# **Experiences of Parents**

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

## Parent Participants in the Study

96% Birth/adoptive parents
2% Step-parents
< 1% Foster parents
1% Other parent figures
(i.e. grandparents)

85% Female parents/mothers
14% Male parents/fathers
1% Non-binary parents
64% Have a spouse/partner

living in the home
38% Said there is a co-parent involved in the youth's life not living in the home

### Proportion of Youth That Have ... in their Lives

98% Birth/adoptive parents
34% Step-parents
3% Foster parents
2% Other parent figures (i.e. grandparents)

96% At least one mother 85% At least one father

#### # Of Parents Youth Have In Their Lives

25% 3 + parents 61% 2 parents 13% 1 parent <1% 0 parents

#### Parental Conflict Regarding Youth's Gender

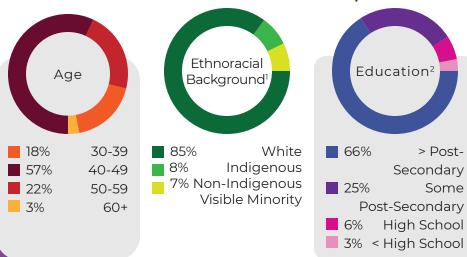
(% of parent participants who reported conflict with a spouse/partner or a co-parent)



At youth's first medical appointment at clinic.

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

#### **Characteristics Of Parent Participants**



### External Stressors On The Families Of Trans Youth

<b>52</b> %	Friends/family questioned parenting or gave unwanted
	parenting advice
41%	Had to get involved in school re: gender issues
<b>27</b> %	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
<b>7</b> %	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

<b>75</b> %	Friend/relative (not parent of a trans youth)
60%	Spouse/partner
53%	Their youth
49%	Youth's doctor
40%	Other parents of trans youth or other trans people
35%	Counsellor/therapist/in-person support group
22%	Online support group or social media
6%	Indigenous elder or religious leader
2%	Another source of support

6% of parents had no sources of support.

#### Parents' Worries About Youth's Gender\*

**82%** Youth facing rejection

02%	Youth racing rejection
<b>76</b> %	Youth encountering violence
<b>75</b> %	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
2%	Youth's gender challenges religious beliefs

<1% of parents had no concerns.

#### Parents' Positive Feelings About Youth's Gender\*

02/0	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
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 <b>AT LEAST ONE</b> positive feeling from the checklist.

\*Parents who had more worries didn't have fewer positive feelings. Most parents were found to have many worries AND many positive feelings.



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.

82% Dride in youth

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)