

GET THE FACTS ABOUT TRANS YOUTH

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Who is transgender?

Transgender people are those who know themselves to be one gender, but who were labeled a different gender at birth.

For example, a child who was thought to be a girl but knows himself to be a boy might call himself transgender.



How many kids are transgender?

According to the Centers for Disease Control and Prevention (CDC), almost 2% of high school students identify as transgender.^a Applied to all youth, this means there are at least:

1.3 million+ trans youth (ages 0-17)

WHY IS FAMILY ACCEPTANCE SO IMPORTANT?

Research shows that trans youth with supportive families experience:

52% decrease in recent suicidal thoughts^b

46% decrease in suicide attempts^b



Significant increases in self-esteem and general health^b



But only **27%** of trans youth say their families are very supportive.^c

Fewer than half (43%) say they have an adult in their family they could turn to if they felt sad or worried.^c



HOW CAN FAMILIES SUPPORT THEIR TRANS CHILD?



Expressing love and support for trans youth, including:

- respecting their chosen name and correct pronouns.
- allowing them to choose their clothes and hair style.
- allowing them to choose their toys and activities.

This helps children know there are adults who love and support them—especially important for when they experience negative reactions outside the family.^d



Preventing trans youth from seeing other trans youth or participating in related activities can increase isolation and risk factors.^d Therefore, this should be avoided.

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MANY TRANS YOUTH EXPERIENCE DISCRIMINATION IN THEIR SCHOOLS AND COMMUNITIES

Only **9%** of trans youth say their communities are very accepting.^c

Only **8%** of trans youth say their place of worship is very accepting.^c

80% of transgender students said they'd avoided bathrooms because they felt unsafe or uncomfortable.

64% of transgender students avoided gym class because they felt unsafe or uncomfortable.

59% of transgender students had been required to use a bathroom that did not match the gender they live every day.

Only **12%** of trans youth say their school or district has official policies support trans students.^a

HOW CAN SCHOOLS & COMMUNITIES SUPPORT TRANS YOUTH?



Teachers and staff should model inclusive behavior, including respecting chosen names and correct pronouns, as well as incorporating age-appropriate representation of LGBT people and history into curriculum.



Schools should ensure trans kids can participate in school activities and teams consistent with their gender identity.



Gender and sexualities alliances (GSAs, also called gay-straight alliances) and similar community organizations can support LGBTQ youth and even reduce the harmful impacts of bullying.^f



Libraries should include books and resources for all ages that represent trans and gender diverse youth and people.



Faith communities should make their support of trans and LGB youth clear, use inclusive language, and work alongside local trans advocates and youth to create affirming communities.



Service providers, such as health care professionals and child welfare workers, should educate themselves on best practices for supporting and advocating for trans youth and their needs.

Inclusive Policies Make a Difference for Transgender Students

Transgender students in schools with supportive policies are less likely to miss school due to feeling unsafe, and they are more likely to feel greater belonging to their school communities. Yet only 12% of transgender and gender diverse students reported that their school or district had official policies or guidelines supporting transgender or gender diverse students.^a



Sources: (a) Michelle Johns, Richard Lowry, Jack Andrzejewski, et al. Jan 25, 2019. "Transgender Identity and Experiences of Violence Victimization, Substance Use, Suicide Risk, and Sexual Risk Behaviors Among High School Students — 19 States and Large Urban School Districts, 2017." *MMWR* 68:67–71. Trans youth estimate based on 2010 U.S. Census estimate of 74.2 million U.S. residents under age 18; (b) Caitlin Ryan, Stephen Russell, David Huebner, Rafael Diaz, & Jorge Sanchez. 2010. "Family Acceptance in Adolescence and the Health of LGBT Young Adults." *Journal of Child and Adolescent Psychiatric Nursing* 23(4): 2015–213. Comparing youth in high-acceptance families to low-acceptance families (Table 1); (c) Gender Spectrum & HRC's 2014 "Supporting and Caring for Our Gender Expansive Youth"; (d) Gender Spectrum's "Affirming vs. Non-Affirming Parenting Behaviors"; (e) Joseph Kosciw, Emily Greytak, Adrian Zongrone, Caitlin Clark, & Nhan L. Truong. 2018. "The 2017 National School Climate Survey: The experiences of lesbian, gay, bisexual, transgender, and queer youth in our nation's schools." Washington, D.C.: GLSEN; (f) Russell Toomey, Caitlin Ryan, Rafael Diaz, & Stephen Russell. 2011. "High School Gay-Straight Alliances (GSAs) and Young Adult Well-Being: An Examination of GSA Presence, Participation, and Perceived Effectiveness." *Applied Developmental Science* 15(4): 175–185.