

# BLACK AND LATINE GENDER DIVERSE YOUTH FACT SHEET

## INTERVIEW STUDIES



### WHY WAS THIS RESEARCH DONE?

Parents play critical roles in the development, health, and well-being of youth. Black & Latine gender expansive youth look to their parents to support them in navigating their gender journeys and different forms of adversity they may face. We wanted to understand the types of behaviors parents of Black & Latine gender expansive youth engaged in that were affirming. We interviewed 43 Black & Latine gender expansive youth/young adults & parents.

### YOUTH, YOUNG ADULTS, & PARENTS IDENTIFIED MULTIPLE BEHAVIORS THAT YOUTH FOUND TO BE AFFIRMING AND SUPPORTIVE OF THEIR GENDER.



**Use the Youth's Chosen Name & Pronouns-** "My dad is just like...'So your pronouns are he/him? Alright. So, you're the next man of the house, come help me with this.'" *Latine trans male.*



**Help the Youth with Their Social Transition-** "She would dress like a boy to go to school. But, when she came home, then she would take off the just plain clothes ... I would buy her skirts and buy her nice clothes that she wanted. But it was mostly at home. Then, she started feeling a little bit more confident...Then, I started taking her to get manicures and pedicures ... She got a lot more confident. Just recently, she went to homecoming in a gown and high heels and stockings and full makeup ... I was stunned how beautiful she was." *Parent of Black trans female.*



**Support the Youth's Medical Transition-** "As far as her starting hormones and her body changing, I hope that she finds a really cute boyfriend that I like....I'm looking forward to her falling in love for the first time and maybe getting her heart broken for the first time and calling me." *Black parent of trans female.*



**Advocate for the Youth-** "We will educate our teachers so that they know how to deal with these issues at school... The teachers need to know how to educate the kids or how they need to behave in class and not bully anyone, no matter who they are." *Parent of Latine transgender female.*



**Validate the Youth's Gender Identity-** "Just them being completely supportive and fully ready to defend me as a person, my pronouns, my name, any of that stuff. It really affirmed that in their eyes I was their son ...it was really nice." *Latine trans male.*

### WHEN PARENTS ENGAGED IN THESE BEHAVIORS, IT IMPROVED YOUTH'S MENTAL HEALTH, GENDER DYSPHORIA, RELATIONSHIPS WITH PARENTS, AND CONFIDENCE IN THEIR GENDER.

### HOW CAN WE BETTER SUPPORT BLACK & LATINE GENDER DIVERSE YOUTH?

- Parents supporting Black & Latine gender expansive youth in their exploration of gender, gender identity, and gender expression is key to supporting their overall well-being and mental health.
- Parents supporting their child's gender journey is protective of their mental health.
- Youth being able to express their authentic selves to the outside world and living as their affirmed gender are also associated with lower likelihood of depression. They often need parental support in doing this.
- This can be a process and a journey for the parent and seeking guidance, advice, and support can demonstrate to the youth that the parent is willing to learn and support them.
- Parents can work with gender-affirming mental health and medical professionals to develop an individualized plan to best support their child's development and well-being.
- Other helpful websites include: [Genderspectrum.org](https://Genderspectrum.org)      [thetrevorproject.org](https://thetrevorproject.org)      [standwithtrans.org](https://standwithtrans.org)