

CANADIAN TRANS & NON-BINARY YOUTH HEALTH SURVEY 2019

QUEBEC FACT SHEET



220

youth in Quebec took the survey.

6%

identified as Indigenous.

91%

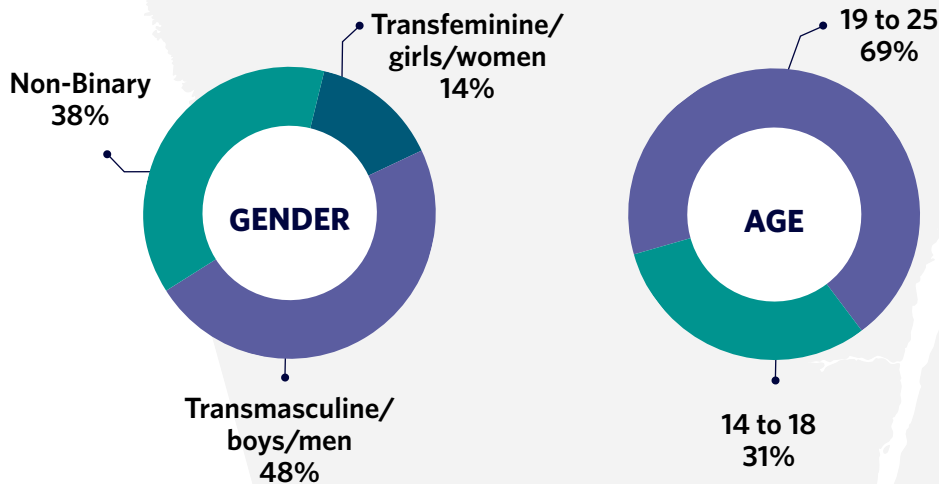
were born in Canada.

71%

completed the survey in French.



The majority of trans and/or non-binary youth are living in their felt gender **full-time (53%)** or **part-time (37%)**. Some youth, however, are **never living in their felt gender (10%)**.



“ *I never felt that my gender didn't match my body. My body is mine. My gender doesn't match the sex I was assigned at birth. It's not the same thing.* ”



Key findings



15% had to change schools due to lack of support for their gender identity.



70% have avoided public restrooms for fear being harrassed, read as trans, or outed.



62% could not think of anything they are really good at.



46% are comfortable talking to their healthcare practitioner about being trans or non-binary.



This suggests possible lower mental health and self-esteem.

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Well-being at school has a great influence on entering adult life. It's important to make efforts to make it happen in school, not to feel marginalized.

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Recommendations

Train school staff to help students and teachers navigate and adapt to gender identity.

Create mental health programs for trans youth in emotional distress and have less centralized and more visible safe spaces.

Urgent and important need for gender neutral restrooms and locker rooms.