The majority of trans and/or non-binary youth are living in their felt gender **full-time (52%)** or **part-time (37%)**. Some youth, however, are **never living in their felt gender** (12%).

**223** youth in Atlantic Provinces took the survey.

**11%** identified as Indigenous.

**95%** were born in Canada.

"I feel like I'm not allowed to identify as a boy because I don't look like one, but I do prefer to be called male pronouns and I hate female ones."
**Key Findings**

- 22% have run away from home.
- 30% attempted suicide in the past year.
- 71% needed emotional or mental health services in the past year but did not get them.
- 57% have experienced discrimination in Canada based on their sex.

**Recommendations**

- Implement accessible and knowledgeable mental and physical health care services and providers.
- Provide support and education for families to help them understand their trans and/or non-binary youth and to help youth feel safe at home.
- Develop training for teachers, school counsellors, and administrators on gender identity development and gender-affirming approaches to make schools a safer place for all youth.

*I have been told that in order for my hysterectomy to be covered by my provincial health plan, my gender must be listed as female on my government ID, otherwise I will have to pay the cost myself.*