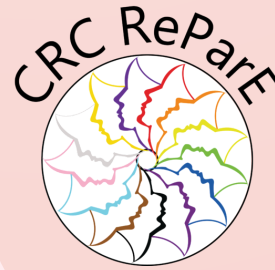


## RESEARCH SNAPSHOT



# THE INFLUENCE OF GENDER-AFFIRMING MEDICAL CARE ON THE WELL-BEING OF TRANS AND NONBINARY YOUTH

## STUDY RESULTS [2/2]

*An analysis of how TNB youth and their families perceive the impact of gender-affirming care on **social relationships, social acceptance** and their **well-being**.*



# GENDER-AFFIRMING MEDICAL CARE (GAMC)

Access to GAMC promotes the **relational well-being** of youth, namely the **quality of interpersonal relationships** and **connection** with family, peers and community.



**GAMC**, by improving **self-confidence** in particular, positively impact the **participation** of youth in daily **activities**.

However, they may face challenges, such as **discrimination** and **isolation** at **school**, which can limit their social engagement and affect their overall well-being.

Access to GAMC is essential, but a **social support environment** is needed for the **resilience** of TNB youth.



# A LONGITUDINAL STUDY



This study surveyed seven TNB youth living in Quebec who:

- ✓ were approaching or beginning **puberty**
- ✓ had an experience of **gender dysphoria** or **incongruence**
- ✓ expressed a **desire** to access **GAMC**

... and their families too!



## Participant profiles

4 trans boys  
1 trans girl  
1 nonbinary youth  
1 youth unsure of their gender identity

**Time 0** = *First interview*



Age: 11 to 16 years old

**GAMC : 3**  
**No GAMC : 4**

**Time 1** = *2d interview*



Age: 12 to 17 years old

**GAMC : 6**  
**No GAMC : 1**

One year later



# INCREASED SOCIAL ACCEPTANCE

**GAMC have generally fostered a sense of alignment with their identity, which has in turn boosted their self-confidence and made social interactions easier**

“ He had a good year, you know, he had an exceptional year. On the social side too, he went to parties, I think that’s fantastic. [. . .] He was included, and after that, his grades went up like phew! [. . .] We said to ourselves: things are going well, even better than well, it’s incredible. We are super happy. He had his prom, he looked amazing, and everyone told him: “You look so handsome!” ”

**(Mother of Sam, time 1)**

**Some report, over time, greater social acceptance, which facilitates their integration**

“ I think the people in my class were more comfortable with me this year. Also, just the fact that I was doing better and that I was more open to talking with others, that helped me. No, it went well, I’m happy, it was a good year.\* ”

**(Sam, time 1)**

*\*Freely translated from French*



# IMPROVING FAMILY DYNAMICS

**The effects of GAMC are not limited to the youth; they also impact the family system**

**Family dynamics are evolving in a positive and significant way**

“ Yes, because the better he feels, the more we’re able to have family activities. As a family unit, his brother great acceptance. [...] When Michael is doing well, the whole family benefits. We’re not dealing with dysphoria, we don’t see him suffering, and we’re able to enjoy life. That’s also great, and we’re happy to see you happy, happy to see you with your friends.\* ”

**(Mother of Michael, time 1)**

*\*Freely translated from French*



## GAMC: CHALLENGES REMAIN

**The changes brought by GAMC may be accompanied by a desire to keep their trans identity secret and a fear that it will be discovered**

“ Like, all my friends, I had no idea how it would go, I didn't know who would be in my class, who... who would recognize me.\* ”

**(Cameron, time 1)**

“ I lost a lot of friends, but I made new ones. Before I had more of a group, now it's just two individual people. [...] It was more because they were more toxic. I tried to distance myself, it was just drama.\* ”

**(Sloan, time 1)**

**The transition process sometimes involves changes in one's social circle. Although losing friends can be painful, it can also provide an opportunity to develop other, more genuine and supportive relationships**

*\*Freely translated from French*



# THE IMPORTANCE OF A SUPPORTIVE ENVIRONMENT

**Social support – whether from school, peers or family and friends – plays a vital role in youth’s well-being. These connections can help break down isolation and build a positive self-image**

“ [The family] asks questions, they’re interested, but there’s no negativity behind it. I think people are much more open-minded now. ”

**(Hayden’s parents, temps 1)**

**Ash, who is nonbinary, demonstrates complete acceptance of their body without resorting to gender-affirming medical treatments. Their journey shows that well-being can be supported by self-acceptance and a supportive social environment, without the need for medical intervention**



# IMPLICATIONS

Access to GAMC helps to improve family dynamics and promotes greater social acceptance. A few key points to remember:

- GAMC can increase young people's **self-confidence** and **facilitate** their **social interactions**.
- Despite strong family support, the **social environment** remains a source of **vulnerability**. When it is **supportive**, it makes a significant contribution to youth's **well-being**.
- The **paths** of youth are **diverse**, some will not use GAMC, showing that the development and well-being of youth are **not limited to** medical transitions.

## Source :

Ladry, N.-J., Gelly, M. A., & Pullen Sansfaçon, A. (2026). Growing up trans: The influence of gender-affirming medical care on the well-being of transgender youth in Quebec. *Journal of Gender Studies*. (world). <https://www.tandfonline.com/doi/abs/10.1080/09589236.2026.2618154>



Available on our website

LINKS IN THE  
DESCRIPTION OR  
BIO

A summary of the article by  
**Trans Youth Trajectories** is  
available



Trans  
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Trajectories



Growing up  
trans 