

TRANS 101: BEYOND THE MYTHS

MUN STUDENT HEALTH
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MUN SUPPORT GROUP



COMMUNITY PEER SUPPORT GROUPS



TRANS YOUTH
GROUP



Mature Trans
Support Group NL

INTRODUCTIONS...

GENDER DIVERSITY: DEFINITIONS



Gender Creative: a term to describe a child who expresses their gender differently from how others expect. (gender independent, gender non-conforming)

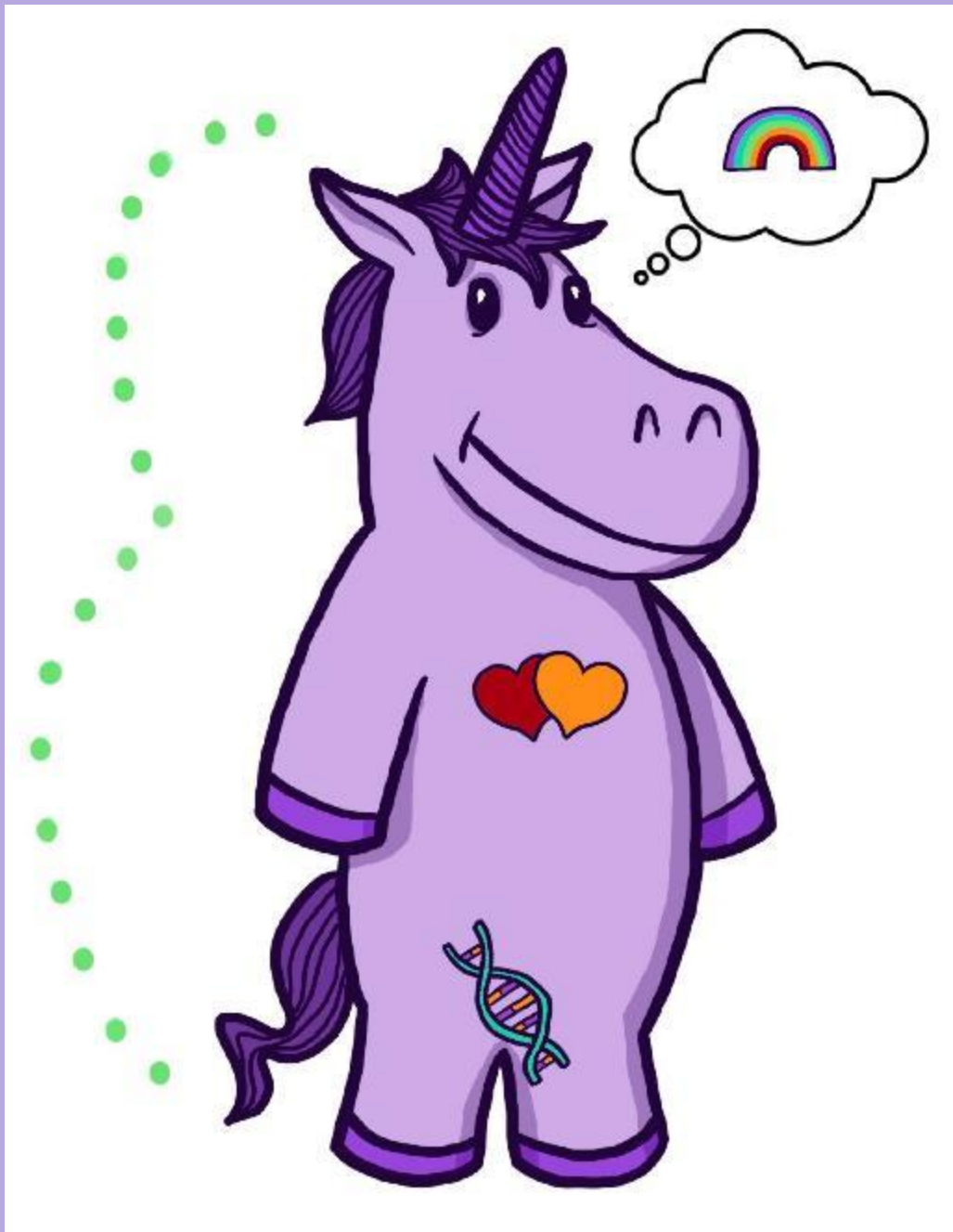


Transgender: a person whose gender identity differs from the sex they were assigned at birth.¹



Two-Spirit: a more complex term used by some First Nations people to describe their gender, sexual, and/or spiritual identities





Graphic by:
TSER
Trans Student Educational Resources

WHAT IS GENDER IDENTITY?

Our profound, individual experience of our own gender; a complex and core aspect of an individual's sense of self.¹⁻⁶

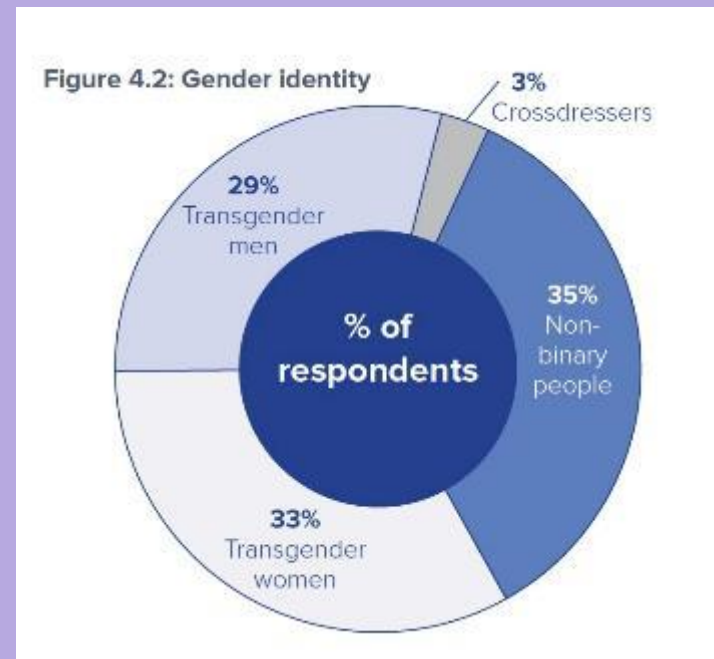
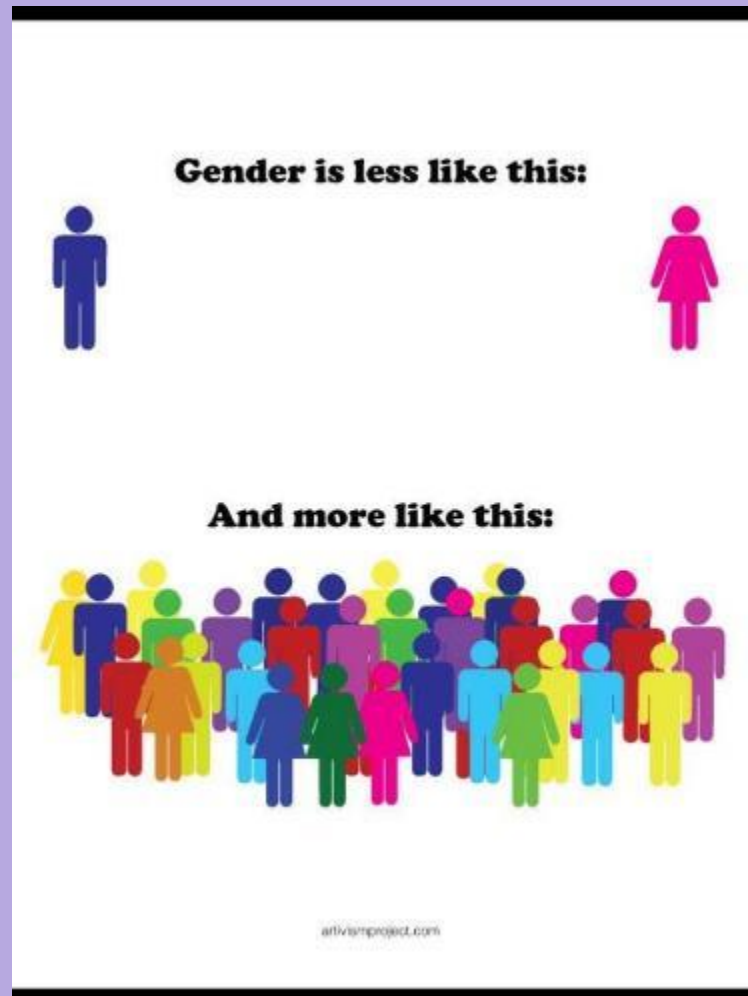
No one can tell you who you are
Gender identity is about
who you know yourself to be.

History has taught us that the belief that human beings are simply “blank slates” for gender has tragic consequences.⁸



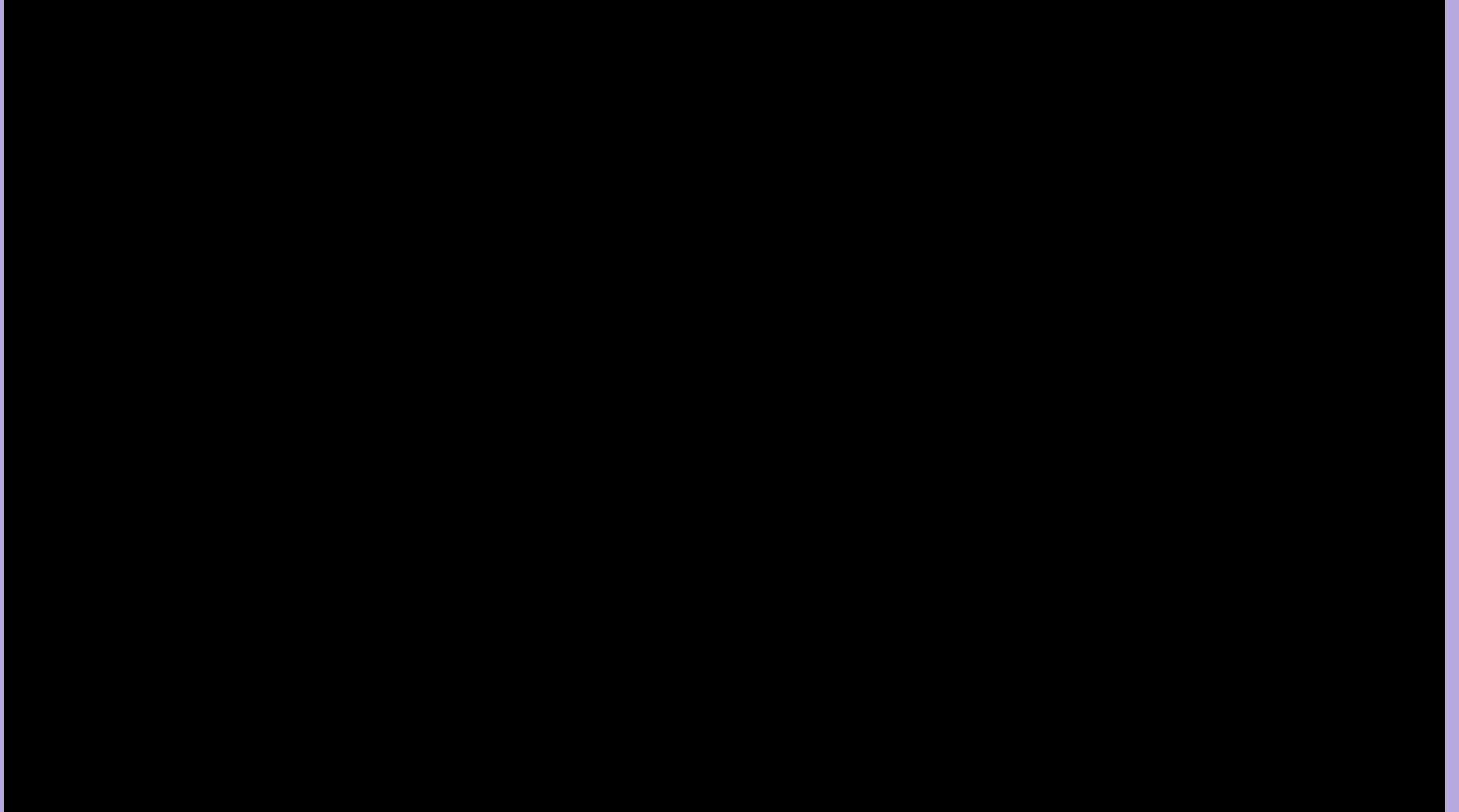


MYTH #1: HUMAN BEINGS ONLY COME IN PINK AND BLUE



U.S. Transgender Survey, 2015
N=27,715

MYTH #2: WE ARE DEFINED BY OUR CHROMOSOMES

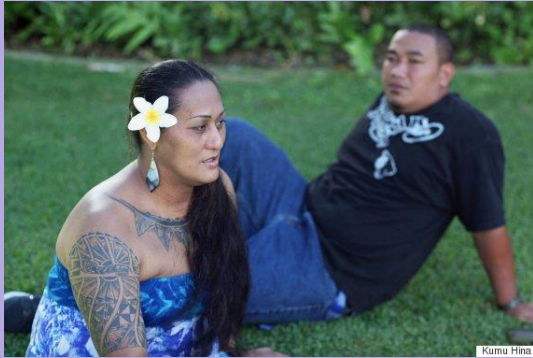


MYTH #3: “BEING TRANSGENDER IS A DISORDER”

Once pathologized as a mental disorder, we now know that being transgender or gender diverse is simply a normal, healthy part of human diversity.^{2,5,7}



MYTH #4: TRANSGENDER IDENTITY IS A NEW FAD



Mahu
Hawai'i



Lhamana
Zuni nation



Hijra
SouthAsia



Many cultures have more than two gender possibilities.

Trans, two-spirit, non-binary, and other gender diverse people existed throughout history and live today in all parts of the world.¹⁰

Researchers estimate that 1 in 100 people are transgender.¹¹

MYTH #5: “KIDS ARE TOO YOUNG TO REALLY KNOW WHO THEY ARE”



While people may come to recognize themselves as trans at any point in the life cycle, many trans adults describe awareness of their gender identities from a very young age.¹⁴

The American Academy of Pediatrics states that most children have a stable sense of their own gender identity by the age of **4 years**.¹⁵

It is sometimes at this age that young transgender children try to express their sense of discomfort with their assigned gender.^{4,5}

MYTH #6: “TRANS KIDS ARE JUST CONFUSED”

Psychological research shows that transgender children are NOT pretending or confused.

Trans children’s gender identities are just as consistent and deeply held as that of cisgender children.

A ground-breaking cohort study found that on both self-reported and implicit measures of gender identity, trans girls are indistinguishable from other girls, and trans boys are indistinguishable from other boys.¹⁸

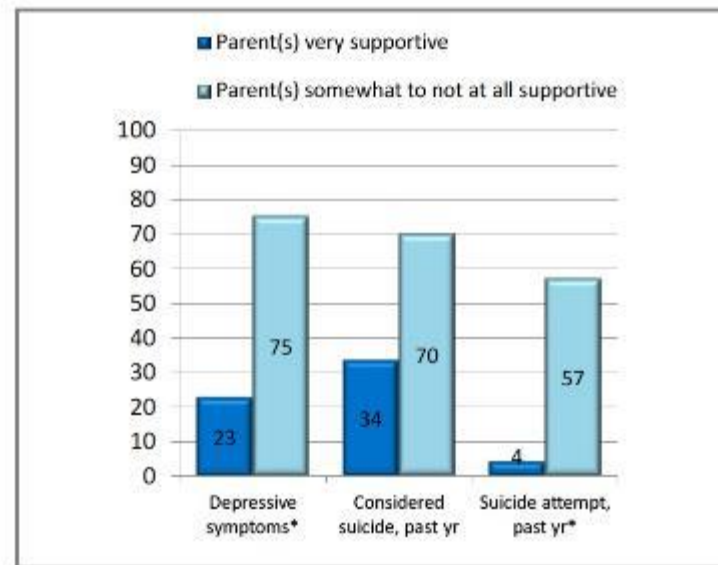


MYTH #7: THIS SHOULDN'T BE ENCOURAGED



Interventions that try to force children to deny their gender identity are now considered harmful, unethical, and an abuse of power and authority.^{2,11}

Figure 2. Proportion of trans youth age 16-24 years in Ontario experiencing negative health and life conditions, by level of parental support



* = statistically significant difference ($p < 0.05$)

Strong parental support from parents reduces trans youth's attempted **suicide** rate by **93%**.¹⁹



The TransKidsNL Study



The Health Care & Support Needs
of Trans Children and Youth in Newfoundland & Labrador
A 2016 study of 45 trans children and youth throughout NL

The Trans Health Research Group:
Dr. Julie Temple Newhook, Ms. Krista Benson, Dr. Tracey Bridger,
Dr. Colleen Crowther, & Mr. Rob Sinnott

PARENT SUPPORT

Only **13.0%** of
NL trans youth
describe their
parents as fully
supportive



What do trans
youth need from
their parents?

(1) to be called
by their own name
and pronouns

(2) to be listened
to and believed



89.7% of trans
youth reported
depression and/or
anxiety



MYTH #8: WAITING IS A NEUTRAL OPTION

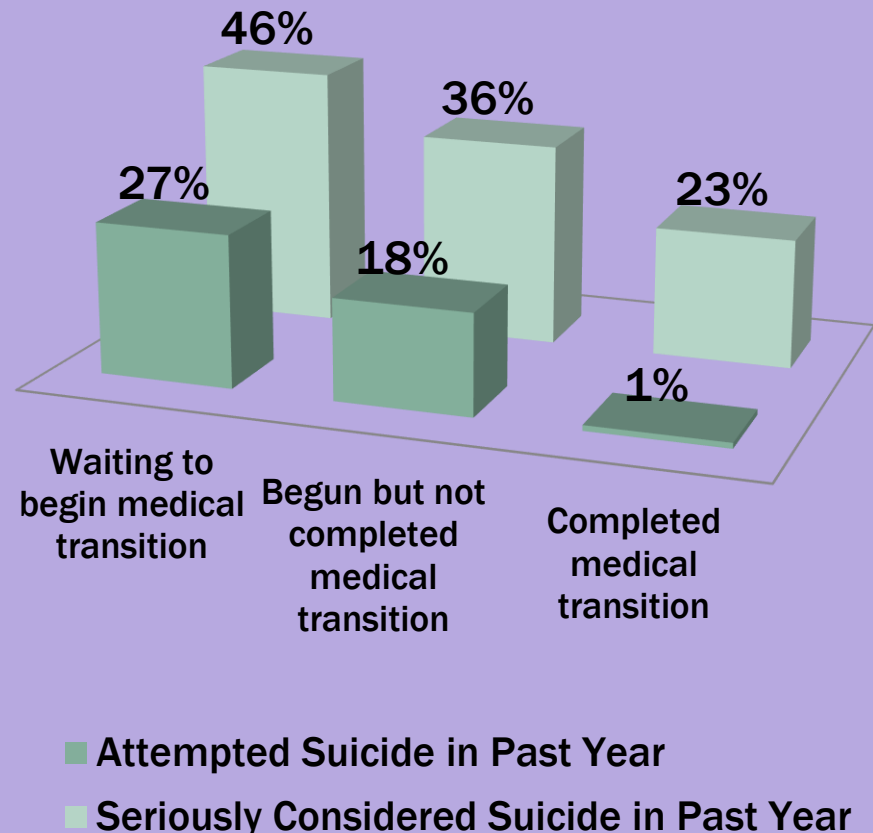
Some trans people do NOT want to medically transition.

✓ However for those who do, it can be a matter of

LIFE and DEATH.

✓ The time when a trans person is waiting for medical treatment is when they are at **HIGHEST RISK** for self-harm and suicide.²⁵

TransPULSE Study Results²⁴
Trans Youth in Ontario, age 16-24



WHAT ABOUT BLOCKERS AND HORMONES?

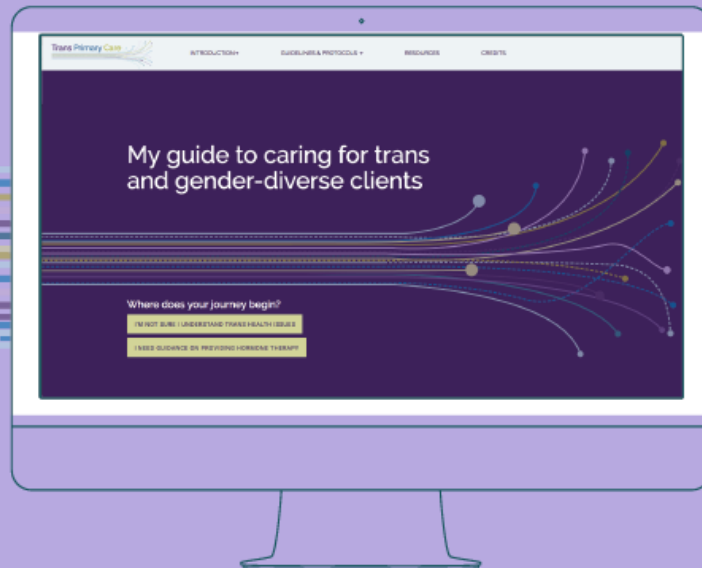
- ✓ Adolescents can take reversible hormone blockers to delay puberty by several years. This can press the “pause” button on puberty and offer them time to mature.²¹⁻²³
- ✓ **Not all trans people want to medically transition.**
- ✓ Older adolescents and adults who do wish to medically transition have the option of hormone therapy.
- ✓ Research has shown that both hormone blockers and hormone therapy can greatly improve trans adolescents’ well-being.^{21,22}



RESOURCES

TRANS HEALTH GUIDE - RAINBOW HEALTH ONTARIO

TRANS PRIMARY CARE GUIDE



<https://www.rainbowhealthontario.ca/TransHealthGuide/>

RESOURCES FOR TRANS INCLUSION



<http://www.the519.org/education-training/training-resources/trans-inclusion-matters>

www.the519.org/education-training/media-reference-guide