
TRANS YOUTH CANADA

**CURRENT, PRE- AND
POST-COVID IMPACT
ON HEALTHCARE
REPORT**

**INCLUDING PRELIMINARY
FINDINGS FROM OUR YOUTH
AND SERVICE PROVIDER
SURVEYS**



transyouthcanada.com

Trans Youth Canada is a youth-led website and resource. This site features trans, Two-Spirit, gender diverse, and/or gender non-conforming youth-led research, resources for youth across Canada, a podcast series, artistic endeavours and creations, and frameworks of action for healthcare, schools, and social service to utilize in policy and practice. This report's research is being led by a team of young trans people: Keegan Prempeh, Priya "Pree" Rehal, Kaeden Seburn, Lachina Tycho Mckenzie. The work is also funded by Ryerson University and is supported by assistant professor Julie James.

This report offers preliminary findings on the healthcare specific data on three surveys aimed at better understanding the healthcare, education, and community/social service needs of trans, Two-Spirit, and/or gender diverse youth (16-24) in Canada. These surveys include: A pre-COVID-19 trans youth survey with data collected from Feb 2019 to July 2019 (n=190), a COVID-19 impact trans youth survey that started data collection on May 4th, 2020 (n=176) and, a service provider survey that also started data collection on May 4th, 2020 (n=106). The below preliminary findings are from data collected up until June 30th, 2020.

PRE-COVID-19 TRANS YOUTH SURVEYS

20%

of youth respondents said they do not trust healthcare providers

14%

of youth respondents reported finding healthcare settings to be affirming spaces

61%

of youth respondents reported that they have not accessed gender affirming care because they don't know where to go



Only

6%

of respondents learned about gender identity in healthcare settings

The following themes were the most frequently reported on by youth respondents:

- Lengthy wait times when referred to gender-affirming care/services.
- Frequent experiences of service providers using wrong names or pronouns
- Non-binary youth reported invalidation of both their identity and transition plans
- The importance of an informed care model
- The importance of youth-led and -directed care
- Assessment process for gender-affirming care has irrelevant or invasive questions
- Need for clinicians to advocate for gender-diverse youth (GDY) to their caregivers
- Healthcare providers lack understanding of gender-diverse identities

COVID-19 TRANS YOUTH SURVEY

70%

of youth reported that the pandemic has impacted their access to gender affirming care

76%

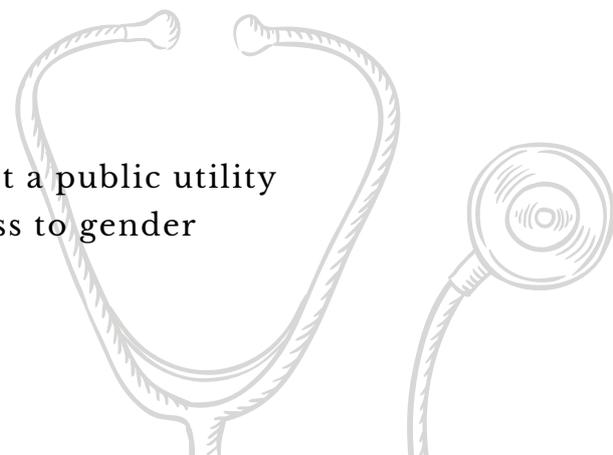
agree that having continued access to remote healthcare appointments would be beneficial

63%

agree that having hormone prescriptions delivered to their homes would be beneficial

61%

agree that making internet a public utility would increase their access to gender affirming healthcare



Additionally, the following themes were the most frequently reported on from youth responses regarding the impacts of COVID-19:

- An increase in mental health symptoms/distressing emotions.
- Increased dysphoria due to cancellation/postponement of healthcare care
- Withdrawing from activities youth would have otherwise enjoyed
- Concerns about aging out of pediatric care

SERVICE PROVIDER SURVEY

26% of service providers surveyed indicated they work in healthcare settings

The following themes were the most frequently reported on by healthcare workers on the service provider survey:

- Lack of policies supporting gender-diverse youth in healthcare
- Gender neutral bathrooms and language, and expansive options for reporting gender on forms were the most commonly reported ways these providers supported GDY
- Top reported barriers to providing gender-affirming care include insufficient resources, transphobia from management and lack of understanding

66% of service providers don't believe they've encountered gender diverse youth in their practice



CLINICIAN TRAINING

When asked what measures would be most beneficial for service providers, we found the following themes from a combination of service providers and youth:

- The most demanded training was for working with Indigenous, racialized (66%), and disabled (64%) GDY
- Clinicians would most benefit from profession-specific training (61%) and profession-specific guidelines for working with GDY
- Many service providers reported they were self-taught about GDY, rather than trained
- Service providers should be educated, from early on, on GDY needs

WHAT CAN BE DONE?



- More accessible education and information about gender-affirming care
- More ability to distinguish between legal and actual name on records
- Clear documentation on correct name and pronouns
- Avoiding inquiring about their sex; if necessary, ask for gender
- Greater access to gender-affirming care via an informed consent model
- Widely promoting gender-affirming care, not simply to those who seem gender-diverse If unable to provide gender-affirming care, quickly refer GDY to an institution which can
- Empower and encourage youth to provide feedback on their experiences, especially of discrimination of any sort, and provide adequate follow-up
- Recruit multiple staff with lived experiences, who “look like the people they serve.”

Please visit transyouthcanada.com for more details and final reports.