

Pathways to Gender-Affirming Medical Care

For Trans & Non-Binary Youth Under Age 16

While Individual Pathways Varied, Average Age When Youth...



For this context, 'gender clinic' refers to **medical clinics** providing gender-affirming medical care (e.g., puberty suppression/hormones) for youth

13 - 14 Months

Youth spent an average of 13 to 14 months seeking hormone treatment

269 Days

Youth waited an average of 269 days from the time of referral to their first medical appointment at gender clinic

Factors found to be associated with **older ages**, a **longer** time seeking hormones or a **longer** wait time for 1st medical appointment at gender clinic included*:

- Youth identifying as Indigenous
- History of self-harm and/or suicidality
- Seeing more types of providers before gender clinic
- Experiencing more day-to-day discrimination²

*Sociodemographic factors were **NOT** found to be associated with appointment **WAIT TIMES**

Factors which **did not** affect youth's ages through care, time spent seeking hormones or wait times included:

- Sex assigned at birth or reported gender
- Belonging to an immigrant family
- Being from a low-income home¹
- Parental conflict about youth's gender
- White ethnoracial background
- Being on the autism spectrum

Providers Seen Before Coming to Youth Gender Clinic

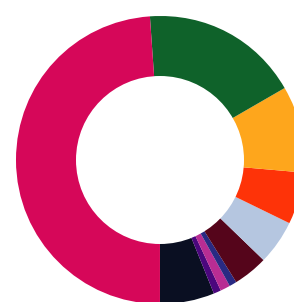
On average youth saw 3 different types of providers, and up to 8 types, to discuss their gender before their first visit at the youth gender clinic.

The types of providers youth saw (will not sum to 100% as youth may have seen multiple providers):

69%	Family doctor
41%	Psychologist
34%	School counsellor
34%	Another type of counsellor
29%	Pediatrician
21%	Psychiatrist
18%	Community group
9%	Adolescent medicine specialist
5%	Endocrinologist
4%	Nurse practitioner
1%	Indigenous elder
<1%	Religious leader
<1%	Another type of provider not listed
3%	Saw no other providers about gender

Note: A psychologist/psychiatrist assessment is required at 4/10 gender clinics in this study before blockers/hormones are prescribed.

Youth Were Referred to the Youth Gender Clinic by:



50%	Family doctor
18%	Pediatrician
10%	Psychiatrist
6%	Self-referral ³
5%	Social worker
4%	Psychologist
<1%	Nurse practitioner
<1%	School counsellor
<1%	Adolescent medicine specialist
6%	Other

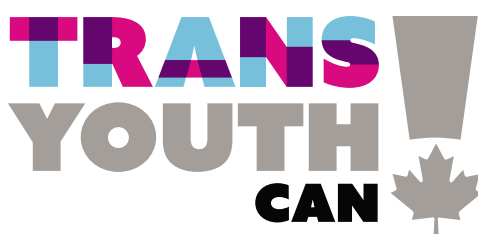
9%

of youth had participated in some kind of conversion therapy before coming to the gender clinic

9%

Another 9% of parents considered having their youth participate

Conversion therapy for those under 18 years old is banned in Manitoba, Nova Scotia, Ontario, PEI, Vancouver, Calgary, and Edmonton (as of February 2021).



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 - <https://doi.org/10.1016/j.socscimed.2018.12.016>

2 - <https://www150.statcan.gc.ca/t1/tbl/en/tv.action?pid=1110023201>

3 - Only 3 out of 10 gender clinics in this study accept self-referral