

**Youth'2000:**

**What do the results tell  
us about transgender &  
sexual minority school  
students in NZ?**

**Dr Terryann Clark, Dr Fiona Rossen, Aych  
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the Adolescent Health Research Group**

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# Overview

- Youth'2000 and a summary of trends for the overall student population
- Youth'12 and results for transgender students
- Youth'2000 results for sexual minority students

# The Adolescent Health Research Group (AHRG)

The AHRG aims to provide high quality, accurate and timely research that seeks to improve the health and wellbeing of young people in Aotearoa/NZ.



# The Youth2000 Survey Series

## 1. National Secondary School Student Surveys

2001 - 9,699 adolescents

2007 - 9,107 adolescents

2012 - 8,500 adolescents

## 2. School Climate Surveys

2007 School Climate

2012/13 School Climate

## 3. Alternative Education Surveys

2009 - 335 adolescents

2000 – 268 adolescents

## 4. Teen Parent Unit Survey

2006 - 220 adolescents

## 5. Wharekura Survey

2007 – 22 kura and 677 taiohi\*

\*confidential report

# Questionnaire

Health

Food & Activities

Substance use

Sexual health

Injuries & Violence

Ethnicity & Culture

Home

School

Neighbourhood

Spirituality

**INTRODUCTION** Intro 1 2 3 4 5 6 7 8 9 Finish

How old are you?

- under 12 years
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- over 19 years

GO

Speaker icon, Refresh icon, Close icon



# Youth2000 series sample

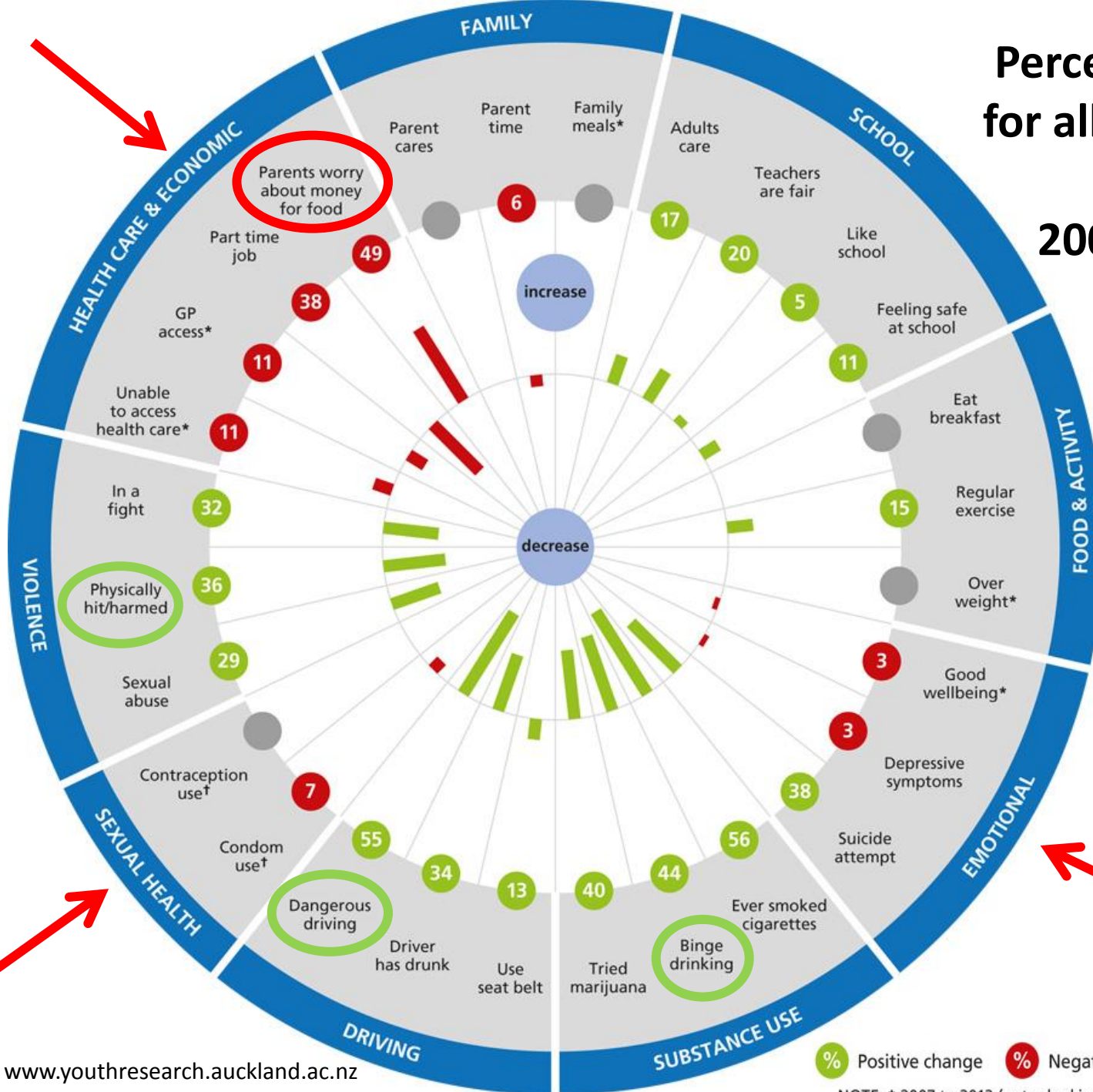
	2001		2007		2012	
<b>Schools</b>	114 (86% response)		96 (84% response)		91 (73% response)	
<b>Decile</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
low	26	22.9	15	16.3	26	28.6
med	49	43.1	52	56.5	36	39.6
high	39	34.2	25	27.2	29	31.9
<b>Students</b>	9,567 (73% response)		9,107 (74% response)		8,500 (68% response)	
<b>Sex</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
Male	4,414	46.1	4,911	54.0	3,874	45.6
Female	5,152	53.9	4,187	46.0	4,623	54.4
<b>Ethnicity</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
Māori	2,325	24.7%	1,702	18.7%	1,701	20.0%
Pacific	768	8.2%	1,178	10.2%	1,201	14.1%
Asian	679	7.2%	1,310	12.4%	1,051	12.4%
NZ European	5,219	55.4%	6,871	52.8%	4,024	47.7%
Other	417	4.4%	817	5.8%	511	6.0%
<b>&gt;1 ethnic groups</b>	29%		39%		42%	

# Things overall - What do you think changed between 2001 & 2012?

For each of the following do you think they have *gotten worse, stayed the same, or got better?*

- Parents worry about money for food.
- Binge drinking.
- Dangerous driving.
- Been hit or physically harmed.

# Percentage change for all young people between 2001 and 2012



% Positive change   
 % Negative change   
 ● No or minimal change

NOTE: \* 2007 to 2012 (not asked in 2001) † among sexually active students

# Youth'12 results for transgender students

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# **The Health and Well-Being of Transgender High School Students: Results from the New Zealand Adolescent Health Survey (Youth'12)**

Clark, T.C., Lucassen, M.F.G., Bullen, P., Denny, S.J.,  
Fleming, T.M., Robinson, E.M., Rossen, F.V. & the  
Adolescent Health Research Group



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Original article

## The Health and Well-Being of Transgender High School Students: Results From the New Zealand Adolescent Health Survey (Youth'12)



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Simon J. Denny, Ph.D., F.R.A.C.P.<sup>d</sup>, Theresa M. Fleming, Ph.D.<sup>b,d</sup>, Elizabeth M. Robinson, M.Sc.<sup>e</sup>,  
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# What is Youth'12?

**Introduction**

**Methodology**

**Results**

**Summary**



# Representative NZ sample

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**All students asked  
“What sex are you?”  
 (“Male” or “Female” options)**



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**Students were identified as transgender based on:**

*“Do you think you are transgender? This is a girl who feels like she should have been a boy, or a boy who feels like he should have been a girl (e.g., Trans, Queen, Fa’afafine, Whakawahine, Tangata ira Tane, Genderqueer)?”*

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“Do you think you are transgender...”

Responses categorised:

- Non-transgender
- Transgender
- Not sure
- Didn't understand the question

## Introduction

➤ 7,731 (94.7%) reported being non-transgender

## Methodology

➤ 96 (1.2%) reported being transgender

## Results

➤ 202 (2.5%) reported not being sure of their gender

## Summary

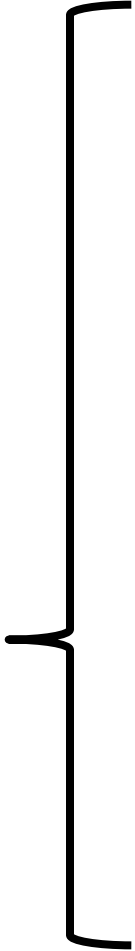
➤ 137 (1.7%) didn't understand the question

**Introduction**

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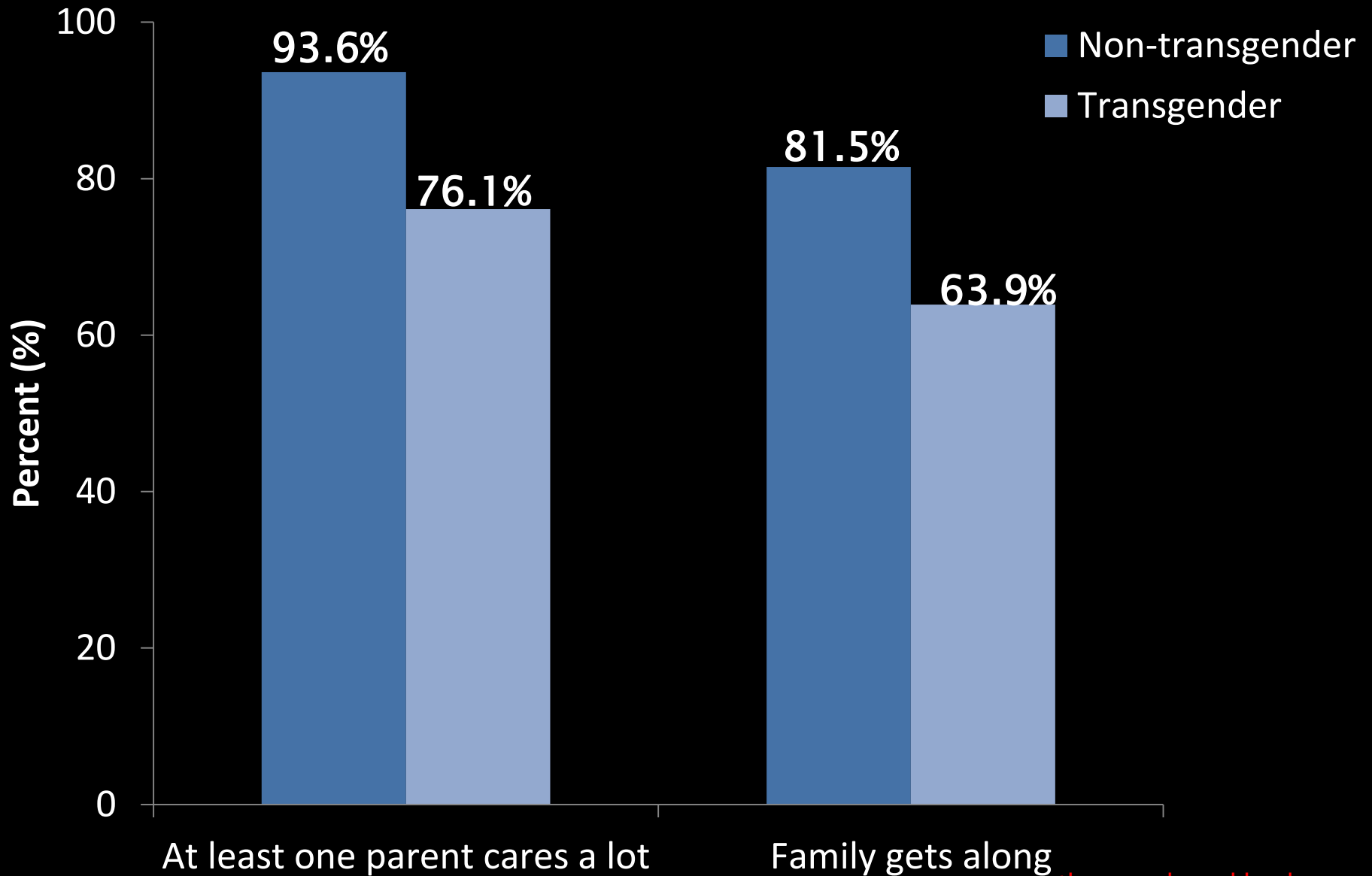


Transgender students were diverse and represented across 'sex', the main ethnic groups in NZ, and across the socio-economic spectrum.

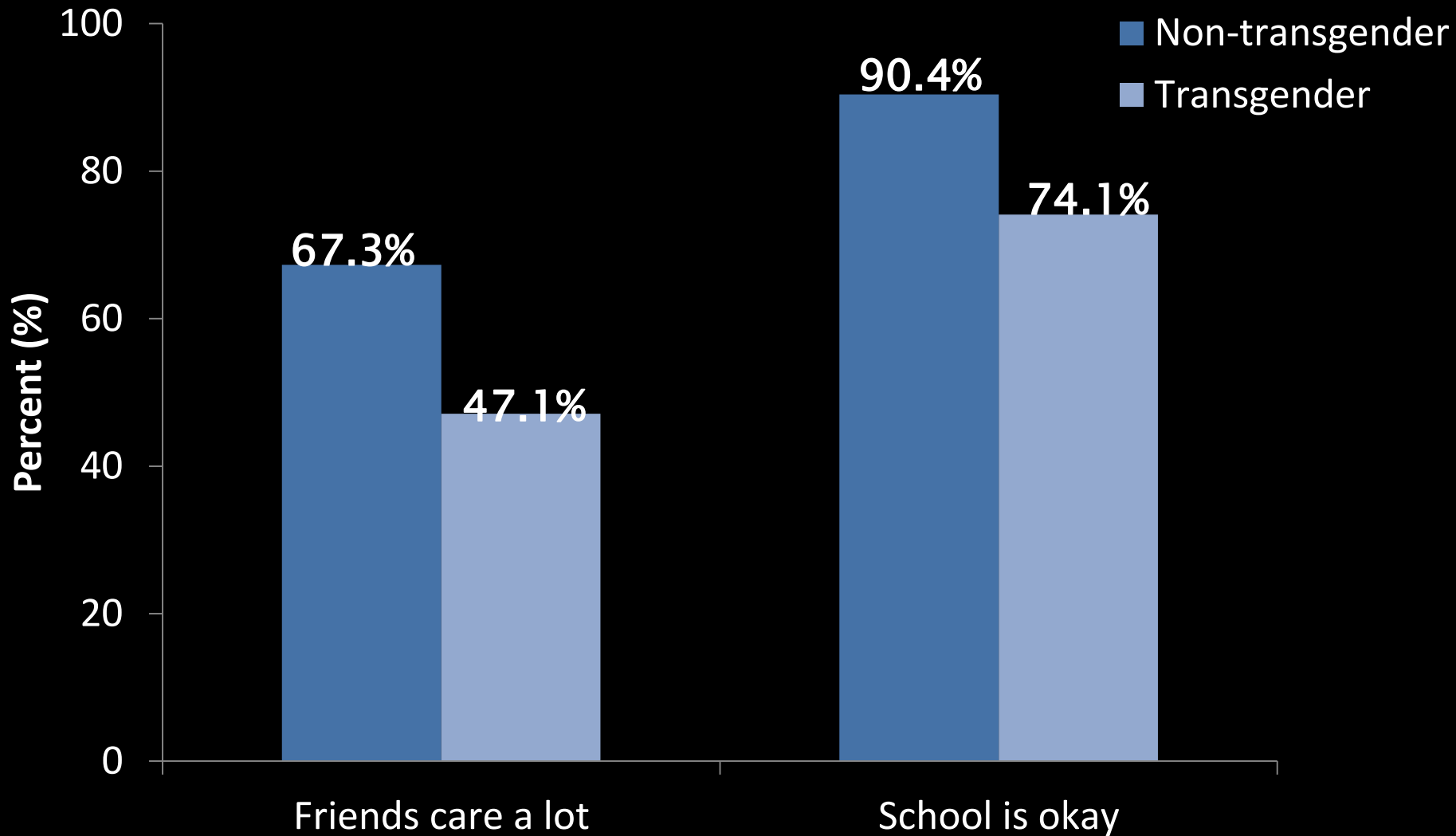
# Disclosed being transgender

	2012	
	N	%
<b>Have you disclosed being transgender?</b>		
Yes	32	34.8
No	60	65.2

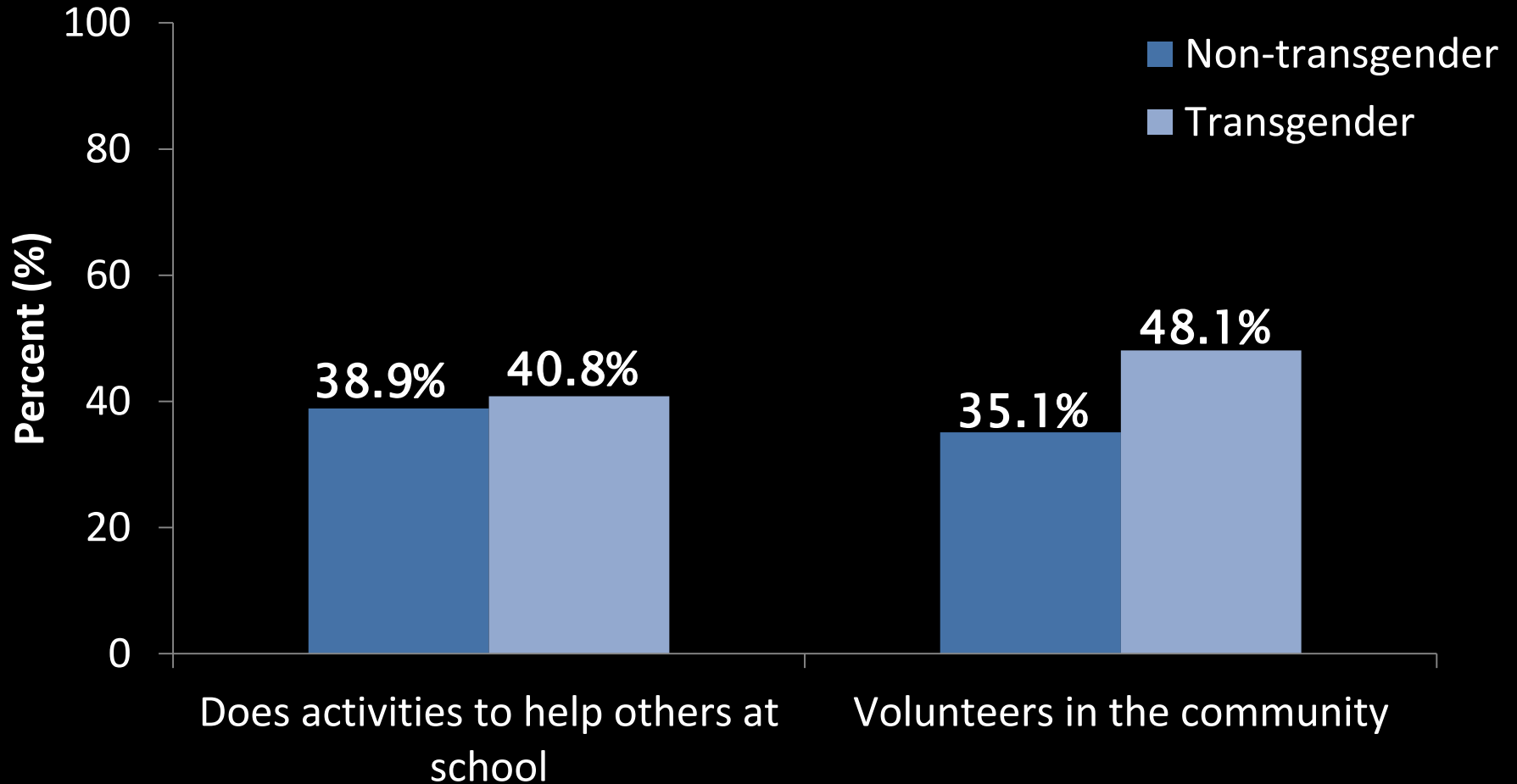
# Family relationships



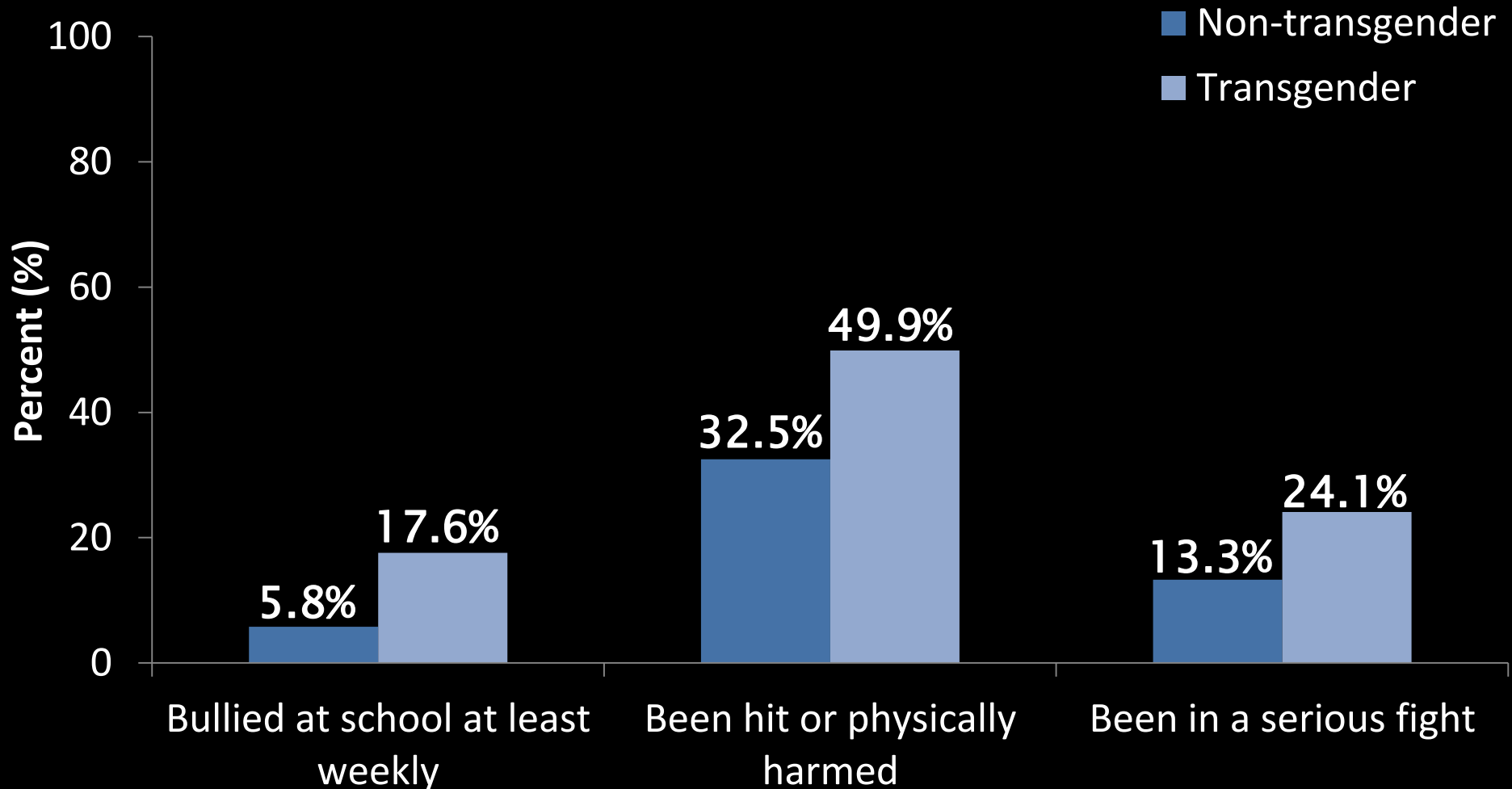
# Friendships and school



# Volunteering



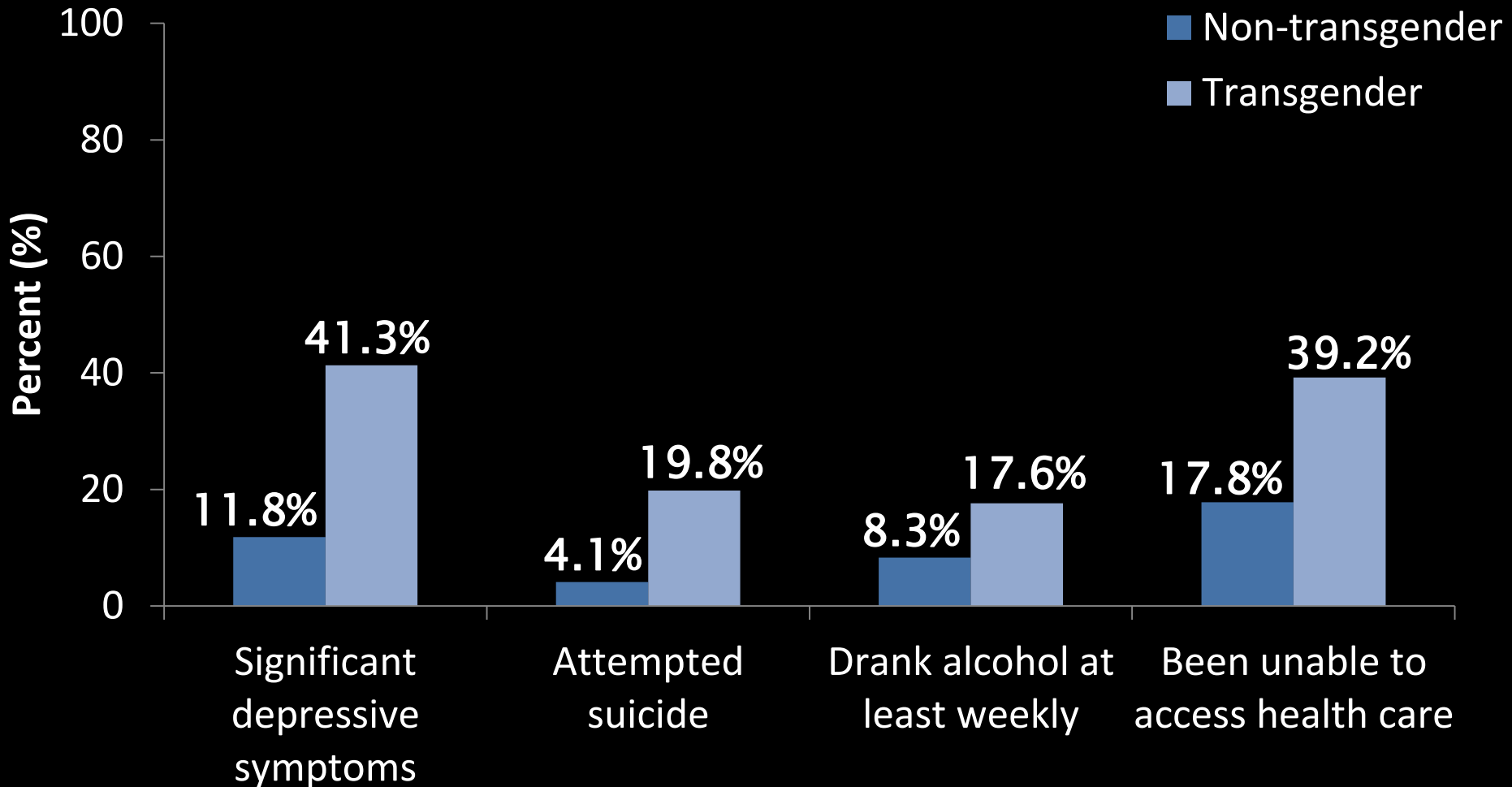
# Violence and personal safety



## Transgender students:

- were x4.5 more likely to be bullied at school at least weekly than non-transgender students
- were x2 more likely to report being hit or physically harmed than non-transgender students

# Health



# Mental Health

## Transgender students:

- were x6 more likely to report depressive symptoms than non-transgender students
- were x5 more likely to report attempting suicide than non-transgender students

# Sexual health

- 23.8% of non-transgender students ever had sex
- 39.7% of transgender students ever had sex

Transgender students were x2 more likely to have ever had sex.

## **Introduction**

Transgender students are giving and most have at least one parent that cares a lot for them.

## **Methodology**

Rates of mental ill-health and alcohol misuse appear elevated amongst these NZ students.

## **Results**

## **Summary**

Many experienced considerable bullying and the majority had not told anyone they were transgender.

# A two-edged sword...

## Some thoughts

Many transgender students experienced considerable difficulties. **We need to remember this...**

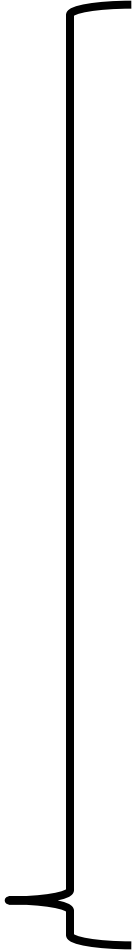
But most had a caring parent and thought school was okay (or better). **We need to be mindful of strengths too...**

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Much more needs to be done to improve environments for transgender students in NZ.

# Youth'2000 results for sexual minority students

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# **What has changed from 2001 to 2012 for sexual minority youth in New Zealand?**

Lucassen, M.F.G., Clark, T.C., Denny, S. J., Fleming, T.M., Rossen, F.V., Sheridan, J., Bullen, P., Robinson, E.M. & the Adolescent Health Research Group

# 2001, 2007 & 2012

# Representative

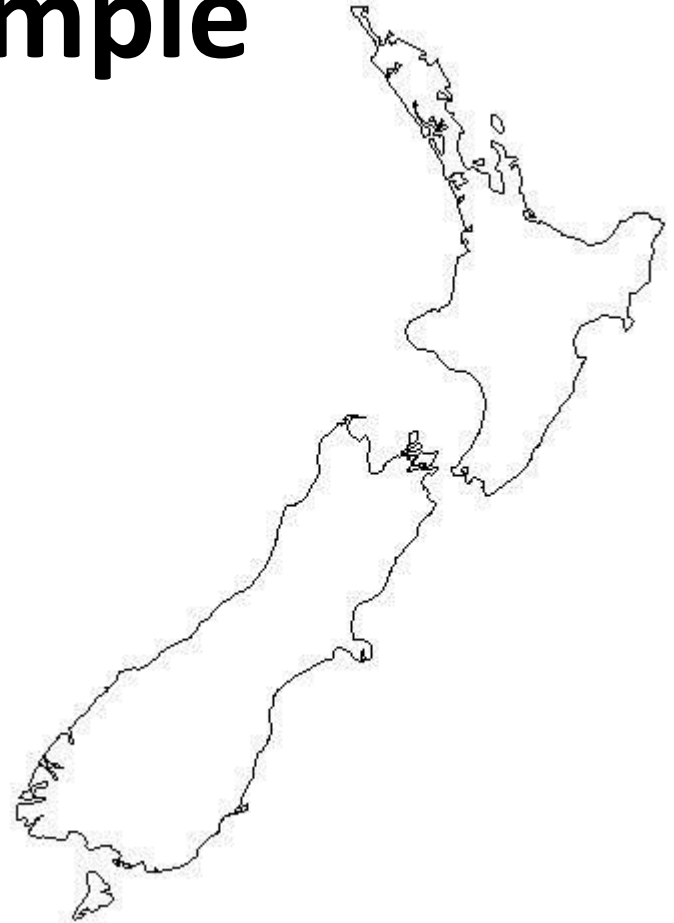
# NZ sample

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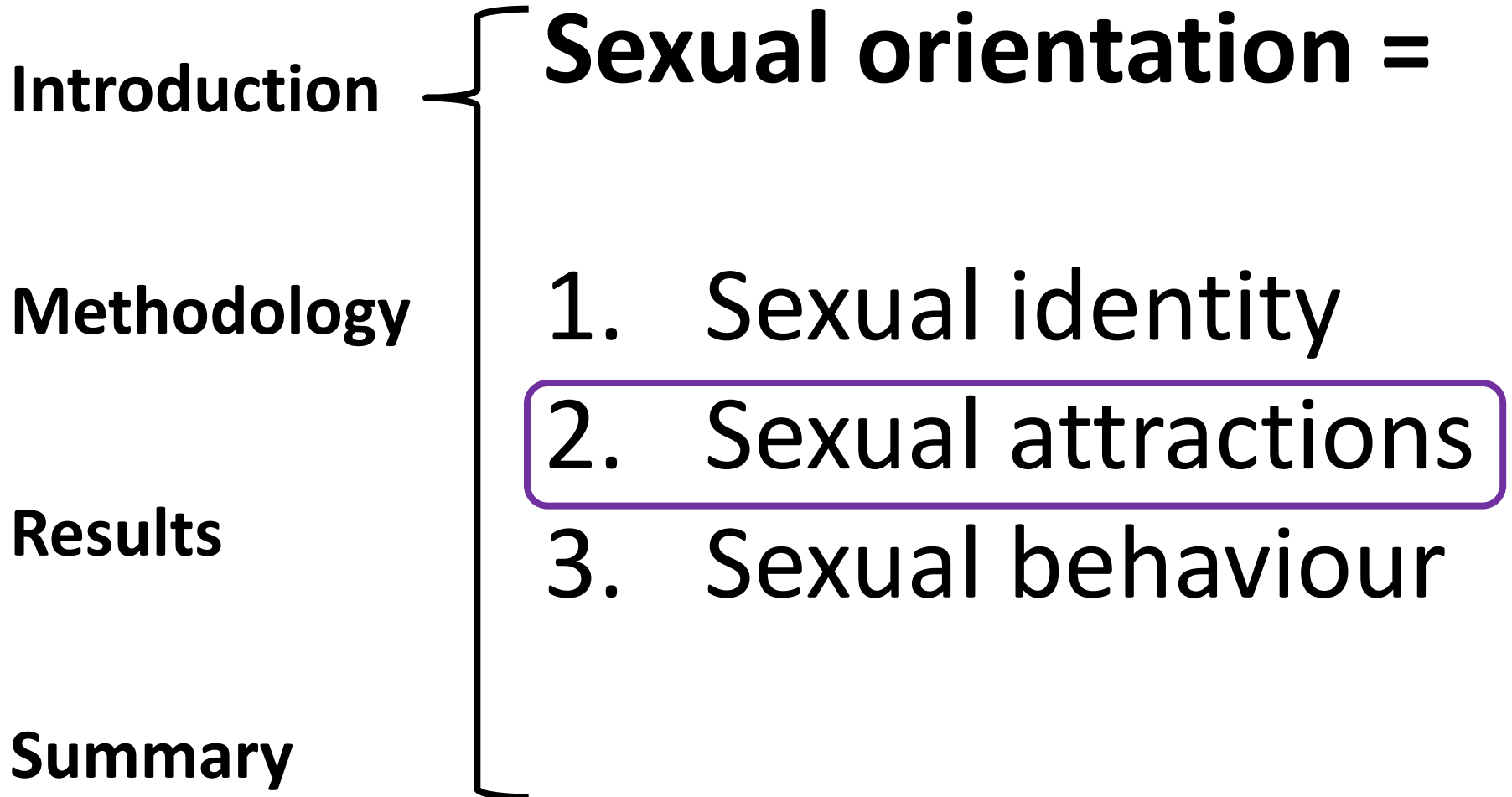
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**Why use the  
term sexual  
minority youth?**



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Students were asked about their sexual attractions, not sexual identity. But, sexual attractions are highly correlated with other common indicators of sexual orientation (e.g. sexual identity sexual behaviour).

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In Youth'01, '07 and '12 all students were asked: "Which are you sexually attracted to...?" response options were:

- "The opposite sex"
- "The same sex"
- "Both sexes"
- "Not sure"
- "Neither"

(+ in Youth'12 only "I don't understand this question")

**Introduction**

**Methodology**

**Results**

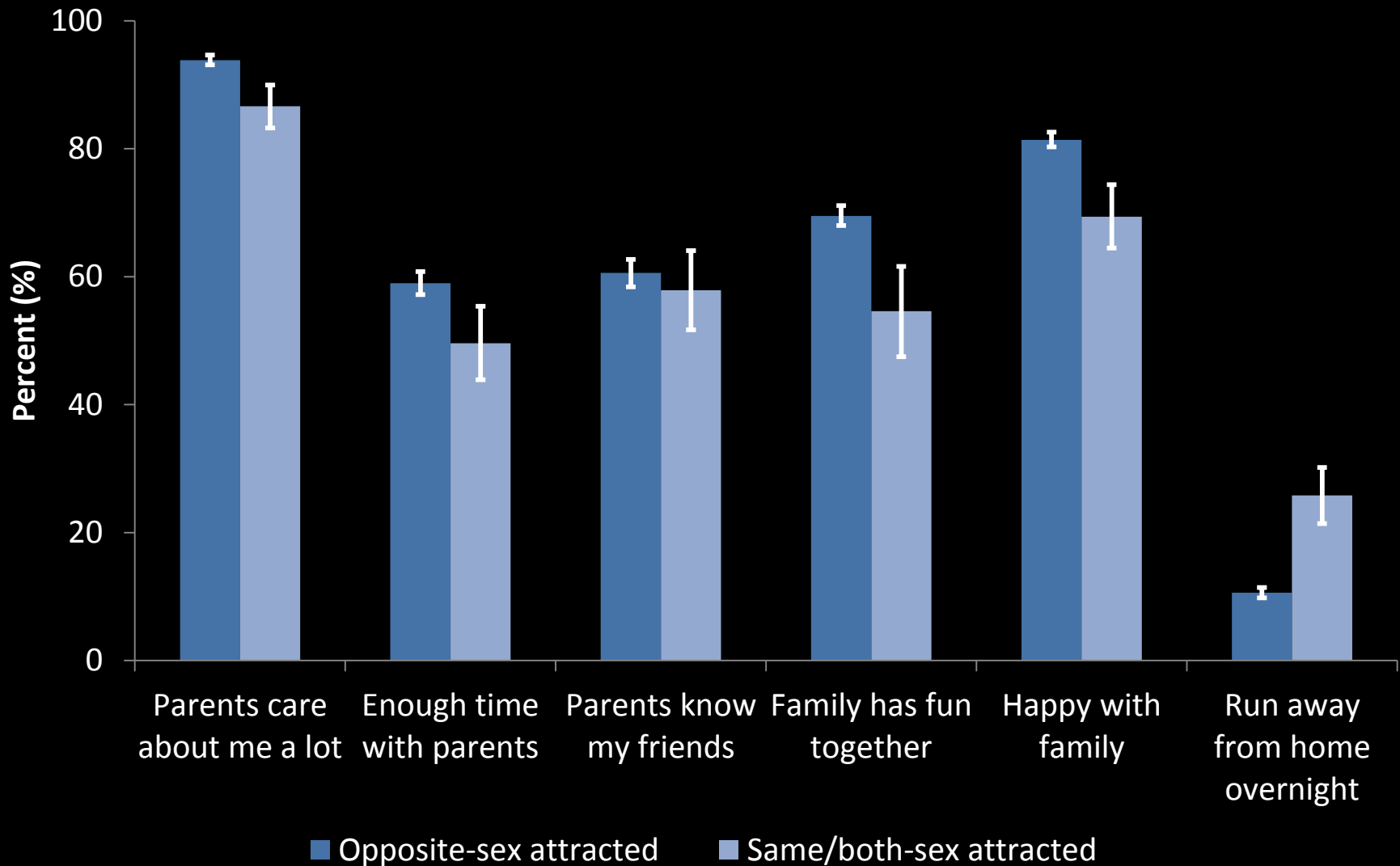
**Summary**

The prevalence of same/both-sex attractions among students remained unchanged at about 4% in 2001, 2007, and 2012. The proportion reporting same/both-sex attractions increased with age (2.0% aged 13 or less to 5.2 % aged 17 or older). Same/both-sex attracted students are represented across age, sex, ethnicity, degrees of deprivation, and geographical locations.

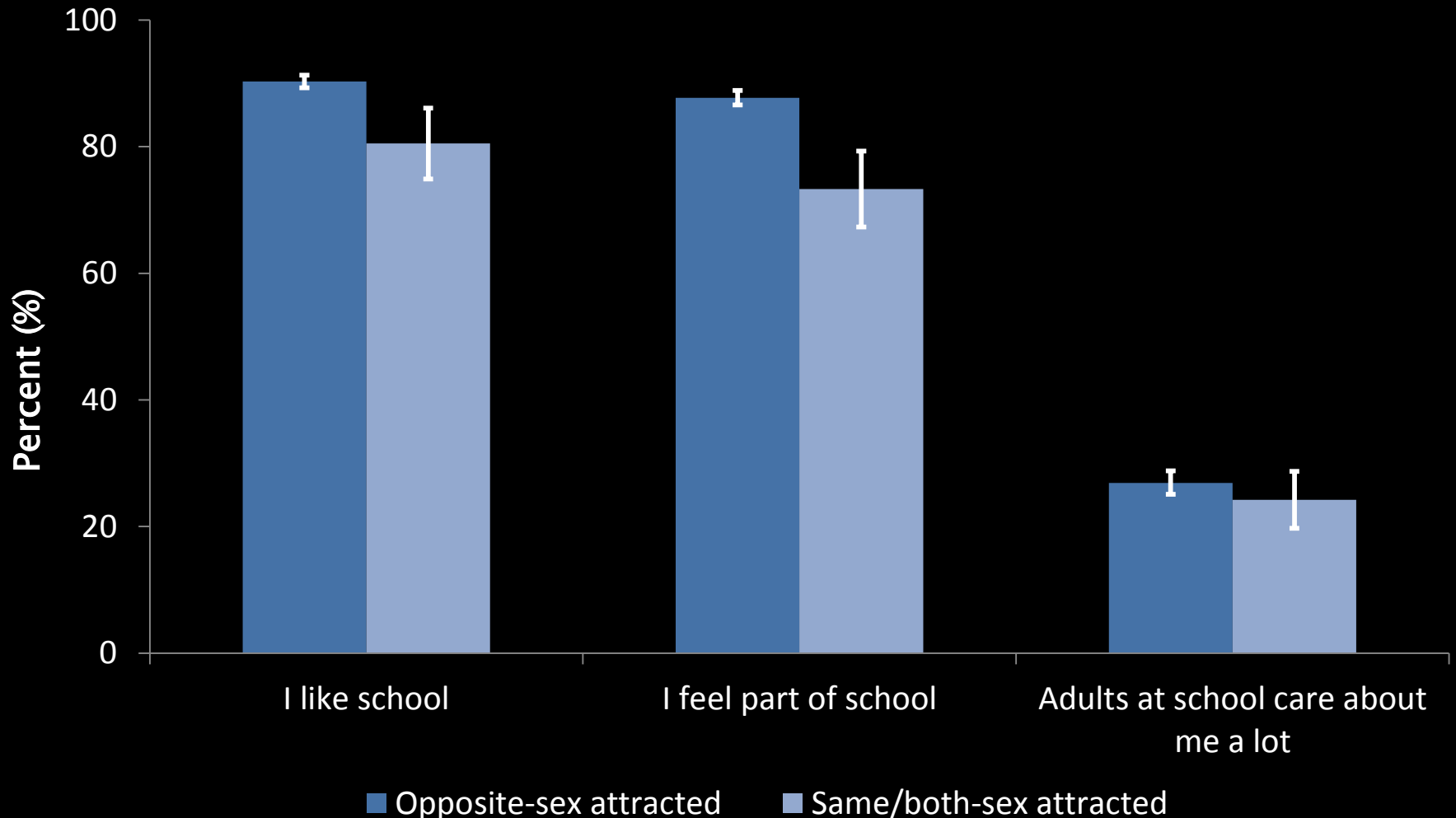
# Coming out (2001 & 2012)

	2001		2012	
	n=	% (95% CI)	n=	% (95% CI)
<b>Have you come out? (told people close to you openly of your sexuality)</b>				
Yes	109	31.3 (26.6 – 36.1)	158	53.1 (48.2 – 58.0)
No	236	68.7 (63.9 – 73.4)	139	46.9 (42.0 – 51.8)
<b>Were you able to talk to your family about this?</b>				
Yes, I could easily talk with them	25	23.3 (15.6 – 31.1)	43	14.4 (11.0 – 17.8)
Yes, but it was difficult	13	12.1 (5.5 – 18.7)	43	14.4 (9.9 – 18.9)
No, I could not talk to my family	64	61.1 (51.5 – 70.7)	176	58.9 (53.5 – 64.4)
Doesn't apply to me	3	3.5 (0.0 – 7.8)	36	12.3 (8.3 – 16.2)

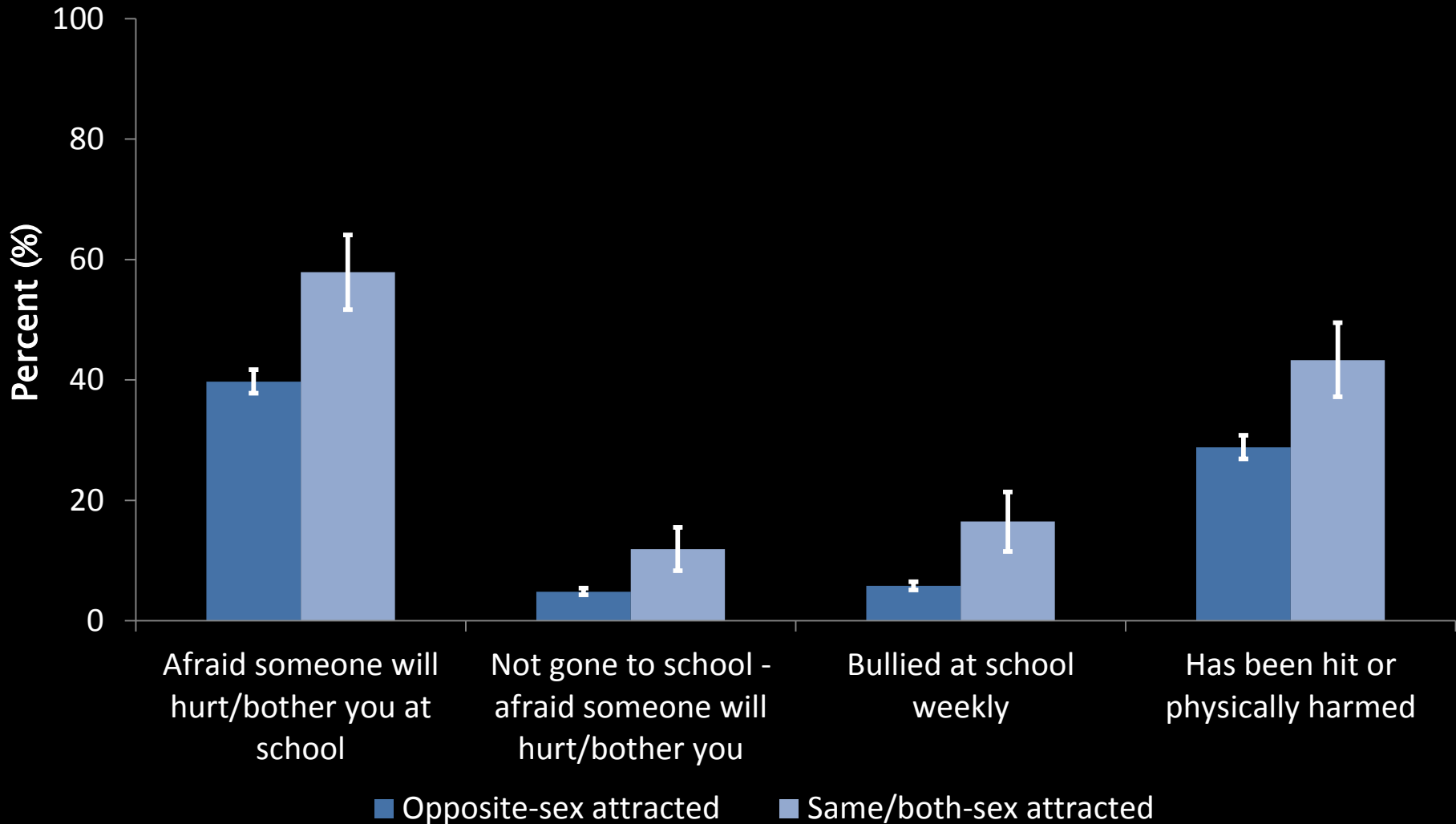
# Family relationships (2012)



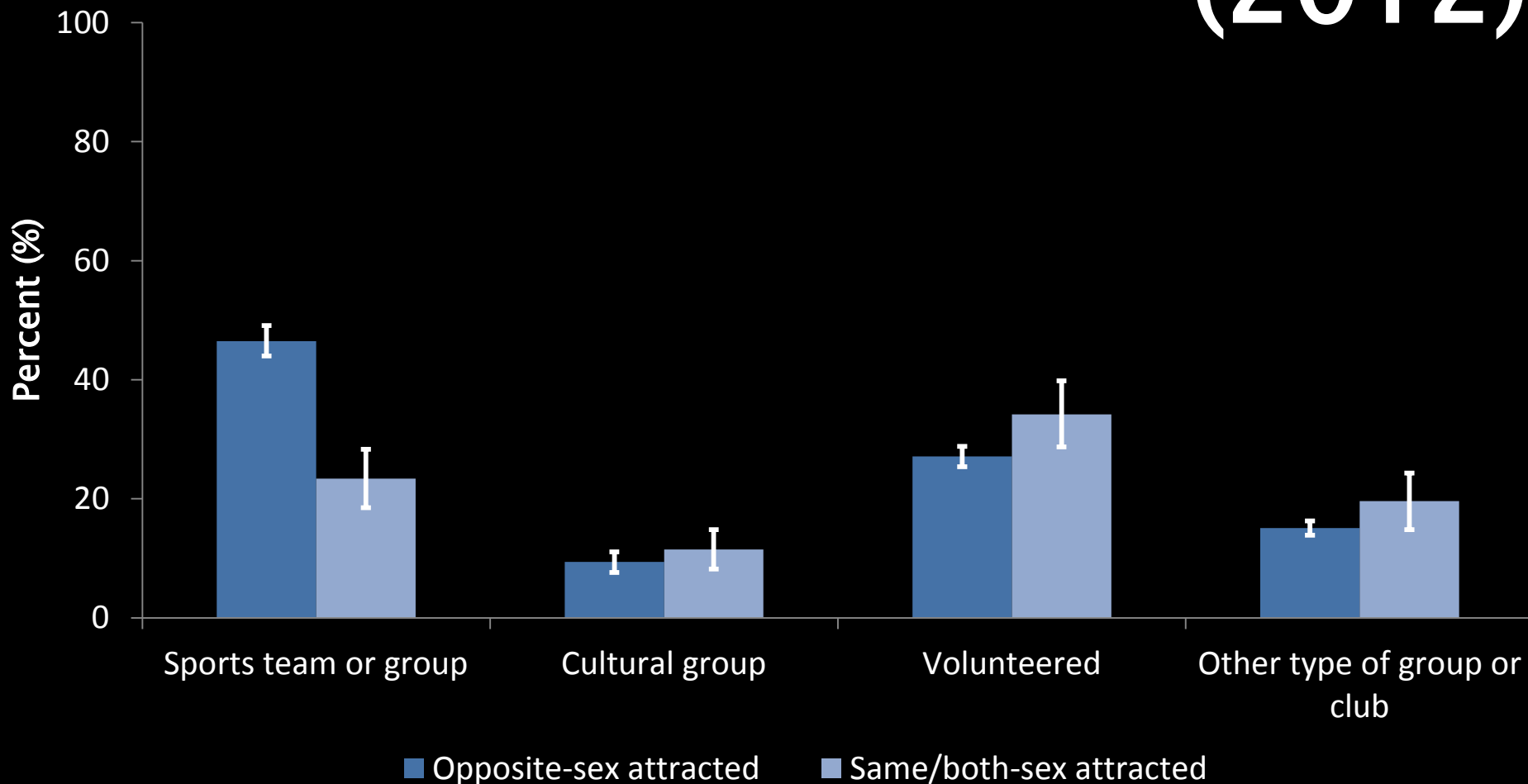
# Feelings about school (2012)



# Bullying (2012)



# Community involvement (2012)



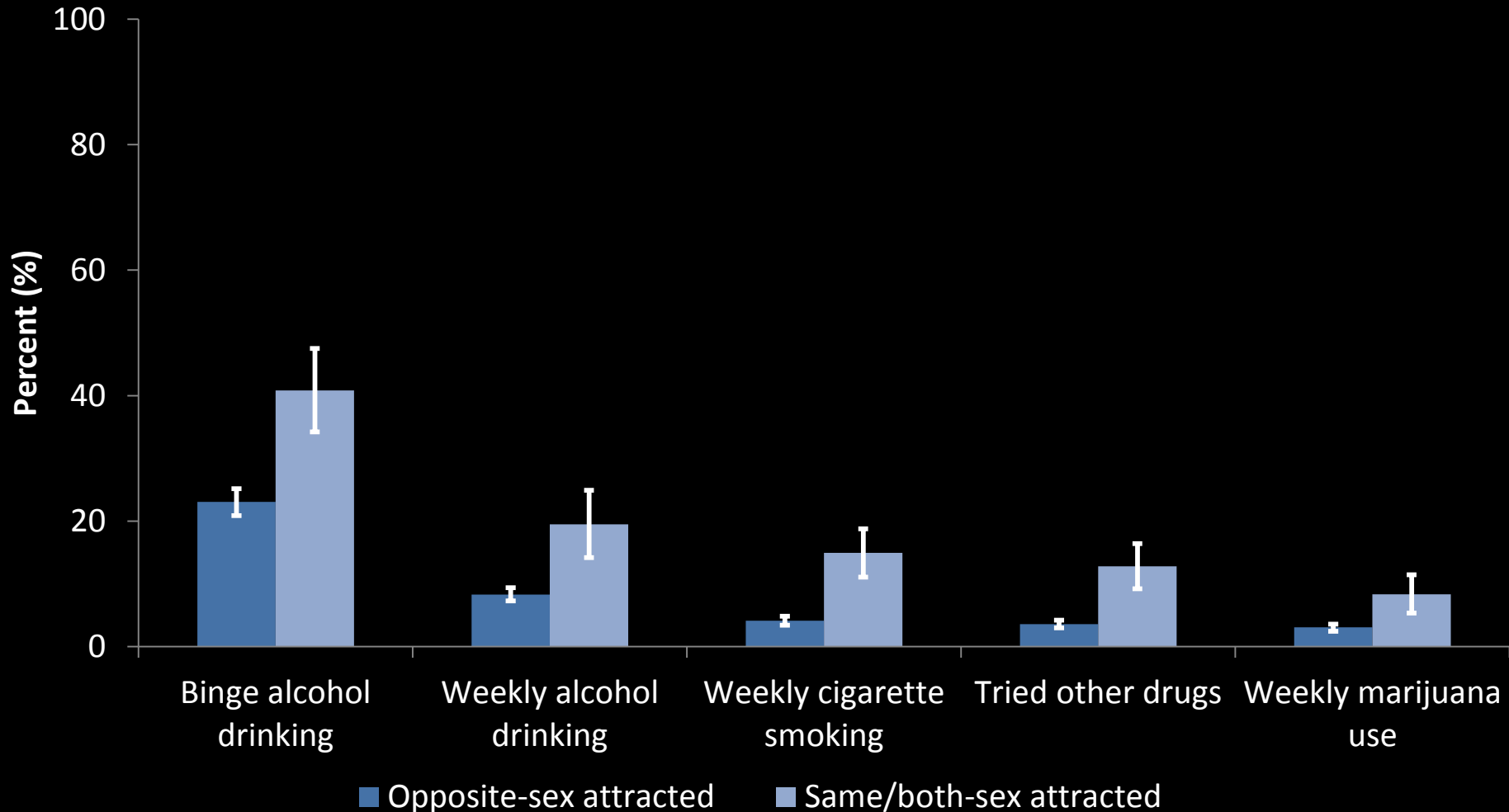
# Mental health (2012)

Same/both-sex attracted (sexual minority) students were more likely to exhibit significant depressive symptoms (41.3% vs. 11.4%).

Sexual minority students were twice as likely to have deliberately self-harmed in the previous 12 months.

Sexual minority students reported higher rates of depression, suicide attempts and self-harm compared to opposite-sex attracted students.

# Alcohol & drug use (2012)



# Sexual health (2012)

Sexual minority students are more likely to be currently sexually active.

53.8% of sexually active sexual minority males used a condom the last time they had sex compared to 60.9% of opposite-sex attracted males.

Sexual minority students are at an elevated risk in terms of STI.

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Most sexual minority students are healthy and happy. However, there are some areas of concern. Rates of alcohol and drug use and mental ill-health are elevated among sexual minority students. Many sexual minority students were bullied.

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Between 2001 & 2012 there were some improvements. Fewer sexual minority students reported cigarette smoking and a greater proportion are 'out' in 2012. However, there have been no improvements in relation to depression, suicide attempts and bullying for sexual minority students.



# A two-edged sword...

## Some thoughts

Many same/both-sex attracted (sexual minority) students are experiencing difficulties – **it is important to remember this, so that we remain motivated to make positive changes...**

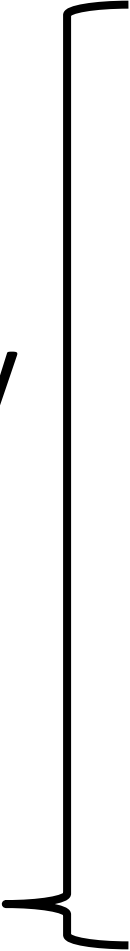
**But most sexual minority students are happy and healthy.** We don't want to create an 'overly bleak picture' or 'problematise' a vibrant and valuable group of youth.

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To improve the health of sexual minority young people (and transgender youth) in New Zealand we need to act upon these findings and continue to monitor and track these issues over time.

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**Discussion...**

- Have any of the results come as a surprise to you? If so – how?
- What results have confirmed what you already knew...

# Youth'12

Reports and fact sheets available online:

- Māori Report
- Christchurch Report
- Health Services and Health Outcomes
- Transgender Young People Fact Sheet
- Gambling Report
- Problem Substance Use Report

Available at:

[www.youthresearch.auckland.ac.nz](http://www.youthresearch.auckland.ac.nz)

# Peer-Reviewed Academic Papers

Denny, S., Lucassen, M.F.G., Stuart, J., Fleming, T., Bullen, P., Peiris-John, R., Rossen, F. & Utter, J. (in press). **The association between supportive high school environments and depressive symptoms and suicidality among sexual minority students.** *Journal of Clinical Child and Adolescent Psychology*.

Lucassen, M.F.G., Clark, T.C., Denny, S.J., Fleming, T.M., **Rossen, F.V., Sheridan, J., Bullen, P. & Robinson, E.M.** (online ahead of press). **What has changed from 2001 to 2012 for sexual minority youth in New Zealand?** *Journal of Paediatrics and Child Health*. doi: 10.1111/jpc.12727

Clark, T.C., Lucassen, M.F.G., Bullen, P., Denny, S.J., Fleming, T.M., Robinson, E.M. & Rossen, F.V. (2014). **The health and well-being of transgender high school students: Results from the New Zealand adolescent health survey (Youth'12).** *Journal of Adolescent Health*, 53, 93-99. doi: 10.1016/j.jadohealth.2013.11.008

Lucassen M.F.G., Merry, S.N., Robinson, E.M., Denny, S., Clark, T., Ameratunga, S., Crengle, S. & Rossen, F.V. (2011). **Sexual attraction, depression, self-harm, suicidality and help-seeking behaviour in New Zealand secondary school students.** *Australian and New Zealand Journal of Psychiatry*, 45(5), 376-383. doi:10.3109/00048674.2011.559635