

# Canadian Trans Youth Health Survey

## RECOMMENDATIONS

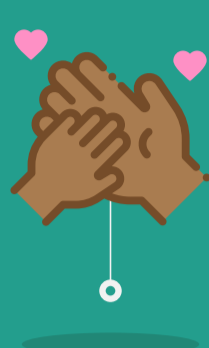


### ABOUT THE SURVEY

923 youth across Canada took part in the survey.  
Ages ranged from 14 to 25.

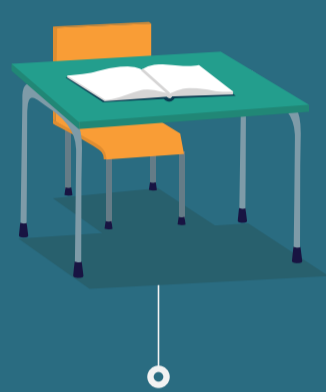
61 (6.6%) took the survey in French and  
862 (93.4%) took it in English.

## Support for Families of Trans Youth



Families are a key source of support for young people. We need better outreach and support for families, to help them understand and support their trans youth, and to help trans youth feel safe at home.

## Safer Schools



Schools need to become safer and more welcoming for trans youth, even before these youth make themselves known to school staff. Schools and school districts should work with trans youth, their parents, trans community leaders, and professionals to develop effective policies and programs to create supportive school environments.

## Engage Trans Youth and their Families in the Solutions for Change



The 923 trans youth who shared their health experiences are the experts at identifying the challenges they face. They should have a voice in making changes in the environments they navigate, to support their being and their becoming, their growth and their transition to adulthood.

## Knowledgeable and Accessible Health Care Services



Healthcare providers and clinics should work with trans communities to ensure adequate and timely access to gender-affirming healthcare for trans youth. Professionals from all health care disciplines need further training to improve their ability to offer high quality care, including discipline-specific training in protocols for addressing trans youth health issues.

## Work to Reduce Disparities Between Provinces



In some areas of health, provincial differences were striking. Trans youth in every province should have access to safe schools, high quality health care, and supportive networks. This requires commitment from government to ensure policies and programs are supportive, not discriminatory.

The Canadian Trans Youth Health Survey was conducted by researchers affiliated with the Stigma and Resilience Among Vulnerable Youth Centre, and was funded by grant #MOP 119472 of the Canadian Institutes of Health Research.

Source:

Veale J, Saewyc E, Frohard-Dourlent H, Dobson S, Clark B & the Canadian Trans Youth Health Survey Research Group (2015). *Being Safe, Being Me: Results of the Canadian Trans Youth Health Survey*. Vancouver, BC: Stigma and Resilience Among Vulnerable Youth Centre, School of Nursing, University of British Columbia.

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