



# Trans Youth CAN!: Reports on parental support for trans and non-binary youth in clinical care

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# Methods- Trans Youth CAN!

## Sample

- 174 youth from puberty to age 15
  - 160 matched parents (92%)
- Referred to one of 10 gender clinics for blockers or hormones
  - Youth recruited at their first medical appointment at clinic

Prospective cohort study.

Data on social, family, and medical outcomes

## Data Sources (with 2 years of follow up)

- Interviewer-administered youth surveys (baseline, 1-year, and 2-year follow-up)
- Self-completed parent surveys (baseline, 1-years, and 2-year follow-up)
- Clinic medical records (each clinic visit)
- Short online symptom checklists (every 3 months)



# Background

- Parents of transgender youth have a range of evolving experiences and emotions after their child comes out to them
  - Pride, relief, concern, isolation, grief
- Parents also may worry about family conflict or discord with their partners related to accepting the youth's gender



# Parent Participant Characteristics

Gender	%
Male	13.8
Female	85.1
Non-binary, or something other than male or female	1.1
Sexual Orientation	
Heterosexual	83.8
Sexual Minority	16.2
Immigrant Status	
Immigrant	13.1
Non-Immigrant	86.9
First Language	
English	89.3
French	10.2
Indigenous language	0.0
Other	0.6

Caregiver Role	%
Parent (birth/adoptive)	96.1
Step-parent	2.5
Foster parent	0.5
Other	0.96
Age in years	
30-39	18.4
40-49	57.2
50-59	21.6
60-69	2.9
Ethnoracial Background	
Indigenous	7.7
Non-Indigenous racialized	7.2
Non-Indigenous white	85.1



# Family Characteristics

	%
<b>Parent Partner Status</b>	
Parent has partner	64.4
Co-Parent living elsewhere	38.4
<b>Others living in household</b>	
Youth in this study (lives there all or some of the time)	99.6
Other child(ren)	63.8
Grandparents	3.9
Other	8.3
<b>Household income</b>	
Low-income	27.1
Not low-income	72.9



# Parent report of support for youth's gender (Change from when youth first disclosed gender to current)

		CURRENT Support Level			
		Not at all	Not very	Somewhat	Very
INITIAL Support Level	Not at all	1.4%	0.6%	0.4%	2.6%
	Not very	0.0%	0.5%	0.0%	6.6%
	Somewhat	0.0%	0.0%	4.6%	19.8%
	Very	0.0%	0.0%	1.7%	61.7%



# Degree of Parental Conflict (regarding youth's gender)

	With Spouse/Partner (n=108)		With Co-Parent (n=57)	
	Past %	Current %	Past %	Current %
<b>No conflict</b>	61.1	81.5	51.4	71.9
<b>Some conflict</b>	34.4	18.5	38.2	22.5
<b>A lot of conflict</b>	4.5	0	10.4	5.6

\*No significant difference found in level or amount of conflict between parents by youth's gender



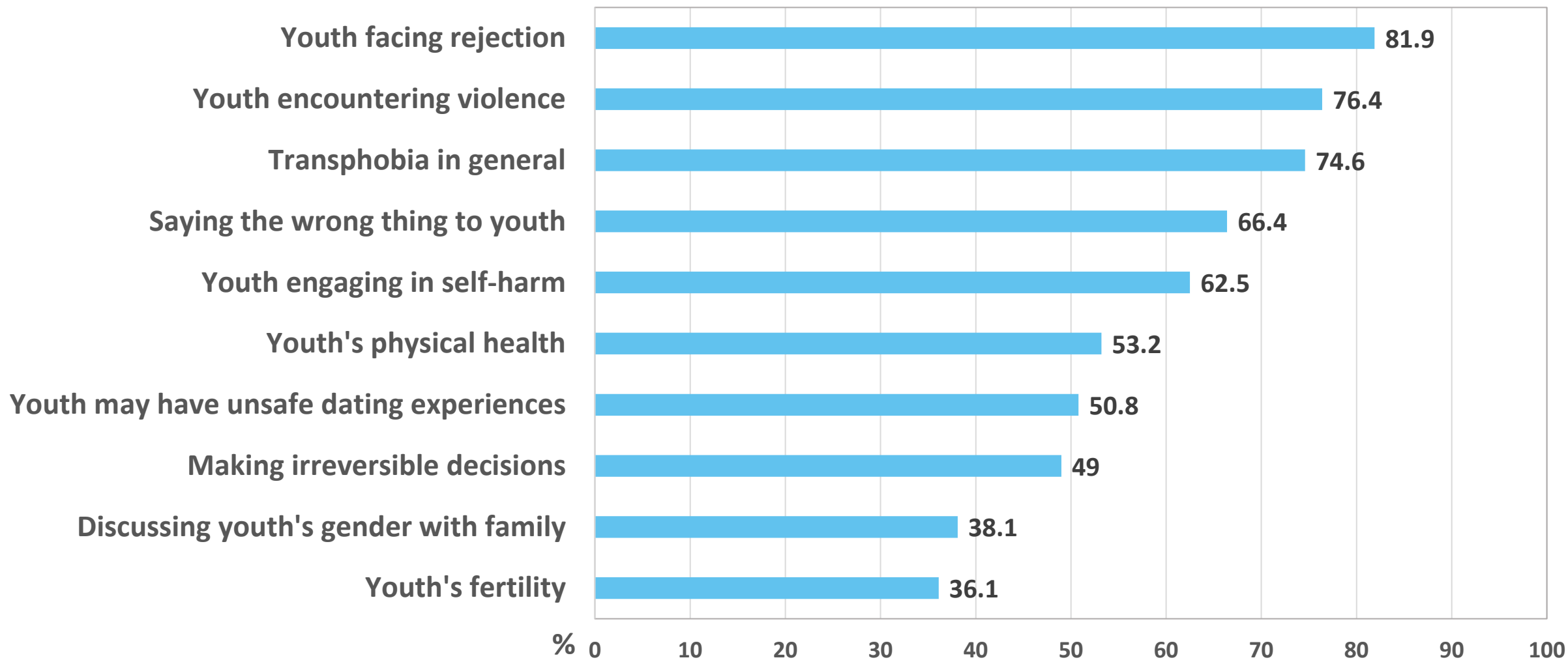
# Parental Conflict (regarding youth's gender)

	Total n=157	Transfeminine n=33	Transmasculine n=124
	%	%	%
No parental conflict	59.2	53.8	60.5
Past, but not current conflict	19.5	33.3	16.2
Current conflict	21.3	12.9	23.4

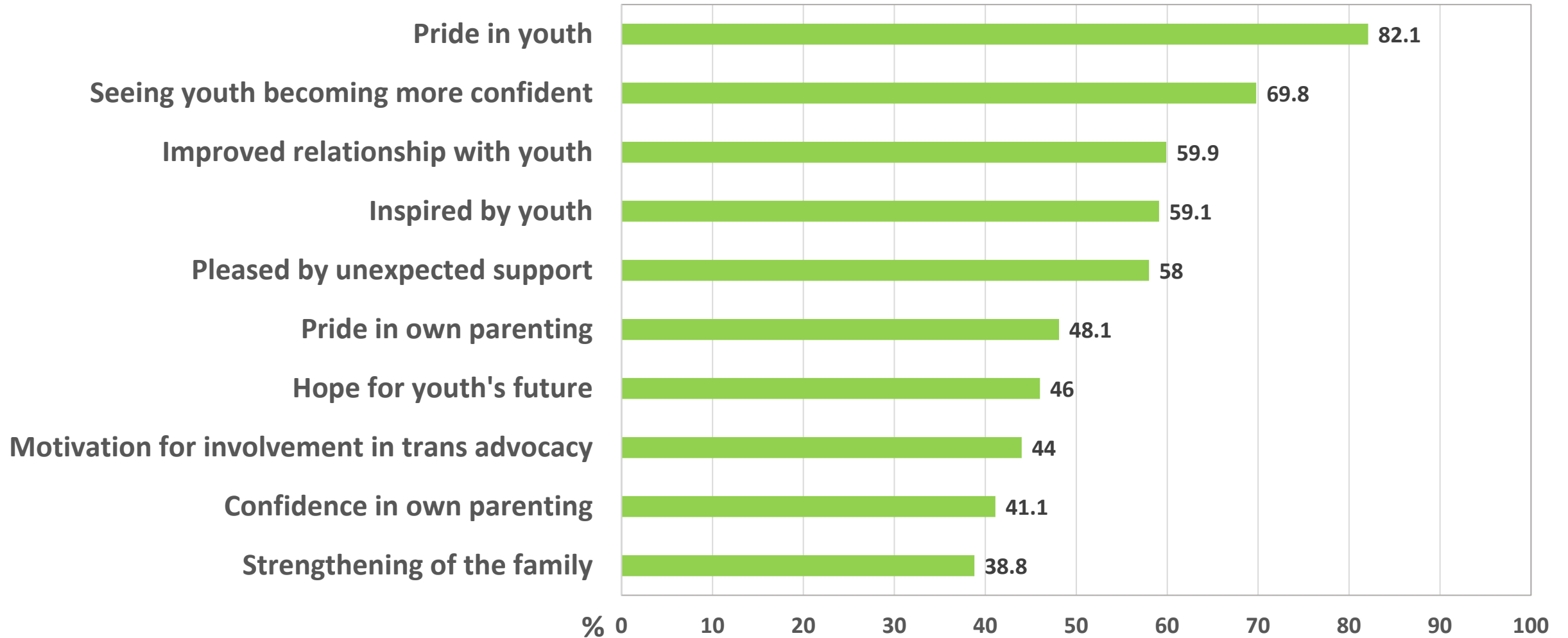




# Top 10 Parental Worries



# Top 10 Parent Positive Feelings



# Conclusions

- Parents were involved in the process of accessing GA care for their youth
- Most parents reported they were very supportive of their youth's gender
  - Most common parental worries reflected their concerns for their youth's well-being, not concern for themselves
- A significant proportion of parents did report having conflict with a spouse or co-parent regarding their youth's gender
  - But this was reduced over time from initial disclosure of gender to time of first appointment at clinic



# Impact

- These results are limited to experiences of families in clinic
  - Cannot be generalized to broader population of trans youth not accessing clinical care
- This study does provide key insights into the psychosocial experiences of parents of transgender youth, and contributes to the discourse on parental involvement for youth accessing GA care
- By better supporting parents and families, we can also better support their youth

Follow our  
progress and  
get results  
here!



[www.transyouthcan.ca](http://www.transyouthcan.ca)

# Thank you to our research team!

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19 youth who provided  
feedback on survey items  
(English and French groups)

9 parents/caregivers who  
provided feedback on survey  
items (English and French  
groups)

6 youth and 7 parents in our  
Community Consultation  
Committees

Our youth participants

Our parent/caregiver  
participants

Our funder:





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MEDICINE & DENTISTRY



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Children's Hospital  
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