

RESEARCH SNAPSHOT



HOW DOES PARENTAL SUPPORT AFFECT THE EXPERIENCES OF DETRANS YOUTH?

Results of the study [1/5]

Research overview: initial question, methodology, description of the sample and main results.



PARENTAL SUPPORT: THE GREAT DEBATE!

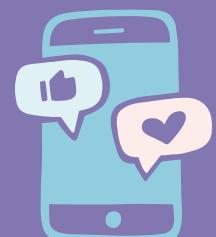
"Regrets and ruined lives"



"Too hasty a statement"

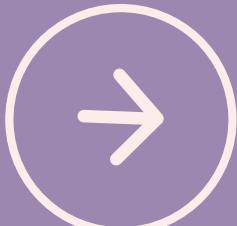


"Peer contagion"



Studies show the **beneficial** effects of **strong** parental support for gender diverse youth.

I have heard that some youth detransition. Should I prevent my child from transitioning to avoid regrets?



UNDERSTANDING THE EXPERIENCES OF DETRANS YOUTH*

*This study surveyed:

25 youth (aged 16–25) from 7 countries between 2020 and 2022, who have **started** and **interrupted** a social, legal or medical transition.



The youth shared how they perceived parental support **before**, **during**, and **after** transitioning and detransitioning.

Detransition

Pre-transition

 Note : This is a rarely explored area of scientific research



WHAT ARE DETRANS YOUTH SAYING?

DIFFERENT TYPES OF SUPPORT

Results distinguish 4 types of parental support trajectories:



Stable support



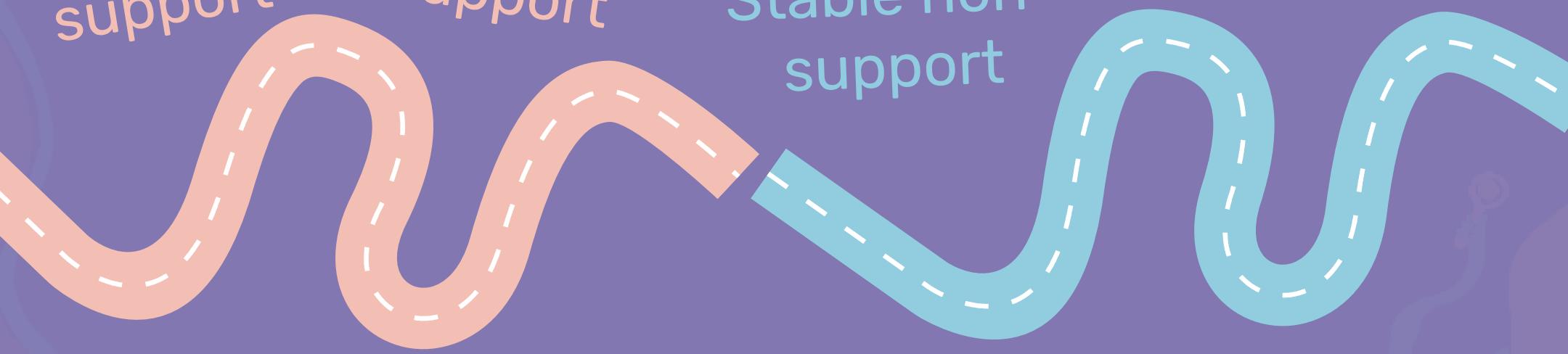
Progressive support



Stable non-support



*Ambiguous or
conditional support*

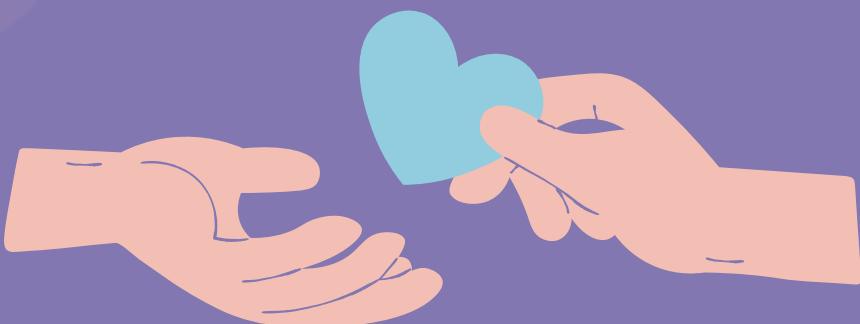


These trajectories are **not** always **linear**, but the type of support received can **greatly affect** these youth's paths...

 Note: We will detail each trajectory in future publications!



WHAT ARE DETRANS YOUTH SAYING?



Unconditional parental support, whether stable or progressive, promotes **healthy identity exploration**.

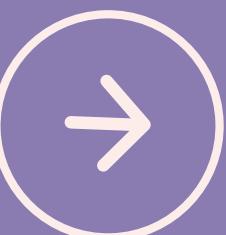
IMPACT OF PERCEIVED SUPPORT

Very few of the youth surveyed reported receiving **stable and unconditional** support during their journey.



The **absence** or **instability** of parental support exposes children to risks of **emotional insecurity, shame** and **hidden transition**.

 Note: We will detail each trajectory in future publications!



IMPLICATIONS

In the **context of moral panic** surrounding access to gender-affirming medical care, it is not surprising that parents feel uncertain about how to support their children. However, testimonials from youth tend to show that **unconditional parental support is beneficial** to them. These youth have expressed a strong need to be **heard, understood and loved unconditionally and without attachment to results.**

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

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