

Immigrant Families

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

Ethnoracial Background¹



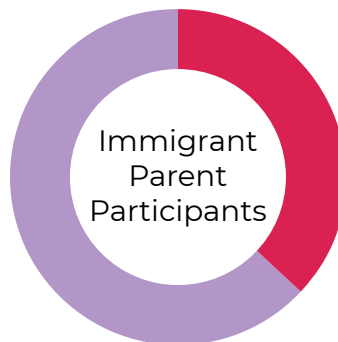
16% Visible minorities
which include (youth can be more than 1):
8% Black Canadian/African American
8% East Asian
4% Latin American
3% Southeast Asian
2% Black Caribbean
2% Black African

11% Indigenous Canadian²

73% White

37% Visible minorities
which include (parents can be more than 1):
12% Latin American
10% Middle Eastern
9% Black Canadian/African American
7% Southeast Asian
3% Black African

63% White



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

4% of youth in the study are immigrants to Canada

100% of these youth are living with a family

All stats and info throughout are from youth & parents from immigrant families

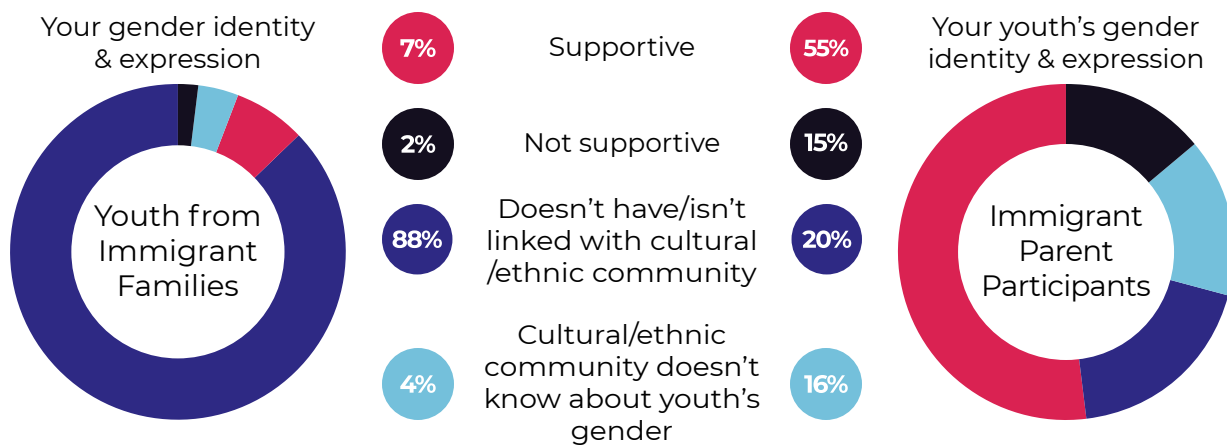
99% English or French is the 1st language spoken at home

38% speak more than one language at home

Other languages spoken include a range of languages from Eastern & Western Europe, West Africa, South Asia, East Asia, Scandinavia, and the Caribbean

Participants had to speak English or French to participate, so native English and French speakers are likely over-represented in our sample.

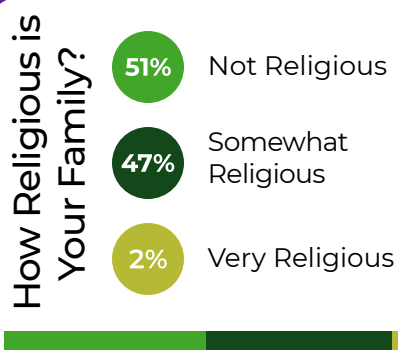
How Supportive is Your Cultural/Ethnic Community of...



We found a similar pattern for the support from their religious/faith-based community.

Top Sources Of Support For Youth From Immigrant Families:

- 90% Parent(s)
- 83% In real life 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



Our findings show that youth and parents from immigrant families have different needs and supports when it comes to their ethnic/cultural and religious/faith-based communities.

We found no significant difference in how religious immigrant and non-immigrant families are.

15% of youth avoided community or religious institutions for fear of being outed, read as trans, or harassed

Top Sources Of Support For Immigrant Parents Of Trans Youth:

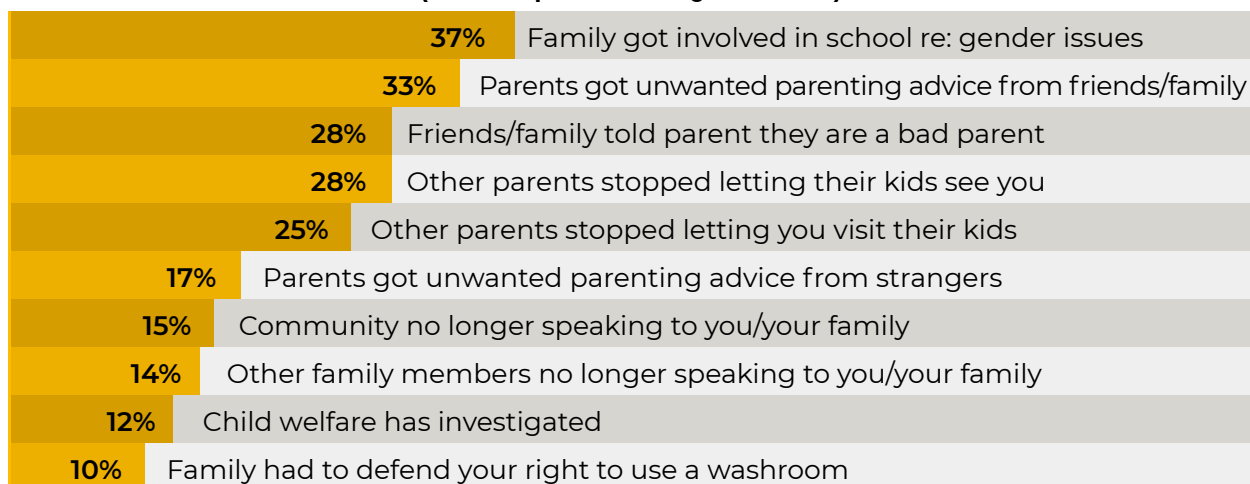
- 78% Friend/relative who is not a parent of trans youth
- 76% Spouse/Partner

We found **no significant difference** between youth from immigrant and non-immigrant families:

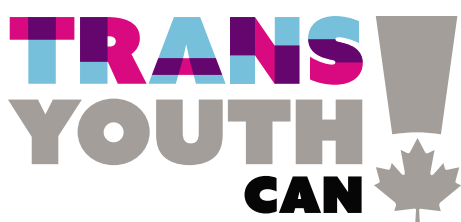
- % of youth who are living in their gender
- Youth's ages through their gender journey & their pathways to care
- Youth living in low income homes³ & food insecurity in the last 12 months
- Youth having a stable place to live & family composition (siblings & extended family)
- Gender-related support from parents or family youth said they had
- Day-to-day discrimination youth experienced

It is important to remember that this group of youth are the ones who are receiving clinical care, and this does not reflect possible differences in the broader community of trans youth. Our findings raise several questions about barriers to care, including for families with low income, lower levels of education, and immigrants.

Top 10 External Stressors On Immigrant Families (As Reported by Youth):



63% of youth from immigrant families reported **AT LEAST ONE** external stressor on the family



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. This data was collected between September 2017 and June 2019.

1 - Based on Statistics Canada categories.
3 - <https://bit.ly/38KqMXL>

2 - Based on self-report of ethnoracial background.