nature of this presentation, we are gathered here on the traditional, ancestral and unceded territories of the xwməθkwəyá m (Musqueam), səlilwətaʔt (Tsleil-Waututh) and Stolo territories.



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
- 10 medical clinics that provide gender-affirming medical care for youth across Canada



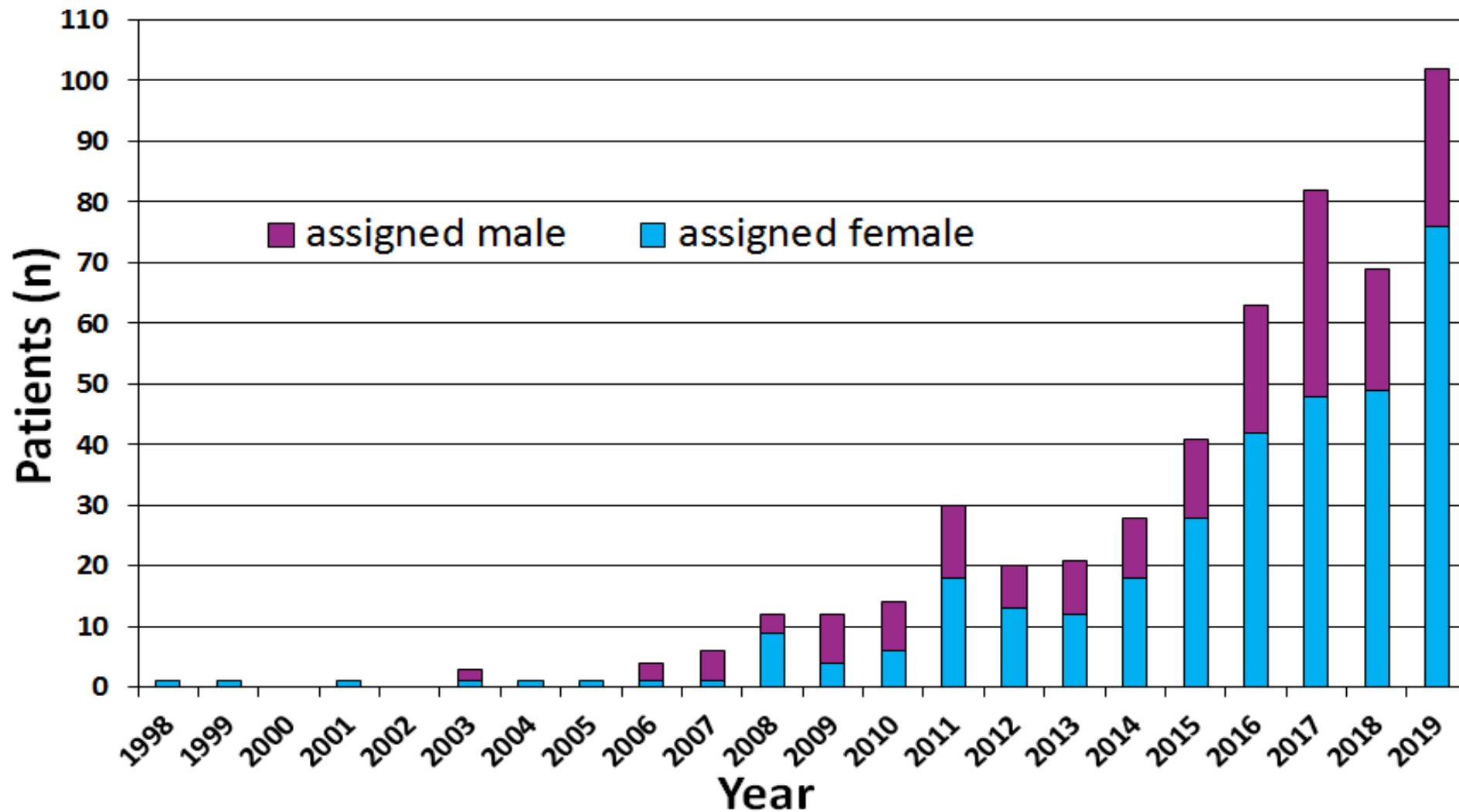
The BC Children's Hospital Gender Clinic

- First clinic in Canada to prescribe blockers and hormones for trans youth
- Saw first patient in 1998, now have seen some 650 kids
- “Clinic without walls”: longstanding relationships with a number of community-based trans-competent psychologists and psychiatrists
- Follow the WPATH *Standards of Care 7*
- Liaison with Adolescent Health, Eating Disorders, Ethics
- Liaison with Trans Care BC, BG Trans Clinical Care Group



The BCCH Gender Clinic

New Gender Dysphoria Patients Seen 1998–2019



Our Staff

- Clinic Secretary: Akira Imai
- Nurses: Mabel Tan, Rebecca Brooke, Janice Vanderspek, Stephanie Kemp
- Social Worker: Robyn Lalani
- Endocrinologists: Drs. Dan Metzger, Brenden Hursh, and Danya Fox
- Mental Health: Drs. Pam Narang (psychology) and Charles Ho (psychiatry)
- Adolescent Medicine: Sabrina Gill, Dr. Eva Moore



What is the Trans Youth CAN! study?

- Youth from puberty to age 15 were recruited at their 1st medical appointment for blockers or hormones
 - Participants are followed **for 2 years**
 - Both surveys and 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



Learn all about our study at

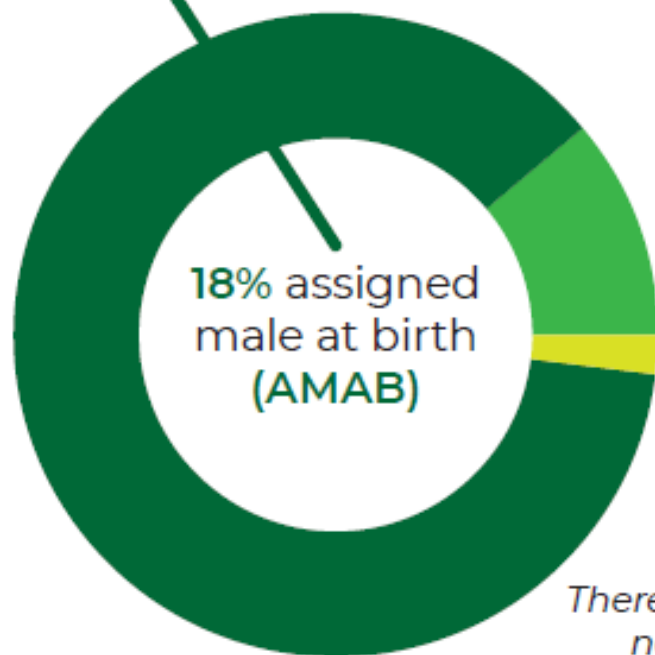
www.transyouthcan.ca

Who Are The People In Canadian Trans Youth Clinics?

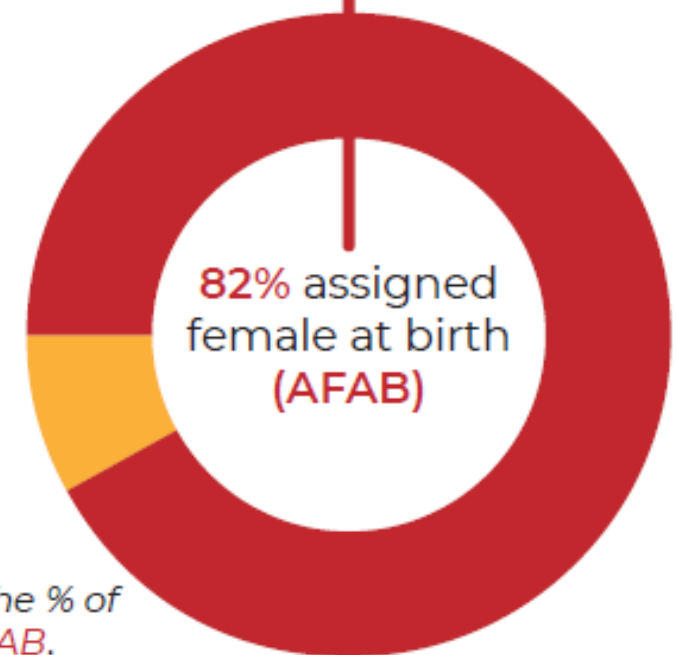
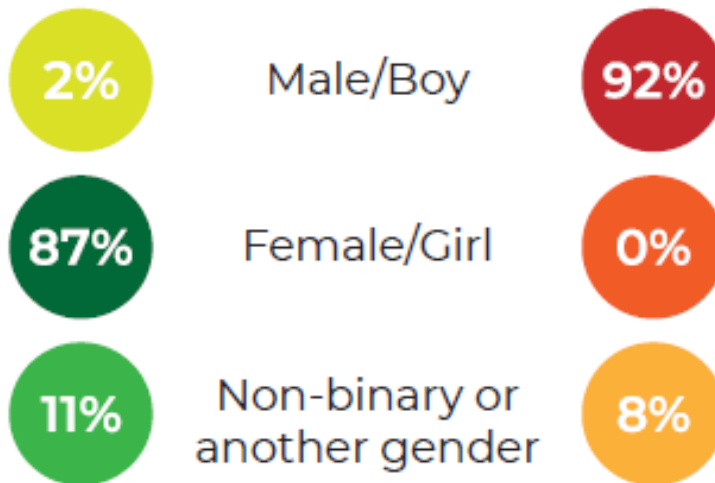
Characteristics Of Trans And Non-Binary Youth Under Age 16 In Clinical Care

Sex Assigned At Birth:

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



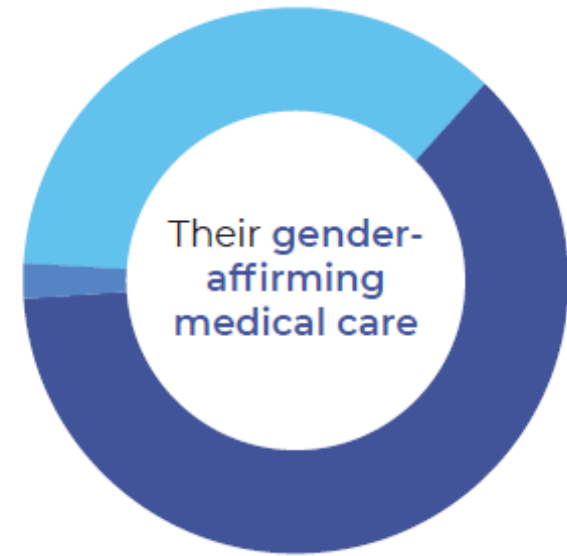
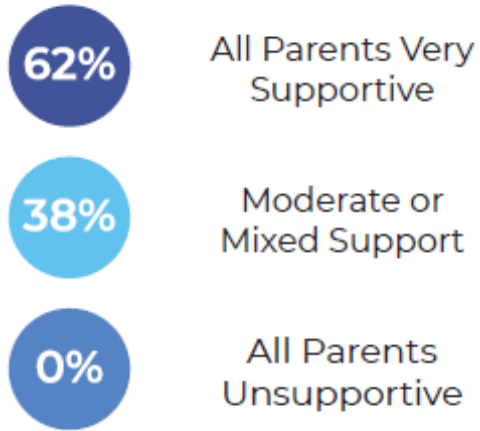
Their Gender Identity:



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



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.



Parental support for youth's gender



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



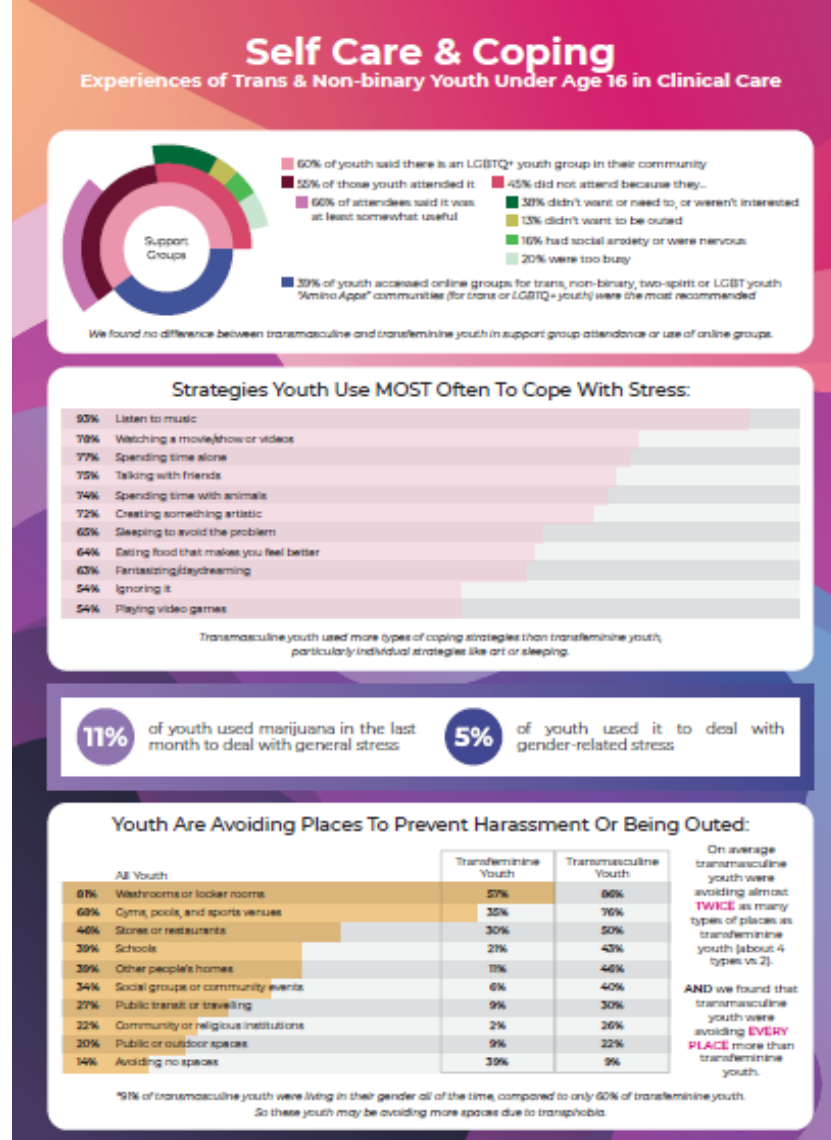
About 20% of youth rate their parents' support **more negatively** than parents rate their own support.



What youth need from parents/caregivers



A PREVIEW OF OUR NEW INFOGRAPHIC!



Get the full downloadable PDFs of ALL OUR INFOGRAPHICS on our website:

www.transyouthcan.ca/research-type/infographics-posters/



Who are the participants in this study?

There are 74 youth and 80 parental caregivers participating in the Trans Youth 2017 study. Youth aged 16 or younger and who had reached puberty were recruited as their first appearance after referral for clinicians or healthcare at one of 12 medical clinics across Canada (Vancouver, Calgary, Edmonton, Winnipeg, London, Toronto, Hamilton, Ottawa, Montreal, Halifax). Youth could also invite one parent or caregiver to participate. This data was collected between September 2017 and June 2018.

Designed by E2 Design
www.e2design.com

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



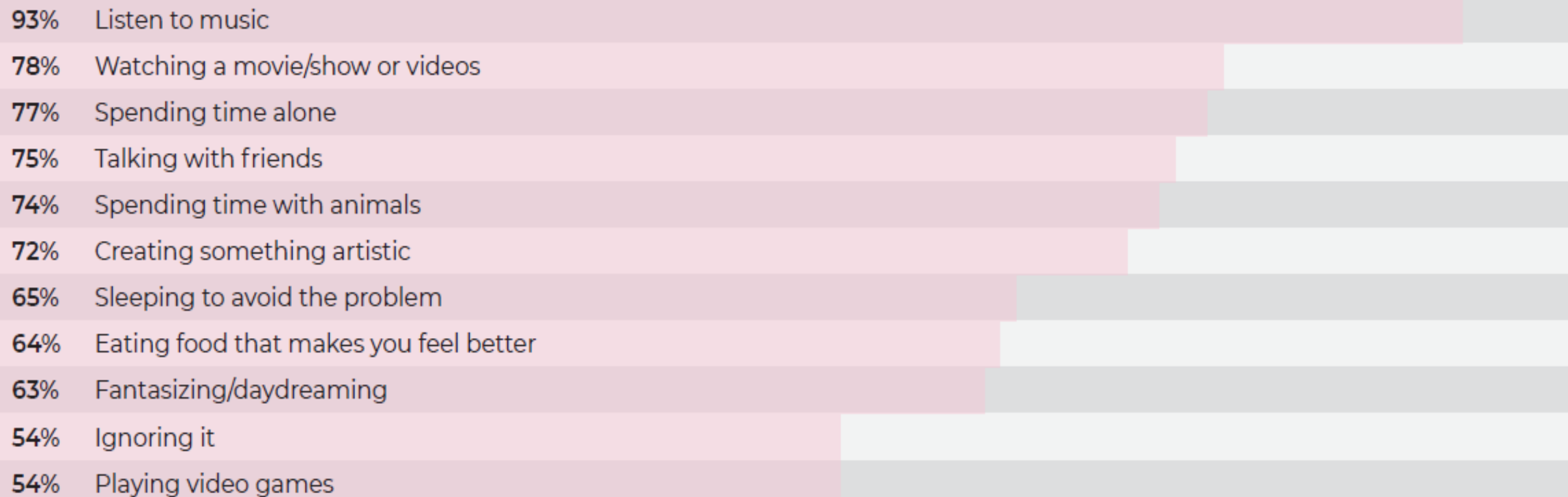
Self Care & Coping

Experiences of Trans & Non-binary Youth Under Age 16 in Clinical Care

- 60% of youth said there is an LGBTQ+ youth group in their community
- 55% of those youth attended it
 - 66% of attendees said it was at least somewhat useful
- 45% did not attend because they...
 - 38% didn't want or need to, or weren't interested
 - 13% didn't want to be outed
 - 16% had social anxiety or were nervous
 - 20% were too busy
- 39% of youth accessed online groups for trans, non-binary, two-spirit or LGBT youth
"Amino Apps" communities (for trans or LGBTQ+ youth) were the most recommended



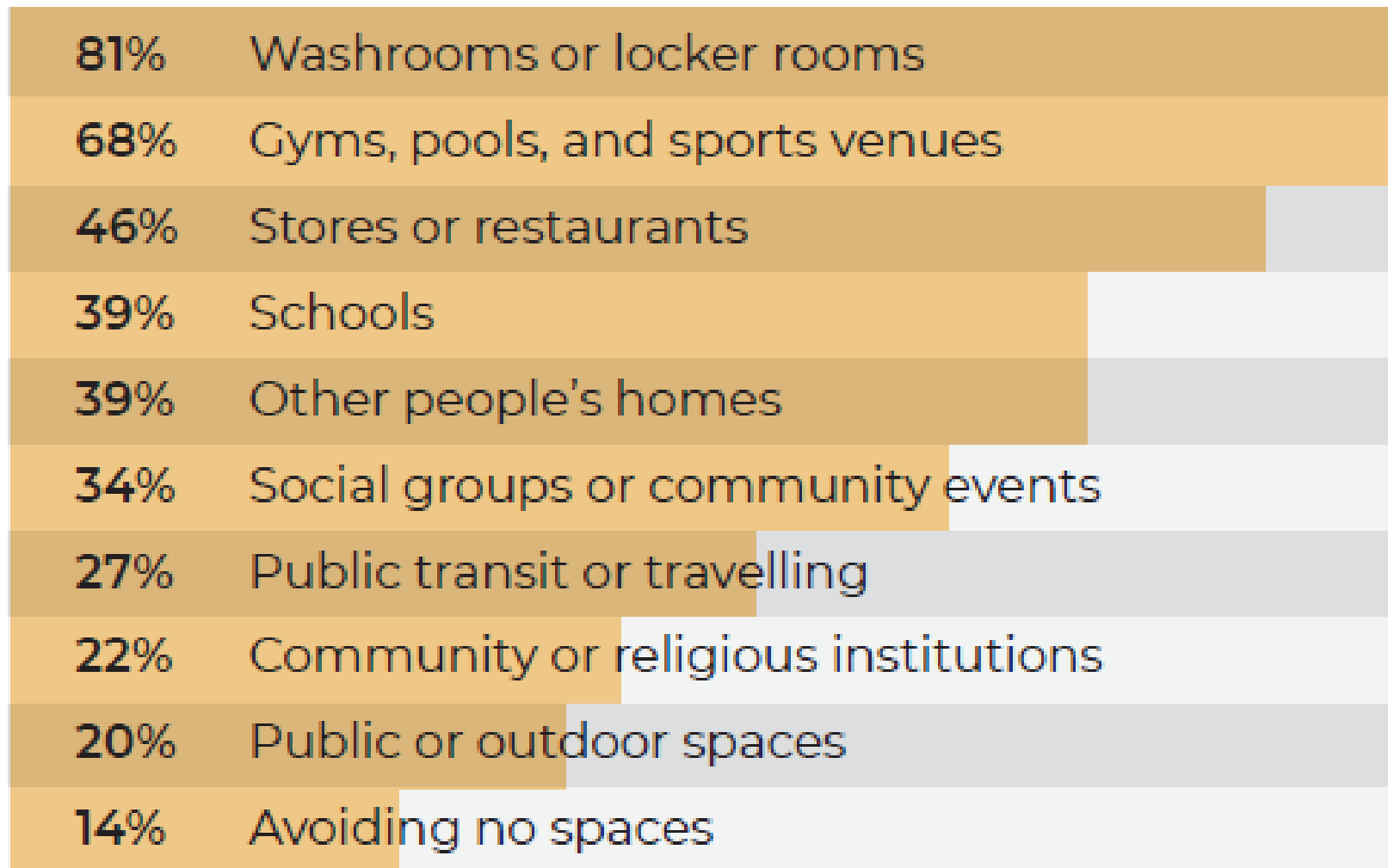
Strategies Youth Use MOST Often To Cope With Stress:



Transmasculine youth used more types of coping strategies than transfeminine youth, particularly individual strategies like art or sleeping.



Youth Are Avoiding Places To Prevent Harassment Or Being Outed:



What's coming up for Trans Youth CAN!

- More infographics!
- Academic papers:
 - Youth characteristics
 - Parent/caregiver experiences
 - Pathways to gender-affirming care
 - Gender distress and gender positivity measures

**CONTACT US IF YOU HAVE
OTHER QUESTIONS**

www.transyouthcan.ca/contact/

Or email:

trans.youth.can@ubc.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!

