

# We're Here



Trans, Nonbinary and Gender Diverse Youth  
Across Ontario Assert Needs and Experiences

## How Trans + youth take care of their mental health

- #1 Self-Care
- #2 Talking to Friends

“I have found a community of supportive people”

“I have a history of fighting and determination in my blood. I come from a community of strong brave unique individuals.”

40% of participants say their mental health needs **are not** being met

## Changes that Trans + youth would like to make in their community

- #1 All-Gender/Gender-Neutral Washrooms
- #2 Spaces and Events
- #3 Health Care that is trans positive/affirming/competent

445 participants identify as trans + youth, which includes Trans + Gender Diverse youth

“The feeling of safety in our community; being openly LGBTQ+ here is dangerous.”

55% of participants say they **do not** feel a sense of community

## What Trans + youth love about being 2SLGBTQ+

- #1 I can be myself
- #2 Sense of Community

“I have never been more supported than I have by my queer/trans friends.”

## Top needs when accessing services and resources

- #1 Low to no financial costs/expense
- #2 Staff knowledge of 2SLGBTQ+ identities and experiences

"I'm tired of feeling unsafe and abandoned."

## Top needs for 2SLGBTQ+ dedicated spaces

- #1 Low to no financial costs
- #2 Close in distance

44% of Trans+ youth have not accessed a dedicated space

"Stop just listening to the opinions that make you comfortable."

## Participants as Trans +

ns, Nonbinary and  
erse Youth

"Make the healthcare systems better NOW because I want to live."

## What Trans + youth would say to people who are making decisions about their lived reality

- #1 "Make changes to the health care system"
- #2 "Consult us before making decisions that effect us"

"Lack of education and access to health care costs more money than it costs to support us."



“I would love a local doctor who actually knows how to treat trans patients. Our only doctor in our whole municipality that treats trans patients knows very little about them or about the medicine.”

“stop forgetting about people who are both 2SLGBTQ and BIPOC. Use all that energy you direct towards pride and help us 2SQTBIPOC access space, mental health resources and affordable housing.”

“Ban conversion therapy.  
Fund comprehensive sexual education and normalize lgbt individuals and families.”

LGBT YouthLine’s Provincial Youth Ambassador Project (PYAP) brought together 18 2SLGBTQ+ Youth Ambassadors from across Ontario to lead an assessment about the experiences and needs of 2SLGBTQ+ youth (29 and under) in Ontario, while also amplifying their resilience.

This Snapshot exclusively explores the responses from 445 youth across Ontario who listed their gender(s) as Trans, Non-Binary, Two-Spirit, Genderqueer, Gender Non-Conforming or Gender Diverse. Trans+ is being used as an umbrella term for this snapshot.

LGBT YouthLine is a 2SLGBTQ+ youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario.

Access other snapshot reports, and long form report at [youthline.ca](https://youthline.ca)