



Trans Youth CAN! & Children's Hospital Gender Pathways Service Online Event

April 28, 2021



Thanks for attending this event!

We're excited you're here!

- With this event we want to:
 - Share information about our project & findings from our *NEW INFOGRAPHIC*
 - Answer your questions about this project, the clinic, and trans youth health
- Our hosts today are:
 - **Robby Stein:** Pediatric Endocrinologist, Children's Hospital, Gender Pathways Service
 - **Todd Wharton:** Psychotherapist, Children's Hospital, Gender Pathways Service
 - **Kristen Langdon:** Registered Nurse, Children's Hospital, Gender Pathways Service
 - **Greta Bauer:** Principal Investigator, Trans Youth CAN!
 - **Sandra Gotovac:** Project Coordinator, Trans Youth CAN!
 - **Laura Douglas:** Research assistant, Trans Youth CAN!
 - **Sara Todorovic:** Research assistant, Trans Youth CAN!

Who is joining us today?





TRADITIONAL TERRITORIES — ACKNOWLEDGEMENT —

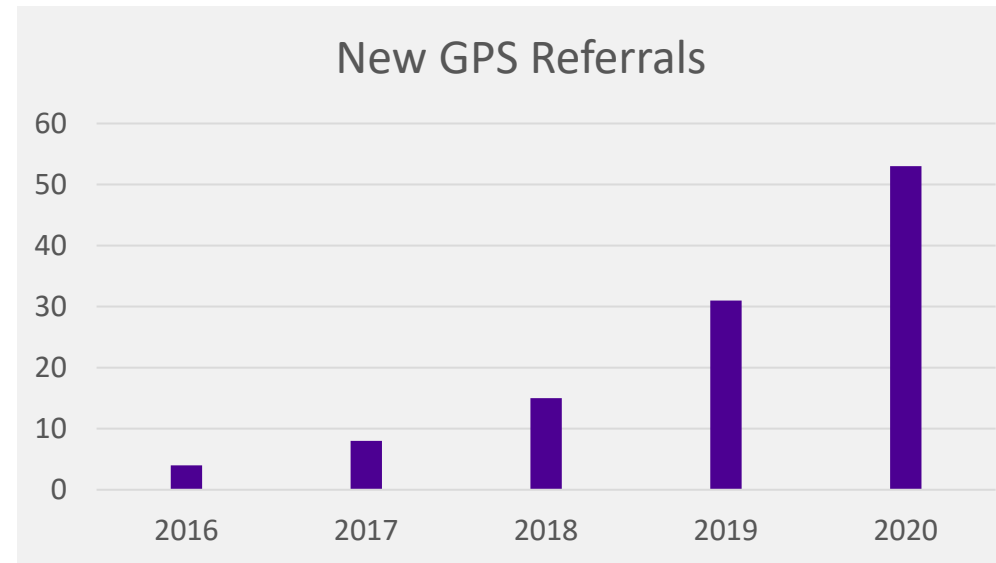
We acknowledge that Western University and LHSC are located on the traditional lands of the Anishinaabek, Haudenosaunee, Lūnaapéewak, and Attawandaron peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (First Nations, Métis, and Inuit) whom we recognize as contemporary stewards of the land and vital contributors to our society.



Gender Pathways Service



- Started in 2016
- Multi-disciplinary service within the Division of Pediatric Endocrinology
 - Pediatric endocrinology
 - Pediatric nursing
 - Psycho-therapy
 - Adolescent medicine
- Links to psychology & adolescent psychiatry



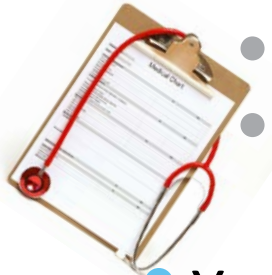
What is the Trans Youth CAN! study?

- 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



What is the Trans Youth CAN! study?

- Youth from puberty to age 15 were recruited at their 1st medical appointment for blockers or hormones
- Followed for 2 years through their journey of gender-affirming medical care
- Completed surveys and gave 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



Who are the People Served by Canadian Trans Youth Clinics?

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

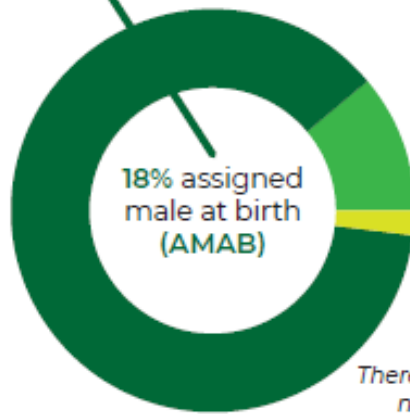
Ethnoracial Background

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

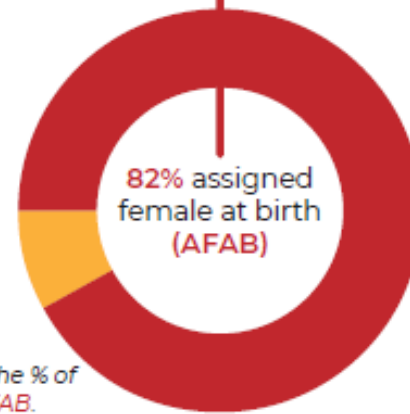
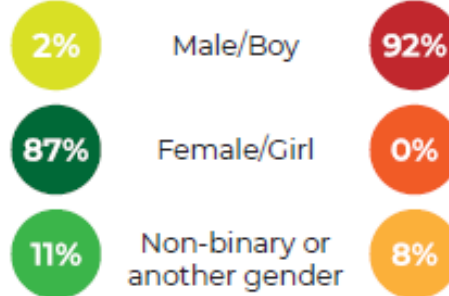
Compared to the Canadian population: 5% Indigenous² and 27% visible minorities³

Sex Assigned At Birth:

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



Their Gender Identity:



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

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 & Non-binary Youth Under Age 16

Who are the People Serving Canadian Trans Youth Clinics?
Characteristics of Trans And Non-binary Youth Under Age 16

Parental Support
Experiences of Trans and Non-binary Youth Under Age 16 in Clinical Settings

Immigrant Families
Experiences of Trans and Non-binary Youth Families Under Age 16 in Clinical Settings

Experiences of Parents
of Trans and Non-binary Youth Under Age 16 in Clinical Settings

Self Care & Coping
Experiences of Trans & Non-binary Youth Under Age 16

Pathways to Gender-Affirming Medical Care
For Trans & Non-binary Youth Under Age 16

Providers Seen Before Coming to Youth Gender Clinic

Top 10 External Stressors On Parents of Trans Youth

Source of Support For Parents of Trans Youth

How Supportive Of Your (Youth's) Gender Identity And Expression Is Your Cultural/Ethnic Community?

Ethnoracial Backgrounds

How Religious Is Your Family?

Trust, Support, Respect, Hugs

Trans Youth CAN

Average age when youth...

9.9

...realized their gender was different from what others called them

12.3

...starting living in their gender

12.6

...first spoke to someone outside the family about their gender

13.7

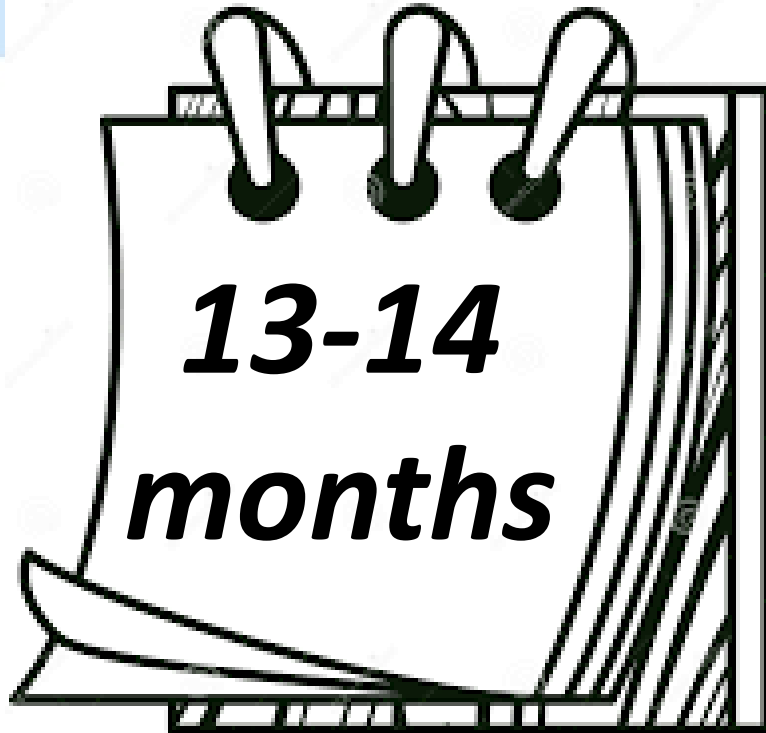
...referred to gender clinic

14.3

...first medical appointment at gender clinic

Pathway
to Care

On average youth said
they spent...



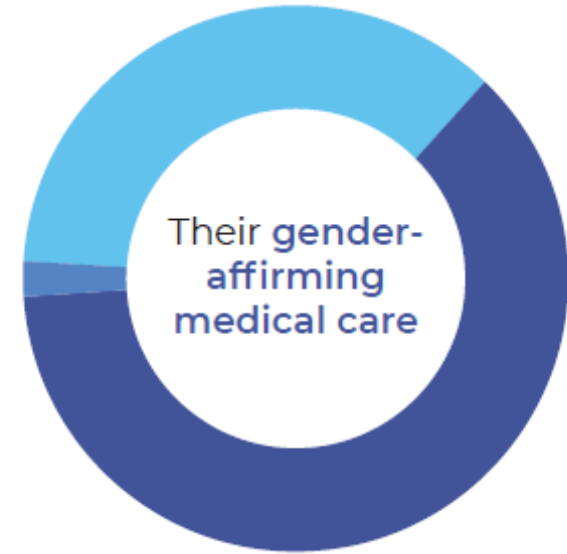
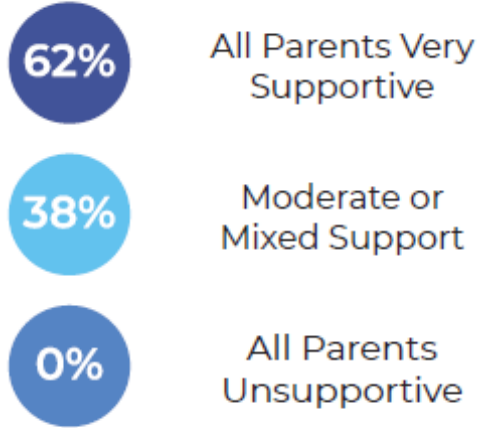
seeking hormone care

On average youth
are waiting...



*from referral to their first
medical appointment at
gender clinic*

What youth say about their parents' support for:



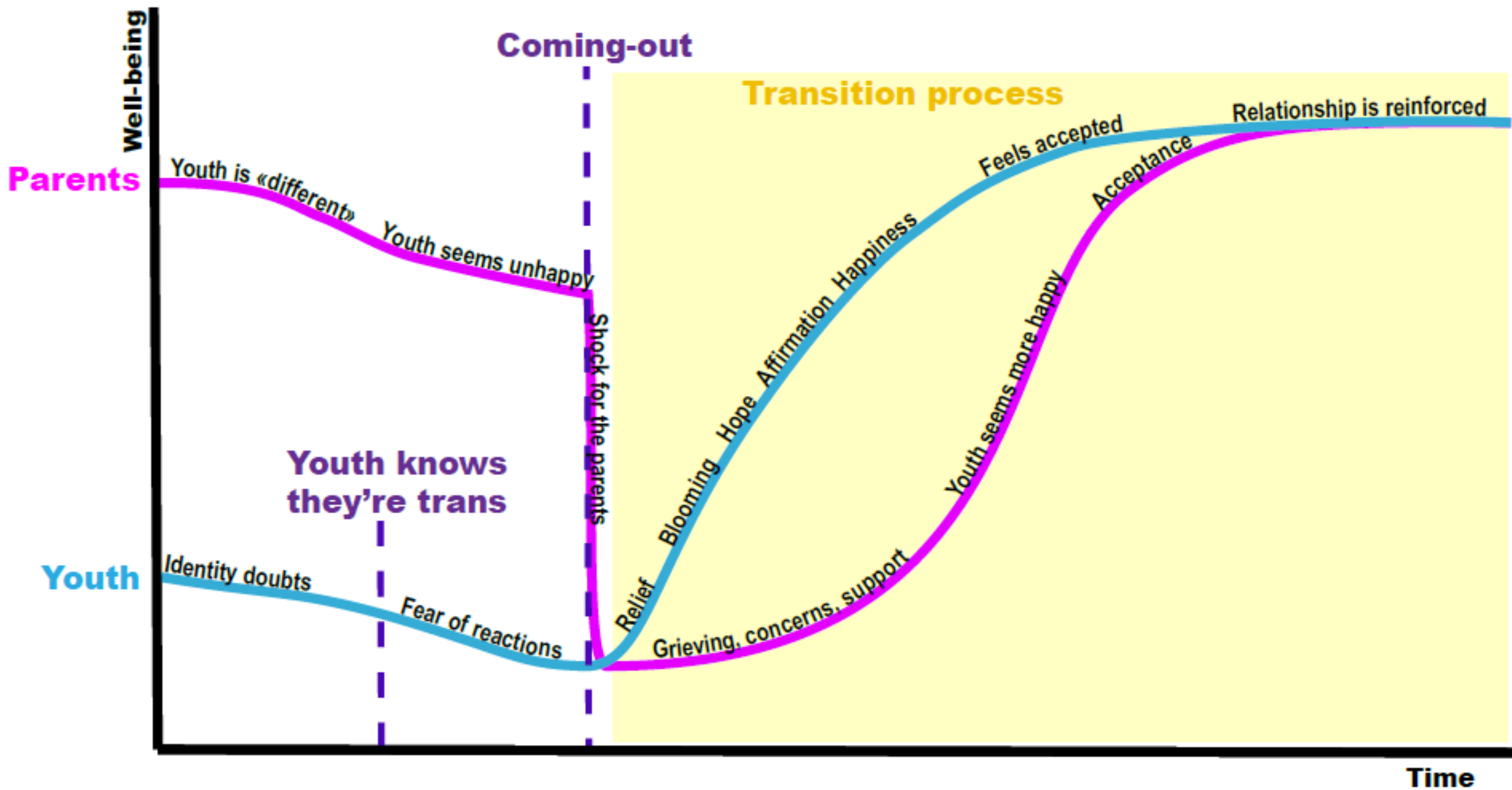
Parental Support

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



What youth need from parents/caregivers





For info on the “Stories of Gender-Affirming Care” project:

www.JeunesTransYouth.ca



Chaire de recherche du Canada sur les enfants transgenres et leurs familles
Canada Research Chair on Transgender Children and their Families
mieux comprendre pour mieux agir – transforming knowledge into action

Time

School Experiences

10%

10% of youth missed 2+ weeks of school related to their gender due to: *mental health, bullying/assault, being outed, misgendering.*

“

I was getting misgendered at school and having panic attacks.

-

A transphobic student in [my] class assaulted [me] physically, and then [the] teachers took the transphobic student's side.

-

When I first came out, I did not want to go to school as I was afraid of what kids would say as teachers had already told kids what my new pronouns were.

”



School Experiences

-Changing school & parental involvement-

A circular graphic with a pink-to-blue gradient, containing the text '14%' in white.

14%

14% had to change schools because others had an issue with the youth's gender

A circular graphic with a pink-to-blue gradient, containing the text '28%' in white.

28%

and another 28% considered it

A circular graphic with a blue-to-purple gradient, containing the text '40%' in white.

40%

40% of families had to get involved in school regarding gender issues



School Experiences

-Teacher and classmate support-



say their **teachers** are **somewhat or very supportive** of their gender identity and expression

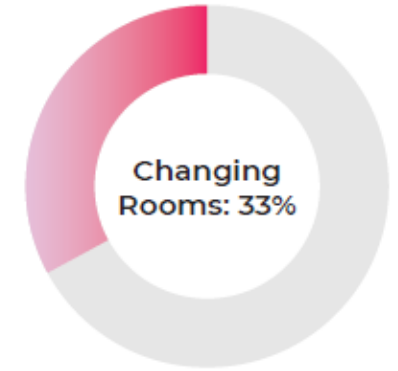
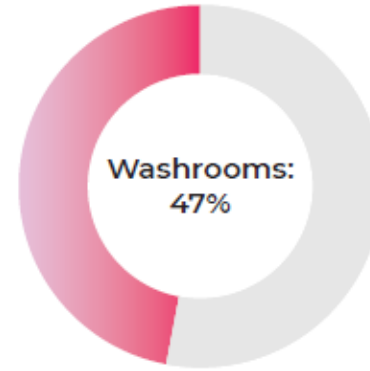
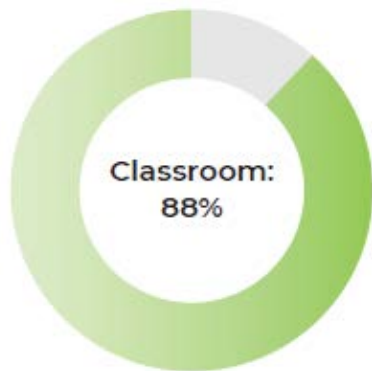
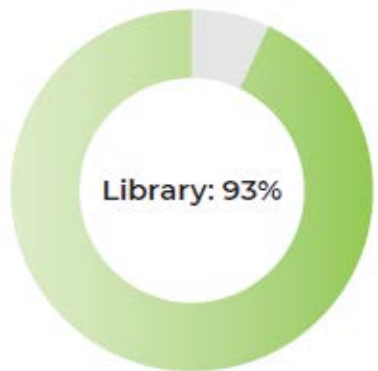
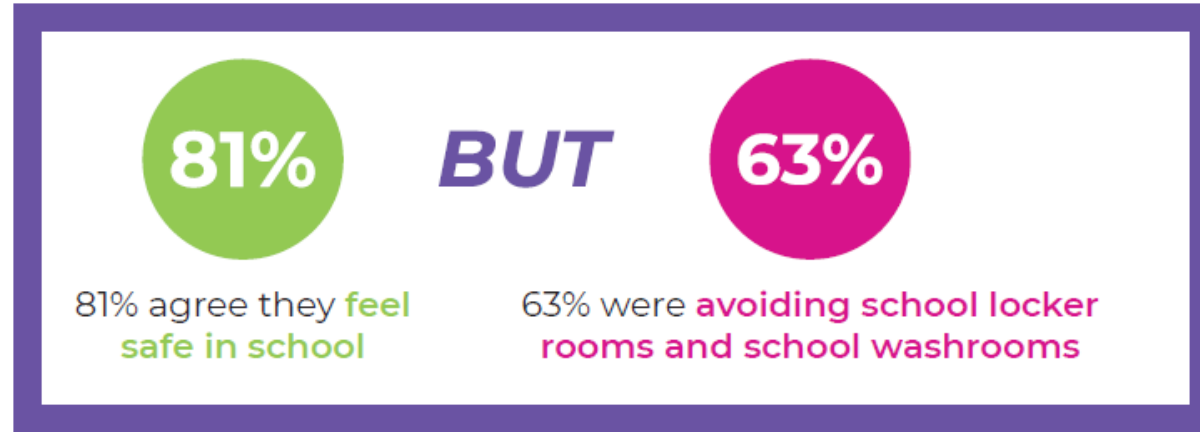


say their **classmates** are **somewhat or very supportive** of their gender identity and expression



School Experiences

-Safety at school-



*A PREVIEW OF SOME DATA
FROM OUR NEXT
INFOGRAPHIC!*

*“Experiences of Youth on the
Autism Spectrum”*



CAUTION:

We want to share these results because data on autistic trans youth is so limited, ***BUT***:

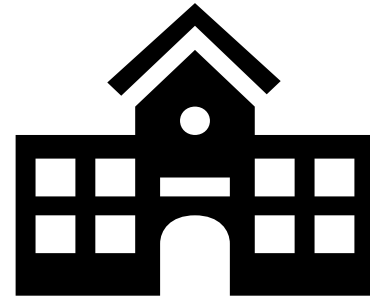
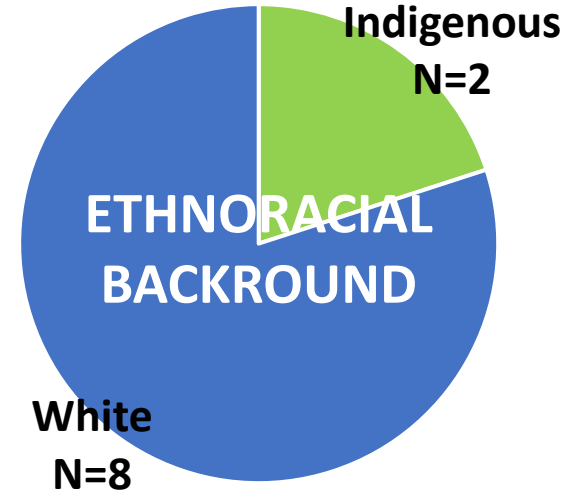
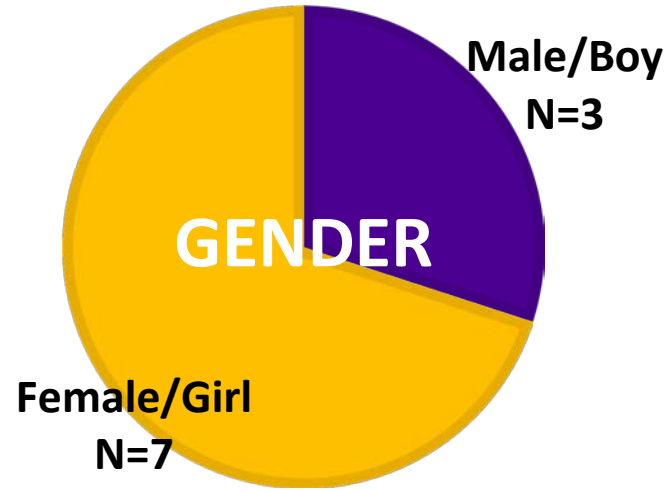
- 1) With only 10 autistic youth, results should not be over-interpreted, and
- 2) Results are for youth ***in clinical care***, and could differ from the larger group of autistic trans youth not in clinical care.



Trans and Non-Binary Youth on the Autism Spectrum

Under Age 16 in Clinical Care

10 youth had a diagnosis on the autism spectrum*
**identified from medical records*



All 10 youth were enrolled in school (public or private)



All 10 youth were living with their birth/adoptive family



External Stressors Experienced by Families of Autistic Youth

Someone in youth's family had to get involved with youth's school regarding gender issues

Unwanted parenting advice from strangers

Someone in youth's family had to get involved regarding a uniform/dress code that doesn't fit gender

Unwanted parenting advice from friends/family

Someone in youth's family had to defend right to use washroom

Other family members no longer speak to your/youth's family

Sources of Support for Autistic Youth

Parents

In-person friends

Other peers

(i.e. trans friends, non-trans friends, classmates)

Leaders

(i.e. extracurricular leaders and teachers)

Other family members

(i.e. extended family and siblings)

Youth's regular doctor

Online friends


Youth's mental health provider

Community support

(i.e. faith-based, cultural/ethnic, or LGBT2Q community)

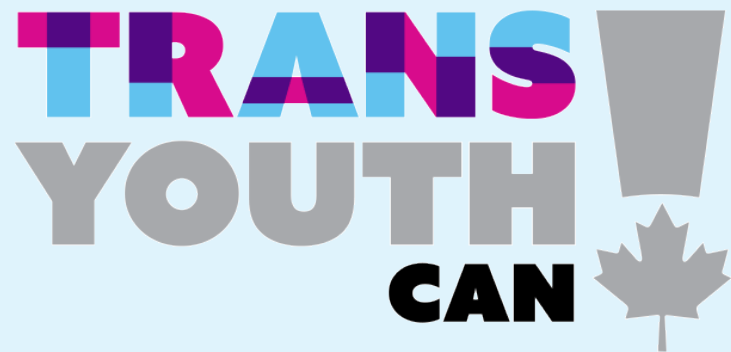
Autistic youth were living in their gender **“all of the time”** less than non-autistic youth, and autistic youth were living in their gender **“some of the time”** or **“none of the time”** more than non-autistic youth.

We found autistic and non-autistic youth were similar in
(no significant difference found):

- 
- Pathways to care (ages, time spent, providers seen)
 - Parental support
 - Gender distress and gender positivity



What's
coming up for



More infographics

- “Disordered Eating Behaviours” coming next
- www.transyouthcan.ca/research-type/infographics-posters/

Academic papers

- Youth characteristics
- Parent/caregiver experiences
- Pathways to gender-affirming care
- Gender distress and gender positivity measure validation
- Coping strategies (mixed methods)

You can contact us at:

www.transyouthcan.ca/contact/

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 choice to work with us to improve care provided to gender-diverse youth and families.

