

# BEING SAFE, BEING ME IN THE PRAIRIE PROVINCES:

Results of the Canadian Trans Youth Health Survey in Saskatchewan & Manitoba



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA



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Results of the Canadian Trans Youth Health Survey in Saskatchewan & Manitoba

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SARAVYC

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The report layout was designed by Alexandra Young.

Available on-line in pdf format at [www.saravyc.ubc.ca](http://www.saravyc.ubc.ca)

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# Executive Summary

This regional report is a part of a larger project, The Canadian Trans Youth Health Survey. Researchers from universities and other organizations in Canada created the survey, which was administered online to 923 participants across Canada, with 67 respondents coming from the Prairie Provinces (Saskatchewan & Manitoba). Two different surveys were distributed: one to younger (14-18 years) and the other to older (19-25 years) youth. The focus of the survey was the physical and mental health of trans youth, as well as factors that affect health of trans youth. The regional report represents the results from the Prairie Provinces of Canada.

## KEY FINDINGS:

- The majority of trans youth in the Prairies reported living in their felt gender at least part of the time (85%), while only 36% lived in their felt gender all of the time.
- Similar to national findings, safety, violence, and discrimination were also key issues in the Prairie Provinces. For instance, over half (53%) of younger trans youth had been bullied in school, an estimated three-quarters of both younger (76%) and older (70%) trans youth had been treated unfairly due to their gender identity, and over half of both younger (59%) and older (74%) trans youth had been treated unfairly due to their physical appearance.
- Over three-quarters (77%) of younger trans youth had experienced unwanted sexual comments, jokes, or gestures directed at them, nearly 2 in 5 of all trans youth (39%) had been subject to sexual assault, and over half of older youth indicated they had been cyberbullied in some way.
- Younger youth in the Prairie Provinces who had been sexually abused were 7.5 times more likely to report running away from home than youth that had not been sexually abused, compared to the 3-3.5 times reported in the national findings.
- A higher percentage of youth in the Prairie Provinces than in the national sample indicated that their doctor knew about their trans identity (54% vs. 37%), and a higher percentage of youth in the national sample than youth in the Prairie Provinces indicated

- that they felt uncomfortable or very uncomfortable discussing their trans status or trans-identity with a family (77% vs. 53%) or walk-in clinic (47% to 71%) doctor.
- Trans youth in the Prairies were less likely than trans youth in the national sample to indicate that they had never eaten breakfast in the past week before school (44% vs. 29%).
  - A higher percentage of youth in the Prairie Provinces than the national sample reported positive feelings about their family such as “my family cares about my feelings” (59% vs. 47%), “my family understands me” (86% vs. 70%), and, “my family pays attention to me” (50% vs. 35%).
  - The level of school connectedness among youth was slightly lower than the national average. Trans youth scored an average lower score of 4.4 out of 10 on the school connectedness index, compared to the national average of 4.9.
  - For instance trans youth in the Prairies were more likely to indicate that they sometimes went to bed hungry, because there was not enough money for food at home (26% vs. 3%).
  - Trans youth in the Prairies were more likely than trans youth in the national sample to indicate that the reason they did not access medical care was because they had previous negative experiences (64% vs. 34%, respectively). However, trans youth in the Prairies were less likely to indicate that the reason they did not access mental health care was because they had previous negative experiences (36% vs. 43%, respectively).
  - Among younger trans youth in the Prairies 50% had attempted suicide in the last year (compared to 37% in the national sample). 60% of all youth had engaged in self-harm behavior in the last year (compared to 24% in the national sample).
  - Trans youth in the Prairies reported higher rates of almost all types of drug use compared to the national sample.
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The following recommendations are based on these regional findings. These are similar to those suggested in the national report, but some recommendations are unique to the Prairie Provinces:

- **Knowledgeable and accessible health care services:** Doctors and health care providers in the Prairies need to become more aware of the trans community, as well as trans health issues. Health care providers need more training in treating patients with trans identities as to allow trans youth to feel more comfortable in going to the doctor for hormones or other trans-specific health needs.
  - **Breakfast programs/Trans-affirming ham-pers/programs:** Younger trans youth in the Prairies seem to have more issues with hunger and poverty. Implementing more breakfast programs in schools could potentially help these trans youth have a good, healthy breakfast, instead of missing out on one of the most important meals of the day.
  - **Safer schools:** Similar to national findings, unsafe schools for trans youth is still a problem in the Prairies. Implementing more policies and programs to create trans-affirming and trans-aware communities and schools is important in creating safe spaces for trans youth. Specifically, implementing more gender-inclusive washrooms and change rooms is important; or giving trans youth the choice of using the girls/boys washroom or change rooms.
  - **Family support services:** Families are a key source of support for young people, and it is no different for trans youth. Better outreach and support is vital for families, in order to aid in support and understanding, and to help trans youth feel safe at home.
  - **Substance use and mental health programs:** Given the higher rates of substance use and suicidal behaviour among trans youth in the Prairies, all aspects of service and support should participate in reducing factors and harms associated with substance use and mental health disparities.
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# Introduction

In our society, people are forced into two gender categories and babies are instantly categorized as a female or male based on the genitalia they are born with. However, this type of categorization creates problems when people do not identify completely with either of these genders, or when people identify with a gender that does not reflect their assigned sex at birth. Canadians are becoming more aware of the growing trans community that is developing across Provinces. The Canadian Trans Youth Health Survey has attempted to recognize and get information about the complexity, discrimination, stigma, harassment, and negative consequences of these things that many trans youth face. This report focuses on the Prairie Provinces, looking at the unique experiences and adversities trans youth encounter in Manitoba and Saskatchewan. The current study focuses on the health status,

risky behaviors, and protective factors available for trans youth in the Prairie Provinces. We also make comparisons with the nationwide sample of the Canadian Trans Youth Health Survey, reported in “Being Safe, Being Me: Results of the Canadian Trans Youth Health Survey.” This national sample was written and distributed widely in both French and English, and it can be found at: [www.saravyc.ubc.ca](http://www.saravyc.ubc.ca).

In the Prairie Provinces, there is increasing awareness of the existence of a transgender, transsexual, and/or genderless community, a community where gender is not a dichotomy, but a fluid spectrum of gender or agender identities. Prairie schools are beginning to deal with trans issues such as gender-inclusive washrooms; the Prairie health care system is beginning to become more trans-aware and trans-accommodating; and Prairie communities in general are becoming more accepting of trans



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people. However, despite this push for trans-awareness in the Prairie Provinces, research still suggests that trans people experience more health and community challenges than other populations. Although, research shows that some trans people have access to factors that help them overcome these unique challenges, most trans people still do not have access to all of the resources they need. The goal of this report is to help identify these gaps in order to improve practice, as well as highlight areas in which the Prairie Provinces are more adequately serving the needs of their trans youth.

## PURPOSE OF THE SURVEY

The Canadian Trans Youth Health Survey is the first nation-wide study that focuses specifically on trans youth. It had two purposes:

- Asking trans youth about the same wide range of health topics and influences on health that are asked in the general population of young people
- Trying several different questions about gender identity, and asking youth for their opinions about each, so we gain insight on what might be better ways to ask about gender

## METHODS

The Trans Youth Health Survey Research Team is comprised of researchers from universities across

Canada and from transgender community organizations with frontline experience with various health issues concerning gender diverse adolescent populations. It is this research team, some who also have lived experience, which developed the questionnaire. Questions asking about health and risk are those typically included in adolescent health surveys, while others are trans and gender minority specific. Two versions of the survey were created – one for younger youth (ages 14 to 18) and one for older youth (ages 19 to 25) – so that specific questions could be asked of each group, although many questions appear on both surveys.

Youth could participate in the appropriate survey if they lived in Canada and identified as trans or genderqueer, or felt that their gender did not match their body. The survey was anonymous. For a more detailed account of the methods employed, please see the National sample.

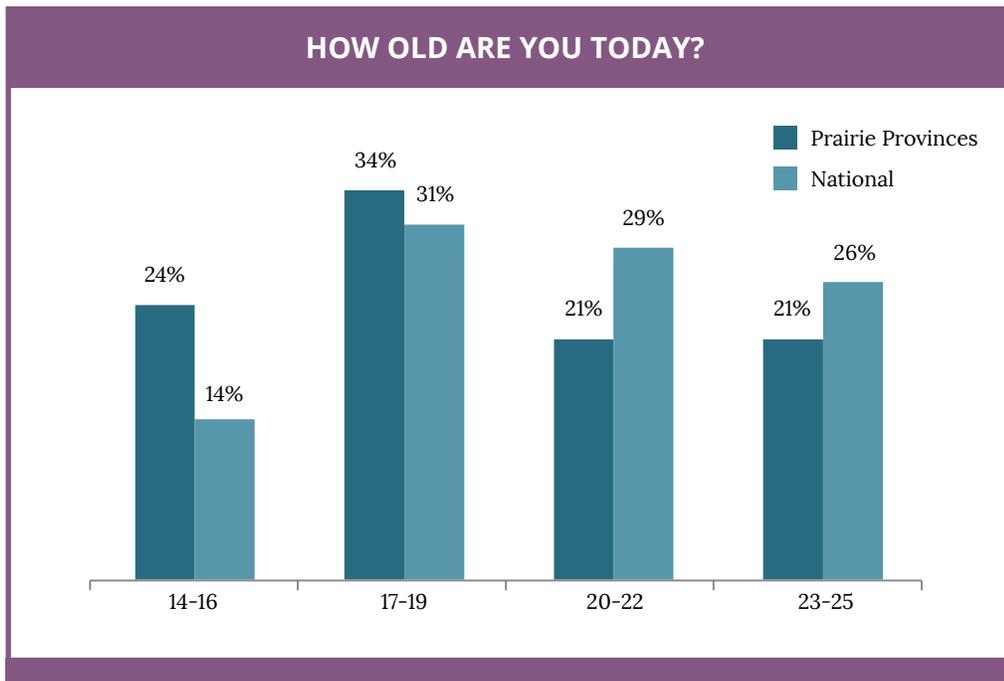
Participants completed the survey online in either French or English. Survey recruitment was achieved through widespread social media campaigns (e.g., Facebook and Twitter), our Trans Youth Advisory Councils (YACs), and through LGBTQ networks and organizations across Canada, including ally organizations with services specific to gender diverse youth. Ethics approval was granted from several university ethics boards across Canada, including the University of Manitoba and the University of Winnipeg. Survey responses were collected from October 1, 2013 to May 31, 2014.



This regional report focuses on participants who indicated that they currently live in either Saskatchewan or Manitoba, and results are compared to the National sample. Results have been rounded to the nearest whole percent; however, we do not report on any sub-samples that contain less than 5 participants in any particular category. Any comparisons reported using the Prairie province data are statistically significant unless otherwise noted. Like the National sample, we provide quotes from participants who answered one of the numerous comment boxes provided in the survey.

## WHO PARTICIPATED IN THE SURVEY?

Nationally, 923 youth participated in the full survey. In total, 67 (7.3%) of all participants were from the Prairie Provinces (52% from Saskatchewan and 48% from Manitoba). The average age among the Prairie Provinces was 19 years of age, close to the national average (20 years old). Youth age 18 or younger represented 45% of all Prairie province participants, which was higher than the National sample (35%).



<sup>1</sup>For the purposes of the Prairie regional report, significant levels were set to  $p < .10$  instead of the standard used in the National sample ( $p < .05$ ). Even though setting the alpha level to  $< .10$  increases the chances of us reporting a statistically significant difference when one does not exist in the population, we opted for a less rigorous test in order to increase the statistical power due to the low sample size of the Prairie province data.

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## ETHNIC AND CULTURAL BACKGROUND

Only about half of the Prairie Province trans youth reported being white only, compared to nearly three-quarters in the national survey. Among the Prairies, an estimated 1 in 3 participants identified as Aboriginal (i.e. First Nations, Inuit, and Métis), which is substantially higher than the national survey, but consistent with the overall youth population in the Prairies. Similar to the national sample, a small number of youth reported a minority ethnicity (i.e. South-East Asian, Black, East Asian, and Multi-racial).

Older youth were significantly more likely than younger youth to identify as white (71% vs. 28%), while younger youth were significantly more likely than older youth to identify as Aboriginal (55% vs. 17%).

## NEW CANADIANS

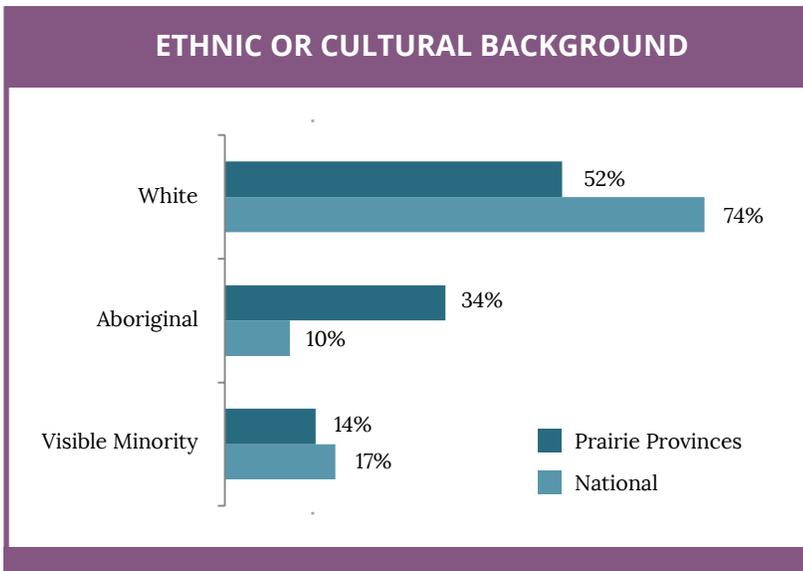
Consistent with the national results, the majority of participants reported that they had lived in Canada for all their lives (94% vs. 87% in the national sample).

## LANGUAGE

The vast majority of respondents spoke only English at home (94%, n=63), which is somewhat higher than the National sample (75%), but to be expected given that Québec is included in the latter. A small number of participants (n < 5) spoke English and French at home or another language.

## GENDER IDENTITY

Youth were asked several questions about their gender identity. One question simply asked, “What is your gender identity?” and allowed youth to select multiple response options.

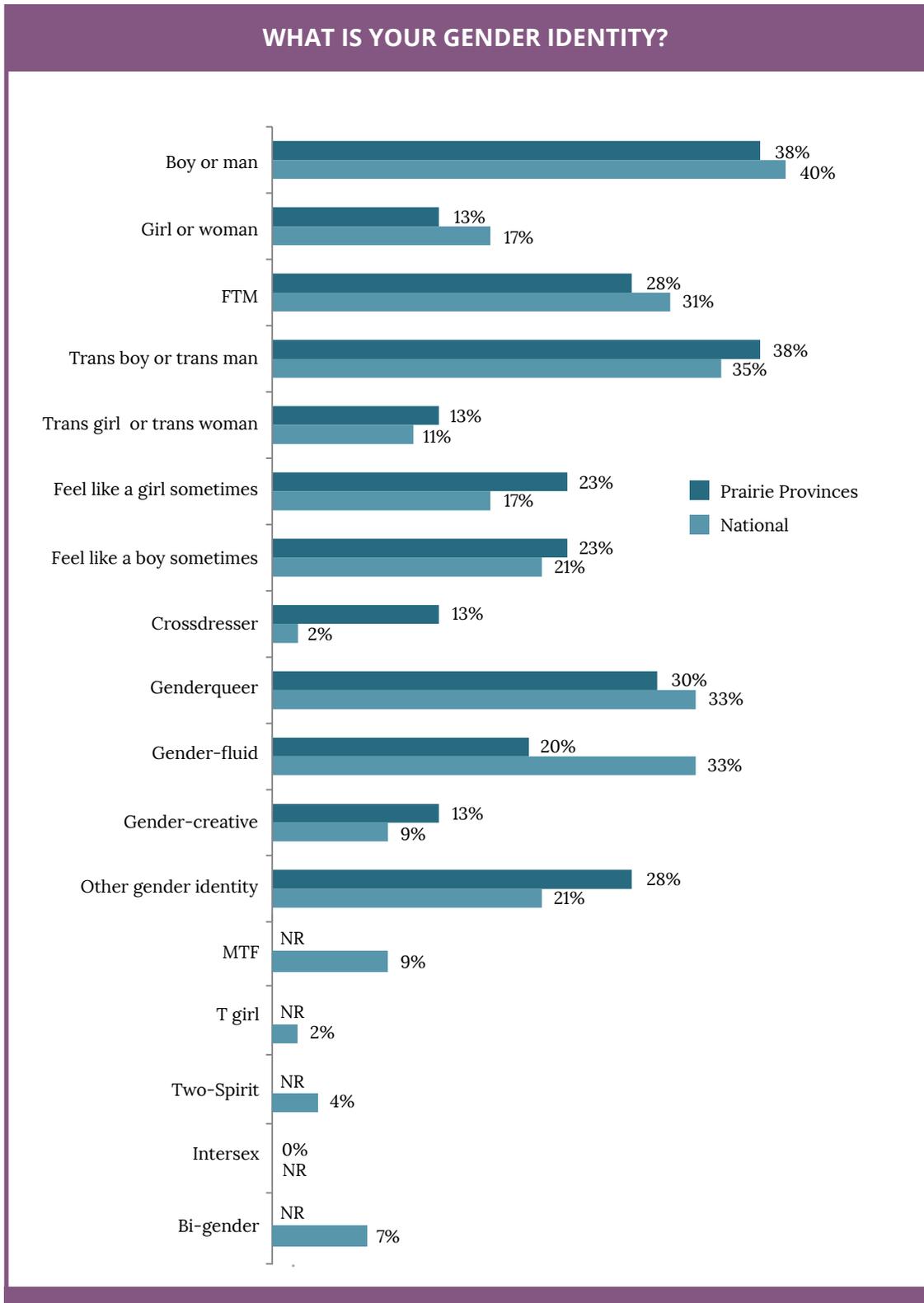


Note: Participants could select more than one response option.

**“18 was when I came to terms with how I identified. There were many clues throughout my childhood, even early, but I always pushed it back in my mind, being conflicted.”**

**- AGE 19, SASKATCHEWAN**

<sup>2</sup>According to data from Statistics Canada 2011 National Household Survey, 22% of people 15–24 years of age are of Aboriginal descent for both Manitoba and Saskatchewan; however, these data do not include First Nations peoples living on reserve, as such, these are minimum estimations (See Statistics Canada Catalogue no. 99-011-X2011034).



Note: Youth could choose more than one response.  
NR: Not releasable due to small number of responses.

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**“I liked that there was a recognition of other genders outside the binary. Often ‘Transgender’ is seen as going from one side to the other, but that isn’t realistic because gender isn’t a straight line.”** – AGE 19, MANITOBA



**“I’m Gender Fluid, but dominantly identify as female. My online presence is female but I haven’t presented as female in public yet.”** – AGE 19, SASKATCHEWAN

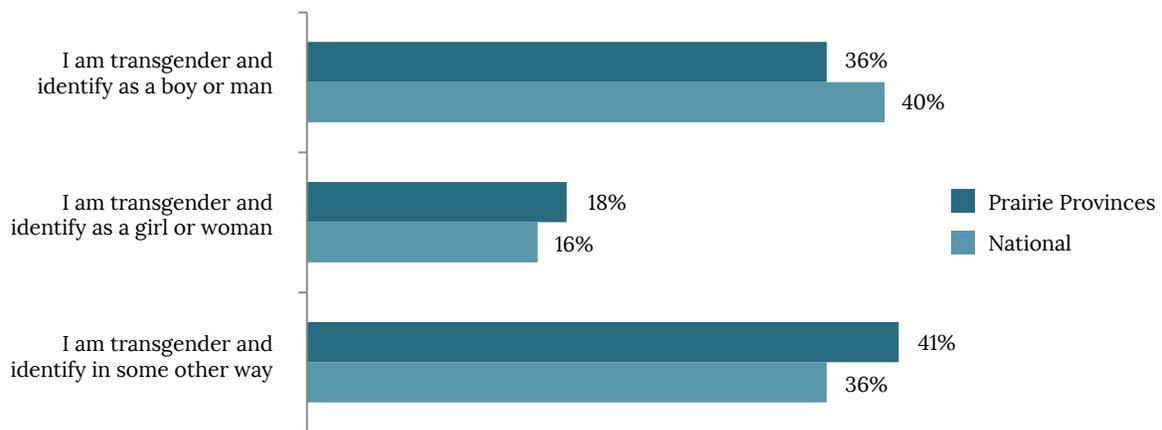


**“I am technically a trans man, but I think of myself as just a man. I don’t feel I need the trans label.” – AGE 17, MANITOBA**

Another question described the word transgender as, “when a person’s sex and gender do not match, they might think of themselves as transgender,” then asked which option best described them (see Table below).

Youth were also asked if they identified as trans\* (This includes transgender, transsexual, transitioned, genderqueer and some two spirit people). In the National sample, nearly 90% of trans youth answered yes, which was only slightly higher in the Prairie Provinces (93%). Similar to the national sample, the majority of trans youth were

**WHEN A PERSON’S SEX AND GENDER DO NOT MATCH, THEY MIGHT THINK OF THEMSELVES AS TRANSGENDER. SEX IS WHAT A PERSON IS BORN. GENDER IS HOW A PERSON FEELS. WHICH ONE RESPONSE BEST DESCRIBES YOU?**



Note: “I am not transgender” category removed due to small sample size.

**“I wasn’t keen on revealing the fact that I identify as transgender a few months ago because I hadn’t come to terms with the reality of it. However, now I am more than comfortable identifying as transgender even to those I have just met.” – AGE 19, MANITOBA**

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assigned female at birth (75%), whereas only one-quarter were assigned male at birth. These results may suggest that trans females and transfeminine youth are more heavily ostracized in our society, and in turn harder to reach on a survey.

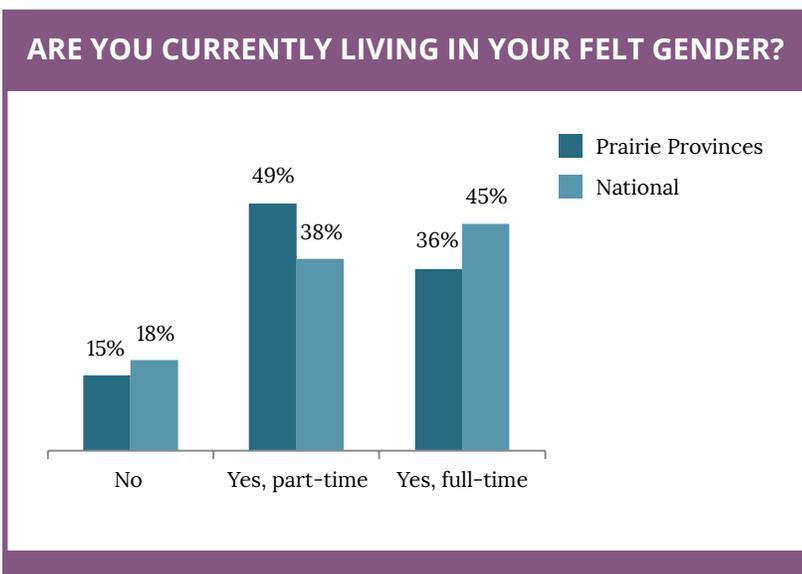
## LIVING IN FELT GENDER

Nearly fifty percent of participants reported that they currently live in their felt gender part-time, followed by over one-third who live in their felt gender full time, and a smaller number of participants did not currently live in their felt gender at all.

**“[It is] Almost impossible for a genderfluid person to live full-time in their “felt” gender-- there isn’t just one “felt” gender.”**

- AGE 21, SASKATCHEWAN

**“When I went fulltime, I stopped telling people I was trans and only identify as female.”** - AGE 23, MANITOBA



**“While I am trying to live full time, I still get misgendered occasionally, or people know by looking at me. But for the most part, I try to live as I feel.”** - AGE 19, SASKATCHEWAN

## SEXUAL ORIENTATION

Youth were asked about their sexual orientation. The question included sexual orientation labels without definitions, as well as an option to identify in some other way. Participants were allowed to choose more than one response option. Almost 2 in 10 youth identified as straight or heterosexual, and the same percentage identified as bisexual or lesbian. Only 1 in 10 identified as gay, and 14% identified as not sure or questioning. Similar to the national sample, it was most common for participants to identify as pansexual, queer, or identify in some other way.

Half of participants chose only one identity while the other half chose two or more identities from the list. Younger youth were more likely to choose two or more identities (54%) than older participants (45%).

**“I used to [identify as Two Spirit], but I’ve since switched to just identifying as trans-gender.”** – AGE 24, MANITOBA

**“I can’t really pinpoint a time when I realized that I felt uncomfortable with my gender presentation, but being a girl has always felt wrong.”**

– AGE 18, SASKATCHEWAN

Aboriginal trans youth were asked if they identified as Two Spirit, and similar to the national sample, almost a quarter (24%) said that they did.

HOW DO YOU CURRENTLY IDENTIFY?		
	Prairies	National
Bisexual	17%	17%
Gay	10%	10%
Lesbian	17%	12%
Pansexual	48%	35%
Queer	37%	49%
Straight or heterosexual	17%	14%
Not sure or questioning	14%	11%
Asexual	NR	10%
Two-Spirit	NR	4%

Note: Youth could choose more than one response.  
NR: Not releasable due to small number of responses.

# Home life

Trans youth were asked about their home situation, including who they currently live with, and the number of times they have run away from home in the past year.

The majority of younger youth never ran away, because of conflict at home, abuse, feeling unsafe, or a combination of these factors in the past year. Almost 1 in 5 youth (19%) ran away from home once, while nearly 1 in 3 youth (30%) reported they had ran away 2-10 times in the past year.

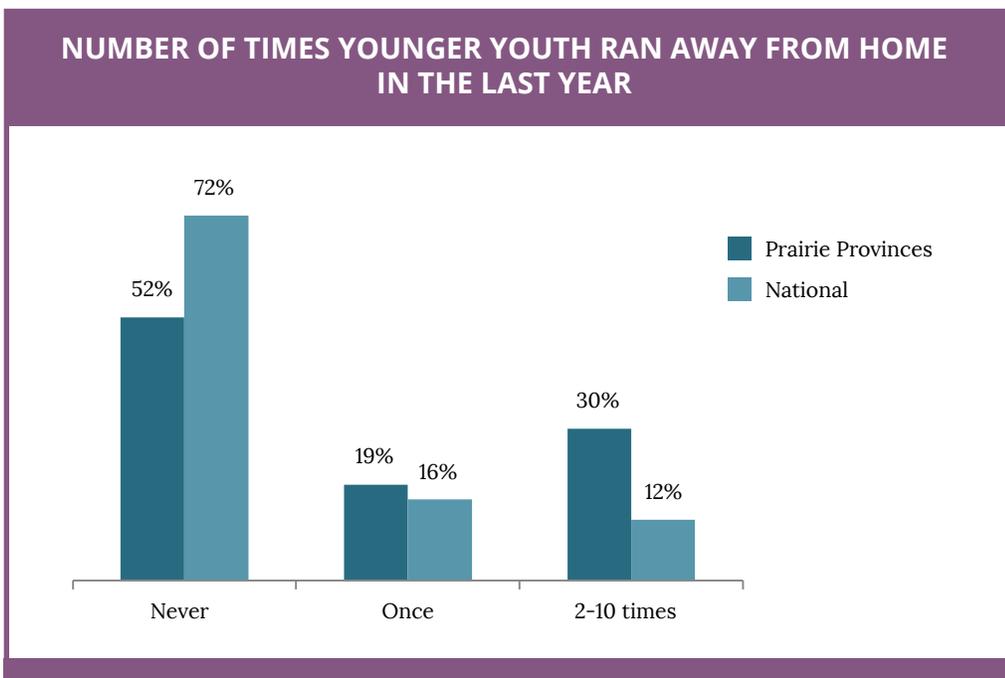
There was a significant relationship between how many times younger youth ran away in the past year and whether they had been sexually abused or not. Younger youth who had been sexually abused were 7.5 times more likely to report running away from home than youth that had not been sexually abused.

YOUNGER TRANS YOUTH LIVING SITUATION		
	Prairies	National
Birth mother/stepmother/adoptive mother	69%	74%
Birth father/stepfather/adoptive father	48%	56%
Sibling(s)/stepsibling(s)	38%	61%
Two mothers/two fathers	0%	2%
Grandparents	NR	4%
Foster parents	NR	2%
Your own child or children	0%	NR%
Other	21%	9%

Note: Youth could choose more than one response.  
 NR: Not releasable due to small number of responses.

OLDER TRANS YOUTH LIVING SITUATION		
	Prairies	National
Spouse	0%	4%
Common law partner	31%	16%
Parent	34%	39%
Child	0%	1%
Siblings	28%	26%
Grandparents	0%	3%
In-laws	0%	1%
Other relatives	0%	2%
Friend/Roommate	30%	35%

Note: Youth could choose more than one response.



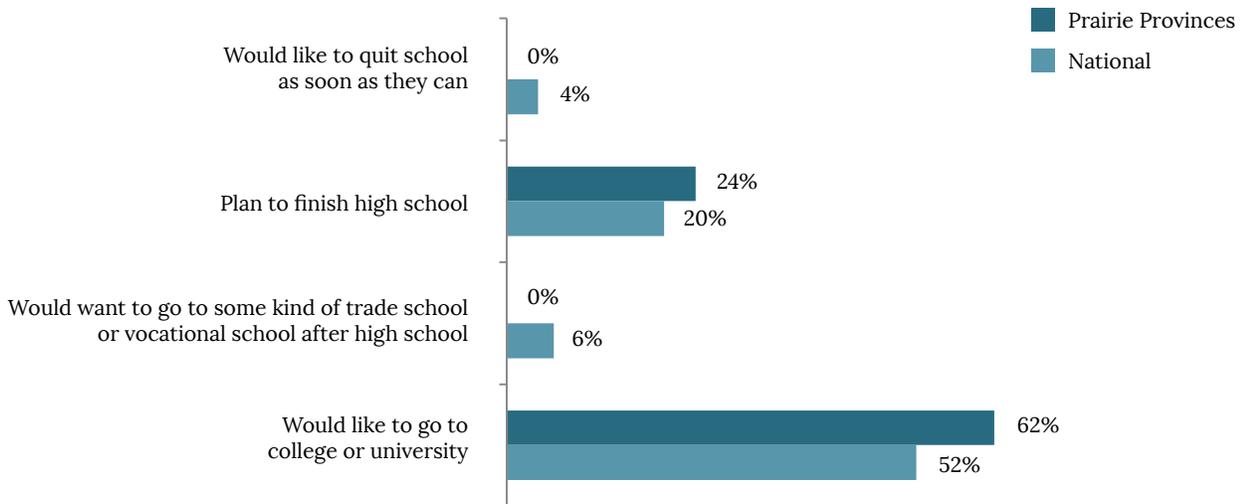
# School and work

The majority of youth spend a lot of time at school during the week. Therefore, having a positive and strong connection with their school environment is important for youth. Unfortunately, trans youth in the Prairie Provinces do not report high connectedness to their school environment. On a scale of 0 to 10, they scored 4.1 in school connectedness. The school connectedness of trans youth was lower than the national overall average (4.1 vs. 4.9). This was one of the lowest levels of school connectedness reported in any part of Canada, second only to the Atlantic Provinces (3.7).

## SCHOOL PLANS

Younger trans youth were asked about their plans for high school and post-secondary education. Nearly 1 in 4 youth reported that they plan to finish high school, while almost two-thirds indicated that they would like to go to college or university in the future. Finally, no youth reported that they would like to quit school or go to some kind of trade school or vocational school after high school (compared to 4% and 6% of respondents in the national sample, respectively).

### WHICH BEST DESCRIBES YOUR SCHOOL PLANS? (YOUNGER TRANS YOUTH ONLY)



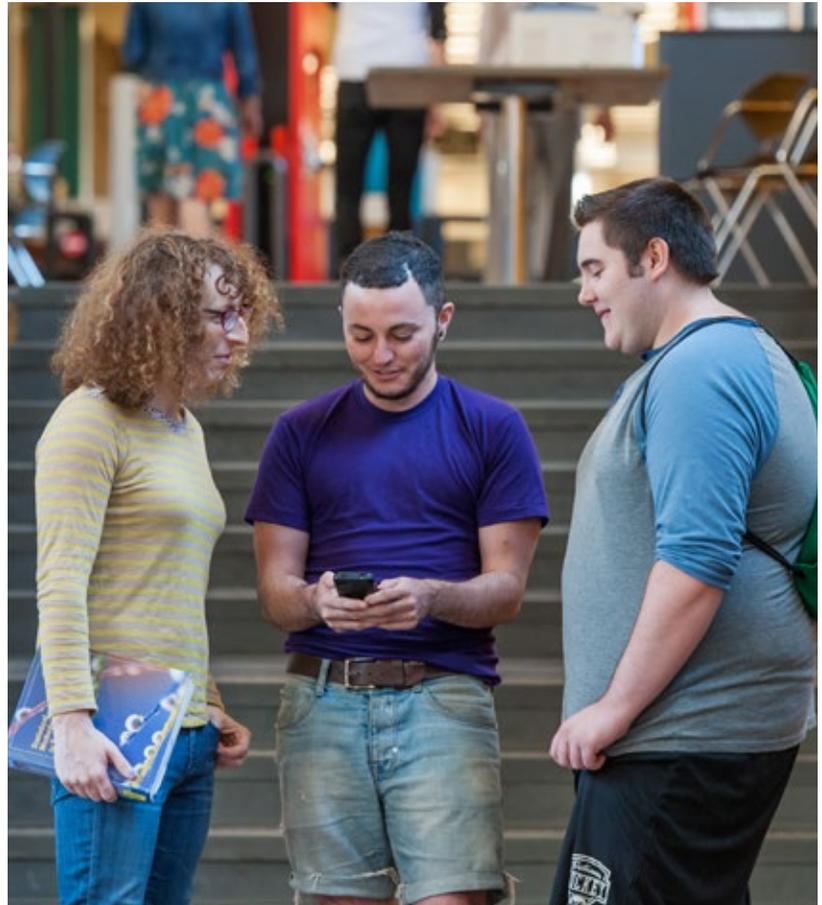
Note: Categories “Not currently in school”, and, “Would like to go to college or university and then go on to graduate or professional school” were removed due to small sample sizes.

## WORK

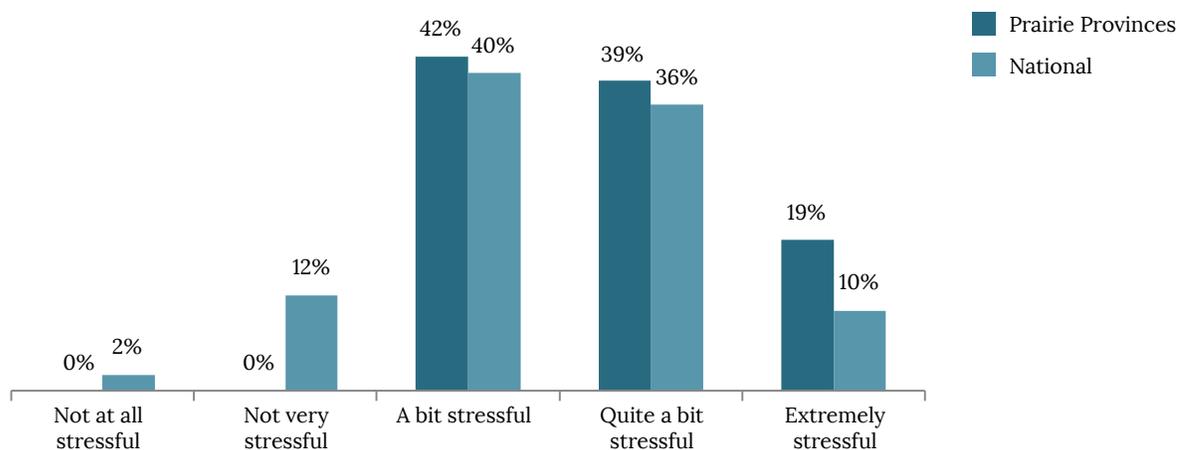
Younger youth were also asked about their work experience (outside the home). Over 2 in 3 youth reported that they do not work for pay outside the home (69%); while almost one-third reported that they do work outside the home (31%).

Older youth were questioned about what their main activity was. Older participants were most likely to report working at a paid job or business as their main activity (46%), 21% reported going to school, and 18% wrote-in an answer that was not already noted.

Older youth were also asked how stressful most of their days were at work or school. The majority of older youth rated their work or school days as a bit stressful. No older participants reported that their days were not at all stressful or not very stressful.



### OLDER YOUTH HOW STRESSFUL MOST DAYS AT WORK OR SCHOOL ARE



# Physical health

Similar to the national sample an estimated 1 in 5 participants (19%) reported that their health was very good or excellent.

Nearly 1 in 3 trans youth (30% vs. 34% in the national sample) reported that they had a physical condition or problem that had lasted at least 12 months.



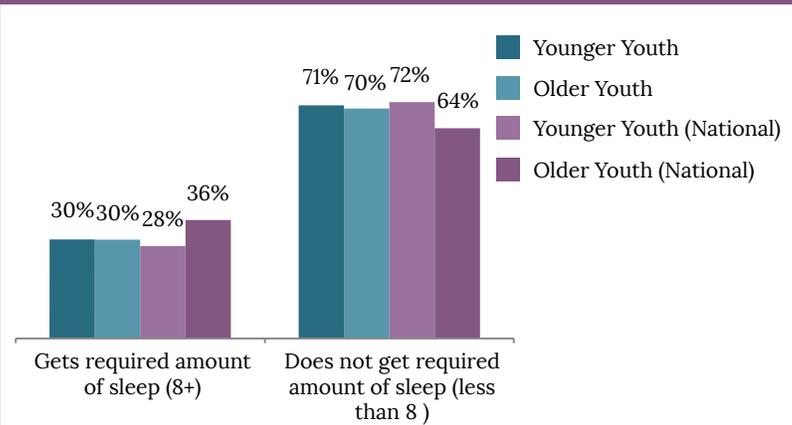
## SLEEP

The National Sleep Foundation suggests that youth need 8.5 to 9.25 hours of sleep every night. Younger youth were asked about the average amount of sleep they get on a school night. The majority of younger youth (71%) did not get the required amount of sleep as noted by the National Sleep Foundation.

Older trans youth were asked about the average hours of sleep they got on a weeknight. Similar to younger youth, the majority of older trans youth (70%) did not get the required amount of sleep according to the National Sleep Foundation.

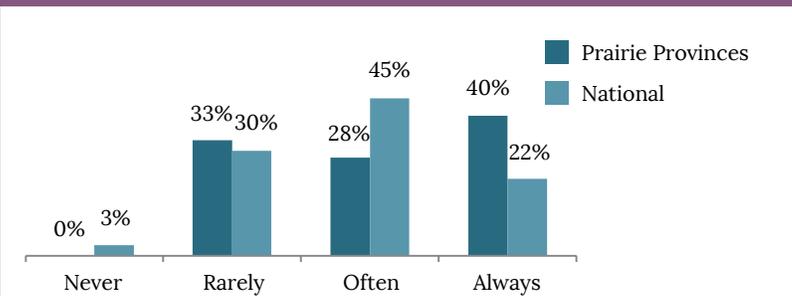
Similar to the national sample, the majority of both older and younger participants (64% to 63%, respectively) reported that they were getting at least 8 hours of sleep on the weekend. Also, consistent with the national sample, the majority of trans youth indicated that they have trouble going to sleep or staying asleep always or often (68%).

### HOURS OF SLEEP ON AN AVERAGE SCHOOL NIGHT OR WEEKNIGHT (SUNDAY TO THURSDAY)



Note: Older Youth had “on an average week night”, not “on an average school night” when surveyed.

### HOW OFTEN TRANS YOUTH HAVE TROUBLE GOING TO SLEEP OR STAYING ASLEEP



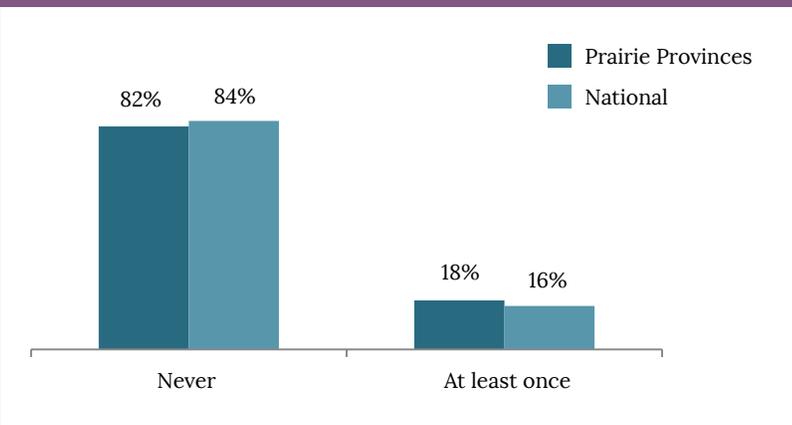
# Physical activities

The majority of younger trans youth (59%) reported that they had not participated in before school, lunchtime, or after school activities in the past month; and 8 in 10 of all youth (82%) reported that they had not participated in physical activities with a coach in the past month. Notably, there are not many transgender athletes representing Canada internationally in team or individuals sports. In individual sports, Michelle Dumaresq, a mountain biker, was the first to participate in international sports in 2002, and Savannah Burton, a dodgeball player, was the first to represent Canada in a team sport in 2015. As Savannah Burton notes in a news article, “I want to bring across that it’s OK for trans people to participate in sports. Trans people –

we have such a hard time just walking down the street sometimes” (July 5, 2015, MetroNews Canada).

In Manitoba, the province has been outlining a transgender-athlete equality policy that will allow transgender students to choose the gender they would like to compete in while playing sports. Hopefully, more policies and programs like this will be implemented to encourage more transgender students to participate in sports and be physically active in the Prairies. Further, hopefully more transgender athletes will be allowed to represent Canada internationally, and become visible role models for trans youth.

**PARTICIPATED IN PHYSICAL ACTIVITIES WITH A COACH (E.G., HOCKEY, SOCCER, FIGURE SKATING, DANCE, ETC.) IN THE PAST MONTH**



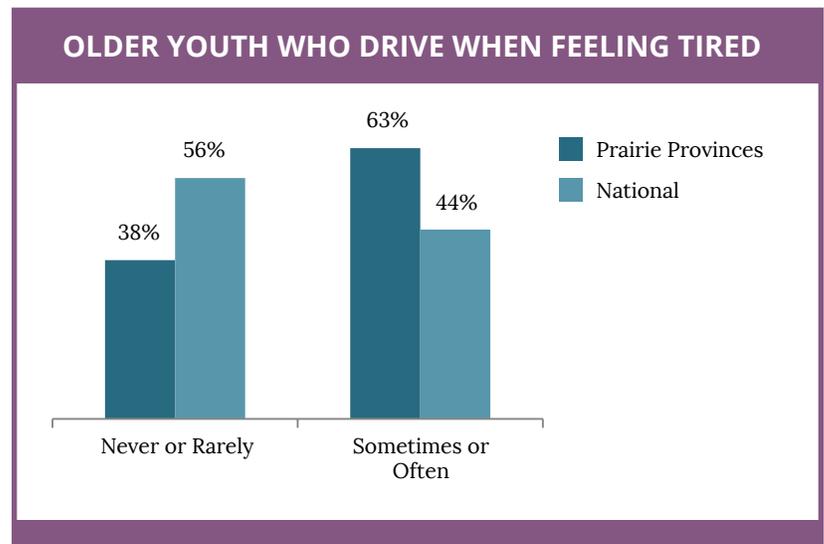
Note: English/French Older Youth had different wording in the question, “participate in organized phys act with coach”.

# Injury prevention

Accidental deaths are the leading cause of death among Canadians aged 15-24, and the fourth leading cause of death among all citizens in the Prairie Provinces. Therefore, wearing required safety equipment such as a bike helmet is important in avoiding accidental deaths. It was most common for younger trans youth to report that they never wore a helmet when riding a bike (50%), while nearly one-third (27%) indicated that they rarely wore a helmet, nearly 1 in 5 youth (18%) reported that they often or always wore a helmet. The remaining 5% reported that they never ride a bike.

Properly and safely operating a motor vehicle is also an important safety step to avoid accidental deaths. In general, the majority of younger trans youth (95%) reported that they had never driven within an hour of drinking 2 or more drinks of alcohol in the past year. However, similar to the national sample, youth were more likely to report that they had driven a vehicle within an hour of using marijuana or hashish than within an hour of drinking 2 or more drinks in the past year. Nearly one-third of youth who drove (29%) reported that they had driven an hour after using marijuana in the last 12 months.

Focusing on cellphone use, as well as fatigue and driving, older youth were asked how often they talk on the phone while driving (excluding hands-free). The majority of older youth (79%) reported that they never or rarely use their cell phone while they are driving, while 63% of older youth reported that they sometimes or often drive when they are tired.



\*Not applicable category was excluded due to low sample size.

# Nutrition, body weight, and body image

The Canada Food Guide suggests youth eat (7-8 servings) of fruits and vegetables every day. Younger youth were asked about the number of servings of fruits and vegetables they had the day before taking the survey.

Similar to the national sample, the majority of younger trans youth indicated that they had ate at least one serving of fruits and vegetables the day before (72%). However, over a quarter of younger youth (28%) indicated that

they only had 1-2 servings of vegetables and fruits the day before, and over a quarter indicated that they had zero fruit and vegetables (28%).

The majority of older youth reported that they ate at least one serving of fruit and vegetables the day before (87%), but only one-third (33%) reported eating fruits and vegetables 1-2 times per day. Similar to national findings, older trans youth were more likely to report eating vegetables or green salad (87%) than fruit (63%). Older youth that ate more fruit and vegetables reported more happiness in the past month.

**YOUNGER YOUTH WHO ATE OR DRANK AT LEAST ONE SERVING YESTERDAY**

	Prairies	National
Fruit (not counting fruit juice)	40%	58%
Vegetables or green salad	67%	77%
Salty or sugary snacks (e.g. potato chips, granola bars, chocolate or cookies)	68%	80%
Fast food (e.g. hot dogs, hamburgers, pizza, chicken nuggets)	27%	30%
Water	95%	91%
Pop / soda (non diet), slurpees, slushies)	23%	35%
Energy drinks (Red Bull, etc.)	10%	7%
Coffee / lattes / iced coffee	50%	35%



## BREAKFAST

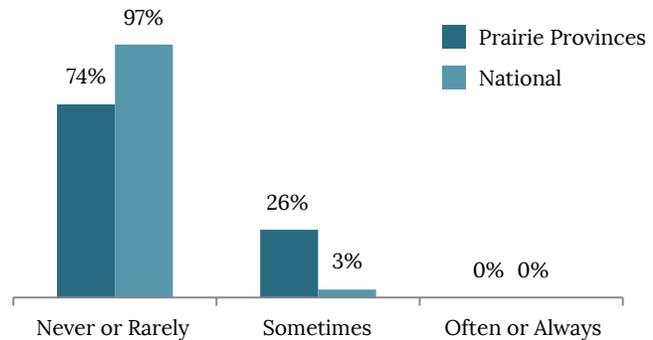
Nearly one-half of younger participants (44% vs. 29% in the national sample) indicated that they have never eaten breakfast in the past week. Although, nearly one-third (30%) did report that they ate breakfast all 5 days of the school week.

## FOOD SECURITY

Younger youth were asked about their food security at home. Similar to the national sample, the majority of younger trans youth never went to bed hungry because there was not enough money for food at home. However, slightly more than 1 in 4 of younger youth reported that they sometimes went to bed hungry for this reason.

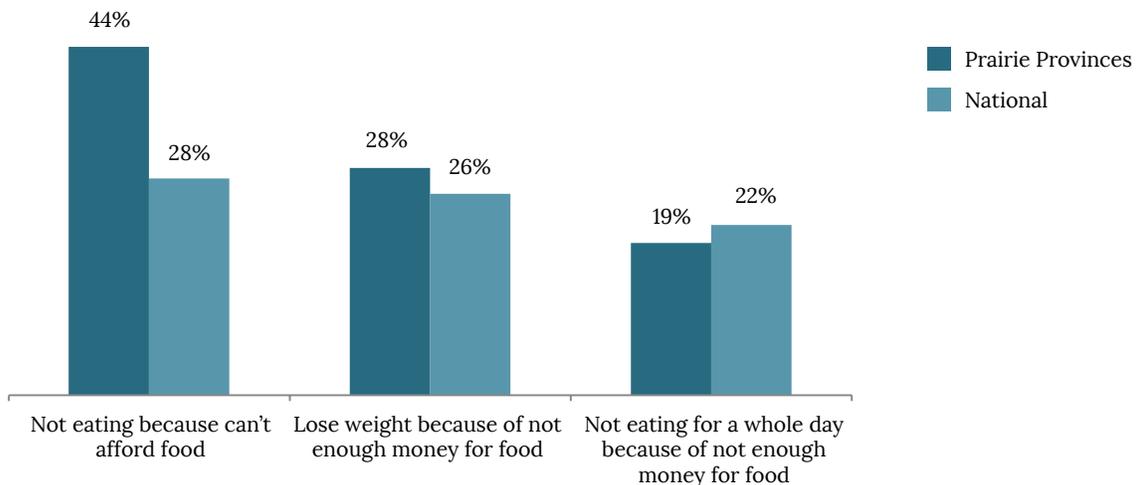
A high number of older trans youth indicated that they did not eat because of money issues: nearly one half reported

### HOW OFTEN YOUNGER TRANS YOUTH GO TO BED HUNGRY BECAUSE THERE WAS NOT ENOUGH MONEY FOR FOOD AT HOME



that they were hungry but did not eat because they could not afford it, nearly one-third reported losing weight, and 1 in 5 youth reported that they did not eat for a whole day because they did not have enough money for food.

### OLDER TRANS YOUTH WHO HAD PROBLEMS AFFORDING FOOD



# 24

## BODY WEIGHT AND BODY IMAGE

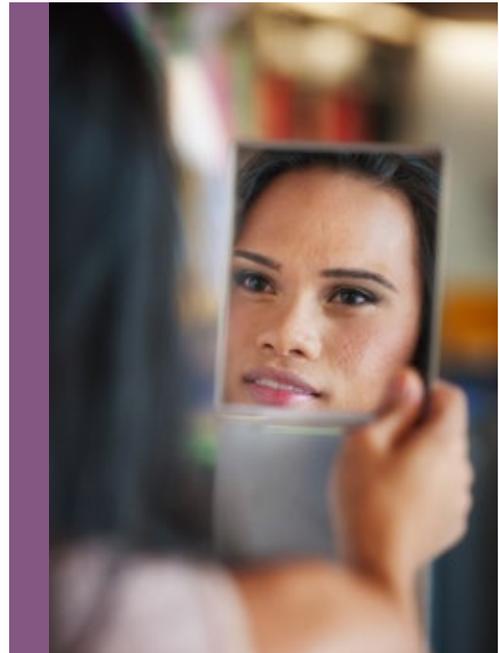
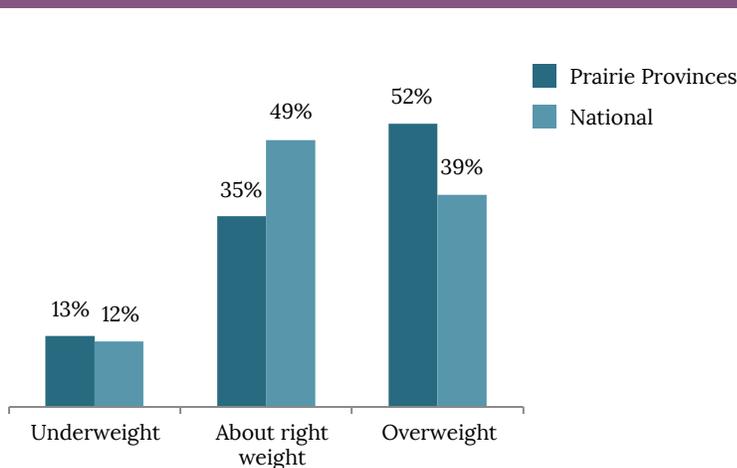
Younger and older trans youth were both asked different questions about how they view their own bodies. Over half of younger youth (57%) and just under half of older youth (48%) thought their body was overweight, for an average of 52% across all respondents. This number is significantly higher from the national average (see graph below).

The majority of younger youth reported that they were trying to lose weight (57%), while around 1 in 5 youth (22%) reported not doing anything. More than half of older youth (54%) reported that they are choosing certain foods or avoiding others because they were concerned about their body weight.

Almost two-thirds (63%) of participants reported that they had exercised to lose weight or control their weight in the past year. A minority of respondents reported fasting or skipping meals (48%), smoking cigarettes (32%), vomiting on purpose after eating (20%), using diet pills or speed (11%), or using laxatives (9%) to lose weight or control their weight.

Younger youth were more likely than older youth to report smoking cigarettes to lose or control their weight. Older youth were more likely than younger youth to report exercising (67% vs. 58%) to lose or control their weight. Nearly half of youth (44%) reported binge eating in the past year. Younger youth were more likely to report binge eating than older youth (58% vs. 33%).

### HOW TRANS YOUTH THINK OF THEIR BODY



# Health care access

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Having access to health care is important for trans youth. Many trans youth require very specific treatment for their transitions. Unfortunately, trans youth experience discrimination and skepticism by doctors and other medical staff about their trans identity and needs. In the Prairie Provinces steps are currently being taken to make accessing health care easier for trans people. In Manitoba, more funding and positive changes to health coverage are being implemented to make it easier for trans people to access care while transitioning. In Saskatchewan, there are currently no health care units that specialize in transgender issues; however Saskatchewan's health clinics are beginning to try and improve health care access for trans people and to be more trans-aware.

## FAMILY DOCTORS

Almost two-thirds (62%) of respondents reported that they have a regular family doctor (vs. 70% in the national sample). Over half of youth (54%) that had a regular family doctor reported that their doctor knows about their trans identity (vs. 37% in the national sample). Older youth were more likely than younger youth to report that their family doctor knew about their trans identity (78% vs. 10%).

**“The medical field ONLY recognizes preadolescence transgender awareness.” - AGE 22, SASKATCHEWAN**

Only 18% of trans youth reported that they felt “very comfortable” discussing their trans identity and trans health care with their doctor (vs. 15% in the national sample). Older youth were more likely than younger youth to report that they were “comfortable or very comfortable” discussing their trans status with their doctor (61% vs. 31%).



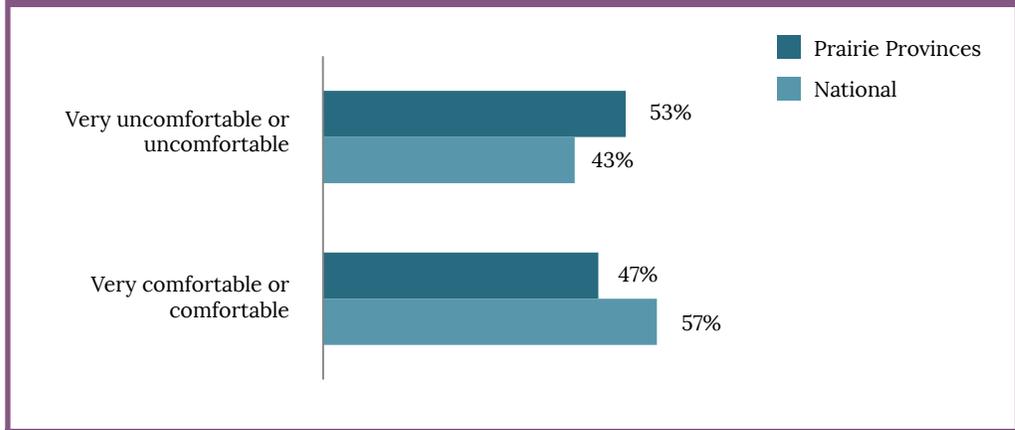
# 26

## WALK-IN CLINICS

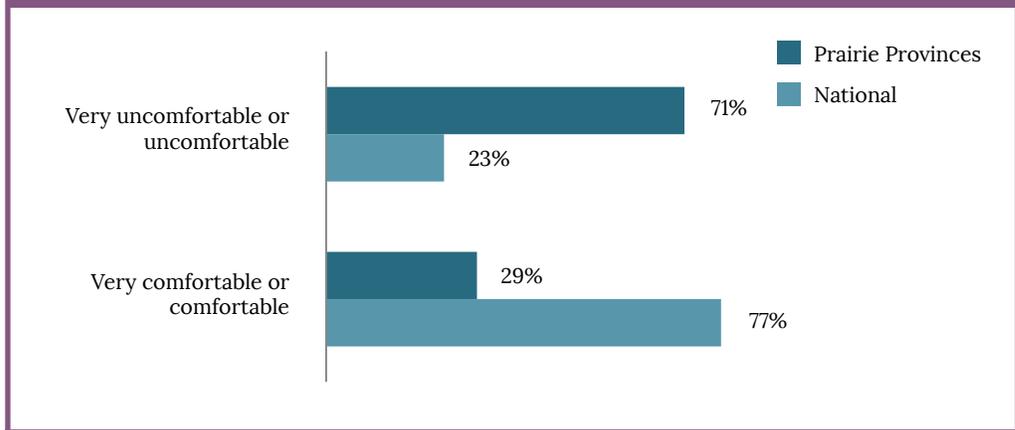
Two in five youth (40%) reported that they used walk-in clinics as their primary source of health care. Nearly three-quarters of trans youth (71%) were “very uncomfortable or uncomfortable” discussing their trans-status and trans health with doctors at walk-in clinics.



### HOW COMFORTABLE ARE YOU DISCUSSING TRANS-RELATED HEALTH CARE NEEDS WITH A FAMILY DOCTOR?



### HOW COMFORTABLE ARE YOU DISCUSSING TRANS-RELATED HEALTH CARE NEEDS WITH A WALK-IN CLINIC DOCTOR?



## ACCESS TO CARE

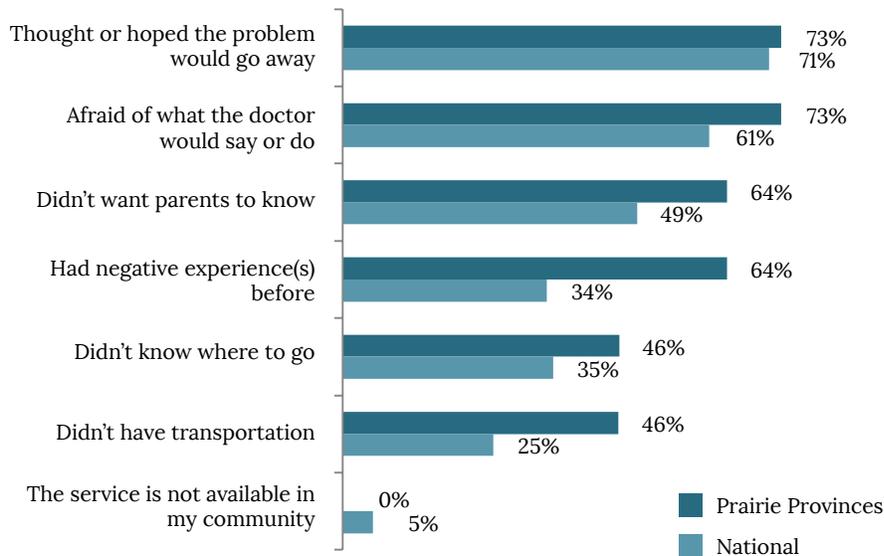
Many trans youth require health care services, but do not access them. Understanding the reason for this is important in improving health care services for trans youth in the Prairie Provinces.

Almost half of younger youth (48%) and over two thirds of older youth (69%) reported that they thought they needed medical help because they were

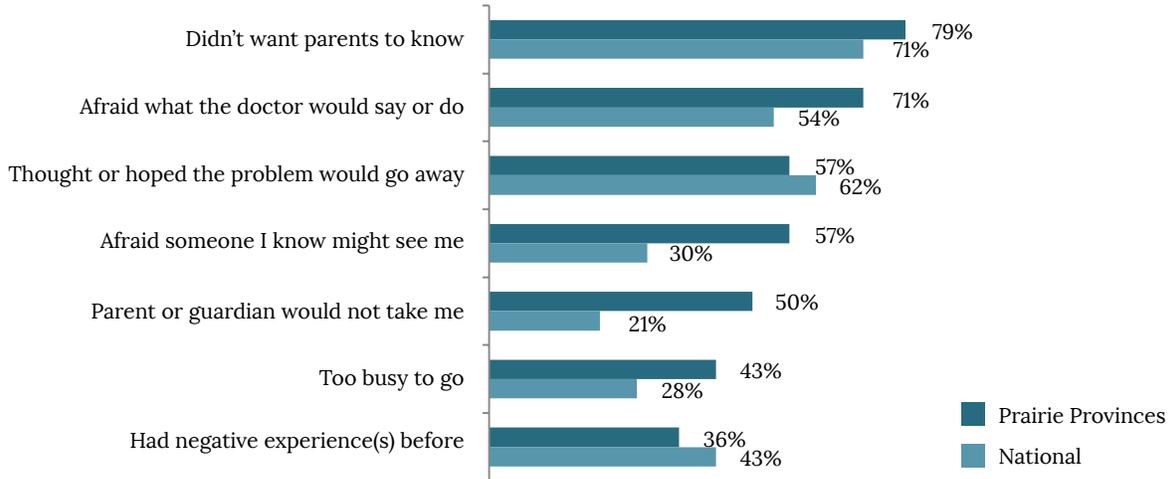
physically sick or hurt, but did not get it in the past year. Younger youth were asked why they did not access medical services when they were in need.

Over two-thirds (70%) of younger youth reported that they thought they needed emotional or mental health services, but did not receive them in the past year. Younger youth were asked why they did not access mental health services when they were in need.

### REASONS FOR NOT ACCESSING NEEDED MENTAL HEALTH CARE IN THE PAST YEAR (AMONG YOUNGER YOUTH WHO FELT THEY NEEDED SERVICES)



**REASONS FOR NOT ACCESSING NEEDED MENTAL HEALTH CARE IN THE PAST YEAR  
(AMONG YOUNGER YOUTH WHO FELT THEY NEEDED SERVICES)**

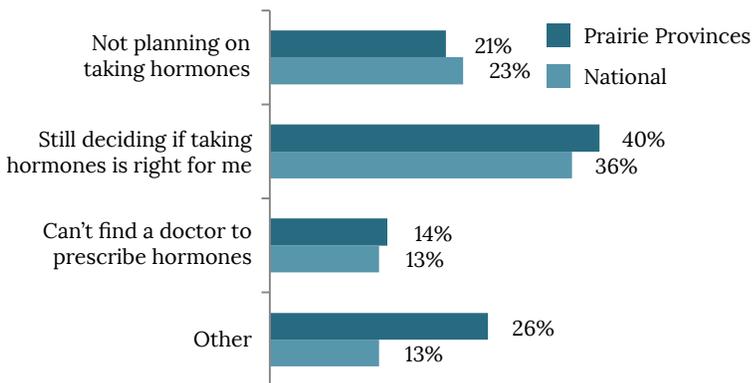


**HORMONE THERAPY**

An important part of many trans youth's gender transition is hormone therapy. However, getting access to hormone prescriptions in the Canadian health care system is sometimes harder than it should be.

Overall in the Prairies, 1 in 5 youth (19%) reported that they have taken hormones for trans-related reasons. The most common reasons for not taking hormones included: still deciding if taking hormones is right for them, they were not planning on taking hormones, they cannot find a doctor to prescribe hormones, or they specified an answer not already noted. The majority of respondents who noted another reason not already specified, indicated that they were waiting to begin hormone treatment or were in the process of getting approved to begin.

**REASONS FOR NOT TAKING HORMONES**



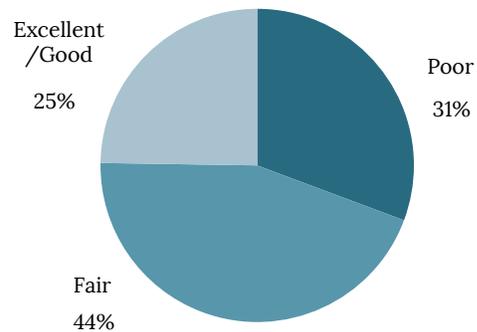
# Mental health

Topics of mental health in the Canadian Trans Youth Health Survey included self-esteem, depression, anxiety, happiness, self-harm, suicide, and stress.

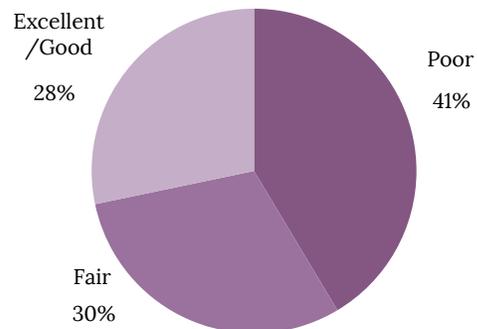
## SELF-REPORTED MENTAL HEALTH

Similar to the national sample, only around a quarter of the sample reported that their overall mental health was good or excellent. Notably, older youth were significantly more likely to have reported better mental health than younger youth.

### SELF-REPORTED HEALTH STATUS: MENTAL HEALTH (NATIONAL)



### SELF-REPORTED HEALTH STATUS: MENTAL HEALTH (PRAIRIES)



# 30

## SELF-ESTEEM

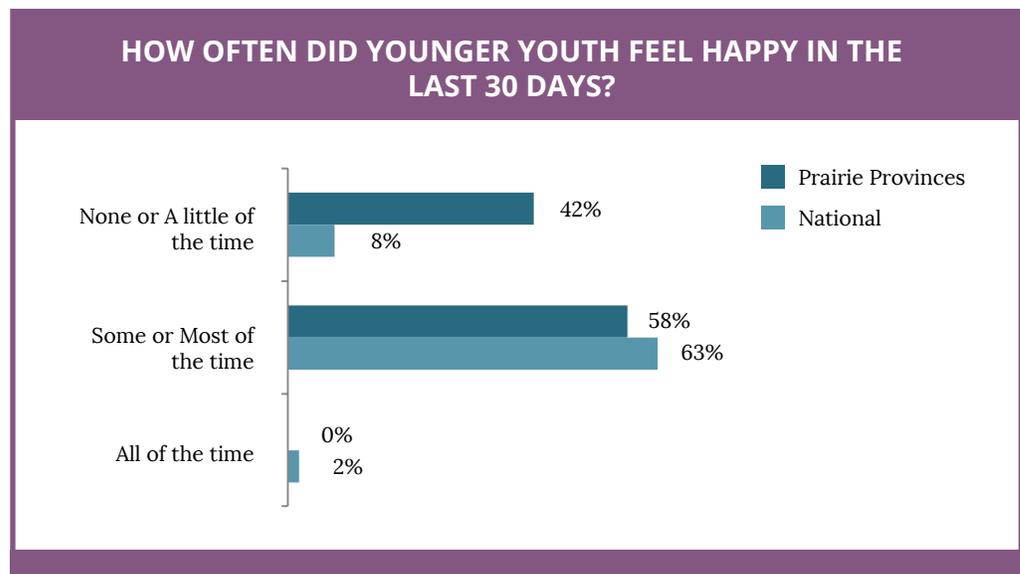
Trans youth responded to a self-esteem scale comprised of statements such as, “I usually feel good about myself,” “I am unable to do things as well as most other people,” and “You take a positive attitude towards yourself.” Younger and older age groups completed different versions of the questionnaire. On scales of 0 to 10, younger trans youth reported an average score of 2.6 and older youth reported an average score of 3.8 on the self-esteem scales.

Younger youth were also asked if they could think of something that they are really good at, and the majority of younger youth (73%) reported that they could think of something.

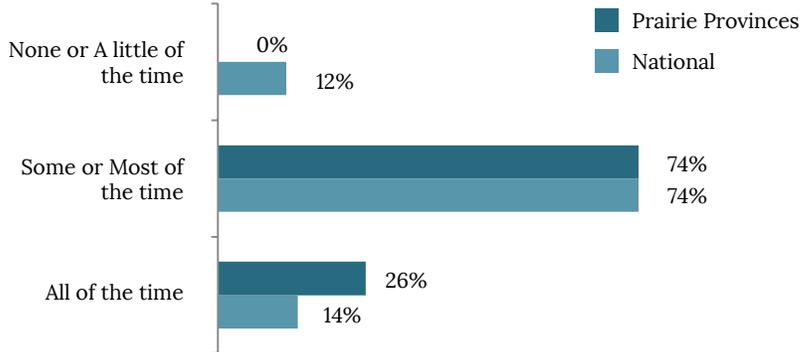
## EMOTIONAL WELLBEING

Older youth were given an emotional wellbeing scale that included questions about happiness, life satisfaction, sense of belonging, and relationship status. On a scale of 0 to 10, they scored an average score of 3.3 on this scale.

Younger youth were asked if they had felt happy in the past 30 days. Nearly half of younger youth reported that they felt happy none or a little of the time in the past 30 days, while the majority reported that they felt happy some or most of the time in the past 30 days. No younger youth reported that they felt happy all of the time.



### HOW OFTEN DID YOUNGER YOUTH FEEL SAD IN THE LAST 30 DAYS?

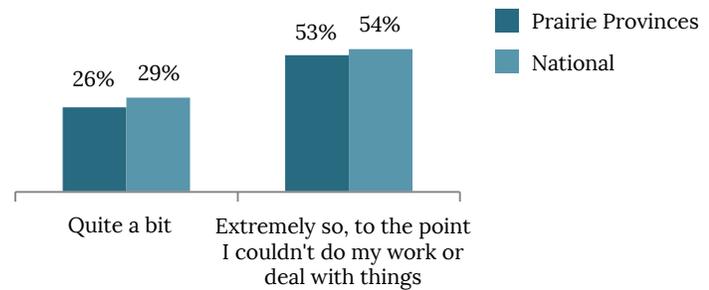


## STRESS

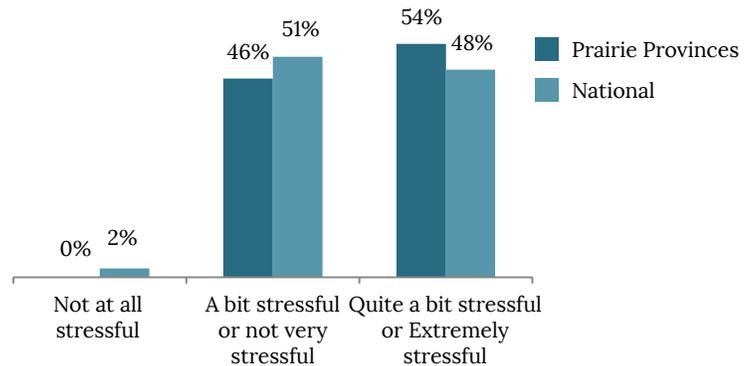
More than half of younger youth in the Prairie Provinces reported that they were under extreme strain, stress, or pressure, to the point that they could not do their work or deal with things in the past 30 days, and over one-quarter reported that they felt they were under quite a bit of stress in the past 30 days. Less than one-quarter of younger youth reported some stress, enough to bother them; or no stress at all.

Older trans youth were asked a slightly different question about stress. Similar to younger youth, more than half of this group reported that most days of their life are “quite a bit” or “extremely stressful.” Just under half reported that most days of their life were “a bit stressful” or “not very stressful.” No older youth reported that their days were not at all stressful.

### YOUNGER YOUTH: HAVE FELT THEY WERE IN UNDER ANY STRAIN, STRESS, OR PRESSURE IN THE PAST 30 DAYS



### OLDER TRANS YOUTH: MOST DAYS ARE...



# 32

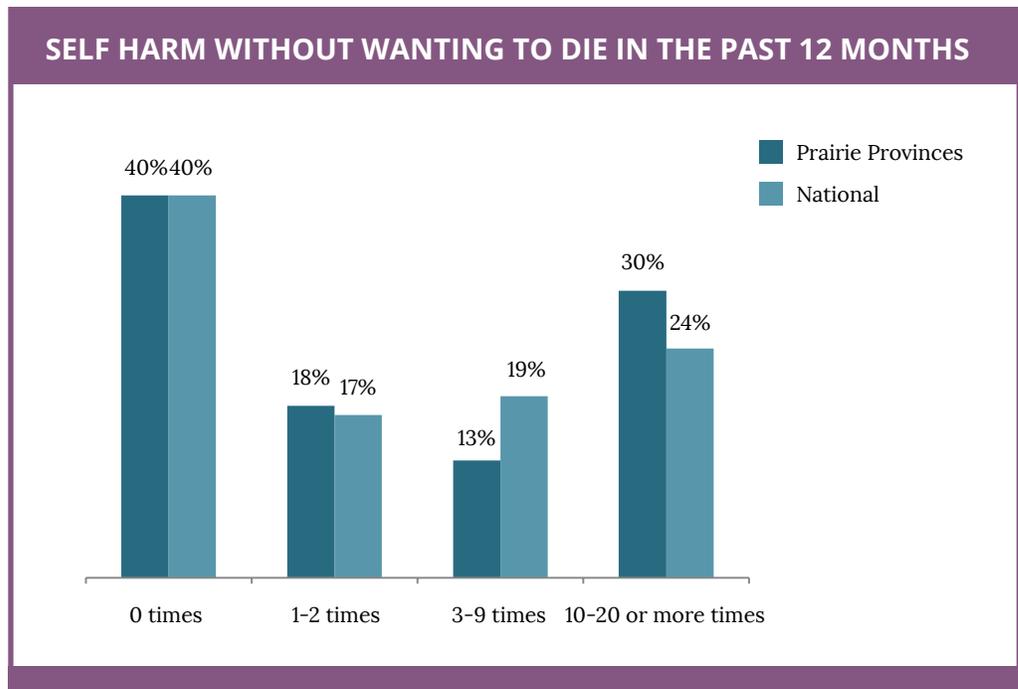
## EMOTIONAL DISTRESS

Younger youth were rated on a scale of emotional distress that included questions about how much they felt stress, sadness, worry, and discouragement. Overall, younger trans youth reported an average score of 7.2 out of 10 on the emotional distress scale.

Older youth were also asked about feelings of depression and anxiety, with questions such as, “Have you felt sad or depressed in the last month?” and “Was there ever a time when you felt sad, blue, or depressed for two weeks or more in a row?” On scales of 0 to 10, the average depression score for older youth was 4.4, and the average anxiety score was 4.3.

## SELF-HARM

Similar to national findings, three out of five trans youth had hurt themselves on purpose without wanting to die in the last year. Younger youth were significantly more likely than older youth to have engaged in self-harm without wanting to die in the past year (79% vs. 43%).

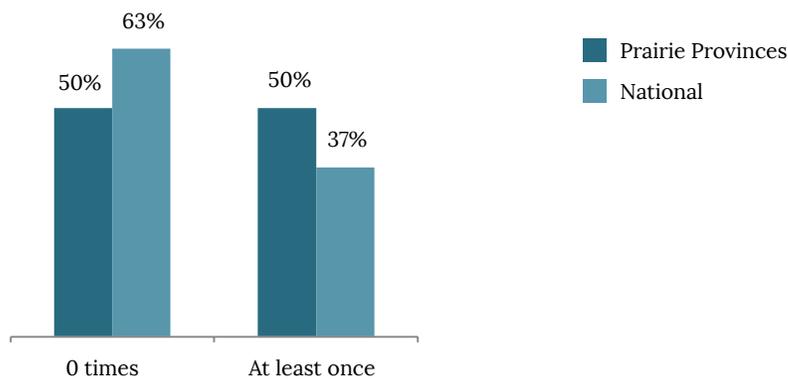


## SUICIDE

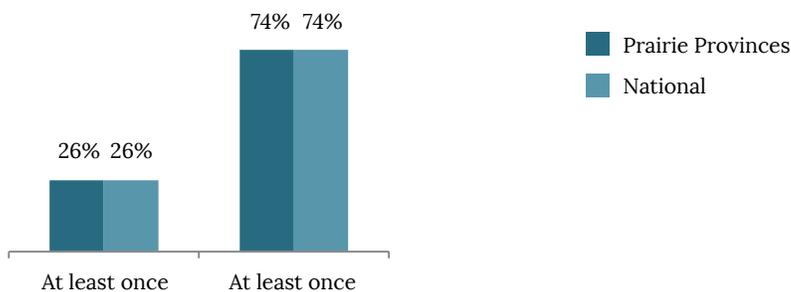
Within the past year, 71% of younger youth had seriously considered suicide, and half of younger youth had actually attempted suicide.

Similar to younger youth, nearly 3 in 4 of older youth had seriously considered suicide. Among trans youth who had attempted suicide in the past year, the majority (86%) did not require medical treatment by a doctor or nurse.

### YOUNGER TRANS YOUTH WHO ATTEMPTED SUICIDE IN THE PAST 12 MONTHS



### OLDER TRANS YOUTH WHO EVER SERIOUSLY CONSIDERED SUICIDE



# Substance use

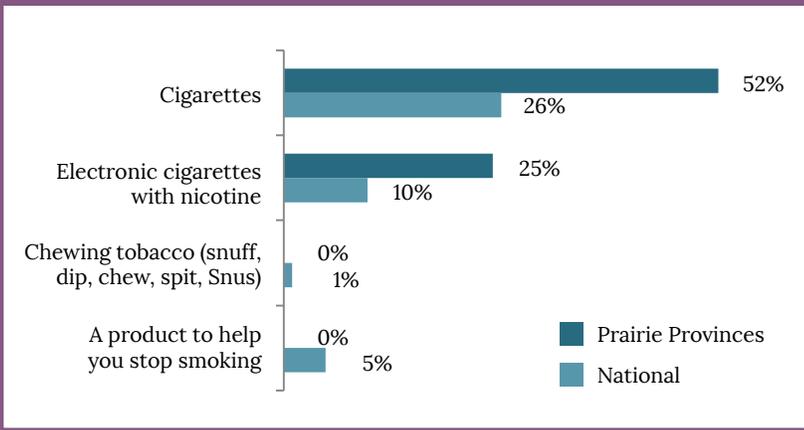
Trans youth were asked questions about substances they have used such as tobacco, alcohol, marijuana, and other illegal or legal substances.

## TOBACCO

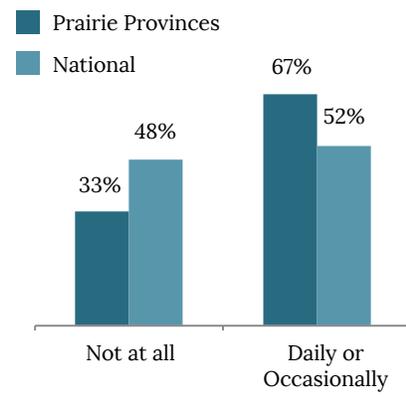
Among younger youth, almost three-quarters (71%) had smoked at least once in their lifetime, and 52% had smoked a cigarette in the past 30 days. The number who had smoked in the past 30 days was double the national sample. Almost two thirds of younger youth who smoked (64%) tried to quit smoking in the past year.

Over half of older youth (58%) reported that they had smoked a whole cigarette in their lifetime. Out of these older youth, 67% had smoked a total of 100 or more cigarettes (about 4 packs), and 20% were daily smokers. Among older youth who smoked, over half of them (69%) had stopped smoking for at least 24 hours in an attempt to quit smoking altogether.

### YOUNGER TRANS YOUTH IN THE PAST 30 DAYS USED...



### HOW OFTEN OLDER YOUTH SMOKE CIGARETTES AT THE PRESENT TIME (AMONG THOSE WHO SMOKE)

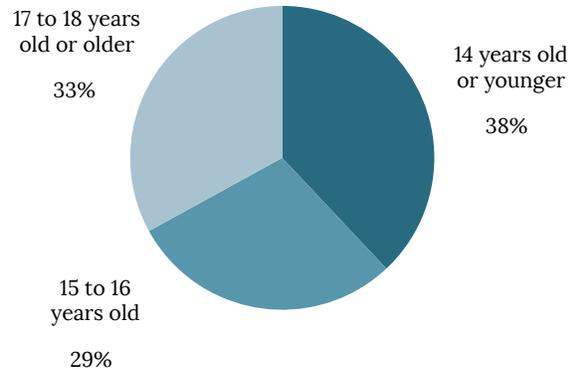


\*The category 'cigars/cigarillos' was excluded due to low sample size.

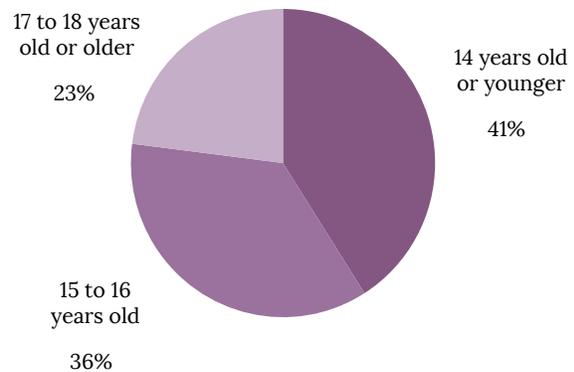
## ALCOHOL

Among all youth, 22% did not drink alcohol in the last 4 weeks (vs. 16% in the national sample), 49% drank alcohol once or twice in the last 4 weeks (vs. 31%), and 22% had drunk alcohol once or twice each week in the last 4 weeks (vs. 16%).

### OLDER TRANS YOUTH AGE WHEN THEY FIRST DRANK ALCOHOL (NATIONAL)



### OLDER TRANS YOUTH AGE WHEN THEY FIRST DRANK ALCOHOL (PRAIRIES)



# 36

## MARIJUANA

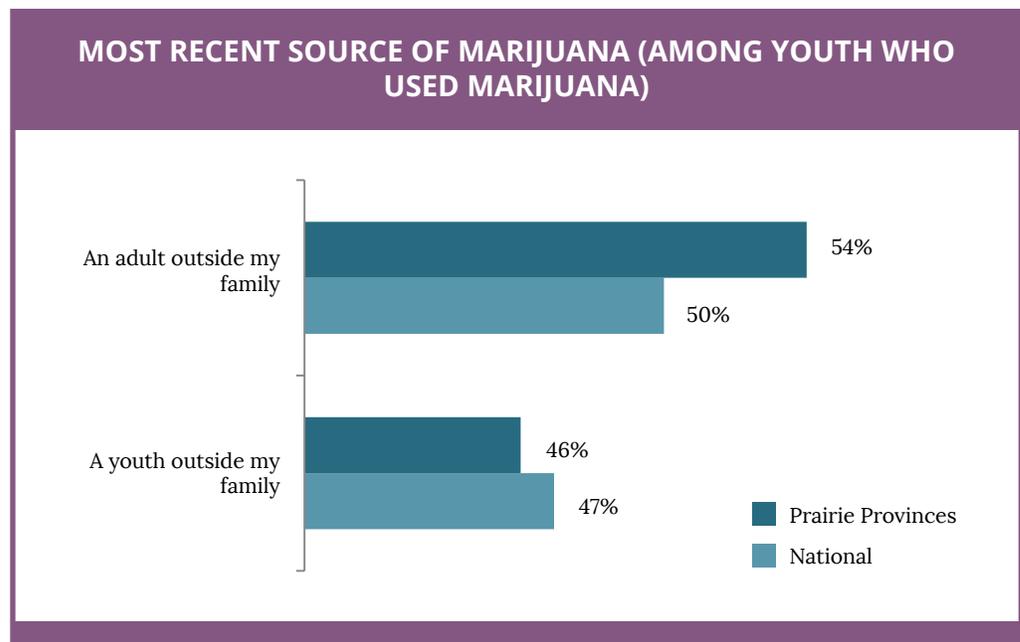
Almost three quarters of younger youth (71%) had used marijuana in their lifetime (vs. 46% in national sample), with 73% of these youth using in the past year (vs. 36%). Among older youth, 70% (vs. 69% in the national sample) had tried marijuana and 63% (vs. 68% in the national sample) had used it in the past year. Among all youth, over half of respondents that had used marijuana in the past year (55%) reported they had used marijuana last Saturday (vs. 40% in the national sample).

Among all youth, the average age youth first tried marijuana was 14.7 years old.

## OTHER SUBSTANCES

The two most common substances used by younger youth in their lifetime were ecstasy/MDMA and inhalants. Older youth were asked a slightly different question about drug use, and the most common drugs they reported using were cocaine or crack, ecstasy/MDMA or hallucinogens. Rates of almost all types of drug use were notably higher in the Prairies than in the national sample.

Younger youth were asked the most common negative consequences of drinking and using drugs. Older youth were asked how much did their drug use interfere with their life. Older youth most commonly noted (19%) that drug use interfered with home responsibilities (cleaning, shopping, and taking care of house).



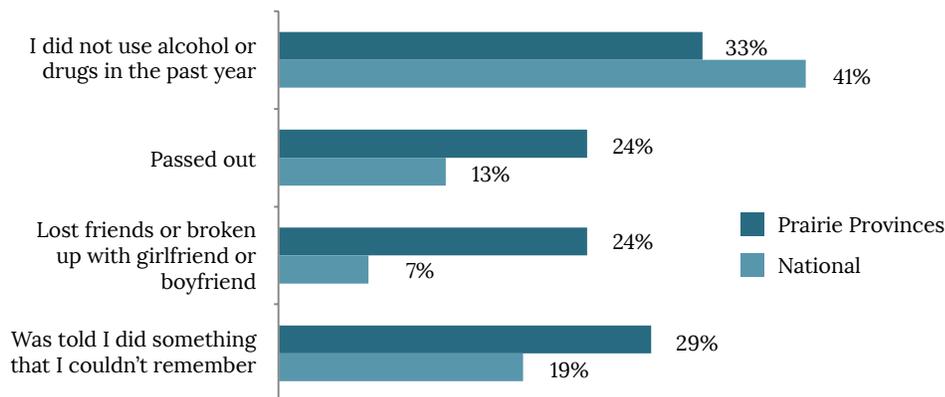
### YOUNGER TRANS WHO EVER USED THE FOLLOWING DRUGS

	Prairies	National
Prescription pills without doctor's consent (e.g. OxyContin, Ritalin)	38%	17%
Cocaine (coke, crack)	25%	7%
Hallucinogens (LSD, acid, PCP, dust, mescaline, salvia)	30%	11%
Ecstasy/MDMA	55%	14%
Inhalants (glue, gas, nitrous oxide, whippits, aerosols)	45%	12%

### OLDER YOUTH WHO HAD USED THE FOLLOWING DRUGS IN THE LAST 12 MONTHS

	Prairies	National
Cocaine or crack	15%	8%
Hallucinogens PSP, or LSD (acid)	23%	13%
Ecstasy (MDMA) or other similar drugs	23%	14%
Heroin	0%	2%

### YOUNGER TRANS YOUTH REPORTED THE FOLLOWING HAPPENED BECAUSE THEY WERE DRINKING OR USING DRUGS

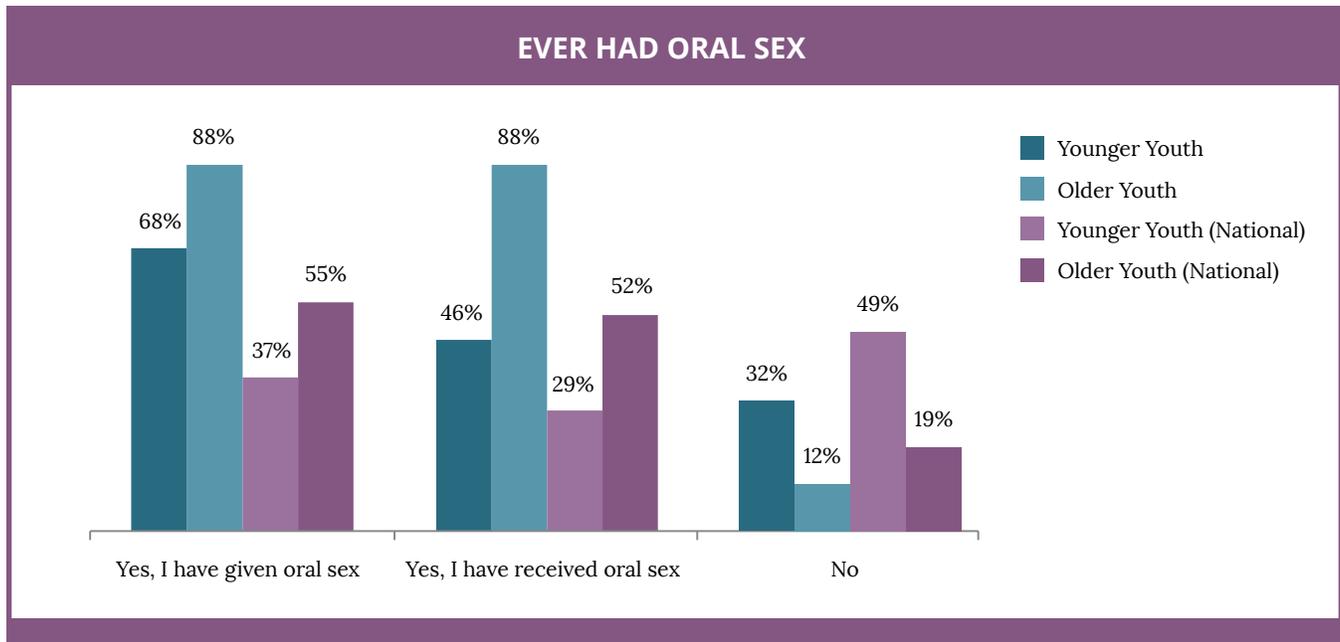


# Sexual health

Sexual health is an important topic to be covered in schools. Allowing trans youth to understand their changing bodies, as well as their sexual and gender identity can help them live healthy and safe sexual lives. In the Prairie Provinces, trans-inclusive sexual education is present with the program “Growing Up OK!” in Manitoba; however in Saskatchewan there is no noted LGBT-inclusive sexual education program.

## ORAL SEX

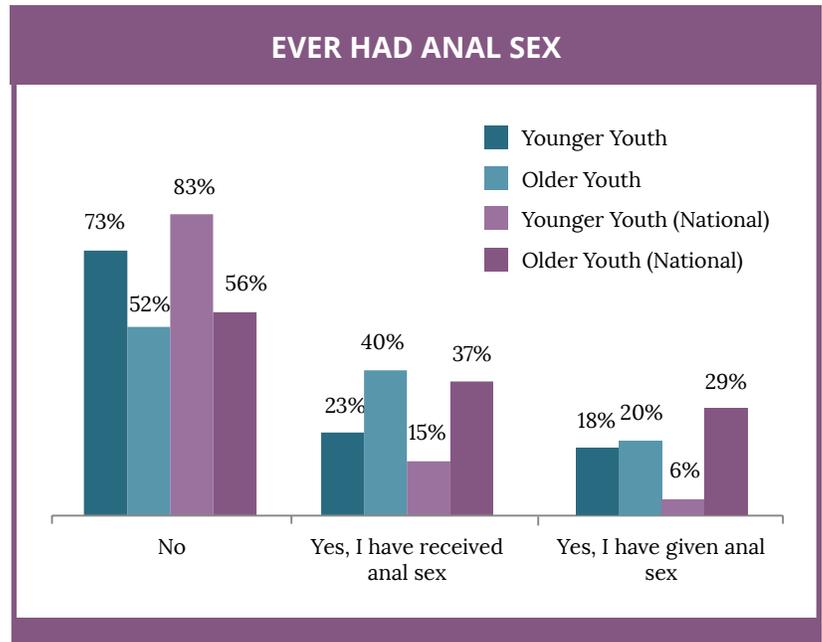
Similar to the national sample, most trans youth reported that they had oral sex. Over three-quarters (79%) indicated that they had given oral sex, and slightly less had received oral sex (68%), with nearly half (48%) reporting that they have both given and received oral sex. Older youth were significantly more likely than younger youth to have received oral sex (88% vs. 46%). A majority of respondents who have said they had oral sex, reported having oral sex in the past year (84%).



Note: Youth could choose more than one option.

## ANAL SEX

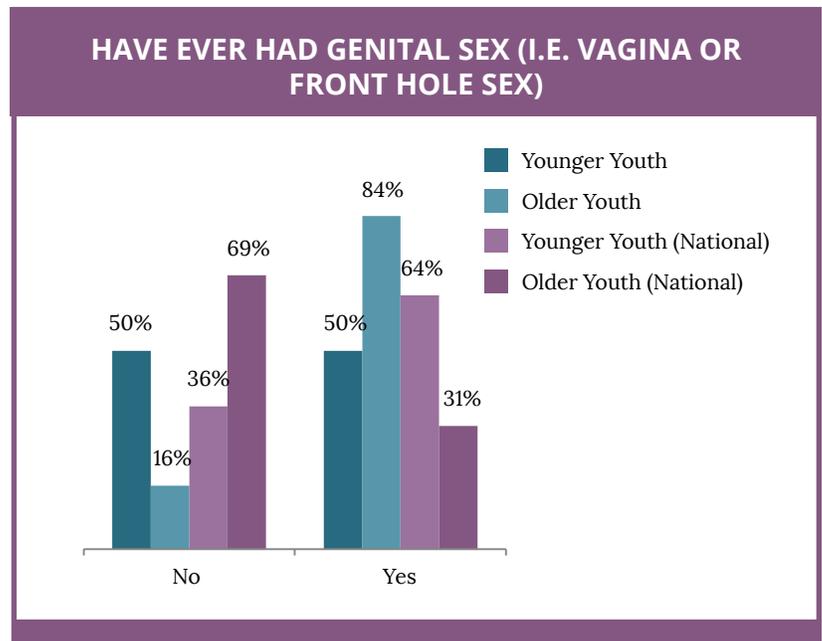
Over half of participants reported that they have never had anal sex (62%). Younger youth were more likely than older youth to report that have never had anal sex (73% vs. 52%). Nineteen percent of respondents reported that they had given anal sex, while 32% of respondents reported receiving anal sex. Consistent with previously noted results, older youth were more likely than younger youth to have received anal sex (40% vs. 23%). Due to low sample size we could not report on the number of younger respondents versus the number of older respondents that had given anal sex.



Note: Youth could choose more than one option.

## GENITAL SEX

To be understandable and respectful to trans youth, penile-vaginal sex was referred to as genital sex (i.e. vaginal or front hole sex). Nearly half of respondents (48%) reported that they have had genital sex. Older youth, similar to the national findings, were significantly more likely to indicate that they have had genital sex compared to younger youth (57% vs. 37%). In the past 12 months, 47% of older youth have been the receptive partner of genital sex, and 33% said they have been the insertive partners.



Note: The “No” category for Older Youth (Prairies) is smaller than 5, and therefore excluded.

# 40

## AGE AT FIRST SEX

Trans youth were asked about the first time they had sex. Among the 63% of younger respondents who had ever had sex, the average age at first sex was 14 years old. The average age among older respondents was slightly higher, at 16.8 years of age. These findings are similar to the national sample.

## ALCOHOL OR DRUG USE AT LAST SEX

Among those who had ever had sex, just over one quarter reported that they had used drugs or drank alcohol the last time they had sex (27%), close to the national sample number (22%).

## CONTRACEPTIVE USE AT LAST SEX

Trans youth were asked about the contraceptive methods that they used when they last had sex. Similar to national findings, most youth chose “not applicable” (51%), but among those who reported one or more methods, the majority chose birth control pills or condoms. There was a small number (n<5) of trans youth that used ineffective methods such as no method or withdrawal or some other method.

## PREGNANCY INVOLVEMENT

Among those who have ever had sex, the majority (90%) reported that they had never been pregnant or gotten someone pregnant, compared to 95% in the national sample.

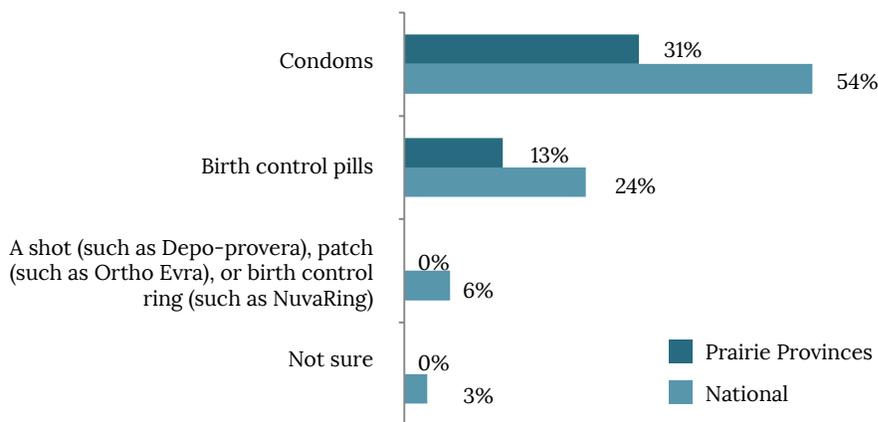
## SEXUALLY TRANSMITTED INFECTIONS (STIS)

All respondents reported that they have never had a doctor or nurse tell them that they have an STI/STD, compared to 96% in the national sample.

## TRADING SEX FOR MONEY OR OTHER THINGS

Trans youth were asked if they had ever been sexually exploited. More than 1 in 5 youth (22%) reported that they had engaged in a sexual activity for money, food, shelter, drugs or alcohol (compared to 10% in the national sample).

### METHOD USED TO PREVENT PREGNANCY AT LAST SEXUAL INTERCOURSE

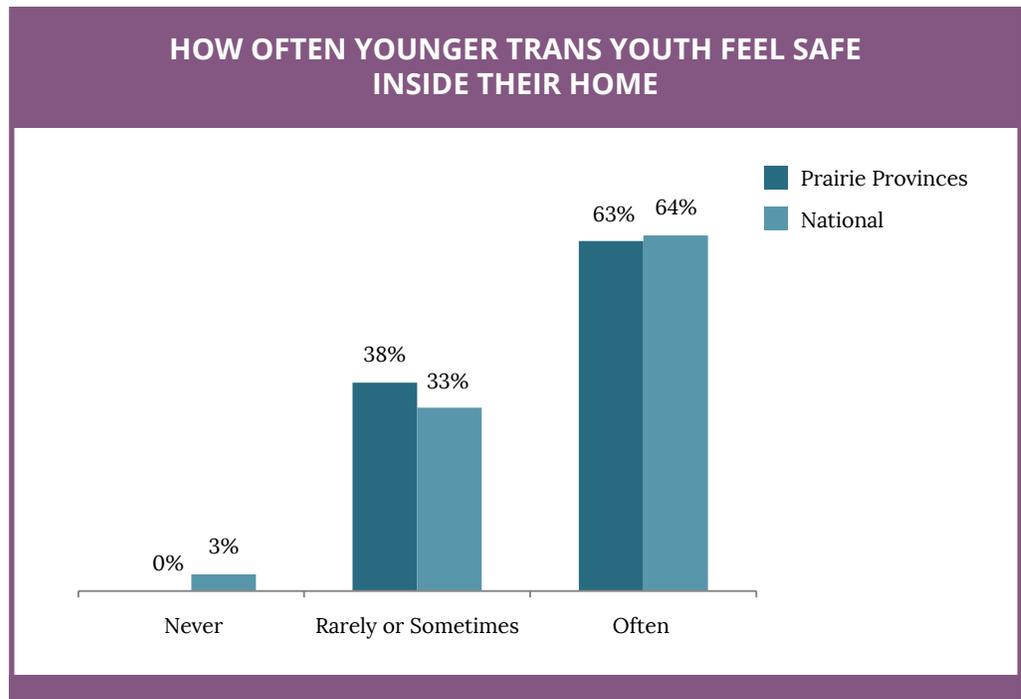


# Safety, discrimination, and violence

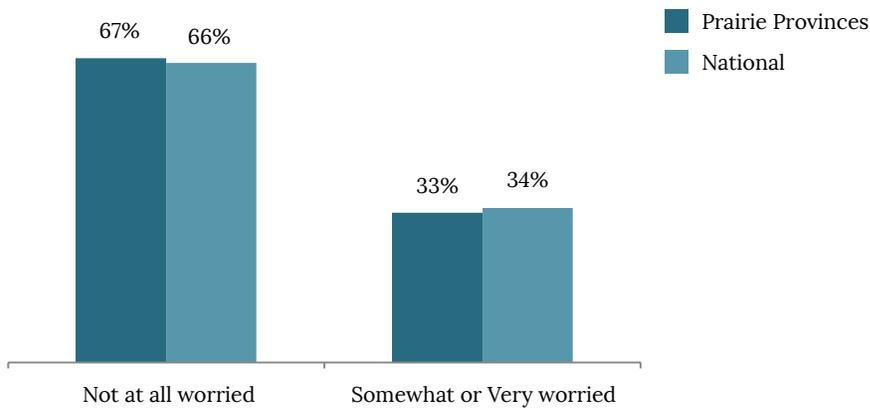
Many trans youth reported experiencing violence, discrimination, and frequent safety concerns due to transphobia they had experienced. Trans youth were asked about how safe they felt in specific locations, experiences of discrimination, as well as their experiences of violence online, in the community, at school, and in their own home.

## SAFETY AND VIOLENCE AT HOME

Similar to the national sample, one-third of older youth felt somewhat or very worried when they were alone in the evening or at night. The number of youth that had been a victim of physical abuse or witnessed family violence was too small to report on.



### HOW WORRIED OLDER TRANS YOUTH FEEL WHEN ALONE IN THEIR HOME AT NIGHT



### ROMANTIC RELATIONSHIP/DATING VIOLENCE

Similar to the national sample, the majority of youth reported having been in a romantic or dating relationship (95% of older youth and 74% of younger youth vs. 88% and 69% respectively). Twenty-eight percent of all youth who had been in a romantic or dating relationship, indicated that a date or someone they were going out with had physically hurt them (compared to 26% in the national sample). Younger youth were less likely to report dating violence than older youth (21% vs. 33%).

### SAFETY AND VIOLENCE AT SCHOOL

Trans youth experience difficulties at school that affect their sense of safety. They experience difficulties and discrimination that others will rarely or never experience. For instance, according to a CTV News report in 2014, Isabella a trans-identified student that identifies as a girl was not allowed to use the girls' washroom at a school in Winnipeg, Manitoba. However, she identifies as a girl, and just like any other girl would feel unsafe going to the washroom in the boys' washroom. In the survey, trans youth were asked questions about safety, bullying, or violence in the school environment.

# 44

## “I have used gender-neutral bathrooms once and I was very comfortable.” – AGE 18, SASKATCHEWAN

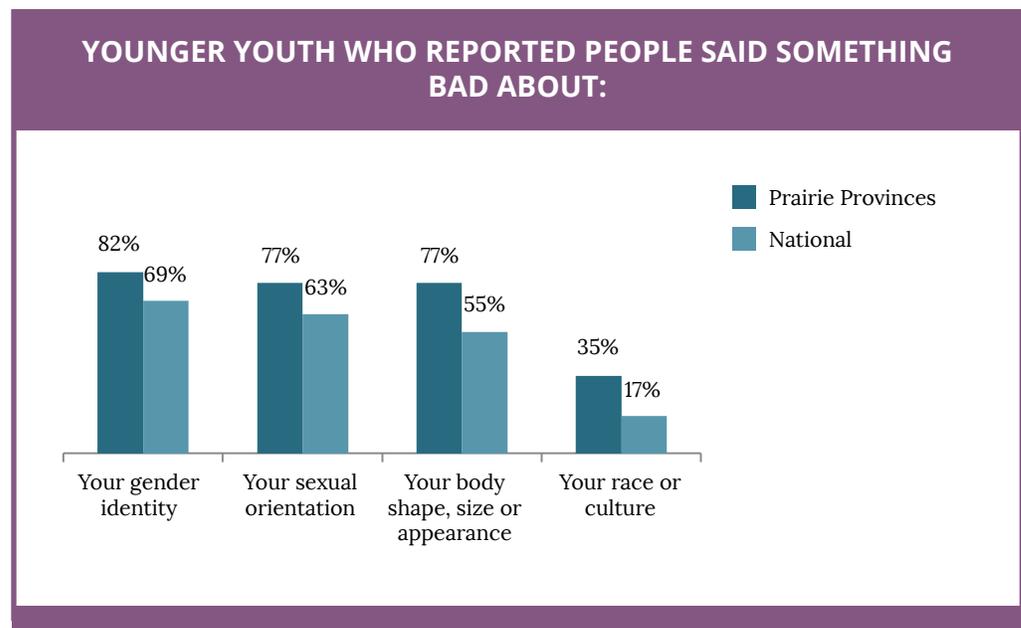
Younger youth scored an average of 5.2 on the 0-10 school safety index. Similar to the national sample, younger youth felt the least safe in the change room and the washroom, and felt the most safe in the library and the cafeteria.

Over half of younger youth reported that they had been bullied one or more times in the last year (53% vs. 58% in the national sample).

Nearly 1 in 2 younger youth (47% vs. 36% in the national sample) had been physically threatened or injured in the last 12 months, and over 4 out of 5 youth (81% vs. 64% in the national sample) had been taunted or ridiculed.

Similar to national findings, youth were most likely to report that someone had said something bad about their gender identity, sexual orientation, body shape, size or appearance, and less commonly about race or culture. Overall, these percentages were higher than the national sample.

Among older youth, 40% reported that they routinely carry something to defend themselves or to alert other people (compared to 22% in the national sample).



## SAFETY AND VIOLENCE IN THE COMMUNITY

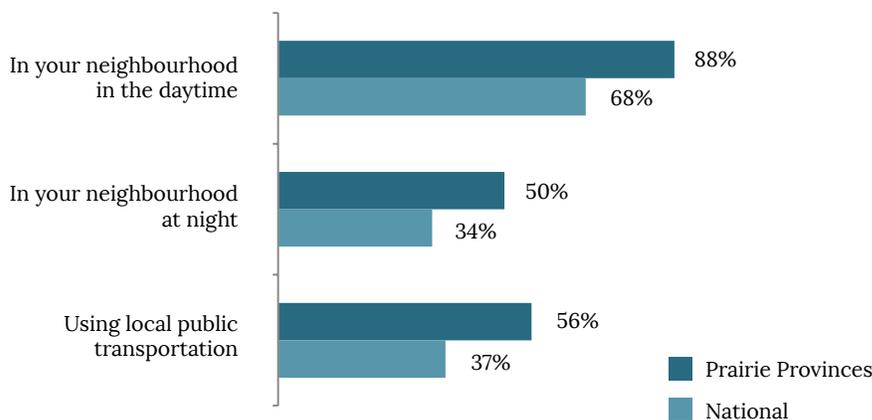
The Prairie provinces are slowly growing into a more trans-aware region. For instance, in March 2015, Saskatchewan became the first province in Canada to raise the transgender community flag for the International Day of Transgender Visibility at the Saskatchewan legislature building; and in February 2015 all provinces began to allow transgender citizens to self-identify their gender on citizenship papers without the previously required re-assignment surgery. However, not everyone in the Prairie provinces support this trans-awareness. Trans youth were asked questions about their feelings of safety and experiences of violence in their own community.

The majority of younger youth often felt safe in their neighborhood

throughout the daytime. However, only half of younger youth often felt safe in their neighborhood at nighttime, and just over half often felt safe using public transit. Overall, trans youth were more likely to report often feeling safe in all locations noted, compared to the national results.

Half of older youth (50%) indicated that they almost never walked alone in their neighbourhood after dark (vs. 21% in the national sample). When asked if they felt safer from crime, would they walk alone in their neighbourhood after dark more often, slightly more than 2 in 5 older youth reported, “Yes” (42% vs. 33% in the national sample). Among older youth that use public transportation, over one half (59%) indicated that they were very worried or somewhat worried while waiting or using public transportation (vs. 47% in the national sample).

### HOW OFTEN YOUNGER TRANS YOUTH FEEL SAFE IN THESE LOCATIONS



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## SEXUAL VIOLENCE

Only younger youth were asked questions about sexual harassment in the survey. Similar to the national findings, the majority of younger youth (77% vs. 70% in the national sample) had been subject to unwanted sexual comments, jokes or gestures directed at them in the past year, while 41% (vs. 37% in the national sample) of youth had experienced unwanted sexual touching, grabbing, pinching, or someone brushing against them in a sexual way.

The number of youth who have been physically forced to have sexual intercourse against their will is relatively higher in the Prairie Provinces than the national percentage. While nearly 1 in 4 trans youth (23%) has experienced sexual assault in Canada, nearly 2 in 5 (39%) youth in the Prairie Provinces has experienced the same thing.

## CYBER SAFETY AND CYBERBULLYING

In a world where we are now all connected more online, cyberbullying

has become a concern for Canadians. Across a variety of questions asked, cyberbullying rates were higher for Prairie trans youth than the national sample.

Among younger youth, 47% (vs. 35% in the national sample) reported that they had been asked for personal information over the Internet in the last year, 47% (vs. 33% in the national sample) reported that they had been bullied or picked on through the Internet in the last year. Over 1 in 3 youth (35% vs. 29% in national sample) also reported that someone made them feel unsafe when they were in contact with them over the Internet.

Among older youth, over half had received threatening or aggressive emails or instant messages (61% vs. 44% in the national sample), 1 in 8 youth had someone send out threatening emails using their identity (12% vs. 5% in national sample), and over one half had been the target of hateful comments spread through e-mail, instant messages, or posting on internet sites (56% vs. 40% in the national sample).



## DISCRIMINATION

Younger trans youth were asked about experiences of discrimination that happened in the past 12 months, and older trans youth were asked about experiences of discrimination that happened in the past 5 years. Given these differences in time recall between younger and older youth are not directly comparable.

Around three quarters of younger youth reported experiencing discrimination because of their gender identity, sexual orientation, and age, and lesser so for their sex, physical appearance, or other reasons. Most older youth reported having experienced discrimination because of their gender identity, physical appearance, sex, and sexual orientation; and less commonly because of age or some other reason.

IN THE PAST YEAR, HAVE YOU EXPERIENCED DISCRIMINATION OR BEEN TREATED UNFAIRLY BY OTHERS IN CANADA BECAUSE OF...				
	Prairies		National	
	Younger Youth	Older Youth	Younger Youth	Older Youth
Your sex	69%	68%	46%	63%
Your physical appearance (other than skin colour)	65%	75%	43%	60%
Your sexual orientation	67%	63%	47%	59%
Your age	78%	43%	51%	49%
Your gender identity	78%	76%	60%	70%
Some other reason	61%	43%	33%	34%

# Supportive relationships

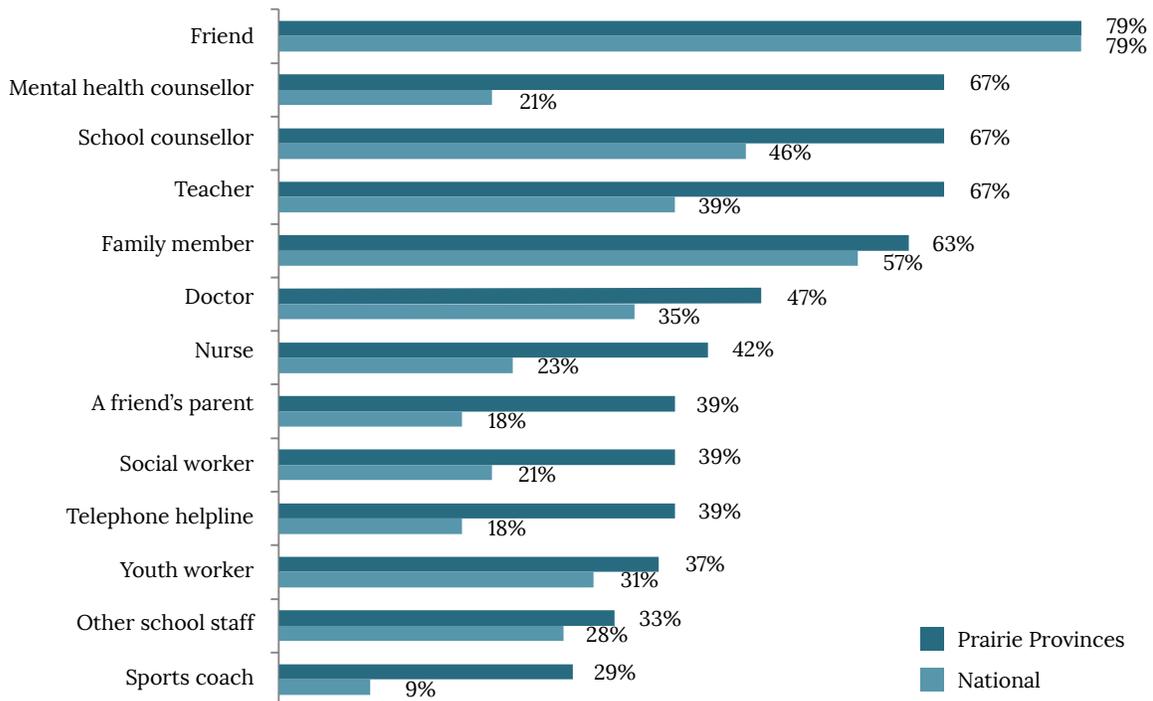
Due to the relatively unsupportive environments that trans youth reported experiencing at work, school, or through health care, having someone who is supportive of them is very important to buffer the negative effects of these environments.

Nearly one half of younger youth (42%) indicated that they had no adult that they could go to if they were having a serious problem. Over a quarter of

the younger youth (32%) reported that there was an adult in their family that they could talk to about a problem, while nearly one half of youth (47%) reported there was an adult outside of their family that they could talk to.

Younger youth went to friends, teachers, school counselors, mental health counselors, and family members the most for help in the past year. This group had a higher rate of seeking help from professionals than the national sample.

## WHO YOUNGER YOUTH ASKED FOR HELP



Note: With didn't ask (%)

Among those younger youth who had asked for help, they found friends, school counselors, and mental health counselors the most helpful.

Younger trans youth were given a scale asking them how caring adults outside the family including police officers, community adults, relatives, church leaders, and teachers are for them. The average score on this scale among younger youth was 3.8 out of 10.

Older youth were asked about the number of close friends and relatives they have that they feel comfortable talking with. Older youth had an average of four friends or relatives (3.9) that they felt comfortable talking with, and on average, 2.5 of those friends or relatives lived in the same community as them.

Older youth were also asked if they have access to supports when they need them. Similar to the national sample, over half of all older youth had access to most of the supports they were asked about such as someone to help if they were confined to a bed, someone who shows them affection, someone to give them advice about a crisis, someone to confide in or talk to about themselves or their problems, and someone to have a good time with all or most of the time. However, under half had access to someone that could take them to the doctor, someone that could prepare their meals if they were unable to do so themselves, someone that could give them hugs, someone that understands their problems, and someone that could help with daily chores if they were sick.

**PERCENTAGE WHO YOUNGER YOUTH REPORTED WERE HELPFUL**

	Prairies	National
Friend	79%	84%
Teacher	42%	62%
Aboriginal education worker	0%	17%
School counsellor	67%	57%
Mental health counsellor	67%	68%

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## OLDER YOUTH: SUPPORTS THAT ARE AVAILABLE WHEN NEEDED ALL OR MOST OF THE TIME

	Prairies	National
Someone to help you if you were confined to bed?	59%	50%
Someone who shows you love and affection?	66%	68%
Someone to give you advice about a crisis?	63%	57%
Someone to confide in or talk to about yourself or your problems?	60%	61%
Someone to take you to the doctor?	40%	53%
Someone to have a good time with?	56%	61%
Someone to prepare your meals if you were unable to do it yourself?	47%	50%
Someone who hugs you?	48%	54%
Someone to help with daily chores if you were sick?	33%	49%
Someone who understands your problems?	36%	42%



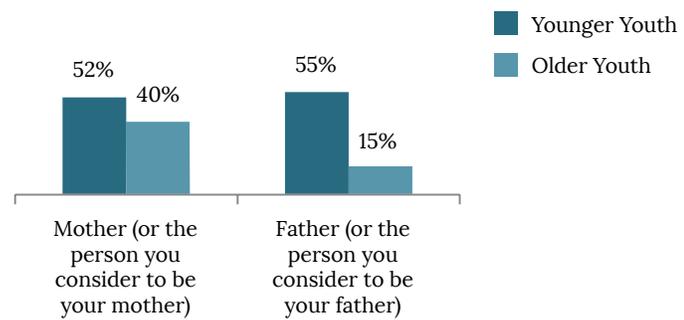
## PARENT CONNECTEDNESS

Parents are one of the most important supporters of trans youth.

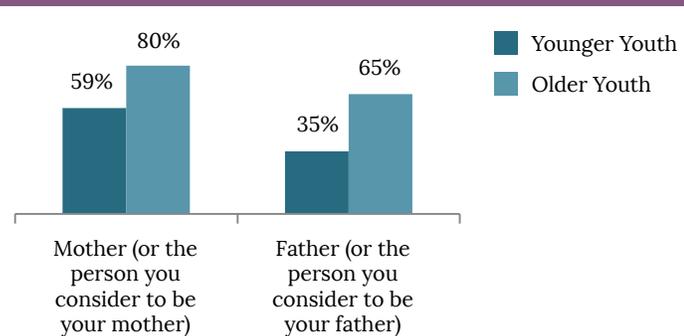
## FAMILY CONNECTEDNESS OF YOUNGER YOUTH

Younger trans were also rated on their relationship with their families in general. The family connectedness scale included questions such as “how much does your family respect your privacy?” and “how much do they care about your feelings?” On a scale of 0 to 10, the average family connectedness score was 4.8 (vs. 4.2 in the national sample). There was no significant relationship between family connectedness and mental health; however in the national sample, which had a larger sample, reported that youth with higher levels of family connectedness were more likely to report good or excellent overall mental health.

### PERCENTAGE OF YOUTH THAT REPORT FEELING QUITE A BIT OR VERY MUCH CLOSE TO THEIR PARENT



### PERCENTAGE OF YOUTH THAT FEEL THAT THEIR PARENT CARES ABOUT THEM QUITE A BIT OR VERY MUCH



### YOUNGER YOUTH WHO CHOSE “NOT AT ALL” OR “A LITTLE” IN ANSWER TO QUESTIONS ABOUT HOW MUCH FAMILY:

	Prairies	National
Cares about your feelings	54%	47%
Understands you	86%	70%
Has fun together	55%	51%
Respects your privacy	58%	44%
Pays attention to you	50%	35%

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## USING CORRECT NAME AND PRONOUNS

When trans youth begin to identify with a different gender, they require the support of other people in their lives to fully live in that gender. One

way of supporting and respecting a youth's choice is to call them by their correct name and pronouns when they ask you to. Similar to national findings, just over 3 out of 5 youth reported asking their parent(s) to use a different name or pronoun, while exactly 3

**“It all depends on the person. Some extended family that I have close ties to know, others I never see, I have not told. Old friends do not know, but the new ones...they know me only by my preferred name and pronouns. And if they ask if I am trans, I will tell them. But if they don’t, I often don’t mention.”**

– AGE 19, SASKATCHEWAN

HAVE YOU ASKED ANY OF THE FOLLOWING PEOPLE TO CALL YOU BY A DIFFERENT NAME OR PRONOUN, ONE WHICH REFLECTS YOUR GENDER IDENTITY?		
	Prairies	National
My parent(s)	62%	60%
My sibling(s)	60%	57%
My spouse or partner	78%	80%
My child(ren)	0%	20%
My extended family	28%	36%
My roommates	68%	62%
My trans friends	93%	86%
My non-trans friends	78%	78%
People online	86%	85%
My co-workers	42%	37%
My employer	56%	47%
My supervisor/boss	52%	48%
My teachers	65%	55%
My school staff	64%	50%
My classmates	67%	52%

out of 5 youth reported asking their sibling(s) to use a different name or pronoun.

Only just over a quarter had asked their extended family to call them by the appropriate name or pronoun that reflects their gender identity, and among youth who had a spouse or partner, nearly 4 in 5 youth had asked their spouse or partner to call them by the appropriate name or pronoun. Trans youth were more likely to ask their trans friends than non-trans friends to call them by the appropriate name or pronoun.

### BEING ABLE TO LIVE IN FELT GENDER

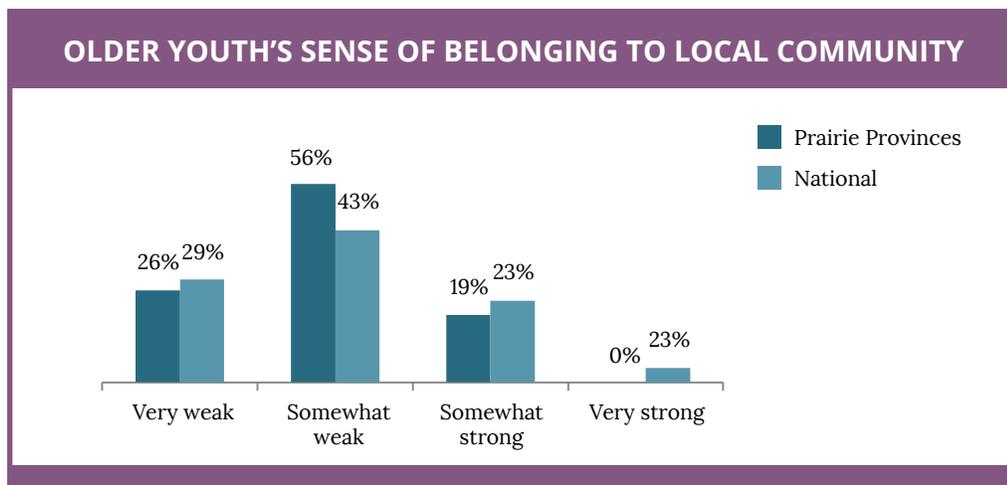
There were no significant differences in mental health status of youth who

currently lived in their felt gender, and youth who did not currently live in their felt gender. However, the national sample, with its larger sample, reported that individuals who lived in their felt gender were more likely to report better mental health.

### SENSE OF BELONGING

Older youth were asked to rate their sense of belonging to their local community. The majority of older trans youth described their sense of belonging to their local community as either very weak or somewhat weak. Nearly 1 in 5 of older youth reported that their sense of belonging was somewhat strong to their local community, and no respondents reported they had a very strong sense of belonging. These results were similar to the national sample.

**“I came out at 16. But it feels like I’m being pushed back into “the closet” because people won’t use my preferred pronouns that reflect my felt gender. I’m trying to live full-time as my felt gender.” - AGE 17, MANITOBA**



# Conclusions and recommendations

This regional report is the first report on the well-being and health of trans youth in the Prairie Provinces. Trans youth in Manitoba and Saskatchewan face a significant amount of challenges including: poverty, hunger, discrimination, and violence in school, their communities, as well as the health care system. The results we have presented in this report suggest that the adversities trans youth continuously face can have severe negative effects on their mental and physical health.

However, trans youth do not only have negative experiences in their communities. Many reported experiencing supportive relationships from family members, friends, professionals, and other community members. These supportive relationships help trans youth feel comfortable expressing their trans identity in school, the health care system, as well as in their community. From this report's findings, some recommendations to improve the climate, as well as the health and well-being of trans youth have been suggested.

## **KNOWLEDGEABLE AND ACCESSIBLE HEALTH CARE SERVICES**

Doctors and health care providers in the Prairies need to become more aware of the trans community, as well as trans health issues. Health care providers need more training in treating trans patients to allow trans youth to feel more comfortable in going to the doctor for trans-specific or any other health needs.

## **BREAKFAST PROGRAMS/ TRANS-AFFIRMING FOOD HAMPERS/PROGRAMS**

Younger trans youth in the Prairies seem to have more issues with hunger and poverty. Implementing more breakfast programs in schools could potentially help these trans youth have a good, healthy breakfast, instead of missing out on one of the most important meals of the day.



Compared to the national sample, a number of trans youth go hungry because they do not have enough money to buy food. Implementing more trans-affirming food services could encourage trans youth to find help.

## SAFER SCHOOLS

Similar to national findings, unsafe schools for trans youth are a problem in the Prairies. Implementing more policies and programs to create trans-affirming and trans-aware communities and schools is important in creating safe spaces for trans youth. Specifically, schools could provide education to all students about issues of gender diversity, implement

more gender-inclusive washrooms and change rooms, as well as making sure trans youth are able to access the washrooms and change rooms that match with their gender identity. Other spaces where trans youth can feel safe and have access to supports, community, and friends, such as gay straight alliances or gender and sexuality alliance in schools will also be important.

Although, there are more programs and policies that need to be implemented to create more trans aware communities, below is a list of current trans-affirming programs that trans youth in the Manitoba and Saskatchewan can access for health and well-being needs.



## Winnipeg, Manitoba Resources for Transgender Youth

### KLINIC COMMUNITY HEALTH CENTER TRANS CLINIC

870 Portage Ave.

**204-784-4094** (new patients) or

**204-784-4090** (existing patients)

**[www.klinic.mb.ca](http://www.klinic.mb.ca)**

Klinic Community Health Center is a Trans Aware & Trans Affirming agency. We provide services such as STI screening and treatment and Pap smears on a walk-in basis to all individuals of need regardless of their sexual orientation or gender status. We consider transgender individuals experiencing difficulties in getting or maintaining access to Primary Care among our priority populations for acceptance into our Health Services Primary Care program for ongoing medical care. Individuals with HIV or HepC infections or those who are refugees or other newcomers to Canada are also given priority for acceptance into the Health Services Program for ongoing care of their medical needs.

### DR. IAN WHETTER

870 Portage Ave.

Dr. Whetter is a primary-care physician (family doctor) specializing in transgender patients. His practice is based at Klinic (see above). If you already have one, he is also available to consult with your family doctor regarding transgender issues.

### MANITOBA ADOLESCENT TREATMENT CENTRE

120 Tecumseh

**204-477-6391**

**[www.matc.ca](http://www.matc.ca)**

As the name suggests, the centre (which also has an office on Broadway) helps troubled teens. Its counsellors and social workers are working to find ways to help TG kids sort out their feelings in safe environments.

### MANITOBA HEALTH

300 Carlton St.

**204-786-7380** or **1-800-392-1207 ext. 7380**

**[www.gov.mb.ca/health](http://www.gov.mb.ca/health)**

Questions about what services Manitoba Health covers for transgendered patients can be addressed to Deborah Slobogian-Jones, Manager of Out-of-Province Claims, 204-786-7380 or 1-800-392-1207 ext 7380. Deborah can also help you change the gender designation on your health card.

## Winnipeg, Manitoba Resources for Transgender Youth (cont.)

### NINE CIRCLES COMMUNITY HEALTH CENTRE

705 Broadway

**204-940-6000**

**[www.ninecircles.ca](http://www.ninecircles.ca)**

Nine Circles offers services to support the prevention of HIV and STI's through Testing at our drop-in testing and treatment clinic (204-940-6000) and coordinated medical services for Manitobans living with HIV. Nine Circles also offers prevention education and supports, workshops, resources and harm reduction tools through our Health Educators and the Manitoba HIV/STI Information line (204-945-2437 or 1-800-782-2437). Nine Circles is committed to maintaining safe, responsive and appropriate services to all our clients. We are knowledgeable and competent in the provision of health care to the GLBTTQ\* community.

### MOUNT CARMEL CLINIC

886 Main St.

**204-582-2311**

**[www.mountcarmel.ca](http://www.mountcarmel.ca)**

Mount Carmel Clinic physician services are similar to Klinik's, plus it has a dental program, pharmacy, X-Ray and lab on site, all available to clients of Mount Carmel Clinic. Mount Carmel gives priority to patients who live in the North End and those who participate in Mount Carmel programs such as Sage House. Mount Carmel Clinic provides trans-affirming medical care.

### CORYDON PRIMARY HEALTH CARE

Unit 102 Corydon Ave.

**204-940-2000**

This is a drop-in clinic that is GLBT-friendly. You can also make appointments to see a doctor who will deal with GLBT issues.

### DR. JULE HENDERSON

The Wolseley Elm, 146 Arlington St. (at Westminster)

**204-784-7703**

Dr. Henderson is a clinical psychologist, registered in Manitoba, who works in a comfortable, home-like setting in private practice. She provides therapy for transgender individuals and their families, as well as psychological assessments, like those required prior to hormone therapy or sex reassignment surgery. She has worked with the transgender community for over 25 years, and also offers consultation to other service providers, including professional training. Services from a psychologist are not covered by Medicare, though they often are reimbursable through third party health insurance plans. (Some insurance companies require a referral from a medical doctor.)

## Winnipeg, Manitoba Resources for Transgender Youth (cont.)

### GENDER DYSPHORIA ASSESSMENT AND ACTION FOR YOUTH (GDAAY): MANITOBA & AREA PROGRAM FOR TRANSGENDER YOUTH

Pediatric Endocrinology

FE 307-685 William Ave.

204-787-7435

[www.gdaay.ca](http://www.gdaay.ca)

The GDAAY team offers coordinated and integrated care for youth (under 18) along the spectrum of gender dysphoria. We provide youth and their families with supportive services including assessment and treatment.

### RAINBOW RESOURCE CENTER

204-474-0212 ext. 201 (front desk)

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

### Peer Project For Youth (Ages 13-21)

204-474-0212 ext. 223

[peerproject4youth@rainbowresourcecentre.org](mailto:peerproject4youth@rainbowresourcecentre.org)

[www.facebook.com/PeerProject4Youth](https://www.facebook.com/PeerProject4Youth)

Peer Project for Youth (PPY) is a program offering LGBT2SQ+ youth a safe, fun place to learn new skills, create projects, and celebrate diverse identities. PPY seeks to build capacity, provide support, and encourage peer education on sexual orientation, gender identity and anti-homo/bi/transphobia education. PPY focuses on providing youth opportunities to be positively supported and affirmed as LGBT2SQ+ individuals: to create social change while learning valuable skills; and to increase self-esteem and self-confidence while increasing social networks and contacts.

PPY offers youth-decided programming every Monday and Wednesday evenings and the third Saturday of each month. To share ideas for programming, workshops or outings, contact the coordinator by phone or email. Events are updated monthly through the Rainbow Resource Centre website or through Facebook. Workshops include components of: leadership and capacity building, skills development, facilitated discussions, creative expression, and community building. Snacks and bus tickets are available.

It is encouraged to call ahead of time to confirm times and locations of programming, scheduling a tour, or meeting with the PPY coordinator.

### Counselling

The Rainbow Resource Centre offers counselling services to the following groups:

- Members of the LGBT2SQ+ (lesbian, gay, bisexual, transgender, two-spirit, queer) community;

## Winnipeg, Manitoba Resources for Transgender Youth (cont.)

- People who are questioning their sexual orientation and gender identity;
- Parents, family, and friends of LGBT2SQ+ community members who need information, education, and support in order to foster supportive relationships with their LGBT2SQ+ loved ones.

The range of personal concerns that can be addressed in counselling is diverse. It includes but is not limited to:

- Coming out
- Exploring sexual orientation or gender identity
- Painful feelings
- Loss and grieving
- Adjusting to change
- Substance use
- Suicidal feelings
- Relationship problems
- Stress, anxiety, depression

Counselling Services are provided by staff counselors, volunteer counselors, and practicum students from Counselling-related disciplines. Counselors work from a variety of counselling perspectives including strengths-based, solution-focused, feminist, and narrative.

When and how can I see a counsellor? Is there a wait list? Is there a fee?

- We offer drop-in counselling and short-term counselling. There is no charge. The Rainbow Resource Centre currently has a wait list of clients seeking short-term counselling.

Clients accessing short-term counselling can expect the following:

- An intake interview during which you will be asked to share what has prompted you to seek counselling and what you hope to accomplish through counselling,
- Six sessions with a counsellor at weekly, bi-weekly, or monthly intervals,
- Two “booster” sessions if needed,
- Evaluation of whether goals have been met, at which point services may be terminated or you and your counsellor will devise a new plan to meet your needs.

Please call **204-474-0212** or e-mail **[counselling@rainbowresourcecentre.org](mailto:counselling@rainbowresourcecentre.org)** if you would like to seek counselling at the Rainbow Resource Centre, or if you would like information about alternative LGBT2SQ+ counselling services.

### Peer Support Groups

FTM Gender Alliance of Winnipeg

- 1st Tuesday of the month, 7:30-9:30 pm. Group room. Year round. Peer support group for female to male transgendered individuals. Open to the general public. All ages welcome.

## Winnipeg, Manitoba Resources for Transgender Youth (cont.)

### Winnipeg Transgender Support Group

- 3rd Friday. 7:30 pm-10 pm. Group Room. Year Round. Monthly opportunity to meet other gender variant folk, share information and experiences, in hopes to learn from and support one another. The group also is an opportunity for people to present in their preferred gender in a safe and affirming place. Male to female and female to male, all ages welcome. Open to the general public. Visit their website for more information: <http://winnipegtransgendergroup.com>

### Parents, Family and Friends of Trans Individuals

- 2nd Tuesday. 7:00 pm-9 pm.

### BLiNK

[blink@rainbowresourcecentre.org](mailto:blink@rainbowresourcecentre.org)

BLiNK is a play group where trans and gender creative kids 12 and under can make friends and do fun activities in an affirming environment.

Children are welcome to bring a supportive friend or sibling. A parent or guardian must remain present with their child or children at all times as child care is not provided.

No registration is required. Email BLiNK for dates and times.

### Partners In Process - PiP

[pip@rainbowresourcecentre.org](mailto:pip@rainbowresourcecentre.org)

A support group for partners and people who love people who identify under the trans\* umbrella

This group's purpose is to create space to talk about the challenges, struggles and joys of being in a relationship with someone who is struggling with gender identity – whether they are questioning, starting to transition or have already transitioned. We welcome folks in all types of relationships and of all orientations and identities. No registration required. Contact the facilitators by email for dates and times.

### Education Program

204-474-0212 ext. 205

[education@rainbowresourcecentre.org](mailto:education@rainbowresourcecentre.org)

The Rainbow Resource Centre's Education Program provides awareness, knowledge, skills, capacity building and organizational consultation to service providers, administration, and the public on sexual orientation and gender identity. Organizational and agency consultations include: policy and practice, creating inclusive workplaces and service provision, resource development, and developing peer-to-peer accountability.

Trans specific knowledge transfer and workshops include:

- Transgender and Gender Diversity Awareness

## Winnipeg, Manitoba Resources for Transgender Youth (cont.)

- Inclusive Approaches to Mental Health and Wellness for Trans and Gender Diverse Populations
- Trans Family Planning
- Supportive and Affirming Homes for Transgender and Gender Creative Children and Youth

## Winnipeg Safe Homes

### HONOURING THE SPIRIT OF OUR LITTLE SISTERS: SAFE TRANSITION HOME, WINNIPEG

Ma Mawi Wi Chi Itata

**204-925-1778**

A safe transition home for female and transgender youth, between the ages of 13 and 17, who are being subjected to, and at risk for continued, sexual exploitation. Here, young women benefit from comprehensive holistic programming that fosters a safe, welcoming and respectful environment. This includes the provision of family group decision making, cultural opportunities, education, employment, training, mentoring, life skills and volunteerism. Self, agency and community referrals are accepted. It is a voluntary program. Short-term emergency shelter for youth who are sexually exploited may be possible based on availability of space.

### RESOURCE ASSISTANCE FOR YOUTH - R.A.Y. (PREVIOUSLY KNOWN AS OPERATION GO HOME, WINNIPEG)

195 Young St.

**204-783-5617**

**webservice@RaYinc.ca**

**www.RAYINC.ca**

R.A.Y. offers a drop-in, resource center and outreach program for street youth of all ages (mostly 14 to 30) with a range of services such as access to food, clothing, housing, advocacy, referral, computer access, personal phone message system, resume development, job readiness programs, crisis support and intervention and family repatriation assistance. Offers public education presentations about the realities of street life for youth. It is estimated that approximately 30% to 50 % of the youth who use the services of R.A.Y. have been sexually exploited, primarily involving the exchange of sex for survival needs such as access to food and shelter.

### SAGE HOUSE (AFFILIATED WITH MOUNT CARMEL CLINIC)

422 Dufferin Ave.

**204-943-6379**

Eligibility: Women (including transwomen) who are street-involved and/or are involved in the sex trade may access services. We have no geographical boundaries.

Appointments may be made in the a.m. hours on an individual basis by calling Sage House at 204-943-6379.

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### Winnipeg Safe Homes (cont.)

#### TRANSITION, EDUCATION AND RESOURCES FOR FEMALES (TERF)

400 – 491 Portage Ave.

**204-786-7051**

TERF Youth Program

New Directions for Children, Youth, Adults and Families, Winnipeg

A transition program for sexually exploited female and transgender youth ages 13 to 17, offering personal development, healing, educational, vocational, advocacy and support services. Self or agency referrals are accepted. Offers public education presentations about the realities of child sexual exploitation.

### Brandon, Manitoba Resources for Transgender Youth

#### SEXUALITY EDUCATION RESOURCE CENTRE (SERC)

Unit C, 1700 Pacific Avenue

**(204) 727-0417**

**runeb@serc.mb.ca**

In Brandon, we're best known as an agency where people can come for information about sexuality, LGBT\* awareness, and other sexual health resources. We participate in many sexual health-related events and activities in the community. Our goal is to inform and educate people about sexuality and SERC's services.

At the Brandon SERC office, we offer:

- Free sexual health and well-being resources through our website ([www.serc.mb.ca](http://www.serc.mb.ca)) and pamphlets, booklets, and brochures
- Free safer sex supplies (dams, internal and external condoms, gloves, lube, info)
- A free community lending library with books and videos
- The Facts of Life Program - information and referrals are provided to folks via "Ask a Question Confidentially" email [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca). Topics related to sexuality and reproductive health are answered by our Sexual Health Workshop Facilitators within two business days
- LGBTTQ\* Counselling, support, and information (see below)
- LGBT\* Programs (see below)

For more information about LGBTTQ\* programming in the Brandon and Westman area, please connect with Rune Breckon, LGBT\* Program Facilitator at SERC Brandon via **204-571-3282** or **runeb@serc.mb.ca**.

## Brandon, Manitoba Resources for Transgender Youth (cont.)

### LGBTQQ\* COUNSELLING, SUPPORT, AND INFORMATION

204-727-0417

**brandoncounselling@rainbowresourcecentre.org**

SERC Brandon has teamed up with Winnipeg's Rainbow Resource Centre to offer free LGBTQQ\* Counselling Support, and Information to and for individuals, families, partners, and friends living in the Westman area.

Counselling services are provided by Amanda Trelford, who may be reached at **204-727-0417** or via email at **brandoncounselling@rainbowresourcecentre.org**.

### BRANDON UNIVERSITY LGBTQQ\* COLLECTIVE

A group designed to connect Brandon University's gay community and allies. The Brandon university LGBTQQ\* Collective Office can be found on the second floor of the Knowles-Douglas Center (student Union Building). Search for "B.U. LGBTQQ\*" on Facebook for more information.

### LGBT\* BOOK CLUB

This book club highlights a different LGBTQQ\* themed work of fiction or non-fiction every six weeks and offers lively and informative discussions on thrilling ix of LGBTQQ\* classic, unsung gems, and buzz-worthy new releases. Search for "Brandon LGBT\* Book Club" on Facebook for more information.

Please connect with Rune Breckon, LGBT\* Program Facilitator at SERC Brandon via **204-571-3282** or **runeb@serc.mb.ca** for more information.

### LGBT\* & MOOD DISORDERS SUPPORT MEETINGS

204-725-1232

**connieR@mooddisordersmanitoba.ca**

Peer support meetings help LGBT\* individuals, of any age, living with their mood disorder(s). All are welcome! For more information, dates, and location, please connect with Connie Ricker, Outreach Manager Westman at Mood Disorders Association of Manitoba at **204-725-1232** or via **connieR@mooddisordersmanitoba.ca**

### THE BTOWNQ

204-571-3282

**runeb@serc.mb.ca**

The BTOWNQ (formally SERC'S LGBTQQ\* COFFEE HOUSE) is a community-building initiative where Lesbian, Gay, Bisexual, Trans, Two Spirit, Queer, Questioning, Intersex, and Asexual individuals regularly meet, socialize, and have fun. LGBTQQ\* Allies are welcome. We get together monthly.

Please connect with Rune Breckon, LGBT\* Program Facilitator at SERC Brandon via **204-571-3282** or **runeb@serc.mb.ca** for more information.

## Brandon, Manitoba Resources for Transgender Youth (cont.)

### Q&A

**brandonQandA@gmail.com**

Q&A's vision is to host fun, creative, and safe events for the LGBTTTQ\* communities and allies in Brandon and surrounding areas. We aim to support local artists ( and eventually non-profit groups) while raising awareness of, and support for, the LGBTTTQ\* community.

### WESTMAN LGBT COMMUNITY (FACEBOOK GROUP)

This is an online community group that has been created to help LGBTTTQQA\* individuals and their allies to share information about community events, discuss LGBTTTQQA\* issues, and anything else that seems pertaining to this group.

### WESTMAN TRANS HEALTH CLINIC

**204-578-2513**

The Trans Health Clinic is for trans\*, transgender, transsexual, two spirit, 2spirit, genderqueer, and/or gender non-conforming individuals seeking hormone and surgery affirmation services. Currently, this clinic does not offer primary health care but supports practitioners in caring for trans\* clients. Services run out of Public Health (in Brandon's Town Centre) once a month.

For more information or to book an appointment, please phone Brandon Public health nurse at **204-578-2513**. Prior to appointment, a small intake process occurs.

### TRANS\* SOCIAL/PEER SUPPORT GROUP

**204-571-3282**

**runeb@serc.mb.ca**

An opportunity for folks transgressing gender norms (who may identify or who may not identify with the terms trans\*, transgender, two spirit, genderqueer, gender non-conforming, and gender variant) to meet, share information and experiences, while engaging in low-key social activities. The group aims to learn from and support one another in their own journeys.

Please connect with Rune Breckon, LGBT\* Program Facilitator at SERC Brandon via **204-571-3282** or **runeb@serc.mb.ca** for more information.

## Brandon, Manitoba Resources for Transgender Youth (cont.)

### CAMP AURORA

204-474-0212, ext. 201

[campauroora.ca](http://campauroora.ca)

Camp Aurora is a four-day subsidized summer camp for LGBTTTQ\* youth and allies. Youth ages 14-19 are welcome to apply. The camp is fully funded so you won't have to spend much to attend. We have a beautiful spot in the Whiteshell, thanks to the Variety Club. Our hope is that you will meet some new friends, try some new things, learn about yourself and your community, and have some fun along the way.

If you have any questions, contact Craig at the front desk (204-474-0212, ext. 201) or email at [campauroora@rainbowresourcecentre.org](mailto:campauroora@rainbowresourcecentre.org).

## Saskatchewan Resources for Transgender Youth

### THE AVENUE COMMUNITY CENTRE FOR GENDER AND SEXUAL DIVERSITY (A.K.A. OUT SASKATOON)

Health agency education, support and counseling library

320 21<sup>st</sup> St W, Saskatoon, SK

306-665-1224 (Toll Free: 1-800-358-1833)

[info@avenuecommunitycentre.ca](mailto:info@avenuecommunitycentre.ca)

[www.avenuecommunitycentre.ca](http://www.avenuecommunitycentre.ca)

Support groups:

- **BodyRespect** is a body image support group, open to all genders and sexualities, helping us develop respectful relationships with our bodies. (Every second Wednesday @ 7:00pm @ the ACC).
- **Out & Proud Youth** for people 12 to 19, OPY is a place of safety, belonging, and support for young people who are coming to grips with being young and queer. (Every Friday @ 7:00 @ the ACC).
- **Rainbow Coffee** is a group for high-school-aged youth who are queer (LGBTQ) or queer-friendly to create a province-wide network of allies! We have drinks and snacks, chat, plan social events, and much more. (Every Wednesday @ 4:30pm alternating locations between the ACC and the Pride Centre).
- **Gender Revolution** is a supportive social group for anyone who is gender variant, identifies as transgender, is questioning their gender identity, or is an ally. (Every Tuesday @ 7:00pm @ Pride Centre).

## Saskatchewan Resources for Transgender Youth (cont.)

- **Rainbow Families** is a social, supportive group for gender and sexually diverse families, family members, caregivers, youth, and support systems. This group gathers once a month, alternating between a more casual gathering and a themed party. If you are a trans\* parent or you have a trans\* child this group is a great monthly opportunity to meet other families like yours.

### EMILY COATES (SASKATOON HEALTH REGION COUNSELLING)

BSW, MSW, RSW (Youth Therapist). Specializes in working with Trans\* youth.

Professional Practice

Saskatoon Health Region

**(306) 655-7777 (Request Emily Coates)**

Private Practice

**etherapysolutions1@gmail.com**

**www.e-therapysolutions.com**

### RAINBOW RADIO- CFCR 90.5 FM

Volunteer-based lesbian, gay, bisexual, transgender and ally (LGBTQA) radio program.

Sundays at 9:30 p.m.

**rainbowradio\_cfcr@yahoo.com**

**www.facebook.com/grrradio90.5**

### GENDER TALK – CJTR 91.3 FM

**soundcloud.com/gender-talk-saskatchewan**

We are Gender Talk, our voice and your source for everything related to gender diversity in Saskatchewan. Hosted by Dylan the D-Man, Kayla Skye, and Stephanie every Friday morning from 11am until noon, on CJTR 91.3 fm in Regina.

Tune in:

- 91.3FM in Regina
- Stream online @ [www.cjtr.ca/listen-live](http://www.cjtr.ca/listen-live)
- Channel 806 on SaskTel Max
- Channel 700 on Access Communications Digital Service

## Saskatchewan Resources for Transgender Youth (cont.)

- Facebook: [www.facebook.com/GenderTalkSask](http://www.facebook.com/GenderTalkSask)
- Twitter: [www.twitter.com/GenderTalkSask](http://www.twitter.com/GenderTalkSask)
- Tumblr: [gendertalksask.tumblr.com](http://gendertalksask.tumblr.com)
- Google Plus: [plus.google.com/u/0/108846322687499714533](https://plus.google.com/u/0/108846322687499714533)

Have show suggestions? Want to be a guest? Email us at [GenderTalk@CJTR.ca](mailto:GenderTalk@CJTR.ca)

### CAMP FIREFLY SASKATCHEWAN

[campfyreflysask@hotmail.com](mailto:campfyreflysask@hotmail.com)

Camp fYrefly ([www.fYrefly.ualberta.ca](http://www.fYrefly.ualberta.ca)) is Canada's largest, volunteer-based, summer leadership retreat for sexual minority and gender variant (lesbian, gay, bisexual, trans-identified, two-spirited, intersexed, queer, and questioning) and allied youth.

In partnership with the Faculty of Education, University of Regina and the College of Education, University of Saskatchewan, Camp fYrefly-Saskatchewan will be held in Saskatchewan (alternating between Saskatoon and Regina) each summer.

### TRANSSASK SUPPORT SERVICES

Box 3911

Regina, SK S4P 3R8

[info@TransSask.org](mailto:info@TransSask.org)

[Youth@TransSask.org](mailto:Youth@TransSask.org) (Youth programming)

[www.TransSask.org](http://www.TransSask.org)

TransSask is a province wide support and resource network for trans\*-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends and allies. Our core values are support and education within an environment respectful of diversity and equality.

Communicate with us on social media:

- Facebook/[TransSask.Support.Services](https://www.facebook.com/TransSask.Support.Services)
- Twitter [@TransSask](https://twitter.com/TransSask)

## Saskatchewan Resources for Transgender Youth (cont.)

### UR PRIDE CENTRE FOR SEXUALITY AND GENDER DIVERSITY

UR Pride Centre, University of Regina

Regina

Office Hours:

10:00am – 4:00pm (Mon-Thurs)

10:00am – 1:00pm (Fri)

**contactus@urpride.ca**

**1 (306) 586-8811 ext 207.**

The UR Pride Centre for Sexuality and Gender Diversity is a non-profit LGBTQ service provider housed at the University of Regina. It is run by a group of volunteer directors from the University of Regina community, and two full time staff members with occasional part time staff available seasonally. UR Pride provides services and programming for the entire community of Regina, not just for the University of Regina, and is available to provide certain services to others communities in the Southern Saskatchewan region on request.

- We provide: a lounge with a multi-media library, confidential peer support and referrals, workshops and lectures, substance-free social Events, a Positive Space Network, Youth Programming, safer sex supplies, publications, and much more. For more information and to find out what UR Pride can do for you, give us a shout at **contactus@urpride.ca** or **1 (306) 586-8811 ext 207.**

### CANADIAN RAINBOW HEALTH COALITION (CRHC)

PO Box 3043

Saskatoon

**1-800-955-5132 (Toll Free)**

Provides educational documents and resources related to healthy GLBT populations.

### CAMP CATERPILLAR

Camp Tapawingo, Candle Lake, Saskatchewan

August 26 -28, 2015

Ages: 7 - 13

Camp Caterpillar is an all-gender camp for trans\* and gender creative campers and their siblings.

To register, contact Fran Forsberg at: **frannyforsberg@gmail.com**

## Saskatchewan Resources for Transgender Youth (cont.)

### **JER'S VISION**

440 Albert St., C304, Albert Street Educational Centre

Ottawa, ON, K1R 5B5

**613-400-1875**

**[www.jersvision.org/en](http://www.jersvision.org/en)**

Educational programming, conferences and professional development, art programs, community involvement, and supporting youth ideas to address bullying, homophobia, transphobia and discrimination in schools and youth communities.

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