

## RESEARCH SNAPSHOT



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

?



## Results of the study [3/5]

*An Unstable Trajectory of Support: Conditional or Ambiguous Support*

*\*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 THE  
DETRANS YOUTH  
SAYING?

# PARENTAL SUPPORT

(*Instable* over time)

Superficial  
manifestations of  
support

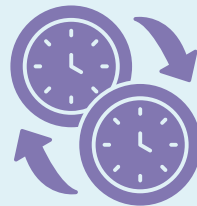
Invalidation

**PARENTING  
ATTITUDES**

Occasional  
support!

Pressure to  
conform

Lack of  
active  
support



## EVOLUTION OVER TIME:

- **conditional support:** support offered only when the child conforms to certain expectations (e.g., binary transition, heterosexuality). Sometimes support is provided only during detransition.
- **ambiguous support:** alternation between expressions of support (“I accept you”) and invalidation. Sometimes involves inaction, for example when the other parent is unsupportive.



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## UNSTABLE SUPPORT TRAJECTORY

They perceive the support as **dishonest** and report **low self-esteem**. This may lead to detransition or **conformity** to expectations.

“ You know, coming out to my dad [as trans], him being very supportive was, like, nice. But it was, again, off-putting, because he was the same one that said he would like to disown me for being gay. So, the fact that he was so open about it kind of... I guess made me question things that it was somehow better to have a trans daughter than a gay son? ”

(Ethan, 24 years old)



# IMPLICATIONS

**Supporting** one's child **conditionally**, for example by expecting them to adopt an exclusively binary gender expression, can generate **distress** and even **identity doubts**. **Pressure** to **conform** to **social gender expectations** or to a **linear trajectory** hinders the **need** for a safe and healthy space to freely **explore** one's identity.

## 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**