

# CANADIAN TRANS & NON-BINARY YOUTH HEALTH SURVEY 2019

## ATLANTIC PROVINCES FACT SHEET



**223**

youth in Atlantic Provinces took the survey.



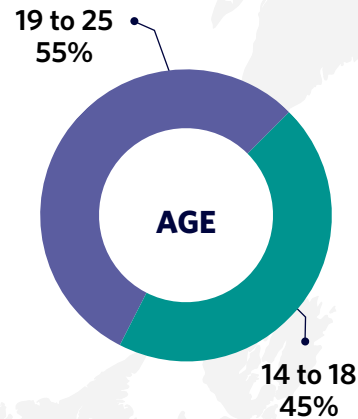
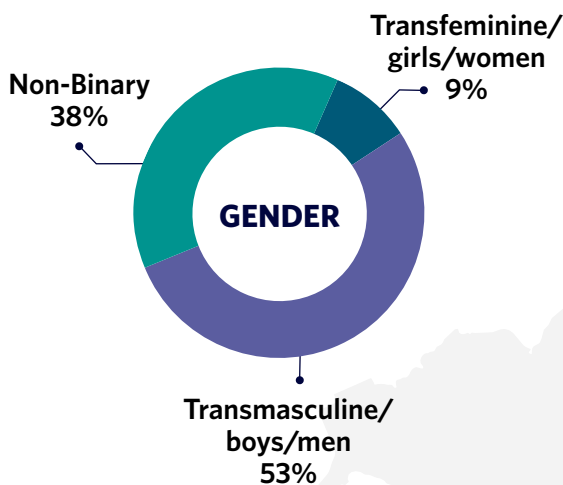
The majority of trans and/or non-binary youth are living in their felt gender **full-time (52%)** or **part-time (37%)**. Some youth, however, are **never living in their felt gender (12%)**.

**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.

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*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.*

”

## 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.