

Chrysalis Center Presents

Health Equity News

Supporting Trans Youth

October 2023

Importance of Family Support

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Timing of Gender Affirming Care

We are aware of the importance of gender affirming medical care (GAMC), but the timing in which this care takes place also plays a role in the mental health of gender incongruent youth...(read more on page 3!)

**glossary of terms
on page 3!!**

Anti-Trans Legislation

State lawmakers all around the country have been introducing bills to limit healthcare, decrease access to sports, and create barriers for gender diverse youth to explore their expression and seek affirming care... (read more on page 4)

Select Anti-Trans Bills in North Carolina:

[NC H43](#) - Healthcare - Introduced

[NC H574](#) - Sports - Passed

[NC H786](#) - Healthcare - Introduced

[NC H808](#) - Healthcare - Passed

[NC S49](#) - Education - Passed

[NC S560](#) - Healthcare - Introduced

[NC S639](#) - Healthcare - Introduced

Thanks for taking the time to read this installment of Health Equity News! We aim to bring you monthly newsletters on revolving topics in support of the LGBTQIA+ community. Our hope is to help you learn more, whether you are a Chrysalis staff member, client, or support person. Happy reading and happy learning!
- Riley and Megan

www.chrysaliscenter-nc.com | [@chrysaliscenternc](https://twitter.com/chrysaliscenternc)

Importance of Family Support

It is well established that trans and nonbinary people are at higher risk of mental illness than the cisgender population. The trans and nonbinary community experiences unique mental health stressors that are not shared by cisgender counterparts. It is important to recognize that trans and nonbinary individuals are more likely to experience these stressors in isolation, meaning that they do not have easily accessible resources and community. It is well known that family support is a protective factor for the mental health of trans and nonbinary (TNB) individuals, especially TNB youth and young adults who are still living in the home.

Here are some ways you can make your home a safe and affirming space to help the kids in your life explore their gender expression:

Gender affirming childrens books

- Be Who You Are by Jennifer Carr
- I am Jazz by Jessica Herthel and Jazz Jennings
- Jacob's New Dress by Sarah Hoffman

...And many more HERE: <https://pflag.org/resource/transgender-reading-list-for-children/>

Challenge the gender binary - specifically beliefs around gendered clothing, toys, and colors.

Let your kids shop and wear clothing from whatever section of the store they want to, regardless of the gender of the clothing. Focus on helping them find clothing that is comfortable on their bodies, rather than what colors or types of clothing are boys vs girls clothes. Follow the same guidelines with toys. Let kids pick which toys they like, rather than the toys that align with their gender

Be open to conversations about gender and sexuality

If any youth in your life express curiosity or concern regarding their gender/sexuality or have observations of others gender/sexuality, listen to them. It's normal to be curious. Explore their questions and observations non-judgmentally and encourage them to share their feelings.

Timing of Gender Affirming Care

We are aware of the importance of gender affirming medical care (GAMC), but the timing in which this care takes place also plays a role in the mental health of gender incongruent youth.

This Canadian study found that those seeking gender affirming medical care who were 15 years of age or older had higher rates of depression, self-harm, thoughts of suicide, and required psychoactive medications when compared to those seeking GAMC under the age of 15. This study also found that late-stage puberty was associated with depressive disorder and anxiety disorder in those seeking GAMC.

What this study proved was that when gender incongruent youth were able to seek out gender affirming medical care before the age of 15 or late stage puberty, their rates of negative mental health outcomes were lessened.

Source: <https://lgbtquequity.org/wp-content/uploads/2021/05/Mental-Health-and-Timing-of-Gender-Affirming-Care.pdf>

Glossary of Terms:

Transgender (adj.) - denoting or relating to a person whose gender identity does not correspond with the sex registered for them at birth.

Nonbinary (adj.) - denoting, having, or relating to a gender identity that does not conform to traditional binary beliefs about gender, which indicate that all individuals are exclusively either male or female.

Cisgender (adj.) - denoting or relating to a person whose gender identity corresponds with the sex registered for them at birth; not transgender.

Gender incongruent (adj.) - the term used to describe when your gender is different to when you were born. People with gender incongruence may describe themselves as transgender (trans) or gender diverse.

Folx (plural noun) - Similar to folks; "x" in place of "k" used especially to explicitly signal the inclusion of groups commonly marginalized.

Anti-Trans Legislation

State lawmakers all around the country have been introducing bills to limit healthcare, decrease access to sports, and create barriers for gender diverse youth to explore their expression and seek affirming care. These anti-trans bills are impactful for all gender diverse people, but are especially harmful for trans youth. There are currently 10 anti-trans bills that have been introduced in North Carolina that span multiple categories: healthcare, sports, education, and more.

Learn more about anti-trans legislation here: www.translegislation.com

It is well known that gender affirmation across every sphere of life is best practice for keeping trans and non-binary folx safe. Major medical associations such as the American Academy of Pediatrics have come out with statements in support of age and developmentally appropriate gender-affirming medical care. Yet, there are multiple bills across the US that are attempting to limit access to care for gender diverse adults and children alike.

Anti-trans legislation does not seek to keep children safe. The lawmakers writing and introducing these bills are backed by a variety of anti LGBTQIA+ groups and the bills themselves are being used to further an agenda that is the antithesis of inclusivity and equity.

Source: <https://fenwayhealth.org/the-fenway-institute/health-policy/transyouthmatter/>

A few of the Anti-Trans bills in North Carolina: (links are clickable if you are reading electronically, sourced from www.translegislation.com)

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The Importance of Gender Affirming Spaces

We know that suicide rates are among the highest in trans and nonbinary youth, this means that gender affirming spaces are life saving for this particular group of individuals.

Trans and nonbinary youth reported fewer suicide attempts when they had at least one gender affirming space, the percentage grew even smaller when they had multiple gender affirming spaces.

Gender affirming schools led to the largest decrease in suicide rates among trans and nonbinary youth with gender affirming community events and home environments coming in second. Gender affirming work environments also led to a significant decrease in suicide rates.

Other gender affirming spaces that trans and nonbinary youth reported included homes of friends/romantic partners, therapy, LGBTQ centers, pride events, conventions, and church.

Source: https://lgbtquequity.org/wp-content/uploads/2021/05/LGBTQ-Affirming-Spaces_-December-2020.pdf

**Association of Gender-Affirming Spaces
with a Past-Year Suicide Attempt among
Transgender and Nonbinary Youth**

