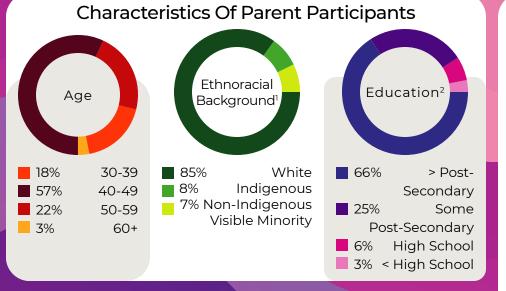
Experiences of Parents of Trans and Non-Binary Youth Under Age 16 in Clinical Care

Proportion of Youth That Have

... in their Lives

Parent Participants in the Study

96% 2% < 1% 1%	Birth/adoptive parents Step-parents Foster parents Other parent figures (i.e. grandparents)	98% 34% 3% 2%	Birth/adoptive parents Step-parents Foster parents Other parent figures (i.e. grandparents)
85% 14% 1%	Female parents/mothers Male parents/fathers Non-binary parents	96% 85%	At least one mother At least one father
C (0(arents Youth Have In Their Lives
64%	Have a spouse/partner living in the home	25% 61%	3 + parents 2 parents
38%	Said there is a co-parent involved in the youth's life not living in the home	13% <1%	l parent O parents



External Stressors On The Families Of Trans Youth

52 %	Friends/family questioned parenting or gave unwanted	
	parenting advice	
41 %	Had to get involved in school re: gender issues	
27 %	Had to defend youth's right to use a washroom	
21%	Strangers questioned parenting or gave unwanted	
	parenting advice	
18%	Youth can't visit friends/friends can't visit youth	
14%	Had to get involved re: dress code, uniform, sports/activities	
	(at or outside of school) to support youth's gender	
7 %	Family exclusion	
4%	Community exclusion	
3%	Child welfare authorities investigated parents	
2%	Asked to find another health care or mental health provider	
6 %	Something else	
70% of parents reported at least one external stressor.		

Sources Of Support For Parents Of Trans Youth

75%	Friend/relative (not parent of a trans youth)	
60%	Spouse/partner	



60% of parent participants reported no conflict (past or current).

Parents' Worries About Youth's Gender*

82%	Youth facing rejection	
76 %	Youth encountering violence	
75%	Transphobia in general	
66%	Saying the wrong thing to youth	
63%	Youth engaging in self-harm	
53%	Youth's physical health	
51%	Youth may have unsafe dating experiences	
49 %	Making irreversible decisions	
38%	Discussing youth's gender with family	
36%	Youth's fertility	
35%	Youth won't find a good partner	
31%	Disadvantaging your youth by telling people of youth's gender	
26 %	What parent is losing with your youth's transition	
24%	How friends/colleagues will react	
20%	Making a mistake by supporting your youth	
19 %	Youth won't find good career	
15%	Lack of good health info for youth	
5%	You (parent) being disadvantaged by letting people know	
	your youth's gender	
<mark>2</mark> %	Youth's gender challenges religious beliefs	
<1% of parents had no concerns.		
Parents' Positive Feelings About Youth's Gender		

Parents' Positive Feelings About Youth's Gender'

82%	Pride in youth	
70%	Seeing youth becoming more confident	
60%	Improved relationship with youth	
59 %	Being inspired by youth	
58 %	Pleased by unexpected support	
48%	Pride in own parenting	
46 %	Hope for youth's future	
44%	Motivation for involvement in public	
	education/advocacy for trans youth	

53% Their youth **49**% Youth's doctor Other parents of trans youth or other trans people 40% 35% Counsellor/therapist/in-person support group

- Online support group or social media 22%
- **6%** Indigenous elder or religious leader
- Another source of support 2%

6% of parents had no sources of support.

41 %	Confidence in own parenting
39 %	Strengthening of family
36%	Sense of personal growth
27 %	Sense of community with parents of trans youth
19 %	Reduced family tension
19 %	Addressing you own homophobia/transphobia
97% reported AT LEAST ONE positive feeling from the checklist.	
*Parents who had more worries didn't have fewer positive feelings. M parents were found to have many worries AND many positive feeling	



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 - Compared to the adult Canadian population: 5% Indigenous (https://bit.ly/3sT4RFS) and 22% visible minorities (https://bit.ly/2YefJ2V) 2 - Compared to the Canadian population aged 25-64: Less than highschool diploma (12%) | Highschool diploma (24%) | Post-secondary diploma/degree and above (51%) | (https://bit.ly/3ohhyqH)

