The majority of trans and/or non-binary youth are living in their felt gender full-time (41%) or part-time (44%). Some youth, however, are never living in their felt gender (15%).

57 youth in Prairie Provinces took the survey.

16% identified as Indigenous.

95% were born in Canada.

My gender does match my physical body and it always has. How people interpret my gender identity based on gender norms and stereotypes does not match my gender identity. I first realized that how people perceive my gender was different than my actual gender was when I was 16.
Key Findings

87% have experienced discrimination based on their sexual orientation.

94% have an emotional or mental health concern that has lasted at least 12 months.

66% of youth do not usually feel safe in school washrooms.

No youth self-rated their mental health as ‘excellent’.

Recommendations

Gender neutral washrooms in schools are integral to the safety and dignity of trans and/or non-binary youth.

Competent, accessible, and low-cost mental and emotional health services are needed for trans and/or non-binary youth.

Decrease transphobia and homophobia through public education campaigns. Law enforcement should take reports of homophobia and transphobia seriously.

Because I’m Native, people do not take my transness seriously, and insist that I am two spirited.