

# CANADIAN TRANS & NON-BINARY YOUTH HEALTH SURVEY 2019

## ONTARIO FACT SHEET



**337**

youth in Ontario took the survey.

**10%**

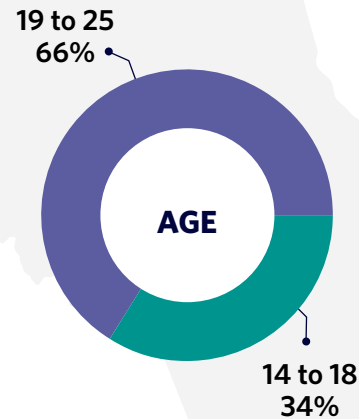
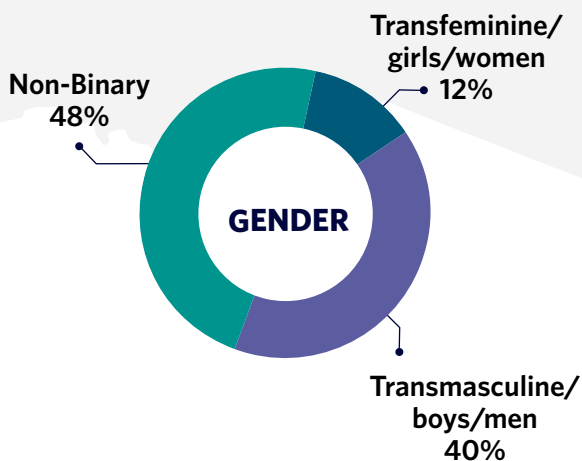
identified as Indigenous.

**89%**

were born in Canada.



The majority of trans and/or non-binary youth are living in their felt gender **full-time (45%)** or **part-time (41%)**. Some youth, however, are **never living in their felt gender (14%)**.



**“** *Gender is complex and includes a lot of unspoken elements within it. I have identified as non-binary in the past and believe I am much more than & rather different from the average definition of a woman. This does not change that I am a woman though.* **”**



# Key Findings



**73% needed mental health services in the past year but did not get care.**



*Of the 73% who did not seek mental health care, 35% said it was because they didn't want their parents to know.*



**72% do not feel their family cares about their feelings.**



**84% never participated in physical activities with a coach outside of school.**



**87% do not feel comfortable discussing their trans and/or gender affirming health care needs with a health practitioner they do not know.**

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*Around age 3 or 4, I knew I was a boy, but people tell you no so you forget. At age 15, I came out to my family as trans after learning of experiences like mine.*

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# Recommendations

**Implement knowledgeable, affirming, and accessible health care services and providers.**

**Develop public education on the importance of using the correct pronouns and chosen names, including the consequences of not doing so.**

**Improve outreach and support for families to help them understand their trans and/or non-binary youth and to help youth feel safe at home.**