

# MENTAL HEALTH IMPACTS OF PARENTAL SUPPORT FOR GENDER- DIVERSE YOUTH

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# OVERVIEW OF KEY CONCEPTS (FOR THIS PRESENTATION!)

- **TGNC**: Trans and Gender Non-Conforming
- **Caregivers**: Referring to anyone who cares for a TGNC Youth.
  - parents, grandparents, single and two-parent households, adoptive, etc
- **Gender Affirmation**: Receiving social recognition and support for gender identity and expression
- **Affirming\***: To validate or confirm
- **Non-affirming**: To de-validate or not recognize

- The more support, the greater health (mental and physical) outcomes
- Access to health care at a young age provides education, knowledge, and safety with gender-affirming professionals
- Exploring identity and expression in a safe house, increase self-esteem and growth
- TGNC youth know, at a young age, when they feel different from their peers.

## WHY IS THIS IMPORTANT?



“The average age a child has the realization they identify as TGNC is 7.9 years; the average age they understand what this means and disclose is 15.5 years” –The Gender Spectrum





RESIST

RESIST

RESIST

PROTECT  
TRANS  
YOUTH

PROTECT  
TRANS  
YOUTH  
#CLAIMYOURRIGHTS  
GLSEN

PROTECT  
TRANS  
YOUTH  
#CLAIMYOURRIGHTS  
GLSEN

RES

PROTECT  
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LET  
FET  
♀

## Trans Pulse Project Study, 2012: Parents Support for Trans Youth, Ages 16-24

*Having “somewhat supportive parents” did not have a significantly more positive effect on youth than if parents “were not supportive at all”*

### TGNC youth with **supportive** parents:

- 72% report being satisfied with life
- 70% report positive mental health
- 98% report stable housing
- 64% reports high self-esteem

### TGNC youth with **unsupportive** parents

- 33% report being satisfied with life
- 15% report positive mental health
- 45% report having stable housing
- 13% report having self-esteem



## Trevor Project, 2020, National Survey on LGBTQ Youth Mental Health

<https://www.thetrevorproject.org/survey-2020/>

- 60% of LGBTQ youth reported someone tried to convince them to change their identity
  - 35% were caregivers
- 26% of TGNC youth who did not have access to gender-affirming clothing, bindings, or shapewear reported a suicide attempt
- 29% reported housing stability
  - Among those who were kicked out: 50% identified as TGNC
  - Among those who ran away: 56% identified as TGNC



### GET HELP 24/7:



**TrevorText**

Text START to 678678



**TrevorChat**

TrevorChat.org



**TrevorLifeline**

866.488.7386

THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives

## NON- AFFIRMING BEHAVIORS

- Physical/Verbal Abuse
- Exclusion from family events
- Blocking access to supportive friends/activities
- Blaming TGNC youth for discrimination
- Religious-based condemnation
- Distress, denial, shame, secrecy, and/or silence
- Pressure to enforce gender conformity

## AFFIRMING BEHAVIORS

Accepting Adults Among  
LGBTQ Youth, Trevor  
Project, 2019: *“LGBTQ  
youth who have at least one  
accepting adult were 40%  
less likely to report a suicide  
attempt”*

- Create a supportive family environment
- Require respect within the family—both immediate and extended
- Express support for your TGNC youth’s gender expression
- Zero tolerance for disrespect, negative comments, or pressure
- Maintain open and honest communication

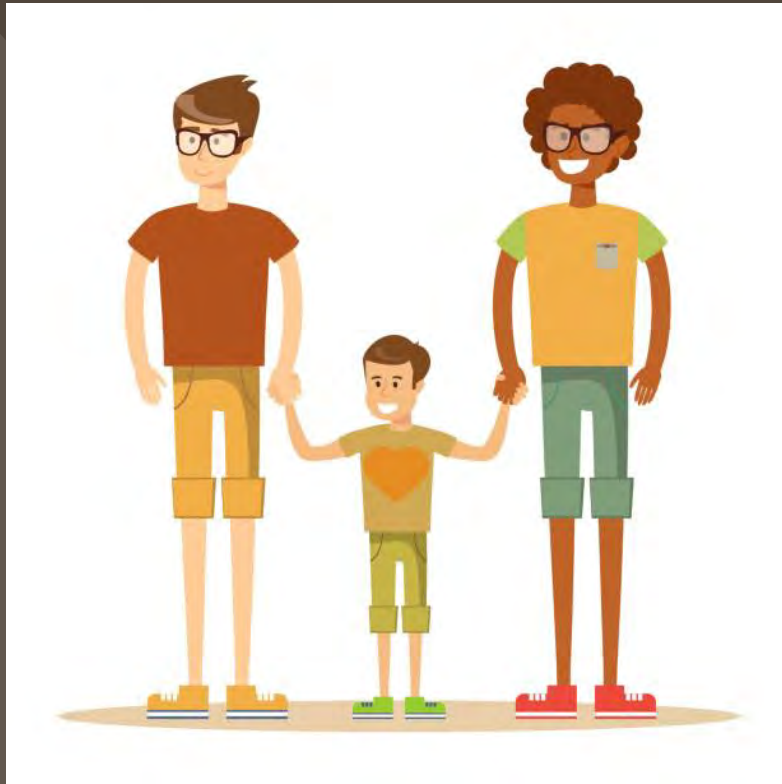


# WHAT CAN YOU DO TODAY?

## Chosen Name & Pronouns

Regardless of your role in a transgender or/and gender-diverse youth life, using their chosen name and pronouns is the *NUMBER ONE* indicator of safety.





# TIPS FOR CAREGIVERS

1. Educate yourself
2. Repair damage
3. Confront bias and anxieties
4. Meet other caregivers of TGNC youth
5. Advocate (with permission!)
6. Find your own support
7. Ensure your TGNC youth has access to care

- The Trevor Project:  
● <https://www.thetrevorproject.org/>
- The Gender Spectrum:  
● <https://genderspectrum.org/>
- The Ingersoll Gender Center  
● <https://ingersollgendercenter.org/>
- GLSEN  
● <https://www.glsen.org/>
- The Human Rights Campaign  
● <https://www.hrc.org/>

## CONTACT

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