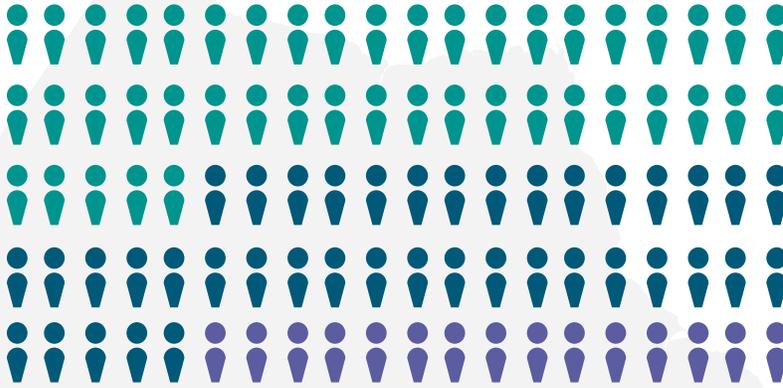


CANADIAN TRANS & NON-BINARY YOUTH HEALTH SURVEY 2019

ONTARIO FACT SHEET



337

youth in Ontario took the survey.

10%

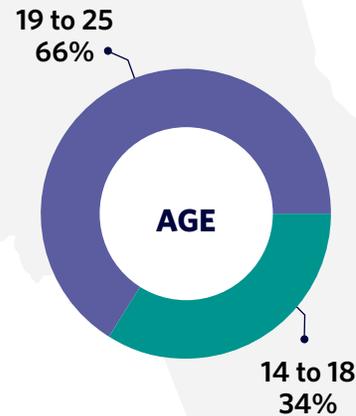
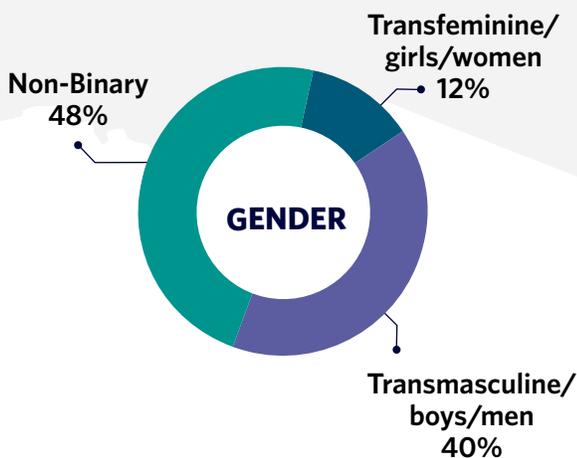
identified as Indigenous.

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.

“

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.

”

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.