



McCreary
Centre Society



Stigma and Resilience
Among Vulnerable
Youth Centre



THE UNIVERSITY
OF BRITISH COLUMBIA

The Well-Being Gap:

Highlighting challenges and supports for gender diverse youth health in BC, 2018-2023



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Key Findings

This report focuses primarily on the health and experiences of different groups of trans, nonbinary, and questioning (gender diverse) young people in BC, pre and post the COVID-19 global pandemic (2018 and 2023), looking at what has changed for the better or gotten worse. Some comparisons include cisgender students (whose sex assigned at birth and current gender identity match), because it is important to note where things have changed for everyone, and whether gender diverse youth have similar patterns or even greater differences over time.

- ▶ There was a slight increase in gender diverse young people between 2018 and 2023, mostly among nonbinary and questioning youth (both from 1% to 2%); trans girls increased slightly, but were still less than 1%, and trans boys increased from <1% to 1%.
- ▶ In 2023, gender diverse youth were less likely to have run away or been kicked out in the past year compared to gender diverse youth in 2018, although they were still nearly twice as likely to have been kicked out of their home than cisgender youth.
- ▶ Gender diverse youth were significantly more likely to have been in government care than cisgender peers, and the percent who had been in foster care or group homes was not significantly different between years.
- ▶ There were some improvements in deprivation among youth since 2018, but gender diverse youth were still more likely than cisgender peers to go to bed hungry because there was not enough money to buy food, in both 2018 and 2023.
- ▶ Compared to 2018, all gender groups saw an increase in discrimination based on gender or sex in 2023, except for trans boys, who had the highest rate of discrimination based on gender or sex in both years (72% in 2018, 71% in 2023).
- ▶ Gender diverse youth were 3 times as likely to report having experienced discrimination in health care settings such as hospitals and clinics than cisgender young people, although the rates of discrimination were lower than in other places, such as schools and on the street.
- ▶ More than 4 in 10 of trans boys (49%), nonbinary youth (47%) and questioning youth (41%) missed out on needed mental health services in the past year. About 1 in 5 trans girls (22%) and 26% of cis girls also did not receive needed mental health services, and all groups had much higher rates of missed mental health services than cisgender boys (8%). Gender diverse youth were also less likely than cisgender peers to have gotten dental care in the past year.
- ▶ Compared to 2018, there was a decrease in percents among all gender groups rating their health positively, except for trans girls, where the percent who rated their health as good or excellent significantly increased in 2023.

- ▶ Gender diverse youth were significantly more likely than cisgender peers to report self-harm, suicidal thoughts and suicide attempts in the past year. Self-harm increased between 2018 and 2023 for all gender groups except nonbinary and questioning youth; suicidal thoughts increased for nonbinary youth; and suicide attempt rates were unchanged between 2018 and 2023.
- ▶ Around half of trans girls (50%), trans boys (52%), and nonbinary youth (47%), and 31% of questioning youth who received sex education reported it was not relevant to their gender identity, significantly higher than cisgender boys (13%) and cisgender girls (12%). Similarly, around half of all gender diverse youth said that sex education was not relevant to their sexual orientation: 55% trans boys and nonbinary youth, 46% questioning youth and 45% trans girls.
- ▶ Gender diverse young people were far less likely than cisgender youth to report feeling safe in different parts of their school, but the percents varied for different places in school. The majority of gender diverse youth usually or always felt safe in the library, followed by other public areas, such as in the classroom, in the cafeteria, and in hallways. Gender diverse youth were least likely to feel safe in washrooms and changing rooms: fewer than half of all gender diverse young people felt safe in changing rooms. Compared to 2018, all gender groups (including cisgender youth) were less likely to feel safe in washrooms or change rooms in 2023.
- ▶ A greater percent of trans girls reported their family pays attention to them and respects them in 2023 compared to 2018, but family support declined for trans boys, nonbinary and questioning youth over those same 5 years.
- ▶ About 4 out of 5 gender diverse youth said they participated in one or more extracurricular activities at least weekly. While cisgender girls and boys had slight declines in weekly involvement in organized sports between 2018 and 2023, gender diverse youth showed no statistical difference between years. Up to 1 in 5 gender diverse youth participated in regular volunteer activities, which were similar rates as cisgender youth.
- ▶ In 2023 there was a significant increase in the percent of young people in every gender group who reported having a caring adult in their neighbourhood compared to 2018.
- ▶ Trans girls were more likely in 2023 to feel safe in their neighbourhood at night and taking public transit than in 2018, but nonbinary youth felt slightly less safe compared to 2018, while trans boys and questioning youth had no change.
- ▶ Supportive relationships are important: Gender diverse youth who had supportive relationships in their life reported more positive health and well being and lower odds of experiencing health risks. For example, trans girls with the highest level of family connectedness had 97% lower odds of suicidal thoughts than trans girls with the lowest level of family connectedness.

Introduction

In 2018, the BC Adolescent Health Survey (BC AHS) first asked about both sex and gender in two different questions. This allowed us to profile the health and life experiences of gender diverse students in grades 7 to 12 throughout BC's public schools, in the 2021 report, *Gender Diverse: A spotlight on the health of trans and nonbinary young people in BC*.

In the five years between that and the next BC AHS in 2023, major global events have influenced life for young people across BC. These include the COVID-19 pandemic, as well as a rising tide of anti-trans protests, laws, and policies in several countries. Although Canadian human rights law protects against discrimination based on gender identity and

expression and school districts across the province have sought to make educational spaces safer and more inclusive of all students, these political movements in other countries have Canadian versions. There have been protests in towns across Canada against sexual orientation and gender identity (SOGI) educational content in schools, as well as policies and *laws* proposed in other provinces that affect access to school supports and health care.

Given these wider contexts, this report focuses on changes in health and life experiences for gender diverse students in BC between 2018 and 2023.



The BC AHS is a comprehensive, population-based, school health survey conducted every 5 years in public schools across BC for the past 30 years. In 2018, just over 38,000 students in grades 7 to 12 in 58 of the 60 school districts participated, and in 2023, nearly 38,500 students in 59 of 60 school districts participated in the survey. This report is intended for the general public, so technical details about the sampling, data weighting, and statistical methods for analyses are not provided, but are available on request from McCreary (mccreary@mcs.bc.ca) or SARAVYC (saravyc@nursing.ubc.ca) and in a methods fact sheet at https://www.mcs.bc.ca/pdf/2023_bcahs_factsheet_methodology.pdf.

Continuing its longstanding rigorous and community-engaged methods, the BC AHS in 2023 was updated with extensive consultation from youth, parents, and experts in education and adolescent health. The online or paper survey was pilot-tested with hundreds of young people before being administered in schools by public health nurses and nursing students with support from McCreary staff between February and June 2023.

Asking about gender identity

In 2018 we developed two questions that were understandable to students as young as 12, asking about sex and gender in ways that could include trans and nonbinary youth, and those unsure or questioning their gender. These two questions included 1) the sex you were assigned at birth (on your birth certificate), with options “male” or “female,” and 2) your current gender identity, which had the options of “male,” “female,” “I do not identify as male or female,” and “I am not sure yet.” In 2023, we changed the wording slightly; we removed the brackets about birth certificates, because these can now include an undefined X category, which was confusing to many young people as an option, and in the current gender identity question we added “(nonbinary)” to the statement “I do not identify as male or female,” because youth told us that was the common term. We piloted these questions each time with hundreds of young people in grades 7-12 to make sure they were clear.

Combining both questions in each survey allowed us to identify cisgender adolescents—that is, those whose sex assigned at birth and current gender identity match—as well as those whose combination of assigned sex at birth and current gender identity do not match, e.g., trans boys, trans girls, nonbinary, and questioning young people. In 2023, we noticed that a small number of young people completing the paper surveys crossed out the additional options to the gender question, and wrote in comments that there were only two genders; as you might expect, these young people all identified with sex and gender aligned.

Based on weighted estimates, this translates to nearly 5,000 transgender and over 15,000 nonbinary and questioning young people enrolled in BC mainstream schools in 2023. The average age of students in all gender groups was 15 years old, the same as in 2018.

“Why is it so hard to actually figure out gender identity? I don’t care about finding my sexuality rn but gender is something I’m asked quite a bit. But like people usually use the exact opposite pronouns I prefer (I prefer He/they but others keep calling me she/her)”

Questioning, 13 years old, Vancouver Coastal Region

Although we recognize people choose a number of different terms for their gender, in this report we are using ‘cis boys’ and ‘cis girls’ for cisgender students; ‘trans girls’ for those who identified sex assigned at birth as male and current gender as female; ‘trans boys’ for those assigned female at birth and currently identifying as male; ‘nonbinary’ for those who chose neither male nor female (nonbinary); and ‘questioning’ for those who were unsure of their current gender.

About this Report

Since this is a report focused on a current health picture and how things have changed among gender diverse young people in BC over the past 5 years, the majority of the report focuses on trans, nonbinary, and questioning students. However, the major world events like the pandemic had an effect on all students, and it is important to note where things have changed for everyone, and where there might be different patterns for gender diverse young people. Thus, some parts of the report will include how things also changed between 2018 and 2023 for cisgender students too, for comparison.

This report is divided into six main sections: Section 1 is background information about those who took the survey, and what may have changed since 2018. Section 2 identifies some of the challenges to growing up that some youth experience, and Section 3 focuses on their health and access to health care. Section 4 looks at relationships and environments that support well-being, and whether they have improved in the past 5 years for gender diverse youth. Section 5 shows how these supports are linked to better health or lower odds of problems for young people. Section 6 provides a conclusion that includes recommendations to promote the health of trans, nonbinary, and questioning youth in BC.

In this report we do some comparisons between gender groups in 2023, but also between 2018 and 2023 within each gender group to see how things have changed over time. Although there are 400-500+ trans youth and more than 1,000 nonbinary and questioning youth in each year of the survey, the difference in percentages between these groups may not be statistically significant. Comparisons to cisgender youth are usually significant, except where noted. Comparisons between 2018 and 2023 for each gender group that we note as significantly different are statistically significant at $p < .05$. Where there are no differences between the years for a group, we will say so.

Any percentage marked with an asterisk * should be interpreted with caution, because it has a higher than expected standard of error, although still an acceptable estimate. Where there are too few responses or the standard error is too high for stable estimates, we will use the term NR for Not Releasable.

While the 2018 BC AHS is considered representative of 95% of students in mainstream schools in BC, and the 2023 survey is representative of 97.6% of students, there are limitations to consider. Gender diverse youth may be more likely to attend alternative schools, or they may be absent if they feel unsafe in a hostile school climate. The survey in 2018 was only conducted in English, while in 2023 it was available in English and French, so it may not include gender diverse students with language, learning or health challenges that prevented them from completing the survey.

Quotes throughout this report are from gender diverse youth who added comments to the open section on the last page of the 2023 survey.

“I don’t have much to say but thank you for letting me participate :)”

Nonbinary, 14 years old,
Vancouver Island Region

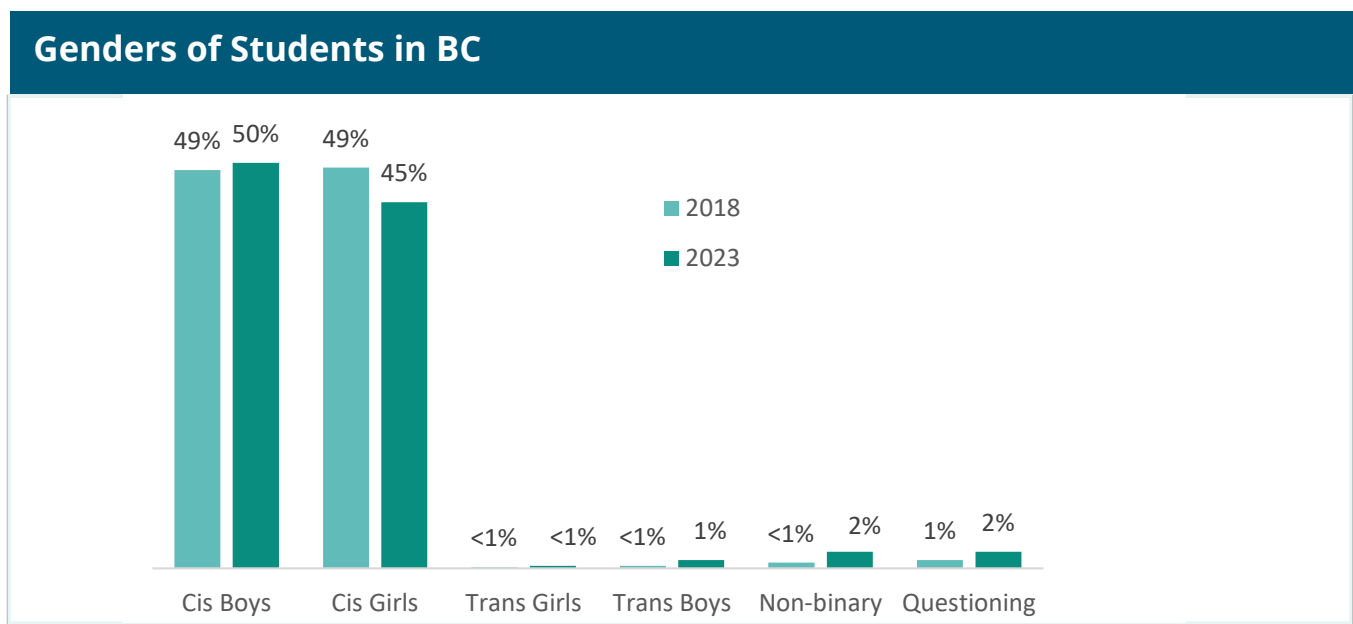


Section 1:

Gender Diverse Young People in BC, Five Years Ago and Now

In 2023, about 95% students indicated a cisgender identity (their sex assigned at birth and their gender identity were aligned) just over 1% as transgender, 2% as nonbinary, and 2% questioning their gender. Compared to 2018, there was a slight increase in cisgender boys, and a decrease in cisgender girls. There

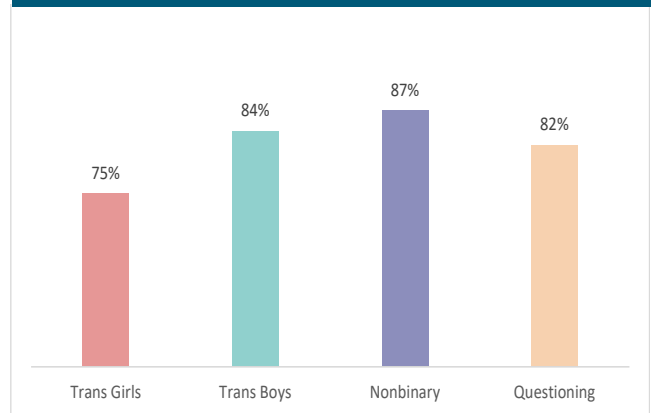
was a slight increase in the percent of trans girls, although still fewer than 1%, and a slight increase of trans boys (from <1% to 1%). There were also increases in nonbinary students, and those who were unsure or questioning their gender identity; both groups increased from 1% to about 2%.



Born in Canada

As with cisgender youth, the majority of gender diverse youth who participated in the BC AHS in 2018 and 2023 were born in Canada. In 2023, trans girls had the lowest percent who were born in Canada and nonbinary youth had the highest percent, but these were the only significant differences among gender diverse youth. Compared to 2018, a higher percent of nonbinary and questioning youth were born in Canada in 2023. There were no significant differences between these two surveys in the percent of trans boys or trans girls who were born in Canada.

Youth born in Canada, 2023



Language at Home

More than half of cisgender youth reported they spoke a language other than English at home at least some of the time (56% cisgender girls, 52% cisgender boys) with cisgender girls significantly more likely than all other groups except trans girls* (51%). Fifty-one percent of questioning youth also reported they spoke a language other than English at home. Trans boys (45%) and nonbinary youth (44%) were slightly less likely to speak a language other than English at home, but these were only significantly different from cisgender girls.

“I don’t actually identify as male, female or “non-binary” but rather Agender. Meaning that I don’t have...any sort of gender.”

**Agender, 18 years old,
Vancouver Island Region**

Indigenous Background

The survey asked youth if they were Indigenous. Nearly 10% of Indigenous youth in the 2023 survey were gender diverse. Most gender diverse youth were First Nations (69% nonbinary, 66% trans boys*, 59% questioning and 45% trans girls*), while 50% of trans girls*, 41% of questioning youth, 34% trans boys* and 29% of nonbinary said they were Metis, and 7% trans boys, 5% trans girls, and 3% nonbinary and questioning youth were Inuit. These percents were not significantly different from each other, or from cisgender youth.

We also asked Indigenous youth about Two Spirit identity, which is a term that can refer to a combination of gender, sexual orientation, and spiritual identity. It is important to note that more than 1 in 3 gender diverse and

about 40% of cisgender Indigenous young people said they did not know what the term Two Spirit means. In 2023, 3% of cisgender boys and 4% of cisgender girls identified as Two Spirit. In comparison, 33% of nonbinary youth, 29% of trans girls*, 23% of trans boys and 20% of questioning youth identified as Two Spirit.

Gender diverse youth in 2023 were more likely than cisgender boys (29%) but not cisgender girls (33%) to report they could speak an Indigenous language, with nearly 2 in 3 among trans girls* (63%), followed by 45% of trans boys*, 43% of nonbinary and 39% of questioning youth.



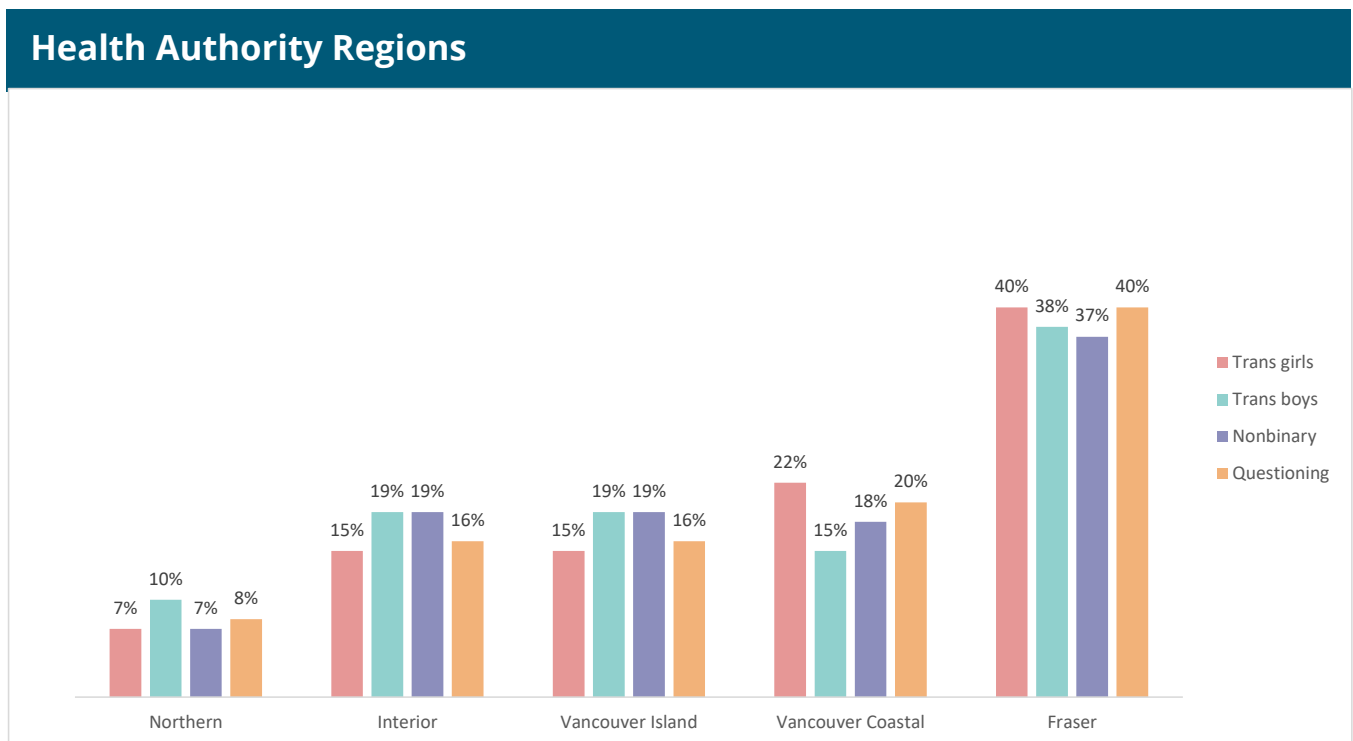
Where Youth Live in BC

Urban vs. Rural or Small Town

Similar to results in 2018, over 80% of BC students in 2023 attended school in urban areas. Trans boys (15%) and nonbinary youth (14%) were more likely to attend school in rural and small town areas than cisgender girls (10%), but other groups were not significantly different from each other.

Health Authority

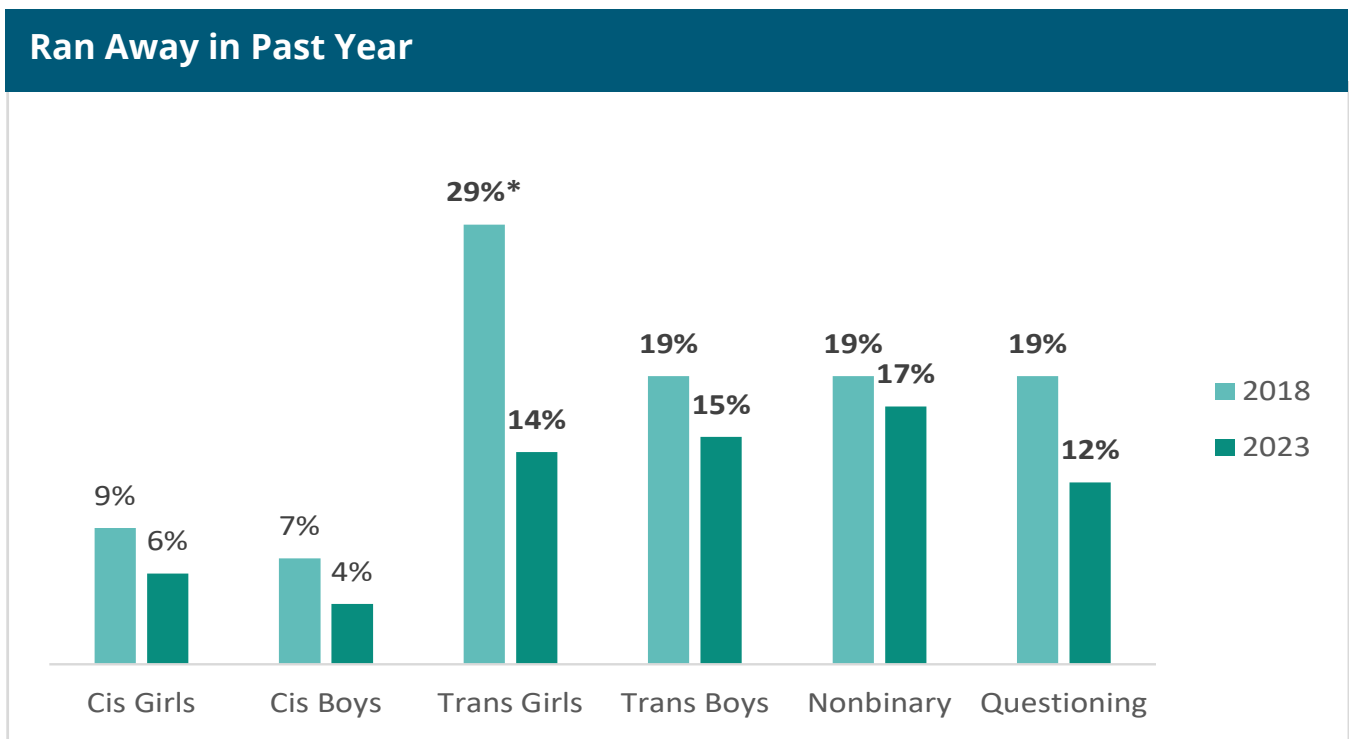
In 2023, gender diverse young people lived in all health regions of BC. Like the 2018 report, the highest percent of gender diverse youth lived in the Fraser Health region (about 39%) and the lowest, about 8%, of gender diverse youth lived in the Northern Health region.



Housing Instability

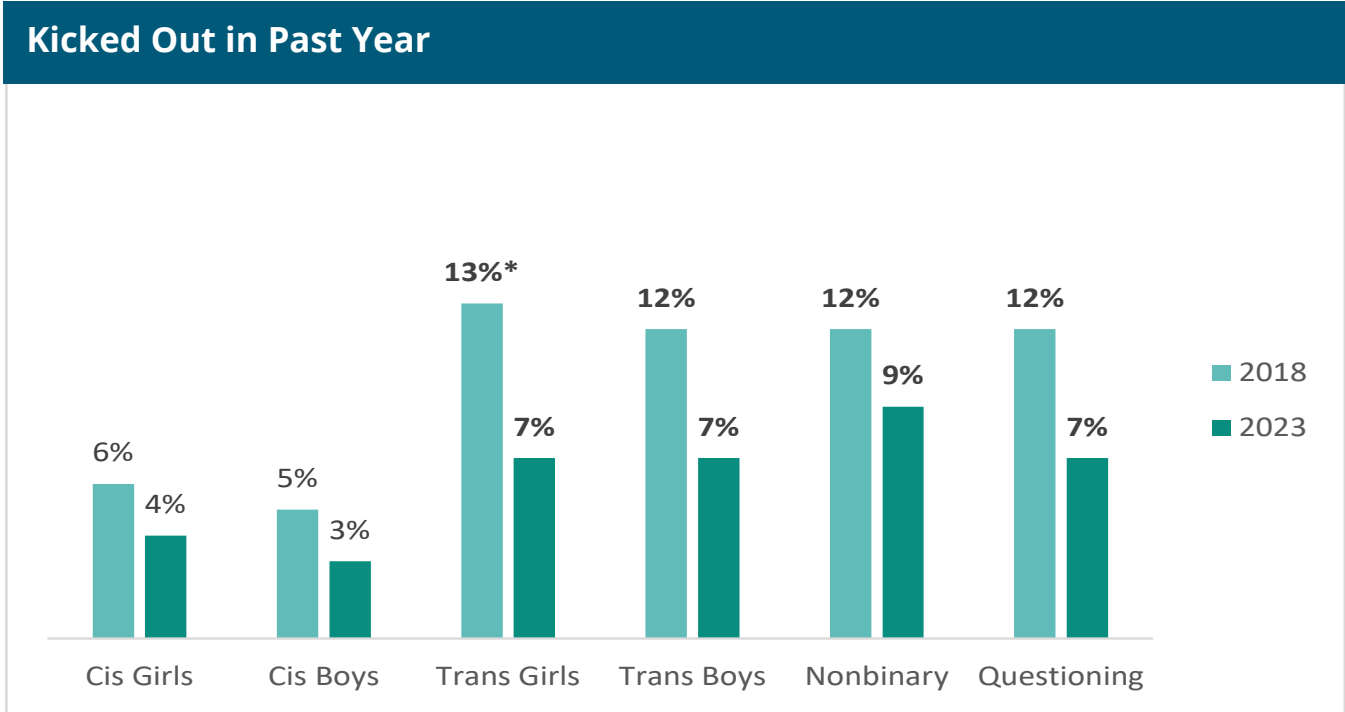
In 2023, 1 in 5 trans girls, nonbinary, and questioning youth (all 21%) had moved at least once in the past year, while 24% of trans boys had moved at least once in the past year, although these were not significantly different from each other. Compared to 2018, trans girls, nonbinary, and questioning youth were less likely to have moved in 2023, but there were no differences for trans boys between these two years.

Both the 2018 and 2023 surveys showed most gender diverse youth had not run away from home in the past year, but they were more likely to run away than cisgender youth in both years. In 2023, there was a decrease in the percent of gender diverse youth who reported running away among all gender groups compared to 2018.



* Interpret with caution, higher standard error

Similarly, in 2023 gender diverse youth groups were less likely to report being kicked out of their home in the past year than reported this in 2018. However, gender diverse youth were still nearly twice as likely to report having been kicked out compared to cisgender youth in 2023.

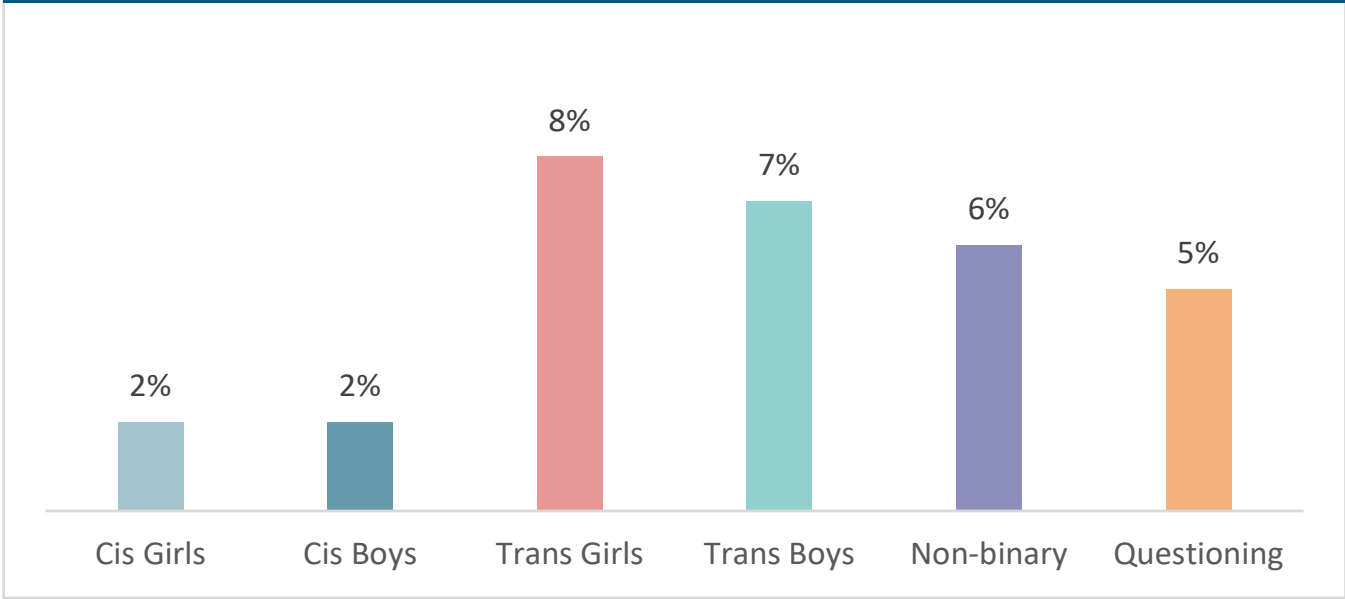


* Interpret with caution, higher standard error

Youth in Government Care

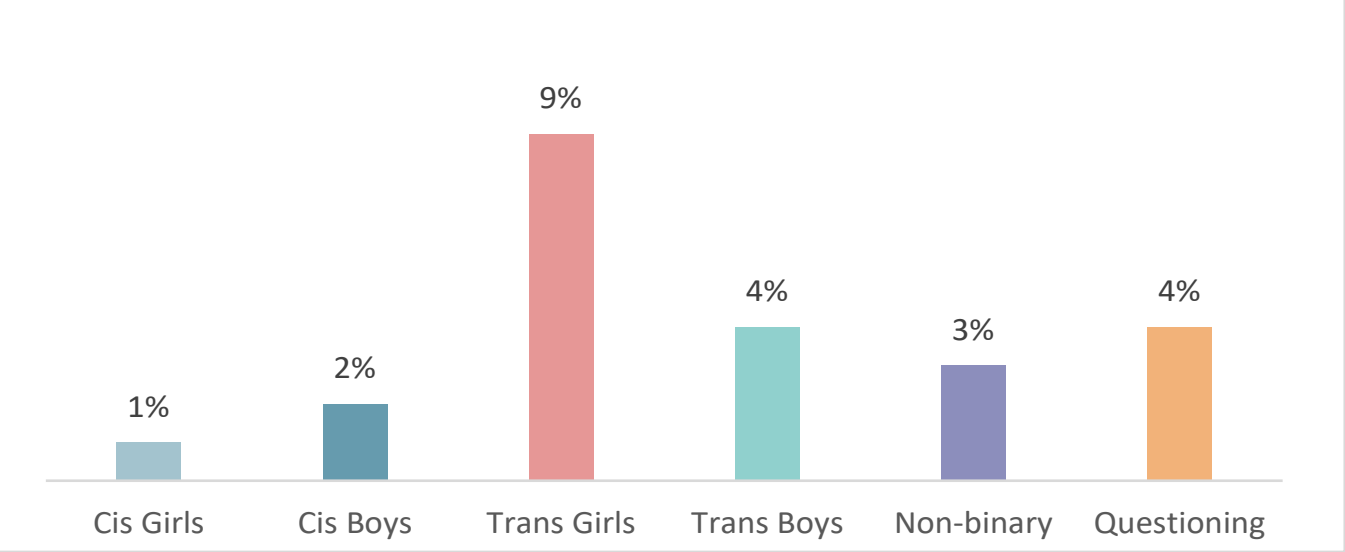
Gender diverse youth were significantly more likely than their cisgender peers to report they had ever been in government care in both 2018 and 2023. Generally, a small percentage of cisgender youth (from <1% to 3%) reported ever being in a foster home, in a group home, or on a Youth Agreement in either survey year. In contrast, gender diverse youth were up to 5 times more likely to have been in a foster home or group home, and 8 times more likely to have been on a Youth Agreement than cisgender youth.

Ever in Foster Home



Note: Gender diverse youth percents were significantly different vs. cisgender youth, but not between years

Ever in Group Home



Note: Gender diverse youth percents were significantly different vs. cisgender youth, but not between years

Section 2:

Risks to healthy development

Deprivation, loss, violence and discrimination all can have an effect on young people's healthy development and well being. In the previous report, we noted gender diverse youth were more likely to report various types of deprivation, violence, and discrimination compared to their cisgender peers. While the experiences of gender diverse youth may not be fully captured by the questions in the survey, they do provide some examples of higher risks to development they can experience. In the past 5 years, what has changed for gender diverse young people?



Deprivation

In 2018, the Youth Deprivation Index was developed for the BC AHS with input from gender diverse and cisgender youth. The Index identified 10 items that youth felt were most important for them to have in order to feel like they belonged. In 2023, the survey included the same questions from 2018 plus an added question about personal hygiene products. The table below shows the percents of gender diverse young people who lacked but wished they had each of the items, with significant changes across the years in each gender group marked in bold.

Most percents were not significantly different between gender groups within each year. There were some positive improvements in deprivation: fewer gender diverse felt deprived of a smartphone in 2023, trans girls were less likely to want but not have money for school and extracurriculars, and questioning youth were less likely to lack access to transportation. However, in 2023, higher percents of both nonbinary and questioning youth reported wanting but not having clothes in order to belong.

Things Youth Do Not Have, But Want:								
	Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023
Money to spend on yourself	23%	13%	23%	25%	17%	20%	16%	16%
Clothes in order to belong/fit in	18%*	18%	9%	17%	6%	14%	7%	13%
Access to transportation	11%	8%	7%	7%	5%	6%	9%	4%
A smartphone	10%	4%	10%	1%	6%	2%	10%	2%
Lunch for school/money to buy lunch	12%*	3%	11%	11%	8%	9%	8%	8%
Internet access	12%*	5%	2%	2%	2%	2%	4%	2%
Space of your own to hang out in	20%*	11%	12%	14%	13%	13%	16%	12%
Equipment/clothes you need for extracurricular activities	14%*	5%	12%	9%	11%	8%	9%	5%
Money for school supplies, school trips, and to do extracurricular activities	20%*	4%	12%	10%	11%	9%	9%	7%
A quiet place to sleep	14%*	8%	9%	6%	6%	8%	8%	7%
Personal hygiene products (e.g., soap, deodorant)		<1%		1%	-	2%		2%

Note: Significant differences between years for each gender group are in **bold**
 * Interpret with caution, higher standard error

Going to Bed Hungry

The BC AHS asked youth how often they went to bed hungry because there was not enough money for food at home. In both survey years, more than 1 in 5 gender diverse youth reported going to bed hungry for this reason at least sometimes, with no significant difference over time. However, gender diverse youth in both years were significantly more likely to go to bed hungry sometimes or more often compared to cisgender girls and boys (in 2023, gender diverse youth were at least three times as likely as cisgender youth to go to bed hungry often or always).

How Often Youth Go to Bed Hungry Because There is Not Enough Money for Food at Home								
	Trans Girls		Trans Boys		Non-Binary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023
Never	63%*	89%	73%	78%	75%	80%	76%	82%
Sometimes	29%*	8%	21%	18%	20%	17%	22%	14%
Often/Always	8%*	3%	6%	4%	5%	3%	3%	4%

Note: No significant differences between years for each gender group

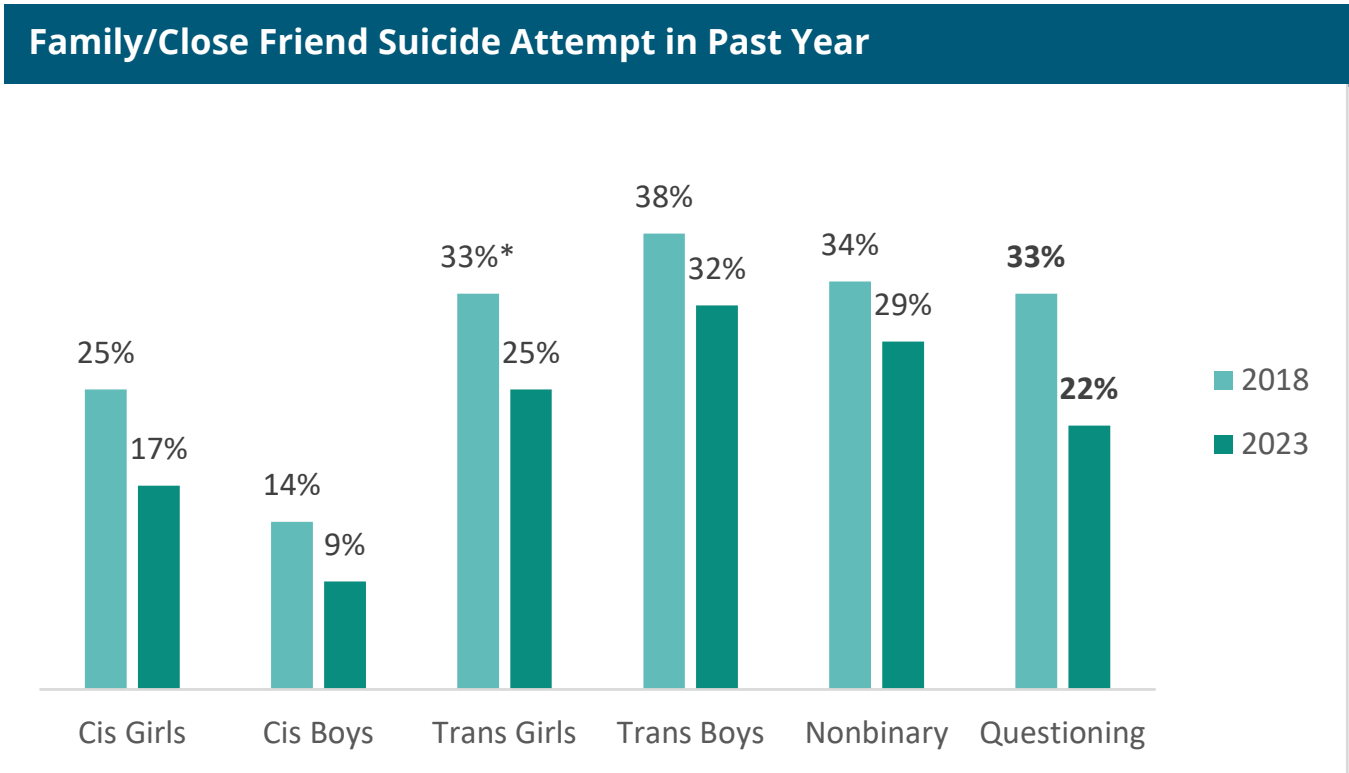
* Interpret with caution, higher standard error.

Loss and Bereavement

Family or Friend Suicide

Losing someone close to you by suicide can be a traumatic loss. In the BC AHS, we asked if family members or close friends had ever attempted or died by suicide, including whether this had happened in the past year. In 2018, more than half of all gender diverse youth reported they had ever had such a loss, and these results were not significantly different in 2023, except for declines for questioning youth. There were also declines for cisgender boys and girls.

In 2018, over 1 in 3 gender diverse youth reported someone close to them had attempted or died by suicide in the past year. The only significant change in 2023 was for questioning youth. Cisgender boys were significantly less likely to experience such a loss than other gender groups, while cisgender girls were less likely than all but trans girls.



Note: Results significantly different between years for cisgender girls, cisgender boys, and questioning youth; results significantly different between gender diverse groups and cisgender boys. *Interpret with caution, higher standard error.

Violence and Discrimination

Experiences of violence and discrimination contribute to poorer health for young people. Human rights law and school policies in BC include protection for gender identity and expression from discrimination, bullying, and harassment. At the same time, there has been an increasing anti-trans political movement globally, which sparked anti-SOGI protests—and counter-protests supporting trans youth—in BC during 2022 and 2023. Within this global context, have things changed across BC?

Compared to their cisgender peers (especially cisgender boys) gender diverse youth were significantly more likely to be targeted for many types of violence and discrimination in both years of the survey; some are showing improvement, some are unchanged. Of concern, some types of violence that have a gendered focus, such as sexual harassment, or discrimination based on gender or sex, are getting worse for most gender groups.



“Talk about social issues more and in a way people would easily understand. Like LGBTQ+ rights, the amount of racism, etc. It seems like people just don’t really care outside of small groups.”

Questioning, 16 years old, Interior Region

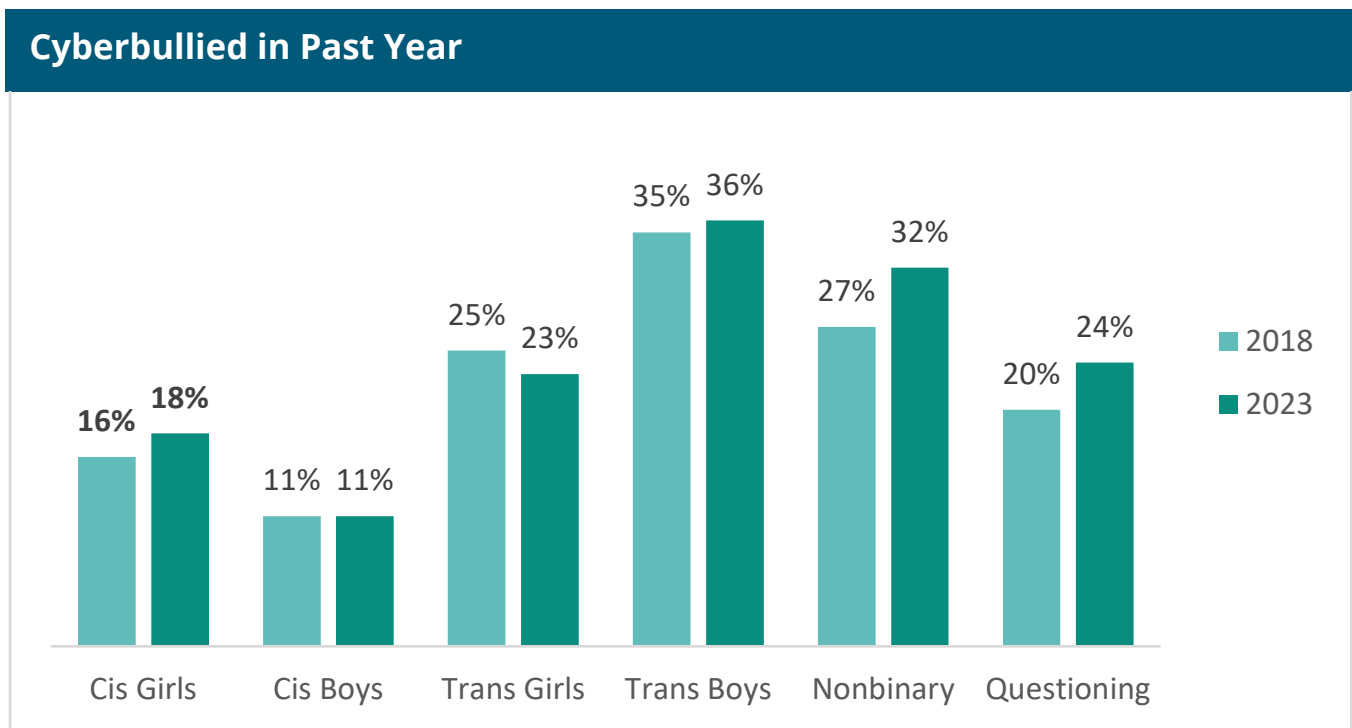
Victimization

The survey asks a number of questions about different types of bullying and victimization in the past year at school or on the way to or from school (severe teasing, social exclusion and physical assaults), as well as online. In 2023, the majority of gender diverse youth had experienced one or more types of in-person or online bullying in the past year, including 78%

of trans boys, 72% of nonbinary youth, 65% of questioning students, and 58% of trans girls, compared to 60% of cisgender girls and 38% of cisgender boys. Cisgender boys were less likely to have experienced any type of bullying in 2023 compared to 2018 (44%), but all other groups had no significant differences between the two survey years.



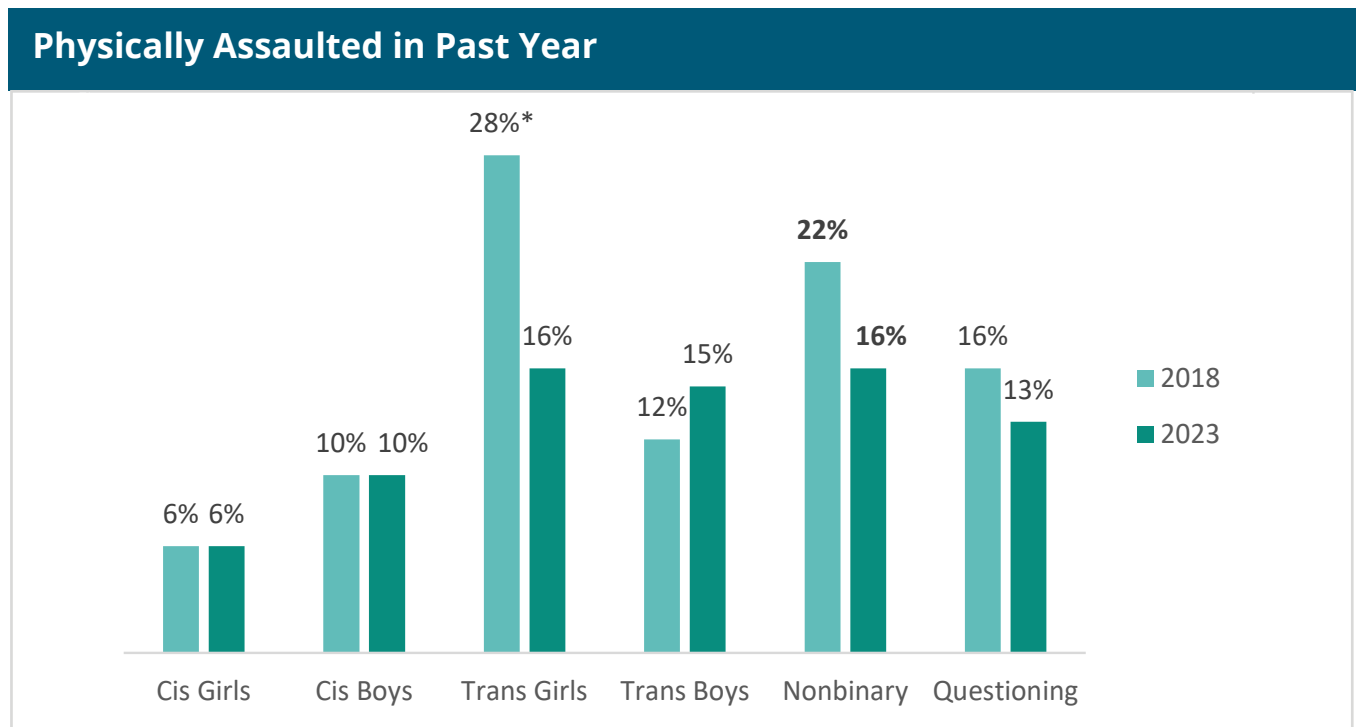
In 2023, about 1 in 3 trans boys (36%) and nonbinary youth (32%), 24% of questioning youth, and 23% of trans girls reported having been cyberbullied in the past year, which was higher than the 17% of cisgender girls and 11% of cisgender boys. Compared to 5 years earlier, there were no differences in the percent who had been cyberbullied among any of the gender groups except cisgender girls, where there was a slight increase from 16% to 18%.



* Interpret with caution, higher standard error. Significant differences between years in **bold**.

In 2018 and 2023, gender diverse youth were more likely to be physically assaulted at school in the past year compared to cisgender girls, but not compared to cisgender boys. There were no significant differences between survey years in reporting physical assaults, except among nonbinary youth, where the percent declined.

Compared to 5 years earlier, trans girls were less likely to be purposefully excluded at school in the past year (25% in 2023 vs. 29% in 2018), as were cisgender boys. Cisgender girls were slightly less likely to be severely teased (42% vs.44% in 2018). Trans boys and questioning youth did not have any significant changes in these types of bullying between 2018 and 2023.



* Interpret with caution, higher standard error. Significant differences between years in **bold**.

Sexual harassment

Both surveys asked about verbal sexual harassment (unwanted sexual comments, jokes, or gestures) and physical sexual harassment (being touched, grabbed, pinched or brushed against in a sexual way) in the past year. Compared to cisgender boys, all other gender identities were more likely to report verbal and physical sexual harassment, and cisgender girls did not differ from the gender diverse groups. In 2023, 27% of cisgender boys reported verbal sexual harassment in the past year, compared to 42% of trans girls, 51% of cisgender girls, 52% of questioning youth, 62% of trans boys, and 65% of nonbinary youth.

For physical sexual harassment in the past year, 17% of cisgender boys reported this in 2023, compared to 26% of trans girls, 32% of cisgender girls, 33% of questioning youth, 43% of trans boys and 45% of nonbinary youth.

From 2018 to 2023, there has been a significant increase in both verbal and physical sexual harassment for trans boys and cisgender girls. Nonbinary youth saw an increase in verbal sexual harassment, but not physical sexual harassment. There has also been an increase in physical sexual harassment for cisgender boys (13% in 2018 to 17% in 2023), but there was no significant change between 2018 and 2023 in either type of sexual harassment for trans girls.

Dating violence among those who dated

Among those who were in a dating relationship in 2023, 12% of trans girls, 10% of trans boys, 16% of nonbinary and 15% of questioning youth reported they had experienced dating violence in the past 12 months, compared to 7% cisgender girls and 9% cisgender boys. Nonbinary and questioning youth had significantly higher percents of dating violence than cisgender peers. Compared to 2018, there were no significant differences between years for any gender groups.

“where would I go to find help anonymously for sexual abuse to know my rights, etc.?”

Nonbinary, 13 years old, Interior Region

Physical and sexual abuse

The survey asked if youth had ever been physically abused or mistreated by anyone in their family, or by anyone else. Gender diverse youth in both years were much more likely than cisgender boys to report physical abuse, including 38% of trans boys and 35% of nonbinary youth, 27% of questioning youth, and 16% of trans girls in 2023, compared to around 18% of cisgender girls and 1 in 10 cisgender boys. In 2023, trans girls saw a significant decline in reports of physical abuse, from 29% down to 16%, while cisgender girls saw a slight increase (17% to 18%). There were no significant differences between the years for trans boys, cisgender boys, or questioning and nonbinary youth.

To measure sexual abuse, we combined 3 questions asking if youth had ever been sexually abused, or if they had been forced to have sex when they did not want to, or if their first sexual experience was with someone older than the legal age. In 2023, trans boys (38%) and nonbinary youth (33%) were the most likely to have been sexually abused, followed by trans girls (22%), questioning youth (21%), cisgender girls (19%) and cisgender boys (6%). Sexual abuse increased between 2018 and 2023 among cisgender girls and cisgender boys, as well as for trans boys and nonbinary youth. There were no significant differences between years for trans girls and questioning youth.

Discrimination

BC AHS asked several questions about discrimination or being treated unfairly in the past year, because of people's race, ethnicity, or skin colour; gender or sex; disability; physical appearance; weight; sexual orientation; or how much money their family made. In 2023, there were also questions about where discrimination happened and how often students experienced discrimination.

In 2023, as in 2018, the majority of gender diverse youth experienced at least one form of discrimination in the past year. Trans boys (78%) and questioning youth (73%) were more than twice as likely to experience at least one of these types of discrimination in the past year than cisgender boys (32%). About half of cisgender girls (48%) and just over half of trans girls (55%) and nonbinary youth (57%) reported experiencing at least one of these types of discrimination in the past year.

Although there were no gender differences in youth reporting discrimination based on race, gender diverse youth were more likely to report all other types of discrimination than cisgender boys, and sometimes more often than cisgender girls. Trans boys and nonbinary youth reported the highest levels of nearly all types of discrimination; for example, trans boys were most likely to experience discrimination based on gender/sex, followed by nonbinary youth, trans girls, and questioning youth. Trans boys and nonbinary youth were most likely to experience discrimination based on sexual orientation. Trans boys and nonbinary youth were also most likely to experience discrimination based on their physical appearance, followed by questioning youth. The same order was seen for discrimination based on weight, and gender diverse groups were more likely to experience discrimination based on how much money they or their family had compared to cisgender boys, although they were not significantly different from each other.

“The harassment I face when I go out in public with friends, family, and even just myself, is excruciating and I wish there was more that could be done about it. It feels like nobody in this community listens... Every single one of my friends do not feel safe at school or in our town in general. I wish something more could happen here.”

Trans Boy, 14 years old, Fraser Region

Compared to 2018, all gender groups saw an increase in discrimination based on gender or sex in 2023 except for trans boys, who had the highest rate of discrimination based on gender or sex in both years (72% and 71%). Nonbinary youth saw increases in discrimination based on physical appearance in 2023, where other groups did not. Trans boys had a significant increase in discrimination based on disability.



In the Past 12 Months, Have You Been Discriminated Against or Treated Unfairly Because of...

	Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023
Gender or sex	23%	38%	72%	71%	48%	57%	24%	35%
Your physical appearance	26%	25%	45%	43%	36%	45%	36%	34%
Your weight	20%	19%	33%	35%	28%	32%	28%	27%
A disability you have	8%	13%	13%	21%	16%	17%	9%	11%
Sexual orientation (being or thought to be gay/ lesbian)	28%*	26%	54%	56%	43%	49%	31%	32%
Race, ethnicity, or skin colour	12%	13%	10%	13%	18%	16%	16%	15%
How much money you or your family have	16%*	10%	14%	9%	16%	11%	15%	12%

Note: Significant differences between years within gender group in **bold**.

* Interpret with caution, higher standard error

Where discrimination took place

The most common place for all gender groups to report discrimination was at school, followed by on social media or online, and then on the street. In every site, gender diverse youth were significantly more likely to report experiencing discrimination, especially compared to cisgender boys; for example, 2% of cisgender boys reported discrimination on public transit, compared to 7% to 12% of gender diverse youth. Gender diverse youth were 3 times as likely to report having experienced discrimination in health care settings such as hospitals and clinics than cisgender young people, although the percentages who had these experiences were lower than in other places.

How often experienced discrimination in the past year

The response options to this question were never, rarely, now and then, and regularly. Trans boys (9%) trans girls (8%), nonbinary (7%) and questioning youth (7%) were all significantly more likely to experience discrimination regularly compared to cisgender boys (3%) and cisgender girls (2%).

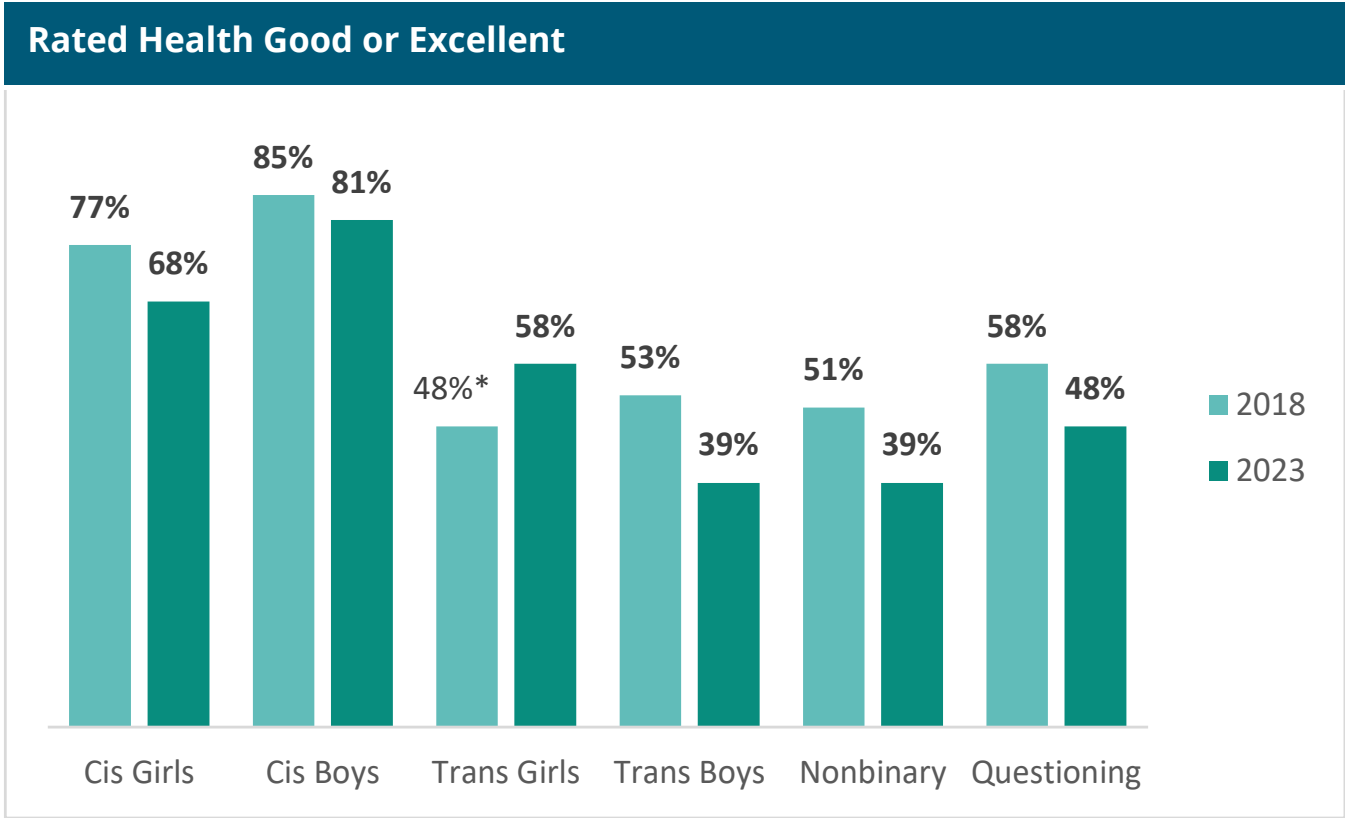
Where Discrimination Took Place (Students could mark more than one option)						
	Cis Girls	Cis Boys	Trans Girls	Trans Boys	Nonbinary	Questioning
At school	29%	20%	32%	57%	53%	38%
Online/on social media	16%	8%	28%	38%	36%	22%
On the street	9%	4%	16%	20%	22%	11%
In stores or restaurants	5%	2%	3%	10%	9%	6%
On public transit	5%	2%	9%	10%	12%	7%
In non-school activities (sports)	5%	3%	6%	7%	7%	7%
At work	4%	2%	8%	6%	7%	4%
In health care settings	1%	<1%	3%	3%	4%	3%

Note: gender diverse groups significantly higher percents than cis boys for all places, higher than cis girls for all groups except trans girls, which are significantly higher exclusively for on the street and in health care.

Section 3:

Health Profile

Physical Health

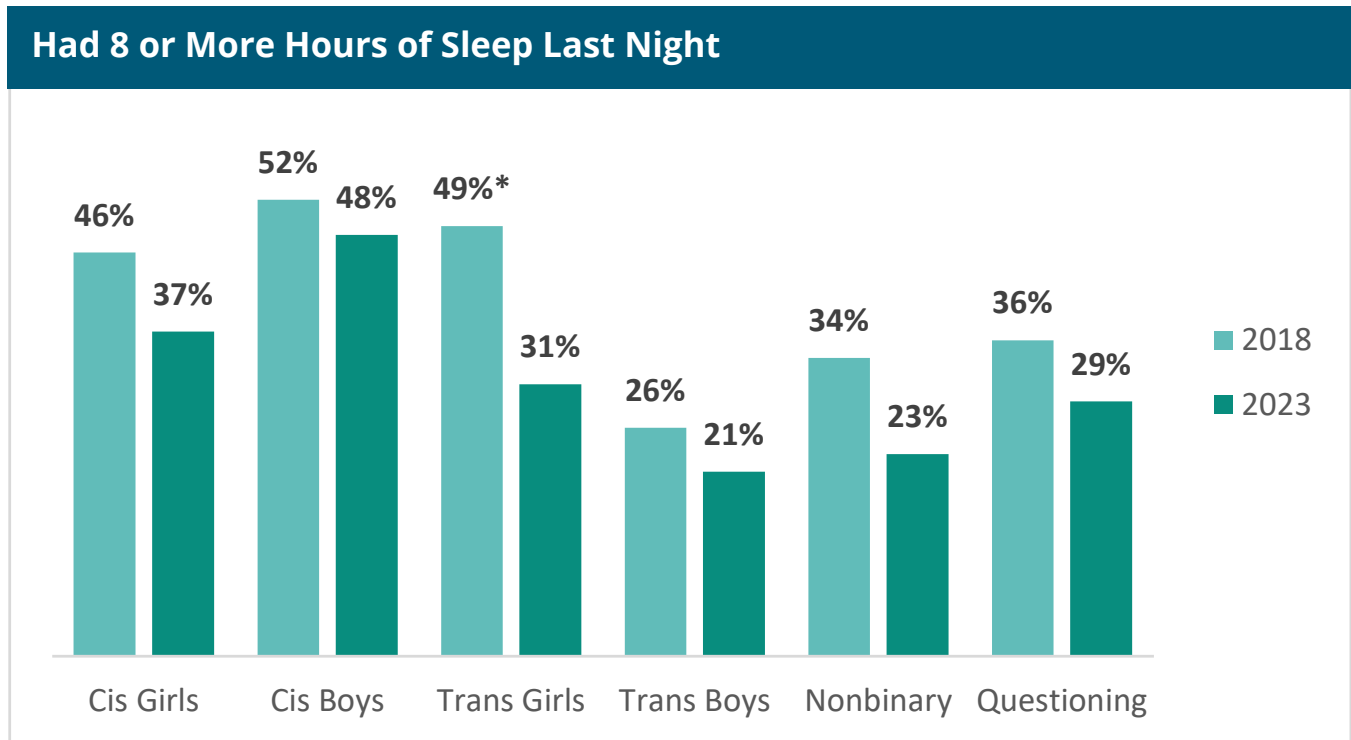


Note: *Interpret with caution, higher standard error. Significant differences between years in **bold**.

Compared to 2018, there was a decrease in nearly all gender groups who rated their health positively. While nearly half of each gender diverse group in 2018 described their health as good or excellent, in 2023, the percent of trans boys and nonbinary youth choosing this declined to 39%, and just under half of questioning youth (48%) also described their health as good or excellent. In contrast, trans girls saw a significant increase in the percent who rated their health as good or excellent in 2023.

Sleep

Getting sufficient sleep is crucial for health and wellbeing. Fewer than half of all youth reported sleeping the recommended 8 hours or more the night before they took the 2023 BC AHS, and gender diverse young people were less likely than cisgender peers to get at least 8 hours of sleep. Compared to 2018, there was a significant decline in all gender groups in 2023 of the percent of young people who got 8 or more hours of sleep.



Note: *Interpret with caution, higher standard error. Significant differences between years in **bold**.

Daily exercise

Getting at least 60 minutes of moderate or vigorous activity daily is recommended for adolescents, and is important for good health. In 2023, as in 2018, the majority of students from all gender groups did not exercise daily. However, trans boys (5%), nonbinary (9%), questioning youth (10%) and trans girls (13%) and cisgender girls (13%) were all less likely to exercise daily than cisgender boys (26%). There were no significant differences between 2018 and 2023 in the percent meeting the exercise guidelines.



Challenges due to health condition or disability

The BC AHS asked if youth experienced barriers due to health condition(s) or a disability when they tried to do things, such as school activities or getting together with friends. Compared to cisgender boys (5%), gender diverse youth and cisgender girls were more likely to report they faced barriers due to their health conditions or disability. Cisgender girls (10%) and trans girls (11%) were not significantly different from each other, but trans boys (31%), nonbinary (29%) and questioning youth (24%) were more likely to experience barriers to doing things compared to cisgender girls and cis boys.

Vomiting on purpose after eating

Inducing vomiting after eating is a form of disordered eating behaviour. Similar to the 2018 BC AHS report, around 1 in 5 gender diverse youth reported vomiting after eating (19% to 26%), which was higher than 11% of cisgender boys, but not significantly higher than cisgender girls (17%). Questioning youth saw a significant decline in 2023 compared to 2018 (31%), while the percents were not significantly different between both years among trans girls, trans boys and nonbinary youth.

Access to health services

In the past 12 months, about 1 in 5 gender diverse youth and cisgender girls said they did not need health care, along with 27% of cisgender males and 29% of trans girls. Among those who needed services, the three most common types of health care accessed included family doctor (about half for all groups), walk-in clinics (about 1 in 4 for all gender groups), and counsellors or psychologists (around 1 in 3 for trans boys and nonbinary youth, with gender diverse and cisgender girls all higher than cisgender boys).

Cisgender youth and trans boys were less likely to have seen a family doctor in the past year in 2023, and cisgender, nonbinary and questioning youth were less likely to use a walk-in clinic in 2023 compared to 2018. Other types of services accessed were not different between years for each gender.

In the Past 12 Months, Where Young People Got Health Care (Youth could mark all relevant)

	Cis Girls		Cis Boys		Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023
Family Doctor	65%	59%	58%	51%	46%	44%	64%	46%	51%	53%	53%	49%
Nurse	10%	10%	8%	8%	NR	10%	14%	11%	8%	8%	8%	8%
Walk-in Clinic	38%	26%	33%	22%	25%*	24%	34%	24%	32%	22%	33%	22%
School Wellness Centre	2%	2%	2%	1%	NR	1%	NR	3%	2%	3%	3%	3%
Youth Clinic	5%	3%	2%	2%	9%	3%	16%	6%	8%	4%	5%	4%
ER	17%	16%	15%	15%	NR	11%	18%	16%	18%	18%	13%	14%
Traditional Healer	1%	1%	1%	1%	NR	1%	4%	1%	3%	2%	2%	2%
Counselor/ Psychologist	16%	17%	6%	6%	15%*	24%	45%	37%	29%	35%	24%	25%
Foundry Centre/ Foundry Virtual BC	-	2%	-	1%	-	4%	-	9%	-	6%	-	4%
Other	-	3%	-	4%	-	4%	-	6%	-	5%	-	4%

Note: Foundry Centre and Other not available as options in 2018 survey; difference between years in **bold**.

*Interpret with caution, higher standard error; NR=not releasable

Missing out on needed health care

Missing out on health care when needed can lead to worsening health issues. Most 2023 BC AHS youth could get help with their health in the past 12 months if needed. However, similar to the 2018 survey, about 1 in 5 trans boys, nonbinary and questioning youth in 2023 missed out on needed health care in the past 12 months, and these percents were higher than among cisgender boys (4%) and cisgender girls (9%). In 2023, trans girls (9%) were not statistically different from cisgender girls. A lower percent of cisgender boys and girls missed out on needed care in 2023 compared to 2018, but rates were not significantly different for gender diverse youth.

“Make health care for trans people more accessible.”

Trans girl, 15 years old, Fraser Region

Dental care

Oral health care is another important element of general health among youth. Most gender diverse youth reported visiting a dentist in the past 12 months. However, in 2023, gender diverse youth were less likely than cisgender youth to have gotten dental care in the past year: 74% of trans boys, 72% of trans girls, 76% nonbinary and 75% of questioning youth reported visiting their dentist in the past 12 months compared to 83% of cisgender boys and 84% of cisgender girls. There were no significant changes in access to dental care for any of the gender groups.



Missing needed mental health services

Although a higher percent of gender diverse youth accessed counselors and psychologists than cisgender youth, they were still significantly more likely to also report they weren't able to get mental health care when they needed it. Almost half of trans boys (49%), nonbinary youth (47%) and questioning youth (41%) missed out on needed mental health services in the past year. About 1 in 5 trans girls (22%) and 1 in 4 cis girls (26%) also did not receive needed mental health services, and all groups had much higher percents of missing mental health services than cisgender boys (8%).

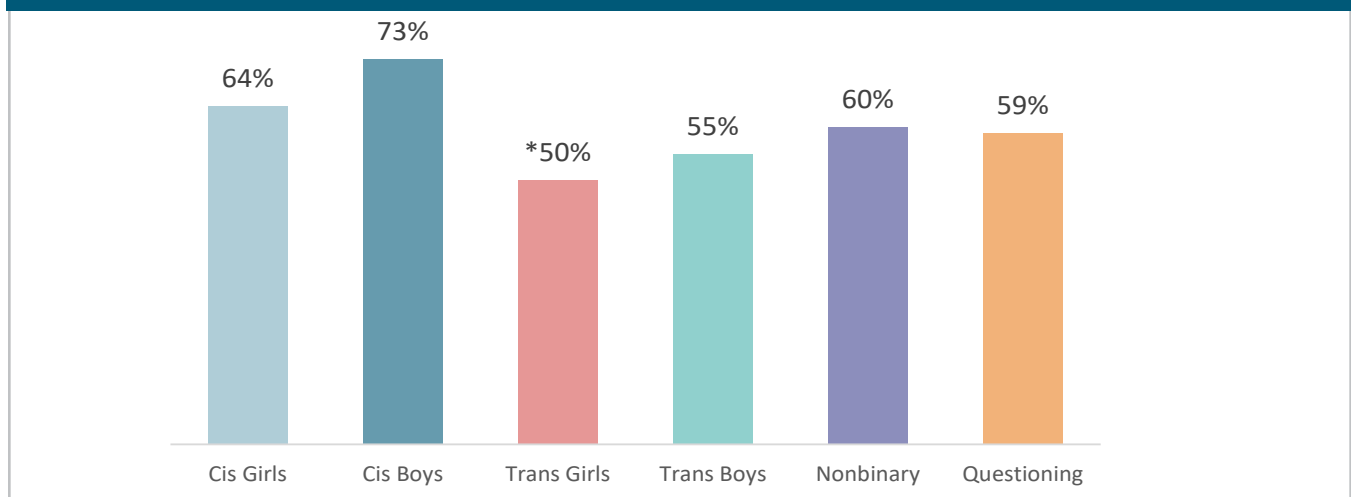
We asked youth about the reasons that they had not accessed the mental health services that they felt they needed in the past year. In both 2018 and 2023, the most common reasons for all genders were not wanting parents to know, hoping the problem would go away, fear of what the doctor would do or say, and not knowing where to go to get services. There were relatively few changes over time in the barriers to mental health care.

Accessing virtual mental health services

In 2023, we asked a new question about whether youth had accessed mental health services by phone, email, or video interview, and if they did, whether they preferred that or would have preferred in-person services. Gender diverse youth were more likely to have accessed virtual mental health services than cisgender youth: 8% of cisgender boys and 17% of cisgender girls had received virtual mental health services, compared to 23% of questioning youth, 26% of trans girls, 32% of nonbinary youth, and 34% of trans boys.

Among youth who had accessed virtual mental health services in the past year, half or more of youth of all gender groups preferred virtual care, although for trans girls, it was just 50%. Cisgender girls and gender diverse youth were more likely than cisgender boys to say they would have preferred in-person services, ranging from 36% of cisgender girls to 50% of trans girls.

Preferred Virtual Mental Health Services Rather Than In-Person (Among those who got virtual mental health care in past year)



*Interpret with caution, higher standard error

Reasons Youth Gave for Not Accessing Needed Mental Health Services:

	Cis Girls		Cis Boys		Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023
Didn't want parents to know	64%	59%	57%	51%	75%*	58%*	54%*	68%	64%	66%	71%	73%
Thought or hoped problem would go away	66%	55%	57%	52%	61%*	42%*	48%*	55%	55%	58%	59%	60%
Afraid of what doctor would say or do	45%	36%	39%	32%	40%*	45%*	42%	47%	49%	47%	55%	52%
Didn't know where to go	44%	45%	42%	43%	48%	40%	44%	52%	53%	49%	43%	58%
Afraid someone I know might see me	37%	29%	36%	33%	58%*	10%*	32%	33%	44%	34%	42%	44%
Too busy	38%	37%	31%	34%	32%*	27%*	30%*	30%	27%	36%	36%	29%
Didn't think I could afford it	22%	26%	18%	22%	58%*	24%*	45%*	37%	30%	32%	31%	35%
Negative experience(s) before	15%	16%	10%	11%	NR	7%*	21%	26%	33%	26%	15%	20%
Parent or Guardian would not take me	12%	20%	7%	12%	25%*	17%*	30%	32%	25%	23%	17%	26%
No transportation	10%	9%	9%	10%	32%*	NR	28%*	16%	16%	12%	8%	16%
Couldn't go when open	5%	4%	3%	2%	12%*	0%	17%	8%	18%	6%	9%	7%
Not available in community	2%	2%	2%	2%	NR	NR	8%	4%	5%	3%	NR	3%
Waiting list	5%	7%	3%	5%	NR	28%*	13%	17%	10%	15%	10%	8%

* Interpret with caution, higher standard error. Significant difference between years in **bold**.

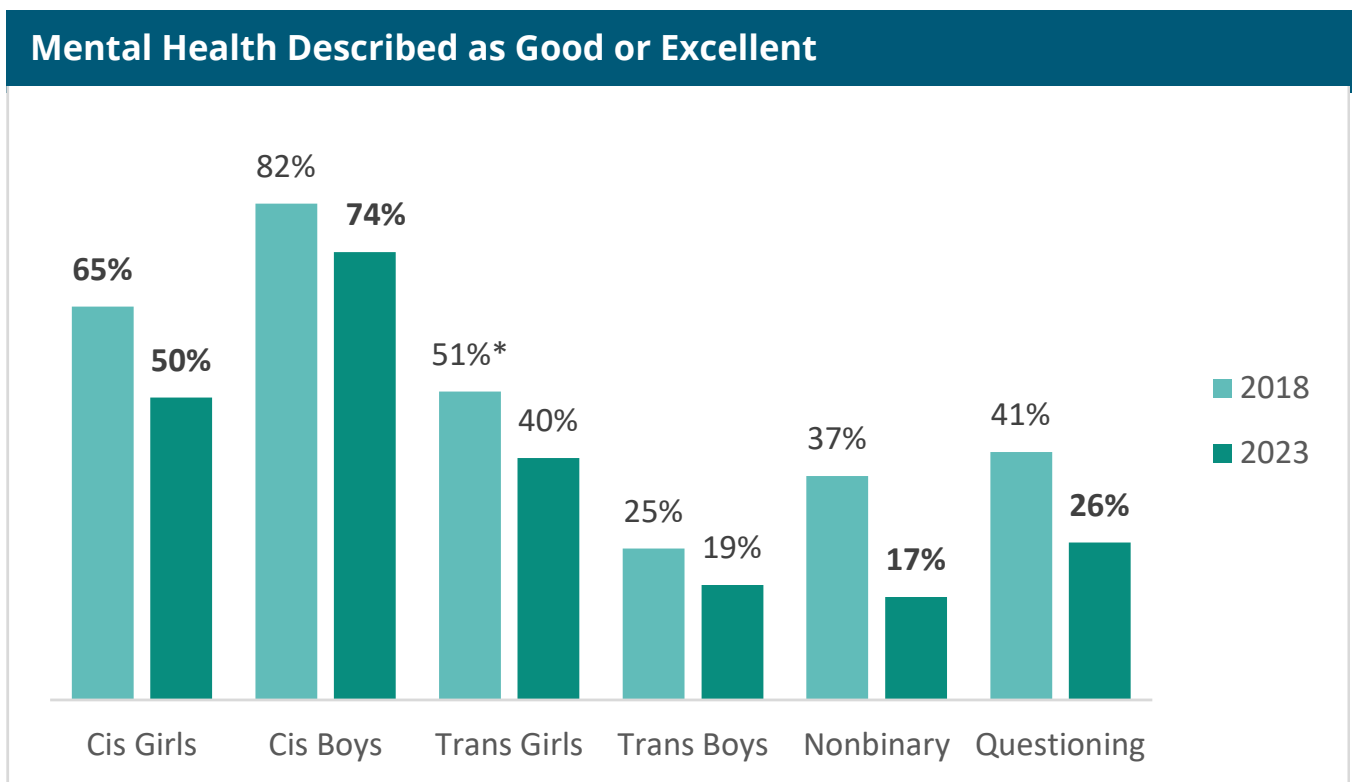
“Give us more resources. You do not realize how unsupportive most students’ parents are, and we often need resources like the Foundry. ALL students should be aware of the Foundry.”

Nonbinary, 16 years old, Vancouver Island Region

Mental Health

As previously reported, most gender diverse youth in BC AHS have experienced some forms of discrimination and violence in their lives. Such experiences have been linked to mental health challenges for young people, and we asked a number of questions related to mental health in the survey.

Similar to the question about how young people rated their physical health, we also ask them to describe their mental health. Gender diverse youth were significantly less likely to rate their mental health as good or excellent, and for all groups, the percents declined between 2018 and 2023.



* Interpret with caution, higher standard error. Significant differences between years in **bold**.

Extreme stress

As in 2018, gender diverse youth were more likely to report extreme stress in the past 30 days than cisgender boys. In 2023, 6% of cisgender boys reported extreme stress, compared to 34% of trans boys, 32% of nonbinary youth, 25% of trans girls, 23% of questioning youth, and 17% of cisgender girls. There were no significant changes over time.



Extreme hopelessness

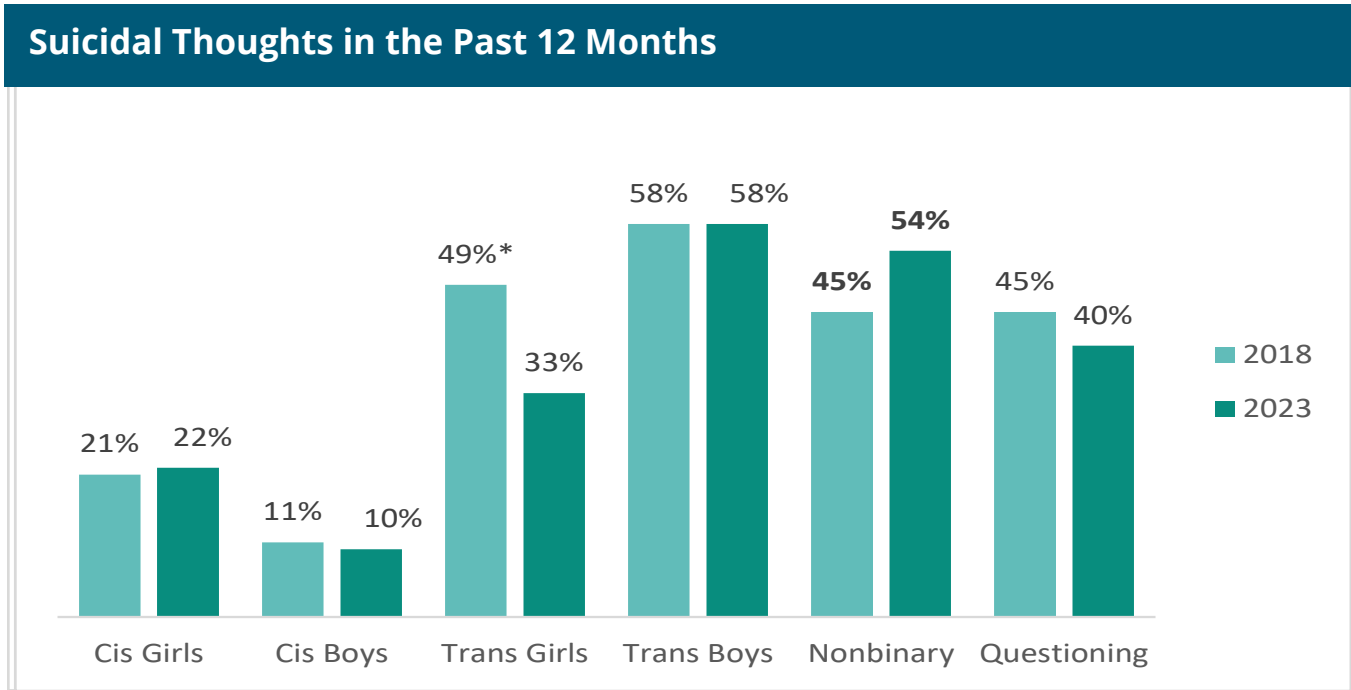
Young people were also asked whether they have felt so hopeless, sad or discouraged in the past 30 days that they wondered if anything was worthwhile. All gender diverse groups were significantly more likely to report extreme despair than cisgender youth, with the highest percents among trans boys (28%) and nonbinary youth (26%), followed by trans girls (19%), and questioning youth (18%), compared to cisgender girls (10%) and cisgender boys (4%). There were no differences in extreme hopelessness between years.

Self-harm

More than half of gender diverse youth in 2023 reported they cut or injured themselves on purpose at least once in the past year: 68% trans boys, 59% nonbinary, 50% questioning young people, and 36%* trans girls, compared to 31% cisgender girls and 10% cisgender boys. These were significant increases from 2018 for all groups except nonbinary and questioning youth.

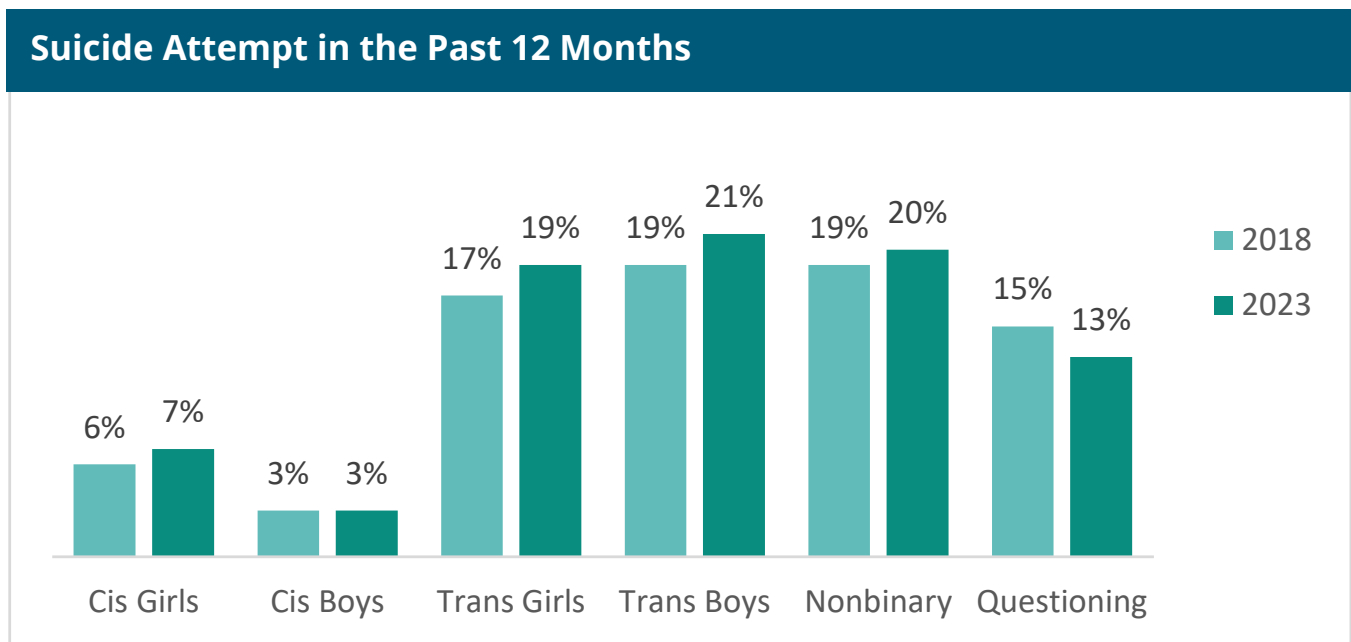
Suicidal thoughts and suicide attempts

Gender diverse youth were also significantly more likely than cisgender youth to seriously think about suicide in the past month, with the largest percent among trans boys, followed by nonbinary youth, questioning youth, and trans girls. The percent among nonbinary youth increased between 2018 and 2023.



* Interpret with caution, higher standard error. Significant differences between years in **bold**.

Gender diverse youth were also significantly more likely to report attempting suicide in the past 12 months compared to cisgender youth. The percents were not significantly different between 2018 and 2023 for any gender group.



Youth want to learn more about mental health at school

On the last page of the survey, we asked youth if there were any topics they would like to learn more about. A lot of gender diverse young people wrote in that they wanted to learn more about mental health issues, and how to get help for their mental health.

“I feel that depression should be spoken more about, specifically how to help people going through it.”

Questioning, 14 years old, Fraser Region



“I would like to learn more about my mental health.”

Questioning, 17 years old, Vancouver Island Region

Positive mental health

The BC AHS not only asks about mental health challenges, but also about positive aspects of mental health.

Happy in the past month

About 1 in 3 trans girls, trans boys nonbinary youth, and questioning youth said that they felt happy most or all of the time in the past 30 days in 2023. Compared to 2018, cisgender and gender diverse youth were less likely to report feeling happy most or all of the time in 2023.

Positive outlook on life

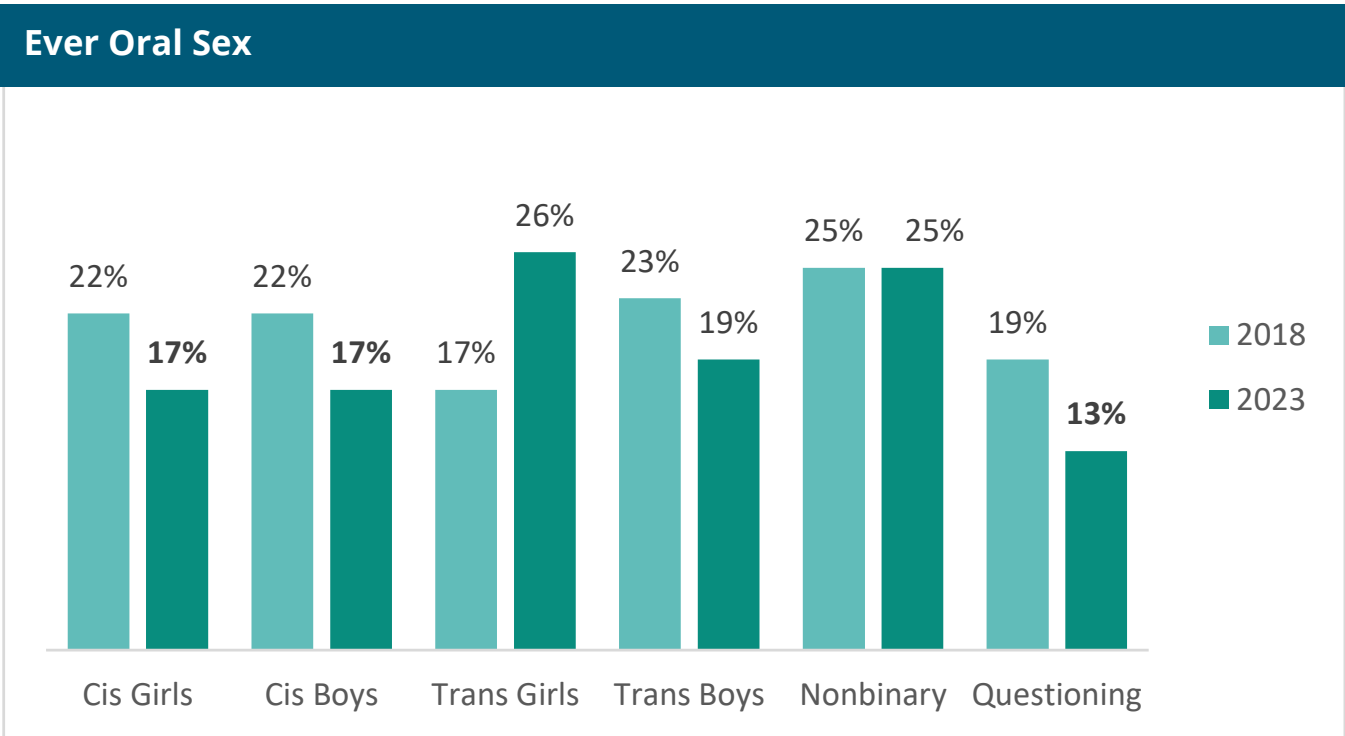
The survey asked a series of questions about a sense of wellbeing in life. Gender diverse youth were less likely than cisgender youth to feel their life was going well, and far more likely to wish they had a different life, although nearly half of them felt they have a good life. Overall, fewer youth in 2023 were likely to have a positive outlook on life.

Young people Who Agreed or Strongly Agreed That:												
	Cis Girls		Cis Boys		Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023
Life is going well	68%	59%	80%	76%	55%*	50%*	38%	27%	39%	29%	45%	35%
They wish they had a different life	25%	23%	20%	13%	52%*	40%*	53%	58%	37%	48%	41%	43%
They have a good life	76%	72%	84%	83%	61%*	59%*	50%	44%	49%	43%	55%	51%
They have what they want in life	55%	49%	65%	60%	35%*	37%	23%	18%	31%	25%	35%	30%
Their life is going just right	51%	45%	65%	62%	36%*	36%*	21%	15%	29%	18%	31%	23%

* Interpret with caution, higher standard error. Significant differences between years in **bold**.

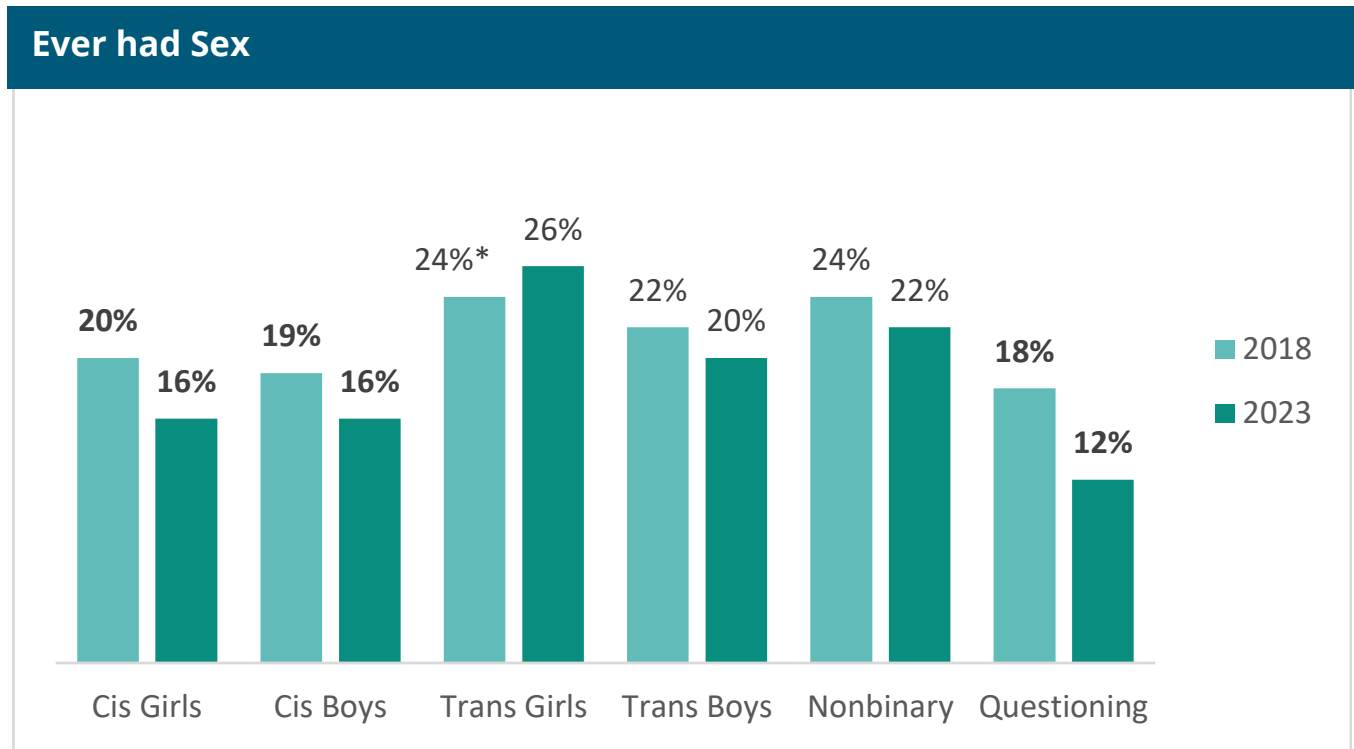
Sexual Health

The BC AHS asked several questions about sexual health. In most cases, gender diverse youth were no more likely to be sexually active than cisgender youth, although percents have generally decreased between 2018 and 2023 for cisgender youth but not for gender diverse youth. For example, about 1 in 5 youth of all genders have had oral sex, but in 2023, cisgender and questioning youth showed significant declines in the percent who had ever had oral sex, but not trans girls, trans boys, or nonbinary youth.



Note: *Interpret with caution, higher standard errors; significant difference between years in **bold**

Similarly, gender diverse youth were as likely to have ever had sex (other than oral sex and masturbation) as cisgender peers, but while cisgender and questioning youth saw declines between 2018 and 2023, rates were unchanged for trans and nonbinary youth.



Note: * Interpret with caution, higher standard errors. Significant difference between years in **bold**

About 1 in 3 gender diverse youth reported a same-sex partner the last time they had sex, compared to about 7% cisgender youth.

Contraceptive use

Gender diverse youth were less likely than cisgender youth to report they used a condom the last time they had sex. Gender diverse youth also reported using a variety of methods to prevent pregnancy the last time they had sex including condom use, birth control pills, and withdrawal (“pulling out”).

Pregnancy involvement and STIs

The survey asked if young people had ever been pregnant or caused a pregnancy in the past. Although pregnancy involvement was rare among youth, gender diverse youth were significantly more likely than cisgender youth to have been involved in pregnancy: 3% of trans girls, trans boys and nonbinary youth, and 2% of questioning youth reported pregnancy involvement, compared to fewer than 1% of cisgender boys and girls in 2023. Similar percentages reported they had ever been told by a doctor or nurse that they had a sexually transmitted infection, which was also slightly higher than for cisgender youth. The small numbers each year made it impossible to compare changes between 2018 and 2023.

Sexual health education received in school

In 2023, the survey included a new set of questions about sex education at school, including whether the education they received started at the right age, was respectful of their culture or religion, and relevant for their disability or health condition, gender identity, or sexual orientation. A large majority of youth of all genders had received sex education at school (79% to 87%).

Most of the youth, regardless of their gender, agreed that the sex education they received started at the right age, but gender diverse youth were more likely to say it did not start at the right age. Gender diverse youth were also more likely than cisgender youth to feel their sex education had not been relevant for their disability and health condition. About 10% of youth in all gender groups said that the sex education they received was not respectful of their culture or religion.

Around half of trans girls (50%), trans boys (52%), and nonbinary youth (47%) and 31% of questioning youth reported that the sex education they received was not relevant to their gender identity, which was significantly higher than cisgender boys (13%) and cisgender girls (12%). Similarly, around half of all gender diverse youth said that sex education was not relevant to their sexual orientation: 55% trans boys and nonbinary youth, 46% questioning youth and 45% trans girls.

“LGBT Health and sex ed should be mandatory in school. I was lucky enough to have a mother who will openly talk about that with me but not everyone is.”

Nonbinary, 16 years old, Vancouver Coastal Region

Substance Use

Alcohol

Just under half of trans boys (47%) and nonbinary youth (45%) in the 2023 survey reported that they had ever drunk alcohol, along with 41% cisgender girls, 35% questioning youth and cisgender boys, and 34% of trans girls. There were no statistically significant differences between 2018 and 2023.

Tobacco use

In 2023, about 1 in 4 trans boys, trans girls, and nonbinary youth reported smoking tobacco at least once, along with 14% of questioning youth, which was significantly higher for trans boys and nonbinary youth than cisgender youth. Tobacco use declined slightly among cisgender and questioning youth between 2018 and 2023, but was unchanged for trans girls, trans boys, and nonbinary young people.

Cannabis use

Most youth in all gender groups had never tried cannabis. About 1 in 3 trans boys and nonbinary youth reported having tried cannabis. These two groups were significantly higher than for cisgender youth, but other gender diverse groups were not different from cisgender youth: trans girls (22%) and questioning youth (19%). Although the percent who had ever tried cannabis was significantly lower for cisgender youth in 2023 compared to 2018, results for gender diverse youth were not significantly different between years.

Other substances

The majority of youth had never used substances other than alcohol and cannabis, such as cocaine, heroin, mushrooms, ecstasy (MDMA) or prescription drugs without a prescription. The most common substances youth of all genders had tried were mushrooms (6% to 12%), and more of their own prescription drugs than prescribed (4% to 17%), with most gender diverse groups reporting a slightly higher percent who had tried these substances compared to cisgender boys and cisgender girls. Substance use estimates were not statistically different between 2018 and 2023 within most gender groups.

Negative experiences because of drinking or using other substances

The survey also asked young people who reported they drank alcohol or used substances whether they faced various consequences of that substance use in the past year. These potential negative experiences included passing out, doing things you don't remember, getting injured, getting into a fight, arguing with family, losing friends or romantic partners, having unwanted sex, getting in trouble with police, damaging property, schoolwork changing, or overdosing.

Approximately half of the youth who had used substances, regardless of gender, reported that none of these things had happened while they were using alcohol or other drugs. Cisgender males had the lowest percent (39%) of at least 1 negative experience, and cisgender girls, trans boys, and nonbinary youth were significantly more likely to report at least 1 negative experience from using alcohol or other drugs than cisgender boys and questioning youth.

Among those who reported at least one negative experience of using alcohol or other substances in the past year, the most common experiences were “was told I did something I didn't remember,” “passed out,” “got injured,” and “argued with family members.” About 1 in 4 gender diverse youth and cisgender girls reported passing out due to substance use. About 1 in 3 cisgender girls and trans boys, and 1 in 4 trans girls, nonbinary youth reported being told they did something they could not remember, compared to 23% of both cisgender boys and questioning youth (only cisgender girls and trans boys are significantly different from cisgender boys).

Between 8% (cisgender boys) and 16% (trans boys) of youth reported arguing with family, and about 1 in 10 youth across all gender groups reported getting injured as a result of substance use in the past year. Smaller percents of youth from each gender group selected the other negative consequences; for example, 2% to 6% of youth said they had overdosed, while 2% to 5% said they got in trouble with the police.

Section 4:

Supporting Healthy Development Family

Family connectedness

In 2023, around half of youth in all gender diverse groups reported their family pays attention to them quite a bit or very much. This was a significant improvement for trans girls compared to 2018, but a significant drop for trans boys. Slightly lower percents of youth reported their family respected them quite a bit or very much; while the percents increased for trans girls and decreased for other gender diverse groups, only nonbinary youth saw a significant decrease in the percent who said their family respects them in 2023 compared to 2018. About half of youth said their

families have fun together, with no significant differences between groups or between years. A much lower percent of gender diverse youth felt their family understands them quite a bit or very much, from one third of trans girls to 1 in 4 questioning youth, and less than 1 in 5 trans boys and nonbinary youth. Nonbinary youth were significantly less likely to feel that their family understands them in 2023 compared to 2018.

How Much Do You Feel That Your Family (quite a bit or very much)								
	Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023
Pays attention to you?	41%*	63%	51%	44%	46%	46%	52%	53%
Respects you?	48%*	60%	52%	40%	51%	41%	53%	48%
Have fun together?	40%*	56%	44%	46%	46%	43%	49%	52%
Understand you?	38%*	37%	23%	17%	25%	19%	31%	26%

*Interpret with caution, higher standard error. Significant differences between years within gender groups are in **bold**.

“I feel like I should mention that my gender and sexuality aren’t totally supported at home.”

Trans boy, 18 years old, Interior Region

These same four questions can be combined to create a family connectedness score, which ranges from 0 to 4, with the higher the score, the higher level of family connectedness. Each gender group had average scores at or above the middle value of 2, meaning families were generally supportive. Cisgender boys reported the highest average family connectedness

score, and trans boys reported the lowest average score. Between 2018 and 2023, cisgender girls had a slight but significant drop in their average family connectedness score. No other changes over time were statistically significant.

Average Family Connectedness score (0-4, higher score = higher connectedness)

	Cis Boys	Cis Girls	Trans Girls	Trans Boys	Nonbinary	Questioning
2018	3.1	2.9	2.2	2.2	2.2	2.3
2023	3.1	2.8	2.5	2.0	2.1	2.3

“Being transgender is hard and I’m not very sure if my parents or other relatives would accept me.”

Trans girl, 15 years old, Fraser Region

Safety at home

The survey included a question about how often youth feel safe inside their home. The majority of all youth report often or always feeling safe at home, although a lower percent of gender diverse youth felt safe at home than cisgender peers. Trans boys (75%) and nonbinary youth (76%) were the least likely to report feeling safe at home, while questioning youth (82%) and trans girls (84%) had higher percentages, and cisgender girls (93%) and cisgender boys (95%) had the highest percents who felt safe at home often or always. There were no significant differences between 2018 and 2023.

“if you don’t feel safe at home is there any other place you can go?”

Trans boy, 15 years old, Interior Region



School

School connectedness

The BC AHS also has a series of questions about youth’s feelings about school that can be combined to measure school connectedness, which has been shown to be an important protective factor for gender diverse as well as cisgender young people. Generally, a lower percentage of gender diverse youth reported agreeing to each of

the school connectedness statements than cisgender youth, and cisgender girls were also less likely than cisgender boys to agree with the statements. Cisgender girls and boys reported significant drops in agreement with all the different statements in 2023, while gender diverse youth were not significantly different between 2018 and 2023.

School connectedness (agree or strongly agree):

	Cis Girls		Cis Boys		Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023	2018	2023
I feel like I am part of my school	59%	52%	62%	60%	34%*	40%	32%	22%	28%	28%	36%	34%
I am happy to be at my school	57%	48%	64%	58%	43%*	43%*	34%	27%	32%	33%	41%	37%
School staff treat me fairly	71%	66%	71%	70%	55%*	65%	59%	59%	53%	57%	61%	60%
I feel safe at my school	71%	60%	76%	69%	41%*	55%	43%	31%	40%	35%	51%	42%
My teachers care about me	65%	59%	67%	64%	54%*	64%	45%	48%	46%	52%	55%	48%
Other school staff care about me	51%	46%	53%	51%	42%*	47%*	36%	37%	37%	38%	43%	37%

* Interpret with caution, higher standard error. Significant differences between years within gender groups in **bold**

When combining items into the school connectedness total score, all gender groups had an average score higher than the middle score of 2, meaning they were generally positively connected to their school. Gender diverse youth had lower average scores than cisgender youth, however. Average school connectedness scores were not significantly different between 2018 and 2023 among gender diverse students.

Average School Connectedness score (0-4, higher score = higher connectedness)

	Cis Boys	Cis Girls	Trans Girls	Trans Boys	Nonbinary	Questioning
2018	2.7	2.7	2.2	2.2	2.2	2.3
2023	2.7	2.6	2.4	2.2	2.2	2.3

“The lack of gender neutral/ universal washrooms greatly impacts my mental health and the mental health of queer youth at my school”

Trans boy, 17 years old, Fraser Region

School plans

The majority of youth planned to finish high school and go on to post-secondary education. Nearly two-thirds of trans girls (64%), 60% of trans boys, 62% of nonbinary youth, and 59% of questioning youth planned to attend post-secondary education, which were lower than the percent of cisgender youth. Fewer cisgender youth plan to attend post-secondary school in 2023 than in 2018, but there were no differences between years among gender diverse youth.

School safety

Gender diverse young people were far less likely to report feeling safe in different parts of the school than their cisgender peers, but their sense of safety also varied with different parts of the school. The majority of gender diverse youth usually or always felt safe in the library, followed by other more public areas, such as going to and from school, in the classroom, out on school grounds, in the cafeteria, and in hallways. The places that gender diverse youth were least likely to feel safe were the washrooms and changing rooms, with trans boys least likely to feel safe in these spaces. In 2023, fewer than half of all gender diverse young people felt safe in changing rooms.

Compared to 2018, all gender groups except trans girls were less likely to usually or always feel safe in washrooms or change rooms in 2023.

Feeling safe usually/always in different parts of school:								
	Trans Girls		Trans Boys		Nonbinary		Questioning	
	2018	2023	2018	2023	2018	2023	2018	2023
In the library?	75%*	84%	86%	81%	75%	82%	82%	85%
In your classroom?	69%*	76%	75%	67%	69%	71%	75%	74%
In the hallways and stairwells?	62%*	70%	67%	61%	61%	60%	68%	67%
Getting to/from school?	60%*	80%	77%	71%	71%	71%	71%	73%
In the cafeteria?	59%*	76%	69%	56%	61%	59%	69%	64%
Outside on school grounds?	55%*	74%	70%	59%	63%	64%	66%	65%
In the washrooms?	53%*	53%	41%	33%	59%	45%	64%	49%
In the changing rooms?	49%*	46%	32%	21%	52%	36%	58%	44%

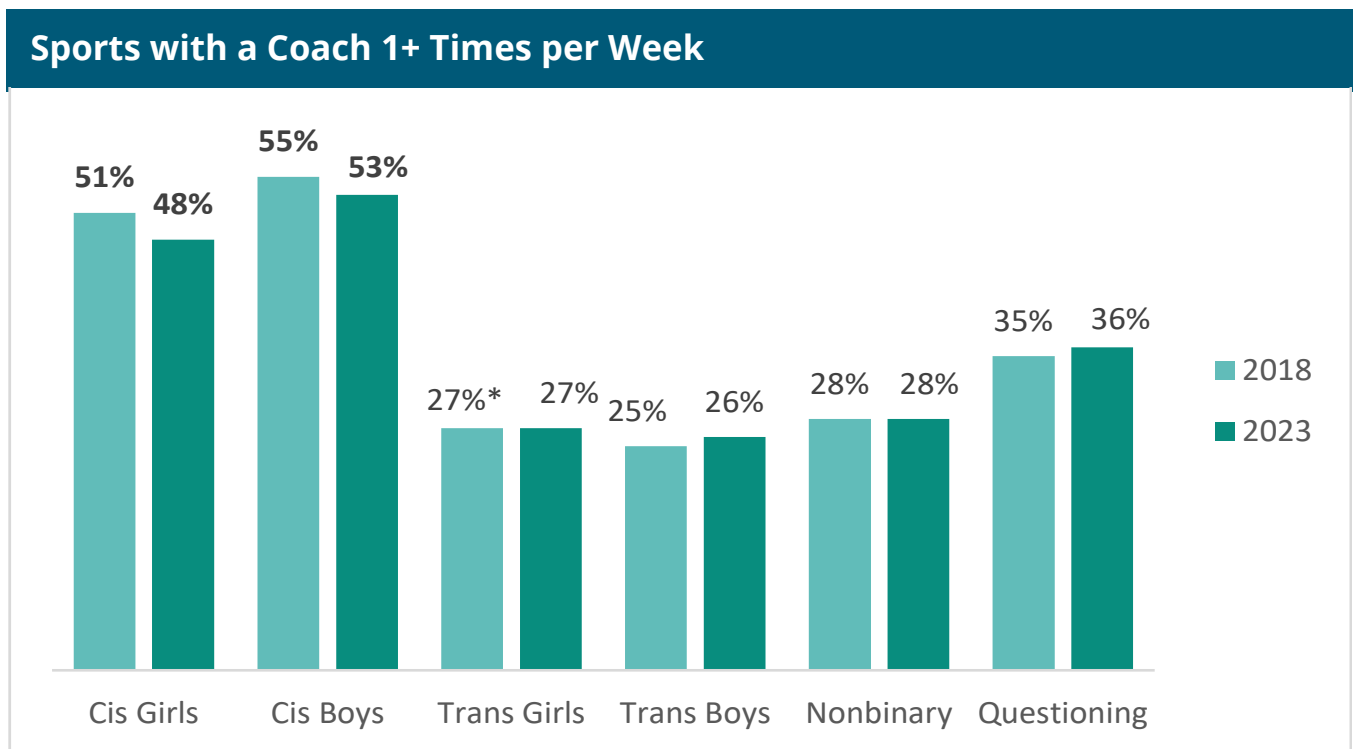
*Interpret with caution, higher standard error. Significant differences between years within gender are in **bold**.

Extracurricular activities

Sports, dance and exercise, and cultural activities

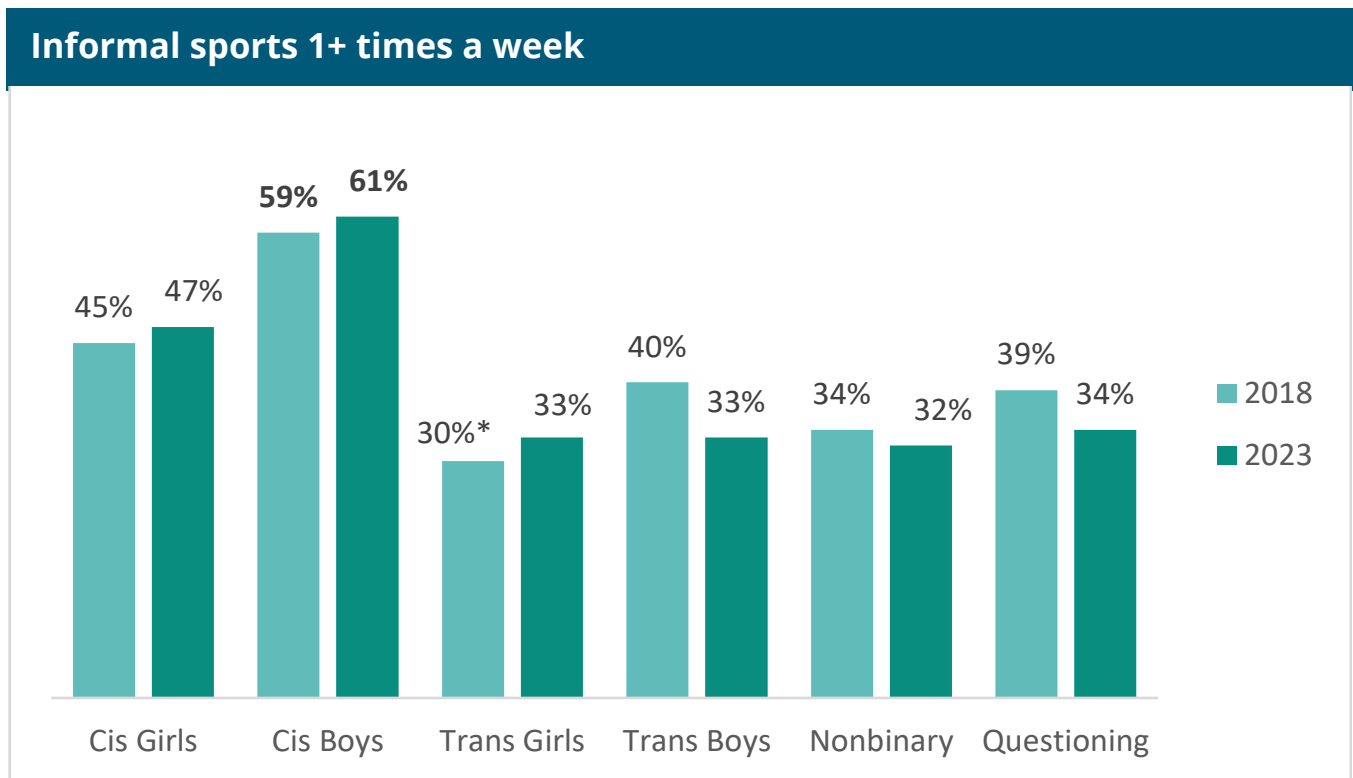
Youth were asked how frequently they had participated in activities outside of school in the past year, such as organized, informal, or extreme sports; dance, yoga, and exercise classes; cultural activities; and/or volunteering activities. Approximately 4 out of 5 gender diverse youth said they had participated in one or more extracurricular activities at least weekly in the past year.

Gender diverse youth were less likely than cisgender peers to have been involved in organized sports (with a coach) at least weekly over the past year. While cisgender girls and boys had slight declines in weekly involvement in organized sports between 2018 and 2023, gender diverse youth showed no difference between years.



Note: significant differences between years for cisgender boys only.
*Interpret with caution, higher standard error.

Gender diverse youth were also less likely to be involved in informal sports, such as bicycling, skateboarding, or running without a coach compared to cisgender youth. Unlike with organized sports, cisgender boys were more likely to be involved in at least weekly informal sports in 2023 compared to 2018, but other groups showed no significant change in participation between years.

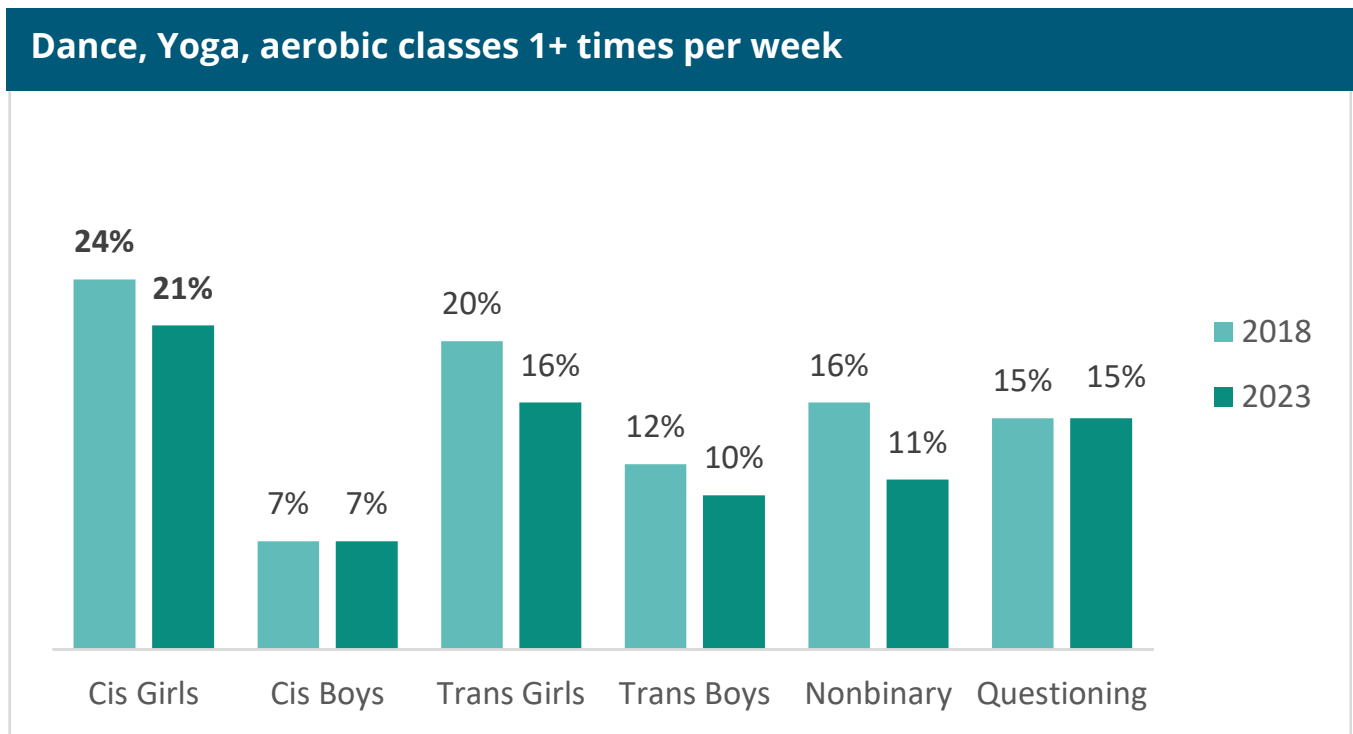


Note: significant differences between years for cisgender boys only.
 *Interpret with caution, higher standard error.

“Before transitioning, I did much more physical activity and because of it my mental health was better. Because of the lack of inclusion and support for trans youth to do sports, I no longer am able to do team sports, and feel unwelcome at the gym, which has caused a decline in my mental health.”

Trans boy, 18 years old, Vancouver Island Region

In contrast to sports involvement, gender diverse youth were more likely than cisgender boys to participate weekly in dance, yoga, or exercise classes with an instructor, although not different from cisgender girls. Cisgender girls saw significant declines in the percent involved in dance or yoga weekly in 2023 compared to 2018, but all other groups were unchanged between years.



Note: significant differences between years for cisgender girls only.

About 1 in 10 youth participated in regular cultural or traditional activities, with the percents significantly increasing in 2023 for cisgender youth, trans boys and questioning youth. Up to 1 in 5 gender diverse youth (20% of trans girls, 12% of trans boys, 19% of nonbinary youth and 15% of questioning youth) participated in regular volunteer activities, which were similar to cisgender youth.

Community

Caring adult in neighbourhood

The presence of a supportive adult is important for all young people. The majority of gender diverse youth report there is at least one adult in their neighbourhood or community who cares about them: nonbinary youth (65%), trans boys (63%), questioning youth (62%), and trans girls (58%*). The percent among gender diverse youth is less than for cisgender boys (72%) and cisgender girls (77%), but in 2023 there was a significant increase in the percent of young people in every gender group who reported having a caring adult in their neighbourhood compared to 2018.

Connection to community and to the land or nature

About 31% of trans girls, 14% of trans boys, 15% of nonbinary youth and 20% of questioning youth feel that they are quite a bit or very much a part of their community. Gender diverse youth were about half as likely to feel connected to their community as their cisgender peers.

In contrast, similar percents of young people in all gender groups reported often or always feeling connected to the land or nature in 2018 and 2023. In 2018, about 40% of youth reported feeling connected to the land or nature, but in 2023, that number dropped to around 1 in 5 young people of all genders.



Neighbourhood safety and safety on public transit

About 4 in 5 gender diverse youth reported often/always feeling safe in their neighbourhood in the daytime, including 82% of trans girls, 74% of trans boys, 75% of nonbinary youth, and 77% of questioning youth. Gender diverse youth were less likely to feel safe in their neighbourhood during the day than cisgender youth. Between 2018 and 2023, neighbourhood feelings of safety during the day declined slightly for cisgender girls, nonbinary and questioning youth, but not for trans boys, cisgender boys, or trans girls.

Fewer young people reported often or always feeling safe in their neighbourhood at night. Just under half of trans boys (45%), nonbinary youth (41%), and questioning youth (41%), and just over half of trans girls (59%*) and cisgender girls (55%) reported often/always feeling safe in their neighbourhood at night, all of which were significantly lower than the 75% of cisgender boys who did so. Comparing

over the years, trans girls were significantly more likely to feel safe in their neighbourhood at night in 2023, while cisgender girls, nonbinary and questioning youth were less likely to feel safe in their neighbourhood, and there were no changes for trans boys or cisgender boys.

The survey also asked about feeling safe taking public transit. Gender diverse youth and cisgender girls were significantly less likely to feel safe on public transit than cisgender boys. Two-thirds of cisgender boys (67%), and more than half of trans girls (55%) felt often or always safe taking public transit, while under half of cisgender girls (43%), trans boys (40%), nonbinary (37%), and questioning youth (36%) did so. Compared to 2018, trans girls were more likely to feel safe on transit, while cisgender boys and girls and nonbinary youth were slightly less likely to feel safe taking public transit. There were no differences between years for trans boys or questioning youth.

Supportive Relationships

Supportive adult outside family

The majority of youth, regardless of gender group, felt that they did not have an adult outside of their family they could talk to if they had a serious problem: around 30-40% of young people in all gender categories felt that they had an adult outside of their family that they could talk to if they had a serious problem. However, this was a significant increase compared to 2018 for cisgender, nonbinary, and questioning youth.

Having close friends

An overwhelming majority of young people in all gender categories said they had 1 or more close friends in their school or neighborhood: 91% of trans girls, 89% of trans boys, 92% of nonbinary youth, and 88% of questioning youth, although these percents were still lower than for cisgender youth. Between 2018 and 2023, there was a decrease in the percentage of youth having close friends in every gender group.

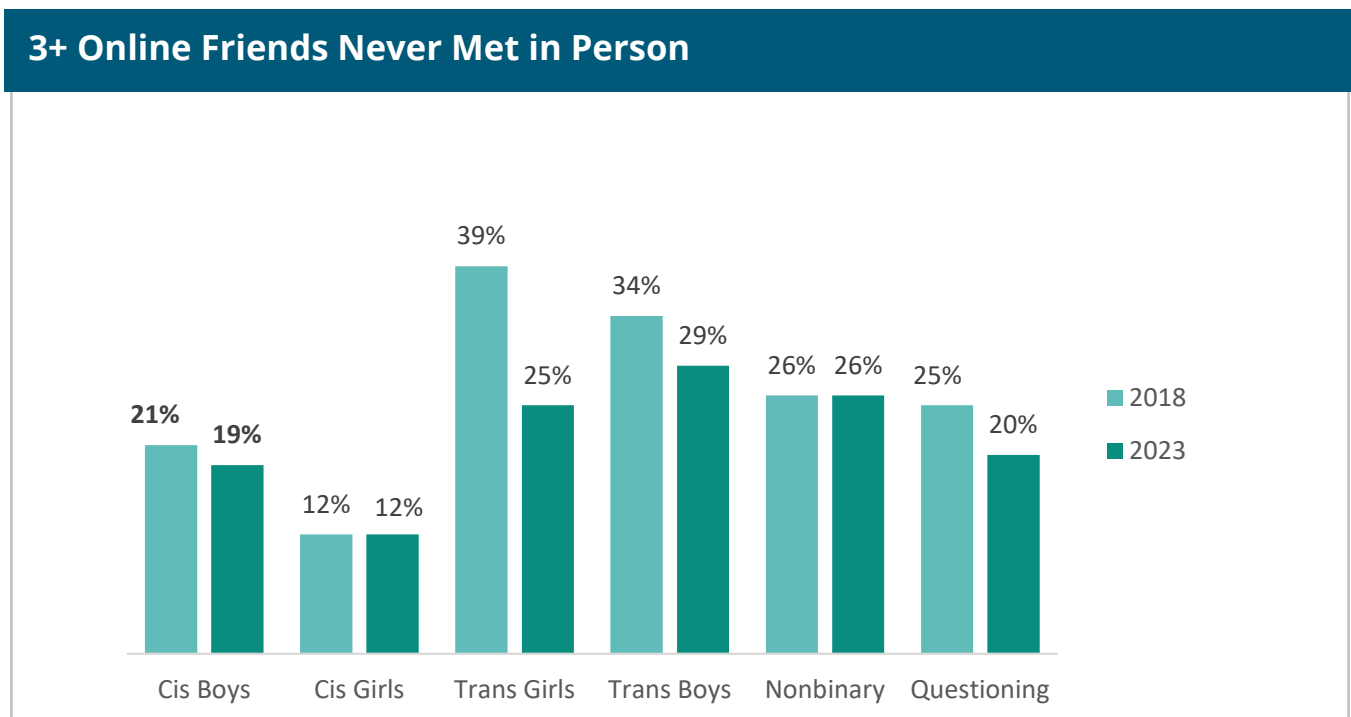


“I have 1 very close friend, who moved away but I still interact with and play online games with, and I get to see him in person about once a year.”

Nonbinary, 16 years old, Northern Health Region

Friends online

Gender diverse youth, were more likely than cisgender youth to report having 3 or more close friends online they had never met in person. Cisgender boys were slightly less likely to have 3 or more close friends online in 2023 than in 2018, but all other groups were not significantly different between years.



*Interpret with caution, higher standard error; only cisgender boys significantly different between years

Youth's Strength and Resilience

Self esteem

Youth were asked how much they agreed with the statement, "I usually feel good about myself." Gender diverse youth were less likely than cisgender youth to agree or strongly agree with the statement; 1 in 3 trans girls, and around 1 in 5 trans boys, nonbinary youth, and questioning youth agreed or strongly agreed that they usually feel good about themselves.

Activities they are good at

Youth were asked if they could think of something that they are really good at. Around two thirds of all gender diverse youth said yes, including 64% of trans girls, 68% of trans boys, 67% of nonbinary youth and 64% of questioning youth. Many youth identified being good at various sports such as swimming, or activities such as bicycling or gaming. Others identified specific hobbies or artistic skills, such as cooking, drawing, singing or dancing. Others identified relationship skills, like "being empathetic," or "helping others deal with their feelings." There were also students who identified being good at academics, math or science. Many youth listed multiple things they were good at.

"Weird question, but I'm good at creative writing and at woodworking."

Nonbinary, 17 years old, Fraser Health Region

Meaningful Engagement

Previous research has shown that engagement in meaningful activities, where young people have a voice and their ideas are listened to and valued, contributes to positive wellbeing. We asked young people how meaningful the activities they are involved in were to them. Around one third of gender diverse youth said their activities were meaningful, including 35%* of trans girls and 35% of trans boys, 37% of nonbinary youth, and 42% of questioning youth. All groups except questioning youth were less likely to feel that their activities were meaningful in 2023 than in 2018.

The survey also asked youth whether their ideas were listened to and acted upon. Gender diverse groups were less likely than cisgender youth to report they were listened to quite a bit or a lot, but 31%* of trans girls, 20% of questioning and nonbinary youth, and 15% of trans boys felt that their ideas were listened to this much. A decreased percent of cisgender youth and trans boys said their ideas were listened to and acted upon in 2023 compared to 2018, and there were no other significant changes over time.

Section 5:

The Role of Protective Factors in Supporting Health

Protective factors are those relationships, activities, and coping skills that help foster healthy development and reduce the odds of poor health outcomes. These are especially salient for youth who experience stigma, discrimination, violence and other stressors that increase their risk for poor health. As we did in 2018, we examined key protective factors in the 2023 BC AHS that have been shown to be protective for a number of different health issues, to see if they are also effective for gender diverse youth, who may have experienced higher levels of discrimination and violence, and lower levels of safety and support. We report the odds of specific health outcomes when gender diverse young people have high levels of these protective factors, compared to their gender group peers who have low levels of each protective factor.

Family connectedness

For all gender diverse youth groups, young people with stronger family connectedness were much less likely to seriously consider suicide in the past year. For example, trans girls with the highest level of family connectedness had 97% lower odds of suicidal thoughts than trans girls with the lowest level of family connectedness. Similarly, trans boys, nonbinary and questioning youth with strong family connectedness were significantly less likely to report a suicide attempt in the past year than those with low family connectedness. For example, nonbinary youth with the strongest family connectedness had 93% lower odds of suicide attempt than nonbinary youth with the lowest level of family connectedness.

In all gender diverse groups except for trans girls, high family connectedness was linked to significantly lower odds of extreme stress in the past 30 days, and to significantly lower odds of extreme hopelessness in the past 30 days as well.

Gender diverse youth with high family connectedness in all gender groups had lower odds of missing out on needed physical or mental health care services compared to those with lower levels of family connectedness. For example, trans boys with high family connectedness had 90% lower odds of missing out on needed mental health services in the past year, and 96% lower odds of missing needed physical health care; trans girls with high family connectedness had 99% lower odds of missing mental health care, and 90% lower odds of missing out on physical health care. A similar pattern was seen for nonbinary and questioning youth.

Among young people who use alcohol or other substances, a high level of family connectedness was linked to lower odds in all gender diverse groups of reporting 3 or more negative consequences of drinking alcohol or using other substances. This includes 95% lower odds for trans boys, 93% lower odds for nonbinary youth, and 87% lower odds for questioning youth, compared to those with low family connectedness.

School connectedness

A high level of school connectedness is an important protective factor for gender diverse youth, especially if they have low levels of family support. Similar to our findings with the 2018 data, in 2023, school connectedness was protective for health and wellbeing.

Gender diverse youth who feel strongly connected to their school were much less likely to have had suicidal thoughts in the past year. For example, trans boys with the highest level of school connectedness were 99% less likely to report suicidal thoughts in the past year than trans boys with the lowest levels of school connectedness, and nonbinary youth had 96% lower odds of suicidal thought with high school connectedness. A strong sense of school connectedness was also related to lower odds of attempting suicide among trans boys, nonbinary and questioning youth in the past year.

Trans girls who felt strongly connected to their school were significantly less likely to miss out on needed mental health care compared to trans girls who felt the least connected to their school. For all gender diverse groups except trans girls, having a high level of school connectedness was significantly associated with lower odds of missing needed physical health care.

School connectedness was also protective for all groups of gender diverse youth against experiencing three or more negative consequences of alcohol and other substance use, compared to peers with the lowest levels of school connectedness, ranging from 99% lower odds for nonbinary and questioning youth, 98% lower odds for trans girls, and 95% lower odds for trans boys.

In all groups of gender diverse youth, those with strong school connectedness were more likely to rate their mental health as good or excellent compared to peers who were less connected to school. For example, trans girls with the strongest school connectedness had 8.7 times higher odds of reporting good or excellent mental health compared to trans girls with the lowest connection to school. Nonbinary youth had 23.8 times higher odds of good or excellent mental health with higher school connectedness, and trans boys and questioning youth had even greater odds of positive mental health with stronger school connectedness.

Additionally, gender diverse individuals who had high levels of school connectedness felt much safer at school than those who had lower levels of school connection. These two measures were very strongly related.

Other Potential Protective Factors

Sufficient sleep

Getting at least 8 hours sleep appeared to be protective for physical and mental well-being of most groups of gender diverse youth. For example, trans boys and questioning youth who got 8 or more hours of sleep had twice the odds of reporting their health as good or excellent, while nonbinary youth who got enough sleep were 3.2 times more likely to report good or excellent health. Furthermore, those who got at least 8 hours of sleep per night also had significantly higher odds of rating their mental health as good or excellent: 3.8 times the odds for transgender boys, 3.5 times for nonbinary youth, and 3.2 times the odds for questioning youth.

Supportive Friends

Having at least one close friend can contribute to emotional wellbeing among gender diverse youth. For example, trans girls with 1 or more close friends in their school or neighbourhood had 6 times higher odds of being happy most or all of the time in the past month, and nonbinary youth had twice the odds of being happy most or all of the time. Having 1 or more close friends did not significantly increase the odds of happiness for trans boys or questioning youth, although for questioning youth, they had nearly twice the odds of sometimes being happy in the past month, compared to being happy none of/a little of the time.

Nonbinary youth were around half as likely to experience extreme hopelessness in the past month if they had at least one close friend in their school or neighbourhood, compared to those without a close friend.



Section 6:

Conclusions and Recommendations



This profile of trans, nonbinary, and questioning youth provides a timely update on their health and life experiences after a global pandemic and at a time where there has been increasingly negative social messaging and misinformation about gender diverse young people across Canada and globally. There are signs that the protests and negative environments may be having an impact for the worse on their wellbeing.



Compared to 5 years ago, we found higher rates of discrimination, harassment, and bullying of gender diverse young people. They were still more likely than cisgender peers to experience discrimination—and they are experiencing that discrimination in school, on social media, in public spaces, even in health care. Fewer gender diverse youth than cisgender youth said they had an adult outside their family who they could turn to for help with a serious problem, and trans boys and nonbinary youth reported declines in support from their families. Along with their cisgender peers, there have also been declines in their sleep, their self-rated health, and their overall satisfaction with life.



Equally concerning, compared to 5 years ago, all gender groups were less likely to feel safe in washrooms or change rooms in 2023. This finding raises a question of whether anti-trans protests, which have focused on excluding trans youth from gendered washrooms and sports that match their gender identity, are contributing to an overall decline in feeling safe in washrooms and change rooms in schools for all genders. Cisgender youth may also face harassment in washrooms and in sports activities if their appearances do not fit within very specific gender norms.



Despite the evidence they face more negative environments and persisting disparities compared to cisgender youth in many areas of health and wellbeing, gender diverse youth also have areas where their health and social engagement are similar to those of their cisgender peers, or where health has not declined since 2018. There have even been some improvements. Almost all gender diverse youth have at least one close in-person friend, and they are even more likely than cisgender peers to report having friends online who they have not met in person. They were still connected in school, and an increased number said they had people in their neighbourhood who cared about them. While sports involvement declined for cisgender youth, it remained the same for gender diverse young people (although still lower than among their cisgender peers). Gender diverse youth were also engaged in dance and yoga, traditional cultural activities, and volunteering at least weekly at rates the same as or higher than cisgender peers. Gender diverse youth were also less likely to be kicked out of their home or to run away from home compared to 5 years ago. And although they reported lower self-rated mental health, they were more likely to report accessing counselors, including virtual mental health services. Other measures of mental health challenges, such as extreme hopelessness and suicide attempts were unchanged over the 5 years.



Equally important, when gender diverse youth had supportive families, were strongly connected to school, and had supportive friends, these protective factors still provided strong buffers against health challenges, even in the face of higher levels of discrimination.

“Just make the schools better. School is not a safe place for LGBTQ+ students and the admin cares more about vaping in the bathrooms than bullying and discrimination.”

Trans boy, 16 years old, Interior Health Region



Young people in the survey provided some important cues for how families, schools, and communities can better support their health and wellbeing. For example, schools in BC have inclusive policies, but the increase in discrimination and bullying in the past 5 years was a clear concern for many young people. More efforts to improve inclusive environments and enforce 2SLGBTQ+ human rights protections in schools could help improve learning environments for gender diverse youth. Political leaders, faith leaders, and other influential people in communities can help change the social environment for young people by speaking up in support of gender diverse youth.



As another example for action, while most young people reported getting sex ed in school, the majority of gender diverse youth said their education had not been relevant to their gender or sexual orientation. This lack of accurate and inclusive sex ed may help explain why they did not see any declines in some sexual behaviour risks compared to 5 years ago, when cisgender young people had declines in those behaviours. Many gender diverse young people wrote on the last page of the survey that they needed more LGBTQ+ inclusive sex ed, and more information about LGBTQ+ health at school.

Gender diverse students in BC have shown strength and resilience in spite of the challenging social contexts of the past 5 years. Supportive families, communities, and schools can help them thrive even more.

Resources

SARAVYC and McCreary Resources

The Big Picture

This report shares provincial findings of the 2023 BC AHS. Regional reports are also available which share BC AHS results at the Health Service Delivery Area level, as are special topic fact sheets and infographic posters.

Website: https://www.mcs.bc.ca/download_resources/

Taking Pride

Taking Pride is a 2SLGBTQIA+ healthy relationships curriculum available to GSAs or 2SLGBTQIA+ youth groups across BC. The six-module workshop series was developed by SARAVYC and McCreary in partnership with BC youth. The six-workshop series covers topics like communication skills, consent, relationship violence, recognizing healthy and unhealthy relationships, and supporting friends.

Website: <https://www.saravyc.ubc.ca/takingpride/>

Email: katie@mcs.bc.ca

Trevor Coburn Memorial Grants

The Trevor Coburn Memorial Grants are available to BC youth (up to age 29) wanting to carry out projects to support vulnerable youth in BC, including youth with government care experience, youth who are homeless, and those with substance use challenges.

Website: https://www.mcs.bc.ca/trevor_coburn_memorial_grants

Youth Action Grants (YAGs)

YAGs were created by McCreary's Youth Advisory & Action Council (YAC) to provide BC youth (ages 12–19) the opportunity to deliver a project to improve youth health in their school or community.

Website: https://www.mcs.bc.ca/youth_action_grants

National Resources

Kids Help Phone

Kids Help Phone offers 24/7 support, including professional counselling, information and referrals, and volunteer-led, text-based support to young people in both English and French.

Website: <https://kidshelpphone.ca/>

Hotline: 1-800-668-6868

Text: 686868

PFLAG Canada

24/7 support. Provides support, information and resources to gay, lesbian, bisexual, transgender or questioning people, as well as to their families and friends.

Website: <https://pflagcanada.ca/>

Call toll-free: 1-888-530-6777

Email: info@pflagcanada.ca

Trans Lifeline

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While our goal is to prevent self-harm, we welcome the call of any transgender person in need. We will do our very best to connect them with services that can help them meet that need.

Website: <https://translifeline.org/>

In Canada Call: (877) 330-6366

In USA Call: (877) 565-8860

British Columbia Resources

Catherine White Holman Wellness Centre

Provides low barrier support and wellness services to trans and gender-diverse people.

Website: <https://cwhwc.com/>

Crisis Intervention & Suicide Prevention Centre of BC

Is available 24/7 via regional distress phone line, provincial phone line, and Seniors' Distress Line. Also, offer online distress services 13 hours a day (noon to 1am).

BC: 1-800-SUICIDE (1-800-784-2433)

Vancouver: 604-872-3311

Sunshine Coast/Sea to Sky: 1-866-661-3311

Online Chat Service for Youth: <https://youthinbc.com/>

Online Chat Service for Adults: <https://crisiscentrechat.ca/>

Interior Crisis Line Network (ICLN)

A network that links five crisis lines in the Interior Region (Cranbrook, Kelowna, Trail Vernon and Williams Lake) through a single number. It is available 24/7/365 throughout Southern Interior and makes crisis line service available to everyone in the Interior Region.

Website: <http://www.interiorcrisisline.com/>

Call: 1-888-353-2273 (1-888-353-CARE).

Foundry BC

Foundry offers young people ages 12–24 health and wellness resources, services and supports, both online and through integrated service centres in communities across BC.

Website: <https://foundrybc.ca/>

Qmunity

Community centre that provides services to the LGBTQ community, including Gab Youth drop-in, support programs, support groups and counselling.

Website: <https://qmunity.ca/>

Trans Care BC

Trans Care BC supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province.

Website: <http://www.phsa.ca/transcarebc>

Urban Native Youth Centre Two Spirit Collective

UNYA's 2-Spirit Collective provides support, resources, and programming for Indigenous youth, ages 15 to 30, who identify as 2-spirit or LGBTQ+, and for those who are questioning their sexual or gender identities. In Vancouver, BC.

Website: <http://unya.bc.ca/programs/2-spirit-collective/>

Call: +604-379-5133

2spirit@unya.bc.ca

Youthspace.ca

Emotional support and crisis intervention services for children and young people under the age of 30. The Support Team is a group of professional volunteers and staff trained to listen without judgment and offer support via live chat and discussion forum; not licensed counsellors. E-counselling provided by Pacific Centre Family Services Association

Website: <https://youthspace.ca/>

Text: 778-783-0177

Email a Youth Counsellor from Pacific Centre Family Services Association at youthtalk2@pcfsa.org

