

## RESEARCH SNAPSHOT



DISCOURSES  
(De)trans

# LACK OF PARENTAL SUPPORT: HOW DOES IT IMPACT DETRANS YOUTH\* ?

## Results of the study [2/5]

*A Stable Trajectory of Non-support: Gender-related Hostility, Invalidation and Rigidity*

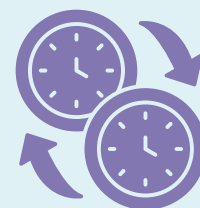
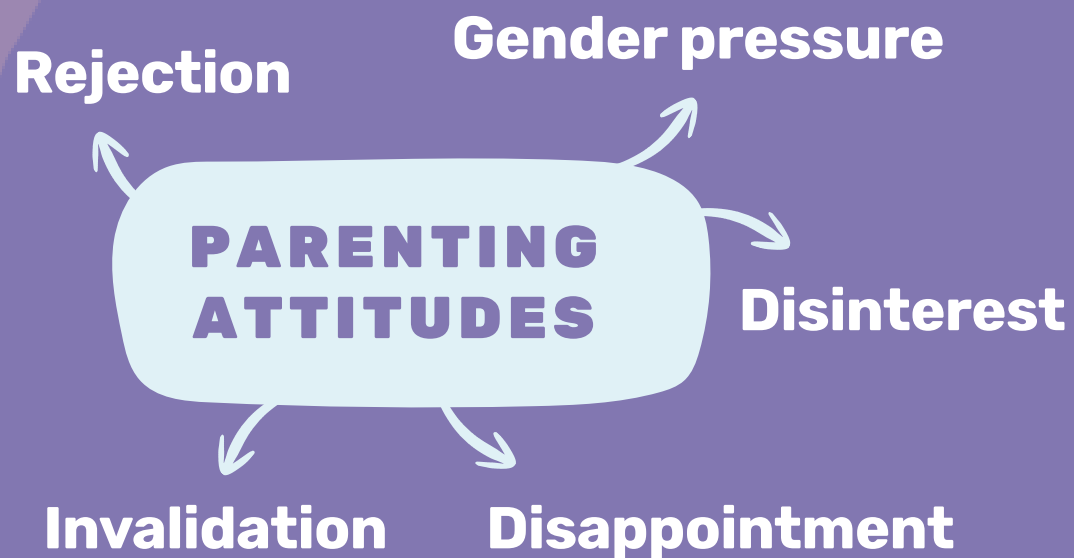
*\*This study surveyed 25 detrans youth (aged 16–25) from seven countries between 2020 and 2022 about their perceptions of the parental support they received before their transition and during their detransition.*



WHAT ARE  
DETRANS YOUTH  
SAYING?

# PARENTAL NON-SUPPORT

(Stable over time)



## EVOLUTION OVER TIME:

- education shaped by **rigid gender** and **sexuality norms** (binarity, stereotypes, homophobia)
- lack of support/rejection, anger, invalidation, **eviction** from **home** during transition
- sometimes **forced detransition**, renewed pressure to conform to assigned gender



WHAT ARE THE  
DETRANS YOUTH  
SAYING?



## STABLE NON-SUPPORT TRAJECTORY

They report **low self-esteem, stress**, and sometimes having undergone their **transition in secret**:

“ I discovered that it was possible to get hormones without a prescription. I wasn't... my parents had said some things that made me think they'd be not entirely [on board] with me transitioning and so [...] by the time I was 16, I was getting really very desperate. [...] I managed to get together enough money; I opened up a PO box [...], and I was able to get the hormones that I wanted. ”

(Theo, 19 years old)



# IMPLICATIONS

The **lack of parental support** or **rejection** has sometimes led youth to **transition without support** or in **less favourable conditions**. Growing up with **strict gender** or **sexuality norms** can affect one's relationship with gender (e.g. internalized homophobia, identity confusion). The lack of parental support promotes **emotional insecurity, shame** and **secrecy**.

## Source :

Pullen Sansfaçon, A., Aithamon, M., Gelly, M. A., & Atgé-Delbays, S. (2025). Exploring Parental Support in Detrans Youth: From Pre-Transition to Detransition, a Retrospective Longitudinal Analysis. Journal of Child and family studies. <https://doi.org/10.1007/s10826-025-03197-7>



A summary of the article produced by **Trajectoire Jeune Trans** is available

**LINK IN  
DESCRIPTION / BIO**