

Supporting Our Gender and Sexual Minority Youth in Schools



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Thank you for inviting me

- **Gender Diversity Support Groups – Youth 10-18 years & Adult Family members**
 - Dayton Children's Hospital
 - 4th Thursday of every month (except Nov/Dec)
 - 7 pm – 8 pm
 - Free, drop-in, no referral needed, not therapy just community
- **Adolescent Young Adult Medicine**
 - 937-641-3855
 - Specialty care for individuals up to 25 years old

Objectives

- Describe the differences between gender identity and sexual identity
- Identify common stressors and hurdles faced by transgender youth
- Discuss ways healthcare providers and schools can meet the needs of transgender youth
- Examine the many ways that bias effects us

Organizational support for affirming care

- **American Academy of Pediatrics** – released policy statement supporting transgender and gender diverse youth in 2018.
- The first statement on sexual minority teens was released in 1983, revisions in 1993, 2004 and 2013.



Many professional medical organizations support LGBTQ-friendly policies and practices. Components of the 2013 report “Office-based Care for Lesbian, Gay, Bisexual, Transgender and Questioning Youth,” are out of date already and should be corrected with the next revision, such as emergency contraception and marriage equality references

Organizations with support for LGBT people

- **Society for Adolescent Health and Medicine**
- American Medical Association
- **American Psychiatric Association**
- Gay and Lesbian Medical Association
- **American Psychological Association**
- American Congress of Obstetricians and Gynecologists
- **World Professional Association for Transgender Health**
- American Society for Reproductive Medicine
- And many others

Prevalence

- Lesbian, Gay, Bisexual in US population
 - ~**5-10% of people** are lesbian, gay, or bisexual
- Transgender, Gender Non-Conforming in US
 - ~**0.8-3% of people** are transgender/gender nonconforming
- Left-handed in world population
 - ~**10% of people** are left-handed

Being a transgender child in school



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WNYC.org article on transgender youth in Brooklyn school, Q Daily in pink shirt

Recent Headlines

The Education Department Says It

Wo

Bat

February

Education

Va. school board appeals decision in

landmark transgender student case

3rd Circ. Upholds Boyertown School District's

Transg

In a highly anticipated case, the 3rd Circuit released Tuesday its decision on a transgender student's lawsuit against a school district that had barred her from using locker rooms that

By P.J. D'Annunzio |

Oklahoma schools close after adults threaten transgender student

A rural Oklahoma school system was closed for two days after adults posted threats on Facebook against a 12-year-old transgender girl.

by Brooke Sopelsa and Associated Press / Aug. 15, 2018 / 9:44 AM EDT

Va school board – Washington Post June 2018

Trans Woman Commits Suicide Amid Fear of Outing by Sports Blog



Trans
1/18



Health » Food | Fitness | Wellness | Parenting | Vital Signs

Live TV

U.S. Edition



Among teens, transgender males are most says

NEWS

A 9-Year-Old Boy Died By Suicide After Being Bullied For Coming Out As Gay

By Susan Scutti, CN
Updated 12:37 AM

Valerie Williams

Aug 28, 2018

NEWS > SPOKANE

Transgender teen looking for gown turned away from boutique

UPDATED: Thu., Oct. 4, 2018, 10:55 p.m.

Spokane – “your voice is too deep”, told to present her ID, refused and left; told reporter, by appointment only which is against WA law
Transwoman, Dr. Anne Vanderbilt – golf club designer, outed to her main investor by reporter

**We're all here
to help kids!**



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Nikki Brar, 8 year old in Orange county CA, August 2017

Where do we start...

- Using the right terms
 - Knowing where to look for advice and accurate information
- Using the right names and pronouns
- Protecting privacy while making changes mid-year
 - Kids adjust to the changes much faster and easier than the adults
- Addressing bullying clearly and immediately, from all parties

The Genderbread Person v4 by its pronounced **MeTR**sexual

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sexually Attracted to... and/or **to**
 ○ → Women w/o Feminine w/o Female People
 ○ → Men w/o Masculine w/o Male People

Romantically Attracted to...
 ○ → Women w/o Feminine w/o Female People
 ○ → Men w/o Masculine w/o Male People

Genderbread Person Version 4 created and copyrighted 2017 by Sam Altman. For a bigger life, read more at www.genderbread.org

The Gender Unicorn

Graphic by: **TSER**
Trans Student Education Resources

Gender Identity
 Female/Woman/Girl
 Male/Man/Boy
 Other Gender(s)

Gender Expression/Presentation
 Feminine
 Masculine
 Other

Sex Assigned at Birth
 Female Male Other/Intersex

Sexually Attracted To
 Women
 Men
 Other Gender(s)

Romantically/Emotionally Attracted To
 Women
 Men
 Other Gender(s)

To learn more go to:
www.transstudent.org/gender
 Design by Landyn Pan

Adolescents have a new vocabulary about sex and gender. They recognize that people don't fit nicely into boxes even though try to classify people this way. This is not a new concept as we'll get to soon, but this is new for many people, to consider gender identity or sexual identity on a spectrum.

Sexual attraction, sexual behavior and "labels" do not always align.

Today, we will focus on the gender spectrum but it is important to know that gender and sexuality develop independently but it is not unusual for individuals to question the interrelatedness when answering very personal questions of identity/orientation.

Gender identity or gender expression?

- **Gender Identity** – a person's deep internal sense of being female, male, a combination of both, somewhere in between, or neither, resulting from a multifaceted interaction of biological traits, environment, self-understanding, and cultural expectations
- **Gender expression** – the external representation of masculine, feminine, both, or neither, such as clothing, speech, hair, mannerisms, or social roles. Largely defined by culture.

These are Personal and dynamic ways of describing one's own gender experience

Gender Definitions

- **Assigned sex at birth** – the sex (usually male or female) assigned to a child at birth, most often based on external anatomy. Also referred to as birth sex, natal sex, biological sex, or sex.
- **Transgender** – One whose gender identity is different than their assigned sex at birth.
- **Cisgender** – term for people who are not transgender or non-binary
- **Gender diverse** – Term to describe people with gender behaviors, appearances, or identities incongruent with those culturally assigned to their birth sex. Individuals may refer to themselves as transgender, genderqueer, nonbinary, gender fluid.



The definitions that we commonly use for gender include:

Transsexual is generally not accepted anymore—in the past referred to people who had completed transition

Gender nonconforming

Intersex = DSD, difference of sex development

More terms

- **Ally** – a person who supports and stands up for the rights of LGBTQ people
- **Gender non-conforming** – Describes gender expression that differs from a society's norms for males and females.
- **Transition** – For transgender people, this refers to the process of coming to recognize, accept, and express one's gender identity. Often used for the period when a person makes social, legal, and/or medical changes. Same as gender affirmation process.
- <https://www.lgbthealtheducation.org/wp-content/uploads/2018/03/Glossary-2018-English-update-1.pdf>

Gender identity ≠ Sexual identity

- Gender identity and sexual identity are not directly related and are not interchangeable terms
- **Sexual orientation** – a person’s sexual identity in relation to the gender(s) to which they are attracted; sexual orientation and gender identity develop separately.
- A resource for illustrated terms and concepts at www.thegenderbook.com



“A young person’s sexual orientation emerges before or early in adolescence.” (Spigrelli and Glover et al. separate studies (2007, 2009) cited in AAP technical report)
Affectional relationship

Sexuality Definitions

- **Gay, lesbian, same gender loving** -- Sexually attracted to those of the same gender
- **Bisexual** -- Sexually attracted to those of both genders
- **Heterosexual/Straight** -- Sexually attracted to those of the opposite gender
- **Asexual** – Little to no sexual attraction to others
- **Pansexual** – Sexually and emotionally attracted to people of all gender identities, including those who are non-binary &/or transgender



“A young person’s sexual orientation emerges before or early in adolescence.” (Spigrelli and Glover et al. separate studies (2007, 2009) cited in AAP technical report)
Affectional relationship

What peer affirmation looks like



Mel Gonzales, 2014 Austin
Cassidy Campbell, 2013

Development of Gender

- The ability to explain one's gender to others emerges through childhood
- Interventions are individually tailored based on the physical and cognitive development of the youth
- Research substantiates prepubertal children who assert a TGD identity know their gender as clearly as their developmentally matched cisgender identified peers, and benefit from the same level of social acceptance

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People will often ask you about development and knowing one's gender. We know...

Explaining and reflecting require abstract thought development

Research of Gender Development

- By age 6 months, ability to discriminate female and male faces¹
- By 12 months, can match female and male voices to female and male faces²
- By 2 years, begin to
 - Develop knowledge of gender labels³,
 - Display preferences for objects & people associated with own gender⁴
 - Develop rudimentary gender stereotyping⁵



1. Quinn, Yahr, Kuhl, Slater & Pascalis, 2002 – **Quinn et al. *Perception*, 31:1109-1121 (2002).**
2. Poulin-Dubois, Serbin, Kenyon & Derbyshire, 1994 – **Poulin-Dubois et al. *Developmental Psychology*, 30:436-442 (1994).**
3. Fenson et al, 1994; Stennes, Burch, Sen & Bauer, 2005 – **Fenson et al. *Monographs of the Society for Research in Child Development*, 59(242):1-173, (1994).** Stennes et al. ***Developmental Psychology*, 41:75-88, (2005).**
4. Serbin, Poulin-Dubois, Colburne, Sen & Eichstedt, 2001; Zosuls et al 2009 – **Serbin et al. *International Journal of Behavioral Development*, 25:7-15, (2001).** Zosuls et al. ***Developmental Psychology*, 45:688-701 (2009)**
5. Levy & Haaf, 1994; Serbin, Poulin-Dubois, & Eichstedt, 2002 – **Levy & Haaf, *Infant Behavior and Development*, 17:457-459, (1994).** Serbin et al. ***Infancy*, 3:531-542, (2002).**

Gender identity typically develops in stages:

Around age two: Children become conscious of the physical differences between boys and girls.

Before their third birthday: Most children can easily label themselves as either a boy or a girl.

Research of Gender Development

- Between ages 3-5 years, gender is an important motivator of children's preferences and behaviors
 - Outfit choices based on their own gender¹ and toys²
 - Preference for same-gender people³
 - Gender stereotype knowledge develops further⁴
 - Understand gender stability from infancy to adulthood⁵
- Starting age 4-5 years,
 - Understanding gender identity stable across changes in appearance⁵
 - Continues to be more firmly established through middle childhood

1. Halim et al, 2014 – Halim et al. *Developmental Psychology*, 50:1091-1101, (2014).
2. Eaton, Von Bargen & Keats, 1981 – Eaton et al. *Canadian Journal of Behavioural Science*, 13:203-209, (1981).
3. Martin & Fabes, 2001; Martin, Fabes, Evans & Wyman, 1999; Shutts, Pemberton & Spelke 2013 – Martin & Fabes, *Developmental Psychology*, 37:431-446, (2001). Martin et al. *Journal of Social and Personal Relationships*, 16:751-771, (1999). Shutts et al. *Journal of Cognition and Development*, 14:35-62, (2013).
4. Signorella, Bigler, & Liben, 1993 – Signorella et al. *Developmental Review*, 13:147-183, (1993).
5. Ruble et al, 2007 – Ruble et al, *Child Development*, 78:1121-1136, (2007).

(Rafferty) “By age four: Most children have a stable sense of their gender identity. During this same time of life, children learn gender role behavior—that is, doing “*things that boys do*” or “*things that girls do*.” However, cross-gender preferences and play are a normal part of gender development and exploration regardless of their future gender identity.

...all children tend to develop a clearer view of themselves and their gender over time. At any point, research suggests that children who assert a [gender-diverse identity](#) know their gender as clearly and consistently as their developmentally matched peers and benefit from the same level of support, love, and social acceptance.”

How Might Gender Diverse Youth Present?

- “I am” statements
- Many express body dysphoria, as early as pre-school
- Gender exploration includes “work” and “fantasy”
- Older teens may present in crisis after coming out to friends/family if rejection was perceived/received
- Teens and adults may come out as gay to “test the waters” before discussing their gender identity



“I am” statements versus “I wish I was” or “I want to be” statements. These may be introductory statements to test the water but as you listen closely, these are some of the signs.

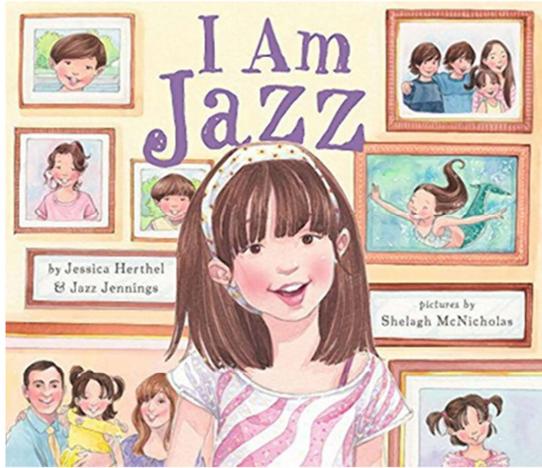
The work of child’s play, such as wearing the feminine school uniform or traditional girl clothing versus just fairy wings and princesses

Making pronouns a part of common speech

- “Hello, I’m Ms. Heather. My pronouns are she/her.” Or have a pronoun sticker
- “What pronouns do you use?”
- Apologize if you make a mistake and correct your error
- Don’t make assumptions about sexuality based on gender identity or vice versa
- Use the same terms the student uses to identify or explain, even if you think they are using it wrong
- Staff should use the name and pronouns requested by the youth (does not require parental permission)

Why encourage use of chosen name?

- Russell ST, Pollitt AM, Li G, et al. **Chosen Name Use is Linked to Reduced Depressive Symptoms, Suicidal Ideation, and Suicidal Behavior Among Transgender Youth.** *J Adolesc Health* 2018;in press.
- **Methods:** Community cohort sample of 129 TGNC youth from three US cities
- **Results:** Adjusting for personal characteristics and social support; use of chosen name in more contexts (home, school, work, friends) associated with lower depression, suicidal ideation, and suicidal behavior
- Use of chosen name in multiple contexts affirms their gender identity and reduces mental health risks known to be high in this group.



Challenges faced by LGBTQ youth

- Establishing a comfortable sense of sexual identity and/or gender identity
- Deciding when and to whom to “come out” to
- Coping with external homo/transphobia (bullying, harassment)
- Coping with internal homo/transphobia
- Finding supportive peers, role models, family members

Put yourself in your students' shoes

- What do LGBT kids experience at school?
 - Avoiding the bathroom all day because they can't use the one they need
 - Boys and girls line up drills and sports
 - Fear someone will find out and tell others at school
 - Fear someone will tell their family
 - Fear of being treated differently by the teacher they look up to
 - Bullying by other students or adults in the school
 - Adults in the school expecting the youth to "teach" them, "explain the elephant in the room"

Those we serve



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Coy Mathis, first grader, “banned” from girls bathroom

“Coming Out” – A personal choice

- Coming out is not a single event
 - A process of coming to terms with your own sexuality or gender identity, then
 - Disclosing it to others (safety, rejection, etc.), each time
 - Can take years, internal and external factors influence the process
- During the 1980s, the average age GL people begin the coming out process was between 19 and 23 years.
- Current studies report
 - Questioning and Self recognition of sexuality begins most commonly around 10-13 years old, but can be younger at 7 or 8 years
 - Many report telling family around 14-15 years old
 - One study, showed transgender youth came out around 16 years



Ryan, C. (2009). *Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children*. Washington, DC: National Center for Cultural Competence, Georgetown University Center for Child and Human Development.

The risk of “coming out” at home



TRUECOLORSFUND

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Home life:

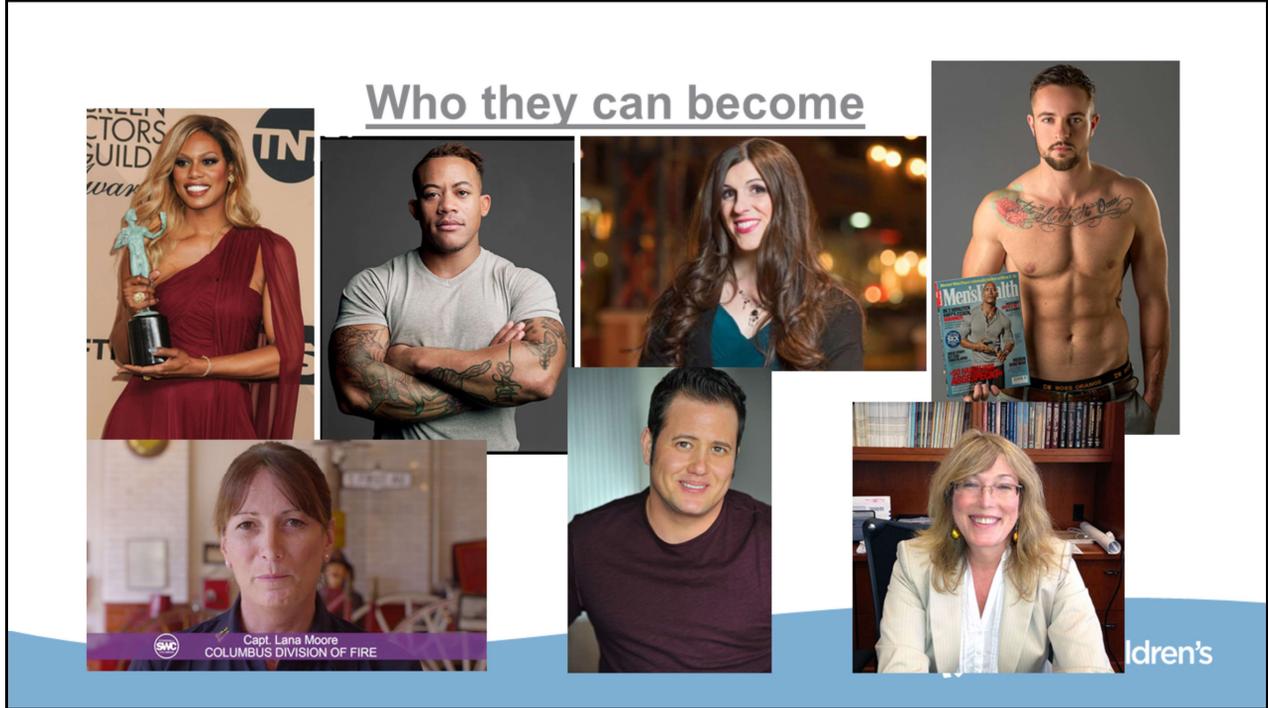
LGBTQ youth account for 25 - 40% of the homeless youth population but only 7% of the total youth population

Up to 26% of LGBTQ youth are kicked out of their home **the day** they come out

Concerns faced by LGBTQ Youth

- Factors influencing higher rates of certain health issues
 - Stigmatization
 - Social isolation
 - Discrimination
 - Limited access to care
- Inclusive policies increase access to care and opportunities to treat and prevent illness
- *Victimization (verbal, physical, sexual abuse)*
- *Suicidal ideation*
- *Anxiety, depression*
- *Smoking*
- *Alcohol & substance abuse*
- *Homelessness*
- *HIV & STIs*
- *Body image & eating disorders*
- *Obesity*
- *Limited access to care*

Who they can become



Top Row:

LaVerne Cox, actress

Shane Ortega, retired Army Sgt

Danica Roem, Virginia State Delegate

Ben Melzer, first transman on cover of Germany's Men's Health

Bottom Row:

Lana Moore, Columbus OH Fire Chief

Chaz Bono, actor

Marci Bowers, elite surgeon

Youth Believe They Can Be A Happy LGBT Adult

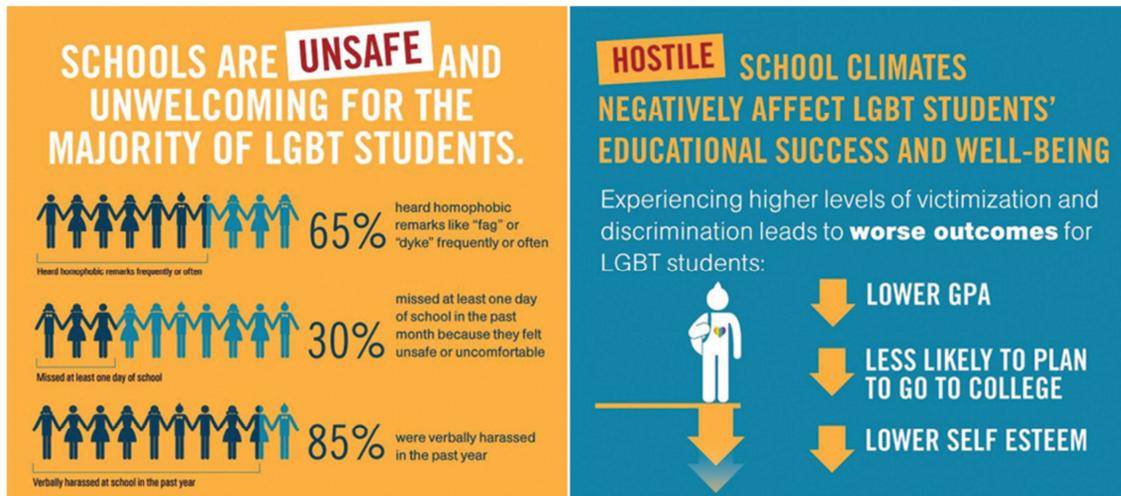
Level of Family Acceptance



Ryan, Family Acceptance Project, 2009

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National School Climate Survey



Graphic by GLSEN.org

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Asking about school environment, school success and plans after graduation is important. Unfortunately, the statistics show that:

- 65% heard homophobic remarks frequently
- 30% missed at least one day in the past month due to feeling unsafe
- 85% were verbally harassed in the last year.

theTrevorProject.org
GoodTherapy.org

Nearly **50%** of young transgender youth have seriously thought about suicide, and **25%** of youth report making an attempt, **41%** of adults report making an attempt

Each episode of LGBT victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming behavior by **2.5X** on average.



*LGBTQ students in schools with an **LGBTQ-inclusive curriculum** are less likely to feel unsafe at school because of their sexual orientation (41.8% vs. 63.3%) and gender expression (34.6% vs. 47.0%)*



GLSEN[®]

2017 National School Climate Survey
[Learn more at glsen.org/nscs](https://www.glsen.org/nscs)

But we can do things to make schools safer

Transgender and gender nonconforming students in schools with **supportive and inclusive policies** face less discrimination and are more engaged in school. They are:



Less likely to be required to use the wrong bathrooms
(23.5% vs. 51.9%)



Less likely to be prevented from using their preferred name or pronouns
(22.5% vs. 47.5%)



Less likely to miss school
(54.7% vs. 67.0%)

2017 National School Climate Survey. [Learn more at glsen.org/nscc](https://www.glsen.org/nscc)

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Supporting your school district and local school in inclusive policies because involvement of a professional, like yourselves, increases the likelihood of these policies becoming reality

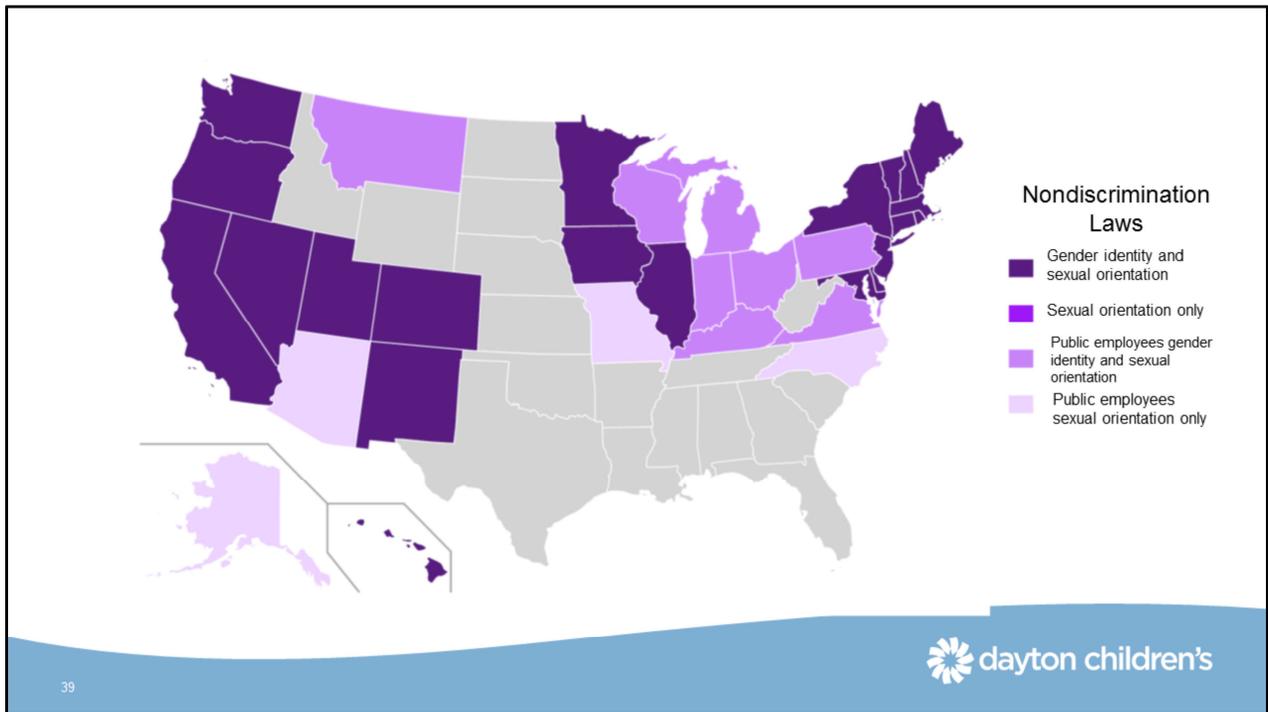
Equity and Equality in our Communities

- Currently, only 21 states and the District of Columbia have laws that prohibit discrimination based on gender identity and sexual orientation
 - Housing, employment, public accommodations, and insurance benefits
- Over 200 US cities have such legislation
 - Charlotte, NC local legislation is what prompted the HB 2 controversy
- Explicit policies in schools and communities make them safer for everyone
- Positive representations of people who identify as LGBTQ result in less hostile school environments, less victimization, greater sense of safety and less absences, greater feelings of connectness, increased high school graduation and postsecondary education
- 8 states explicitly forbid teachers from discussing LGBTQ issues

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21 states as of 3 June 2019, Colorado was the most recent state to adopt anti-discrimination legislation



3 Jun 2019, Colorado was the most recent state to adopt full protections
 Ohio only protects public workers and has a patchwork of cities. Every year an Equality Law is introduced in the OH legislature but has yet to have a full vote on the floor – Let your state reps know you support equal protections for all citizens

Role of Student Organizations

- Presence of a GSA or similar student organization may
 - Make schools safer by sending a message that biased language and harassment will not be tolerated
 - Make school more accessible to LGBT students by contributing to a more positive school environment
 - Help LGBT students identify supportive school staff
 - Positively impacts their academic achievement and school experiences

Inclusion can look like...



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Patients are looking for reassurance that this is a safe space where they are not going to be discriminated against or kicked out because of their identity or sexual orientation. These are just a few things teens and families can look for:

Safe Space Triangle

Transgender Equality or Human Equality symbol

Wearing a safety pin, "I'll go with you" pin, rainbow pin

Confidentiality and Nondiscrimination policies clearly marked

Title IX of the Education Amendments of 1972

- **“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”**
- Applies to institutions that receive federal financial assistance from the Education Department, including state and local agencies, such as school districts, charter schools, for-profit schools, libraries, and museums.

Student Rights under Title IX

- To be treated according to their gender identity
- To be called by the name and pronouns that match your gender identity
- Not to be harassed or bullied
- To use the bathrooms and locker rooms that match your gender identity, and cannot be forced to use separate facilities
 - Separate facilities should be the child's choice but shouldn't be the long term solution
- To the same learning opportunities and participation in school life
- To dress and present yourself according to your gender identity, including events
- To protect their privacy and choose who to tell about being transgender
- To start or join a LGBT student club

Federal Courts say Title IX protections apply to transgender students

- [Whitaker v. Kenosha Unified School District](#), 858 F.3d 1034 (**7th Cir. May 30, 2017**) (holding that discrimination against transgender students constitutes sex discrimination under Title IX of the Education Amendments Act of 1972 and the Equal Protection Clause of the U.S. Constitution).
- [Dodds v. U.S. Dept. of Education](#), 845 F.3d 217 (**6th Cir. Dec. 16, 2016**) (holding that discrimination against transgender students likely constitutes sex discrimination under Title IX of the Education Amendments Act of 1972 and the Equal Protection Clause of the U.S. Constitution).
- [Adams v. School Board of St. Johns County](#), 318 F.Supp.3d 1293 (**M.D. Fla. Jul. 26, 2018**) (holding that excluding transgender student from school **restrooms** consistent with his gender identity constituted sex discrimination under Title IX and the Equal Protection Clause).
- [Grimm v. Gloucester County School Board](#), No. 4:15-cv-54 (**E.D. Va. Aug. 9, 2019**) (holding that denying a transgender boy access to school **restrooms** matching his gender violated Title IX and the Equal Protection Clause of the U.S. Constitution).
- [M.A.B. v. Board of Education of Talbot County](#), 286 F. Supp. 3d 704 (**D. Md. March 12, 2018**) (holding that prohibiting a transgender boy from boys' **locker room** based on transgender status is a Title IX sex-discrimination claim as well as a gender-stereotyping claim).

Equal Protection clause = 14th Amendment

Federal Courts, continued

- [A.H. ex rel. Handling v. Minersville Area School District](#), No. 3:17-CV-391 2017 WL 5632662 (**M.D. Pa. Nov. 22, 2017**) (holding that excluding a transgender girl from girls' school restrooms states a sex discrimination claim under Title IX and the Equal Protection Clause of the Constitution).
- [Evancho v. Pine-Richland Sch. Dist.](#), 237 F. Supp. 3d 267 (**W.D. Pa. Feb. 27, 2017**) (holding that excluding transgender students from **restrooms** consistent with their gender identity likely constitutes sex-based discrimination in violation of the Equal Protection Clause).
- [Bd. of Ed. of Highland Local Sch. Dist. v. U.S. Dep't of Educ.](#), 208 F. Supp. 3d 850 (**S.D. Ohio Sept. 26, 2016**) (holding that excluding transgender student from **restrooms** consistent with her gender identity likely constituted sex-based discrimination under Title IX and the Equal Protection Clause).
- [Whitaker v. Kenosha Unified School District](#), No. 16-CV-943-PP, 2016 WL 5239829 (**E.D. Wis. Sept. 22, 2016**) (holding that excluding transgender student from **restrooms** consistent with his gender identity likely constitutes sex-based discrimination under Title IX).

Federal courts have consistently rejected claims that transgender-inclusive policies violate the rights of others

- [Doe v. Boyertown Area School District](#), --- F.3d ---, 2018 WL 3581456 (**3rd Cir. June 26, 2018**) (rejecting arguments that a school policy protecting transgender students violated other students' rights), *rehearing en banc rejected*, --- F.3d ---, 2018 WL 3583578 (3d Cir. June 26, 2018)
- [Parents for Privacy v. Dallas School District No. 2](#), No. 3:17-cv-01813 (**D. Or. Jul. 24, 2018**) (rejecting arguments that a school policy protecting transgender students violated other students' rights)
- [Students & Parents for Privacy v. U.S. Dep't of Educ.](#), No. 16-cv-4945, 2016 WL 6134121 (**N.D. Ill. Oct. 18, 2016**) *report and recommendation adopted*, 2017 WL 6629520 (**N.D. Ill. Dec. 29, 2017**) (rejecting arguments that a school policy protecting transgender students violated other students' rights under Title IX).

Privacy claims always been about being forced to undress or have your body exposed to others. That is not the circumstances for anyone in these cases.

Applying these protections

- **Protecting privacy**
 - Don't talk about transgender students with other staff
 - Students often don't want to be the "transgender" kid, but rather just another kid
 - Forcing students to use the wrong bathroom or their legal name can violate this right to privacy
 - Don't out kids to parents or other family; some parents may be the ones to inform you
- **Organizing staff training to prepare, not just to react**
 - Exchange gender-based activities for non-gender based, such as lining up
- **Address bullying or "jokes" from all people, including your peers**
- **Support kids through use of chosen name and pronouns (including "they")**

Gender Affirmation

Component	Definition	General Age Range	Reversibility
Social affirmation	Adopting gender-affirming hairstyles, clothing, name, pronouns, restrooms and facilities	Any	Reversible
Puberty blockers	Gonadotropin-releasing hormone agonists	During puberty (stages 2-5)	Reversible
Hormone therapy (cross-sex)	Testosterone; Estrogen plus androgen inhibitor	Adolescence onward	Mixed
Gender-affirming surgeries	“Top” surgery (chest); “Bottom” surgery (genitals); facial feminization, others	Typically adults (>18 years)	Irreversible
Legal affirmation	Legal name, gender marker on official documents	Any	Reversible

Gender affirmation reduces the emphasis on gender to allow space for other developmental tasks, such as academics, relationship building, and future oriented planning

Menstrual suppression may be an additional area of concern for some youth, Unplanned pregnancy also reinforces the need to discuss contraception with all youth

Socially transitioned youth

- Olson KR, Durwood L, DeMeules M, et al. **Mental Health of Transgender Children Who are Supported in Their Identities.** *Pediatrics* 2016;137(3):e20153223.
- **Methods:** Community-based national sample (TransYouth Project) of socially transitioned transgender, prepubescent children, N=73, aged 3-12 years, and N=73 age- and gender-matched community controls; N=49 sibling of transgender participants
- **Results:** Transgender children showed no elevations in depression and slightly elevated anxiety relative to population averages and the control groups
- Socially transitioned transgender children whose gender identity is supported
 - developmentally normative levels of depression
 - minimal elevation in anxiety
 - Lower rates of internalizing psychopathology than prior reports of kids living as their assigned birth gender
 - suggesting MH problems are not inevitable

Pre-Pubertal Patients – What we do in clinic

- Prior to puberty referral for individual and family psychotherapy
- Social transition and/or support of gender expression
 - Includes clothing, name, pronoun, peer group
 - When other possibilities ruled out, is a gender identity issue, not just gender expression
 - When the youth expresses need/desire to transition
 - When caregivers can offer positive support to the child



Social transition is safe. A University of Washington study published in February 2016 Pediatrics journal showed that rates of depression were equal and anxiety only slightly higher in youth age 3-12 who were supported in cross-gender expression compared to cis-gender controls.

Conversion or reparative therapy is harmful. Any providers practicing these methods should be reported to the state board.

Peri-Pubertal Patients – What we do in clinic

- Monitor for development of SMR 2
 - AFAB : As early as age 8 years (6 yrs = African American)
 - AMAB : As early as age 9 years
- **Start Puberty Blockers**
 - Injectable vs implant
 - **Positives:** growth potential (bone age), time for calm, use of physiologic HRT, reversible if stopped without hormone replacement
 - Concerns: Bone mineral density with extended use, future **fertility (counseling)**, headache, hot flashes, fatigue



Using information from the use of GnRH agonists in children with precocious puberty, we know these can be used for several years safely. The difference in age, and the importance of bone formation during this time, is a question/concern that we have. Delaying puberty until 16 years is generally not desired nor followed in the U.S. Postponing hormone therapy until 16 years was a legal decision in the Netherlands, not a medical one.

Post-Pubertal Patients -- Medical needs <18 years old

- Parental & Individual counseling
- Informed consent & preparation for HRT from **parents** (patient assent)
- Social transition individualized
- Screen for and treat mental health concerns
 - Mental health should be maximized but treatment should not be withheld
- Sexual health and fertility counseling
- Puberty blockers may still be necessary



A letter of support from a mental health provider who has a relationship with the patient may be helpful but is not required, along with “real life experience.” I ask each of my patient’s about these experiences but do not use it as a requirement to treat.

Post-pubertal Patients -- Medical needs 18 years or older

- Individual counseling, screen for family involvement
- Informed consent and preparation for HRT from **patient**
- Social transition individualized
- Screen for and treat mental health concerns
 - Mental health should be maximized but treatment should not be withheld
- Sexual health and fertility counseling

QUESTIONS?

- Continue listening to personal stories

<http://www.HowToBeAGirlPodcast.com>

○ <https://youtu.be/2WCLouQT9fs>

<http://www.umhs-adolescenthealth.org/improving-care/videos/>



Resources

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Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents

Jason Rafferty, COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH, COMMITTEE ON ADOLESCENCE and SECTION ON LESBIAN, GAY, BISEXUAL, AND TRANSGENDER HEALTH AND WELLNESS
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