

# CANADIAN TRANS & NON-BINARY YOUTH HEALTH SURVEY 2019

## RURAL FACT SHEET



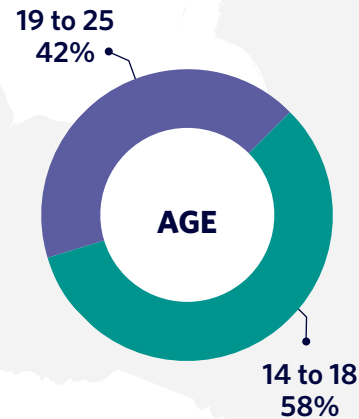
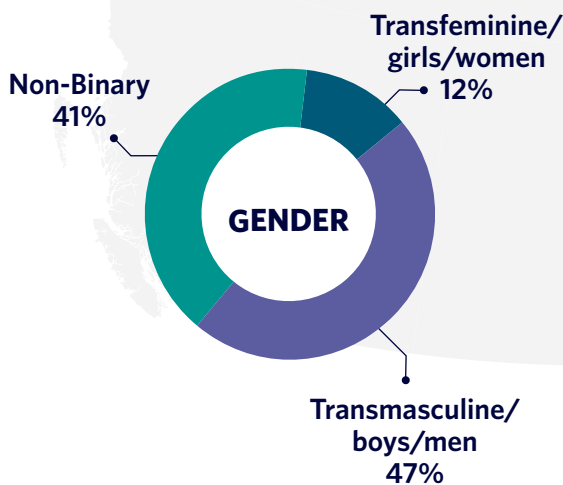
**149**  
youth in Rural  
Canada took the  
survey.



The majority of trans and/or non-binary youth are living in their felt gender **full-time (47%)** or **part-time (40%)**. Some youth, however, are **never living in their felt gender (13%)**.

**17%**  
identified as  
Indigenous.

**96%**  
were born in  
Canada.



“ *I identify as male, and outside the gender binary, primarily. Gender isn't necessarily one or the other, it can be a blend of all types of feelings.* ”



# Key Findings



**39% have experienced cyber bullying in the past year.**



**60% have never taken hormones to affirm gender.**



**19% smoked a cigarette in the past month.**



**42% did not get physical health care when needed because they did not want their parents to know.**



**14% did not get medical help when needed because the service is not available in their community.**

“

*Wait times for access to hormone therapy are long and most of the time one doesn't know who to see and where to go to start.*

”

## Recommendations

**Increase trans and/or non-binary competency for medical professionals in rural areas.**

**Develop robust online services to help link trans and/or non-binary youth with services and information relevant to their area.**

**Provide and/or improve transportation options from rural areas to places where youth can access resources, doctors, and support groups.**