

Supportive Policies for the Health of Transgender Youth

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Transgender youth and mental health

- **Transgender youth: youth whose gender identity is different from their sex assigned at birth**
- **About 2% of youth identify as transgender**
- **Transgender youth report high rates of depressive symptoms, suicidal ideation and behavior**

Chosen names and mental health

- **Gender affirmation process**
- **Can align gender identity and presentation**
- **Important to all youth that their identities are recognized and respected**

Data

- **4 wave longitudinal study of LGBTQ youth (15-21 years old)**
- **3 cities in the US (northeast, southwest, west)**
- **129 transgender youth**
- **74 youth with a name different than their name given at birth**

Sample

- **Mean age was 19.23**
- **Racially/ethnically diverse: 15 Hispanic/Latino, 13 Asian American, 32 Black/African American, 35 White, 34 Multiracial**
- **Are you able to go by your preferred name:**
 - At home?
 - At school?
 - At work?
 - With friends?

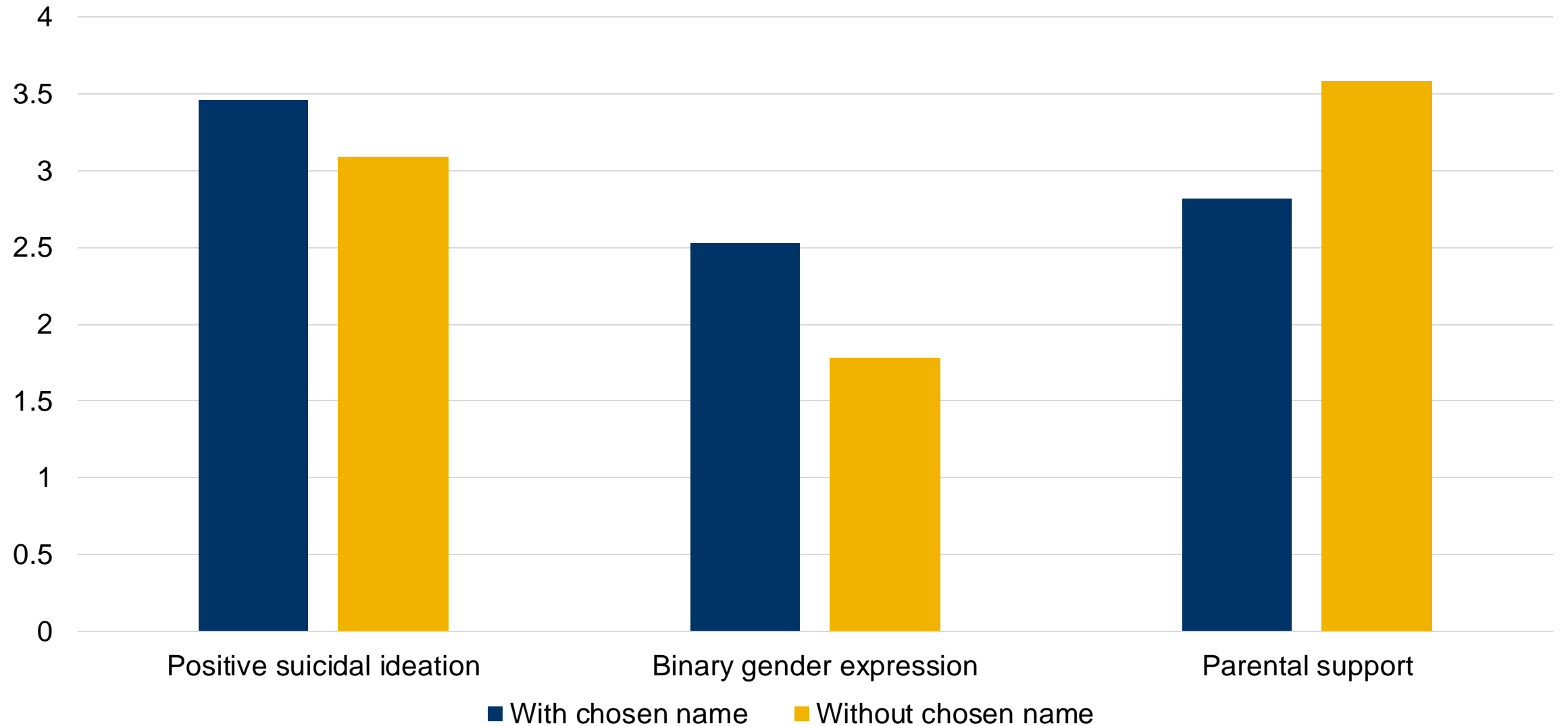
Measures

- **Beck Depression Inventory for Youth**
 - 20 items, e.g. “I think my life is bad”
- **Positive and Negative Suicidal Ideation**
 - 6 positive items, e.g. “Felt that life was worth living”
 - 8 negative items, e.g. “Thought about killing yourself because you could not find a solution to a personal problem”
- **Rosenberg Self-Esteem Scale**
 - 10 items, e.g. “On the whole, I am satisfied with myself”

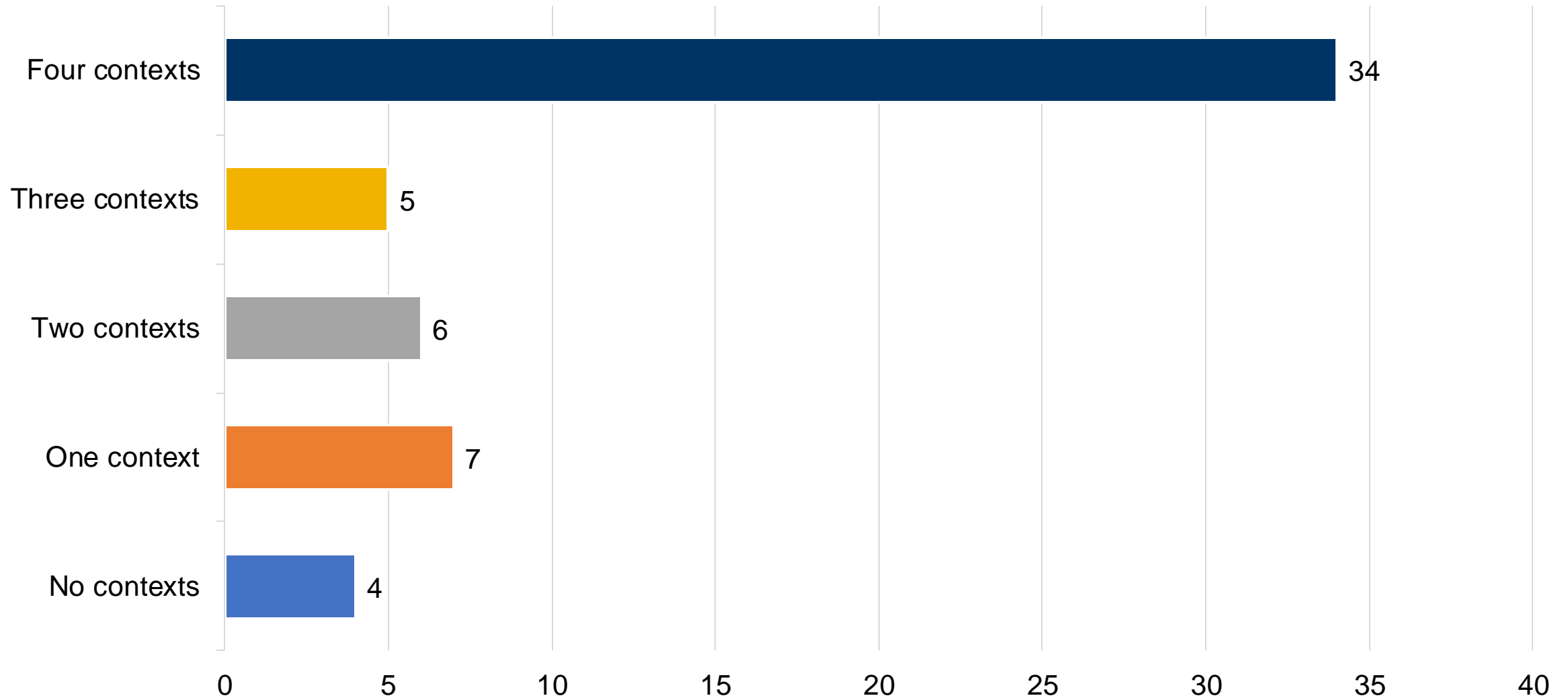
Method

- **Bivariate associations: Differences between those with and without chosen name**
- **Linear/poisson regression: Chosen name use predicting mental health**

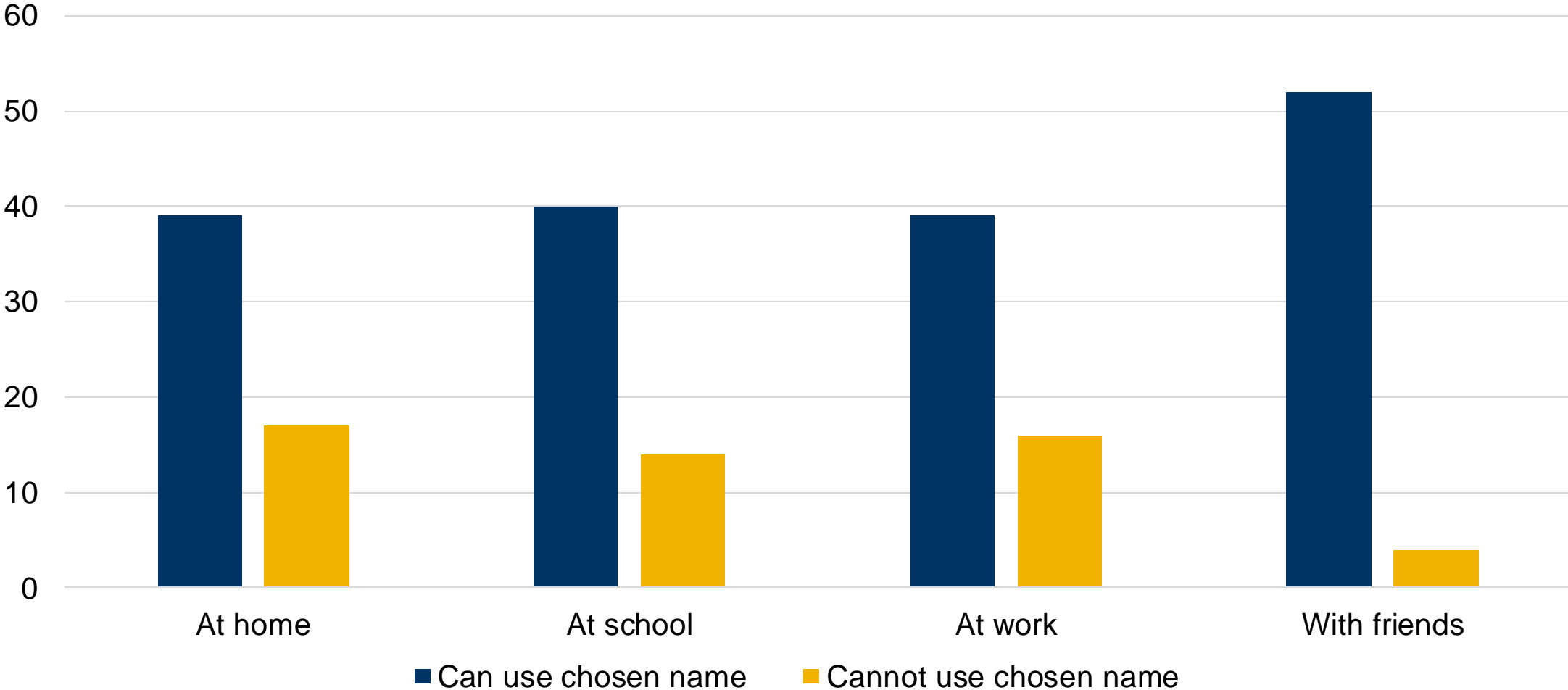
Few differences between those with and without a chosen name



Most youth could use their name in all contexts

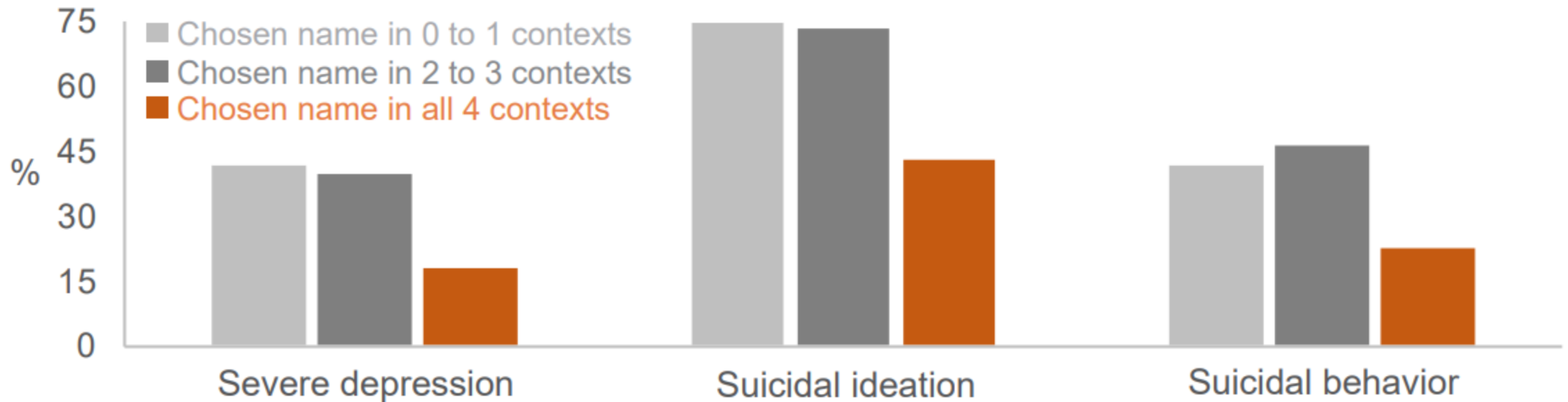


Most youth could use their name with friends, but less so at home and work



Using a chosen name in more contexts is better for mental health

TRANSGENDER YOUTH WHO COULD USE THEIR CHOSEN NAME AT HOME, SCHOOL, WORK, AND WITH FRIENDS HAD THE LOWEST LEVELS OF MENTAL HEALTH PROBLEMS



Conclusions

- **Choosing a new name is not necessary for all transgender youth**
- **There are often social or legal constraints for chosen name use**
- **Use in multiple contexts is critical for mental health among those who do have a chosen name**

Discussion

Anti-LGBTQ+ Bills in 2022

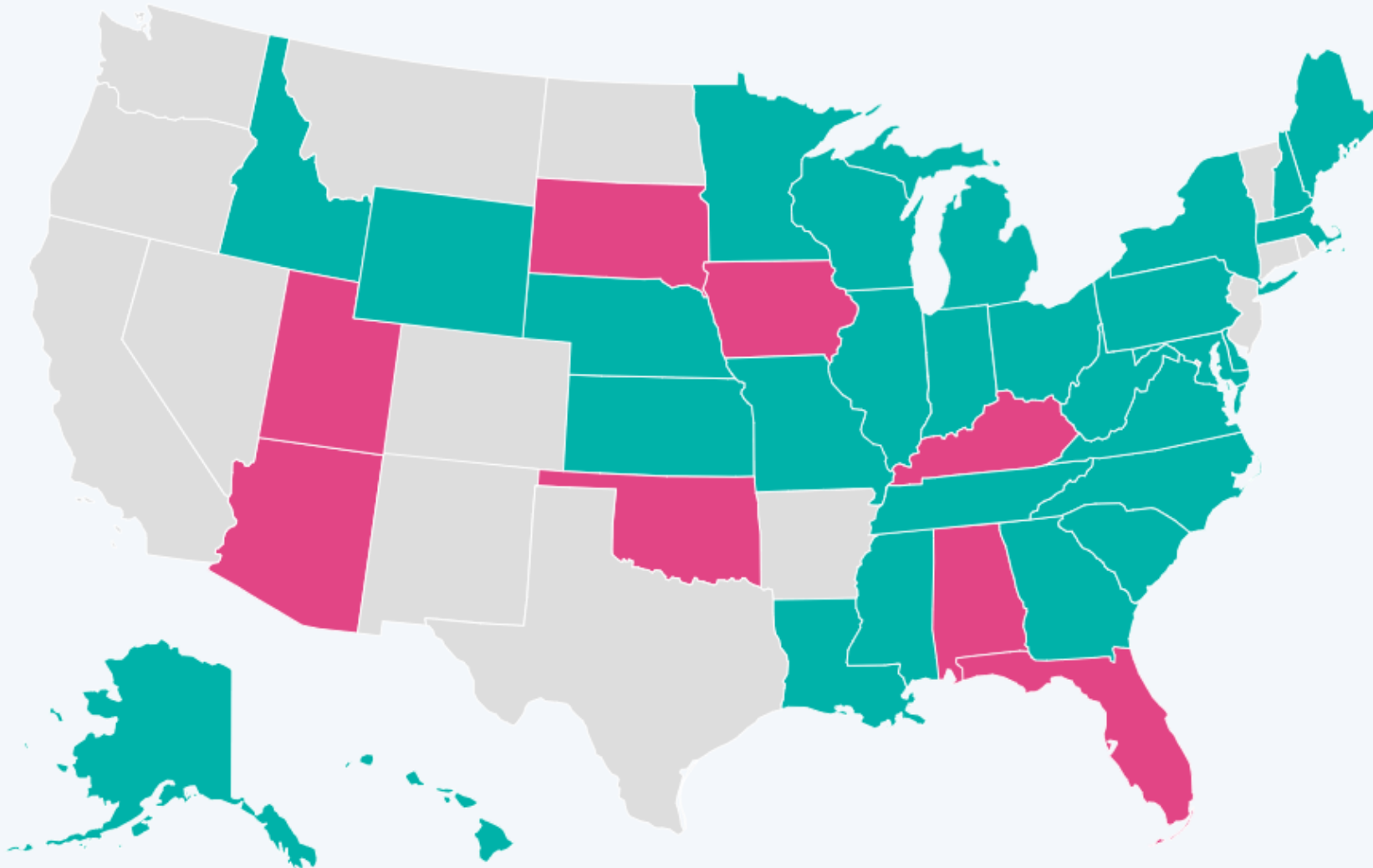
● States with no anti-LGBTQ bills introduced/not in legislative session

14 States & DC

● States that have signed anti-LGBTQ bills into law

8 States

● States that have introduced anti-LGBTQ bills
28 States



Policies and practices to support trans and gender diverse youth

- **Health care:**

- Do not ban or penalize the use of developmentally appropriate, gender-affirming health care
- Require insurance coverage of developmentally appropriate, gender-affirming health care

Policies and practices to support trans and gender diverse youth

- **School policies:**

- Add gender identity and expression to state and federal anti-bullying and nondiscrimination policies in schools as protected statuses
- Implement training for school personnel on topics related to affirming gender identity and expression

Policies and practices to support trans and gender diverse youth

- **Physical education and sports:**
 - Allow students to engage in activities and sports that align with their affirmed gender
 - Protect the use of bathrooms and locker rooms that align with student's affirmed gender

Policies and practices to support trans and gender diverse youth

- **Research and data:**

- Standardize the collection and privacy of gender identity and expression data in medical records

- Mandate the collection of gender identity and expression data in state and national school-based surveys

VIRTUAL

2022

Pride in Your Community

Hosted by the East Flagstaff Community Library



Name Change Clinic with One-N-Ten

May 9th
at 6:30 PM

Ages 12-24

Jennifer Mott, from the full-service law firm of Aspey Watkins & Diesel, PLLC has been serving the communities in Northern and Central Arizona community since 1975, focuses on business law, real estate, and intellectual property law

Are you a trans or gender nonconforming youth and need help legally changing your name? We are collaborating with one-n-ten and Aspey Watkins & Diesel, PLLC to host a virtual Name Change Clinic!

Please pre-register by sending an email to gina@onenten.org, the zoom link will be sent after registration. Older than 24 years old? Please send an email to efclstaff@flagstaffpubliclibrary.org to express interest for the event in the future.



To request a reasonable accommodation for any type of disability, please call **928-213-2348**. Three days prior notice is requested.