

# 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

We found no difference between transmasculine and transfeminine youth in support group attendance or use of online groups.

### Strategies Youth Use MOST Often To Cope With Stress:

93%	Listening 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

Transmasculine youth used more types of coping strategies than transfeminine youth, particularly individual strategies like spending time alone, journaling, or sleeping.

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

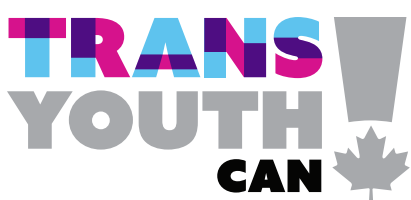
### Places Youth Are Avoiding To Prevent Harassment Or Being Outed:

All Youth	Transfeminine Youth	Transmasculine Youth
81%	57%	86%
68%	35%	76%
46%	30%	50%
39%	21%	43%
39%	11%	46%
34%	6%	40%
27%	9%	30%
22%	2%	26%
20%	9%	22%
14%	39%	9%

Transmasculine youth were found to be avoiding overall **TWICE** as many **TOTAL** types of places on average compared to transfeminine youth (about 4 types vs 2).

**AND** we found that transmasculine youth were avoiding **EACH PLACE** on this list more frequently than transfeminine youth.

\*91% of transmasculine youth were living in their gender all of the time, compared to only 60% of transfeminine youth.  
 A higher likelihood for transphobia against youth living in their gender may be why transmasculine youth were found to be avoiding more spaces.



#### 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.