



# Gender development and social support

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# GENDER IDENTITY DEVELOPMENT

- Cisgender – identity aligns with body
- Transgender – some discordance between identity and body (of birth)
  - Can include nonbinary identities, and desire to change gender
- Consider transgender as an umbrella term
  - (trans, nonbinary, genderfluid, agender, etc)
- Sexual orientation is different than gender



# THINGS TO BE AWARE OF

- Identity vs. expression
  - Socially transition (~93%) stay with identity
- Timing of development (childhood, adolescence, adult)
  - Similar in cisgender
- Fluidity and intensity of expression
- Family and structural support

# FAMILY SUPPORT

- Supportive families are associated with better mental health
- Ambiguous family responses can be as harmful
  - 56% reported ambiguous family support history
  - Mental health and well being was similar to repudiating
- Family rejection is a precursor to other risks (homelessness, etc)



# SCHOOL AND SOCIAL CONTEXTS

- Supportive school contexts associated with better outcomes
  - 3.7 times more likely than cisgender youth to experience bullying and are 3.3 times more likely to miss school due to safety concerns
- Sports participation is lower than for cisgender youth
  - 73% (trans) had 0 days of sports vs. 45% (cis)
- Climate can be a reason to avoid social contexts
  - Using name and bathroom use is protective

# ANTI-TRANS LEGISLATION

- Enhances environmental negativity
- Youth hear the commentary and know it applies to them
- Increase in hate crime reports

# REFERENCES AND RESOURCES

- <https://www.srcd.org/research/briefs-fact-sheets/statements-evidence>
  - Choose “gender affirming policies”
- <https://onlinelibrary.wiley.com/doi/10.1111/jomf.12835>
- <https://publications.aap.org/pediatrics/article/150/2/e2021056082/186992/Gender-Identity-5-Years-After-Social-Transition?autologincheck=redirected?nfToken=00000000-0000-0000-0000-000000000000>



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