

BLACK AND LATINE GENDER DIVERSE YOUTH FACT SHEET



NATIONAL GENDER CLINIC-BASED STUDY

WHY WAS THIS RESEARCH DONE?

Being gender diverse is a natural and healthy part of human diversity. Health issues and challenges faced by gender diverse youth have been consistently shown to be due to stigma, discrimination, and being forced to suppress their gender identity. We wanted to understand how parental support and being able to live as the affirmed gender impacted the mental health of Black & Latine gender diverse youth by exploring the experiences of youth presenting to 4 gender clinics across the US.

BLACK & LATINE GENDER DIVERSE YOUTH WITH HIGH LEVELS OF PARENTAL SUPPORT HAD DECREASED RISK FOR DEPRESSION.

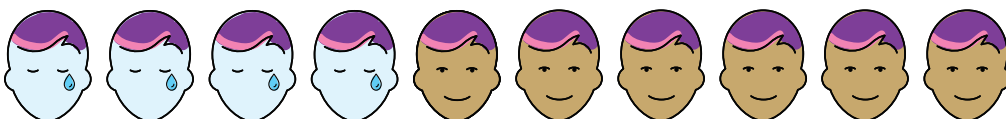
LOW/MEDIUM PARENT SUPPORT

6 out of 10 depressed



HIGH PARENT SUPPORT

4 out of 10 depressed



BLACK & LATINE GENDER DIVERSE YOUTH WHO WERE ABLE TO LIVE IN THEIR AFFIRMED GENDER HAD DECREASED RISK FOR DEPRESSION.

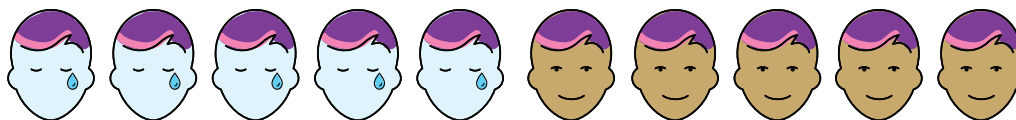
NOT LIVING AS AFFIRMED GENDER

7 out of 10 depressed



LIVING AS AFFIRMED GENDER

5 out of 10 depressed



All youth in this study eventually started gender-affirming hormones. These mental health symptoms were before they started medical treatment.

HOW CAN WE BETTER SUPPORT BLACK & LATINE GENDER DIVERSE YOUTH?

- Supporting Black & Latine gender diverse youth in their exploration of gender, gender identity, and gender expression is key to supporting their overall well-being and mental health.
- Parents supporting their child's gender journey is protective of their mental health. Examples of parental support include expressing pride in their youth's identity, allowing the youth to express their authentic self, advocating for their child's rights as a gender diverse person, and not attempting to suppress or change the youth's gender identity or expression.
- Youth being able to express their authentic selves to the outside world and living as their affirmed gender is also associated with lower likelihood of depression. They often need parental support in doing this.
- This can be a process and a journey for the parent. Seeking guidance, advice, and support can demonstrate to the youth that the parent is willing to learn and support them.
- Recent research studies have found that for some Black and Latine gender diverse youth, gender-affirming medical treatments may further reduce their mental health symptoms.
- Parents can work with mental health and medical professionals to develop an individualized plan to best support their child's development and well-being.
- Other helpful websites include: Genderspectrum.org thetrevorproject.org standwithtrans.org