

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

Parent Participants in the Study

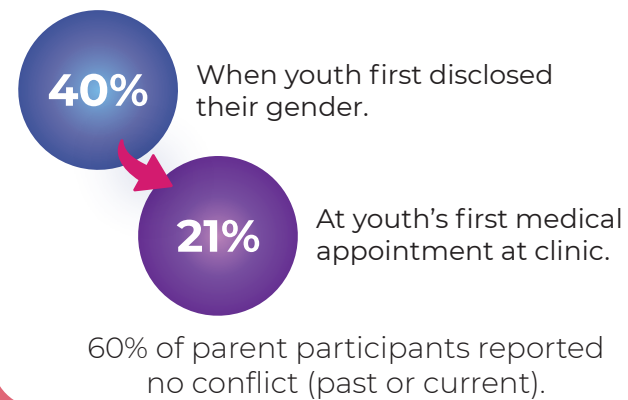
96%	Birth/adoptive parents
2%	Step-parents
< 1%	Foster parents
1%	Other parent figures (i.e. grandparents)
85%	Female parents/mothers
14%	Male parents/fathers
1%	Non-binary parents
64%	Have a spouse/partner living in the home
38%	Said there is a co-parent involved in the youth's life not living in the home

Proportion of Youth That Have ... in their Lives

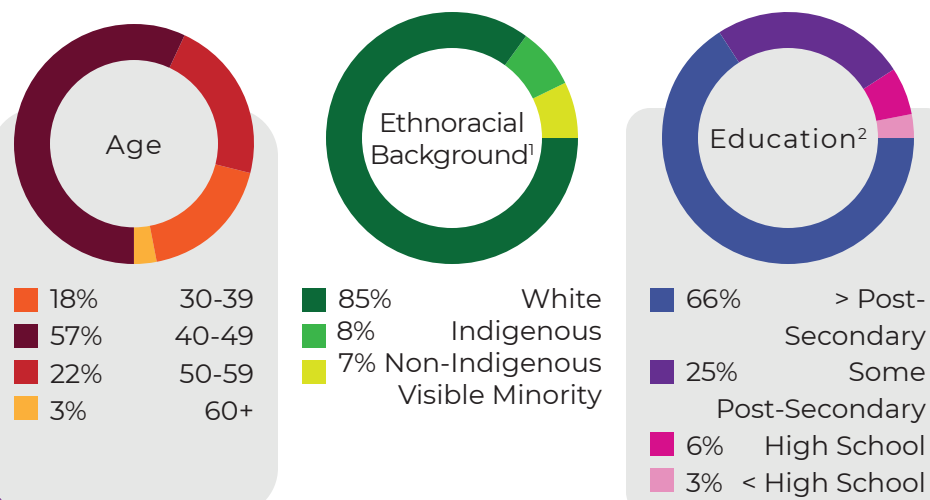
98%	Birth/adoptive parents
34%	Step-parents
3%	Foster parents
2%	Other parent figures (i.e. grandparents)
96%	At least one mother
85%	At least one father
# Of Parents Youth Have In Their Lives	
25%	3 + parents
61%	2 parents
13%	1 parent
<1%	0 parents

Parental Conflict Regarding Youth's Gender

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



Characteristics Of Parent Participants



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

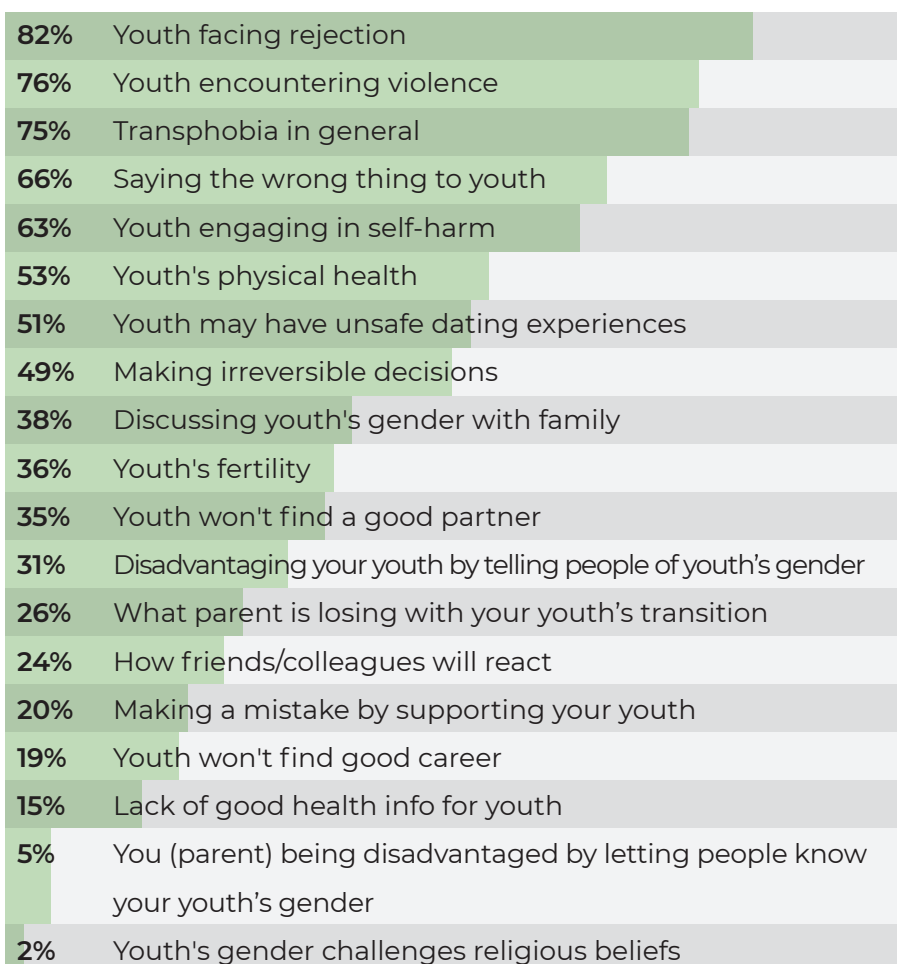
70% of parents reported at least one external stressor.

Sources Of Support For Parents Of Trans Youth

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



<1% of parents had no concerns.

Parents' Positive Feelings About Youth's Gender*



97% reported **AT LEAST ONE** 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.

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>)

