Youth’2000: What do the results tell us about transgender & sexual minority school students in NZ?

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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

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Questionnaire

Health
Food & Activities
Substance use
Sexual health
Injuries & Violence
Ethnicity & Culture
Home
School
Neighbourhood
Spirituality
# Youth2000 series sample

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

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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

- Parents worry about money for food: Decrease (49)
- Unable to access healthcare*: Decrease (38)
- Part time job: Increase (11)
- GP access*: Decrease (11)
- In a fight: Decrease (32)
- Sexual abuse: Decrease (29)
- Contraception use†: Decrease (7)
- Condom use†: Decrease (55)
- Dangerous driving: Decrease (34)
- Driver has drunk: Decrease (34)
- Use seat belt: Decrease (13)
- Tried marijuana: Decrease (40)
- Ever smoked cigarettes: Decrease (56)
- Binge drinking: Decrease (38)
- Depressive symptoms: Decrease (3)
- Good wellbeing*: Decrease (3)
- Overweight*: Decrease (3)
- Regular exercise: Decrease (15)
- Feeling safe at school: Decrease (20)
- Like school: Decrease (17)
- Teachers are fair: Decrease (6)
- Family meals*: Decrease (11)
- Parent time: Decrease (6)
- Parent cares: Decrease (49)
- Family care: Decrease (49)
- Adults care: Decrease (20)
- Eating breakfast: Decrease (11)

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

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Youth’12 results for transgender students
The Health and Well-Being of Transgender High School Students: Results from the New Zealand Adolescent Health Survey (Youth’12)


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


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Keywords: Transgender; Sexuality; Adolescent; Health; Well-Being
What is Youth’12?

Introduction

Methodology

Results

Summary

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

Results

Summary

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

96 (1.2%) reported being transgender

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

137 (1.7%) didn’t understand the question
Transgender students were diverse and represented across ‘sex’, the main ethnic groups in NZ, and across the socio-economic spectrum.
## Disclosed being transgender

<table>
<thead>
<tr>
<th>Have you disclosed being transgender?</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N</td>
</tr>
<tr>
<td>Yes</td>
<td>32</td>
</tr>
<tr>
<td>No</td>
<td>60</td>
</tr>
</tbody>
</table>
Family relationships

At least one parent cares a lot

- Non-transgender: 93.6%
- Transgender: 76.1%

Family gets along

- Non-transgender: 81.5%
- Transgender: 63.9%

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Friendships and school

<table>
<thead>
<tr>
<th></th>
<th>Non-transgender</th>
<th>Transgender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends care a lot</td>
<td>67.3%</td>
<td>47.1%</td>
</tr>
<tr>
<td>School is okay</td>
<td>90.4%</td>
<td>74.1%</td>
</tr>
</tbody>
</table>
Volunteering

Does activities to help others at school

- Non-transgender: 38.9%
- Transgender: 40.8%

Volunteers in the community

- Non-transgender: 35.1%
- Transgender: 48.1%

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Violence and personal safety

- Bullied at school at least weekly:
  - Non-transgender: 5.8%
  - Transgender: 17.6%

- Been hit or physically harmed:
  - Non-transgender: 32.5%
  - Transgender: 49.9%

- Been in a serious fight:
  - Non-transgender: 13.3%
  - Transgender: 24.1%
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

Percent (%)

- Significant depressive symptoms: 11.8% Non-transgender, 41.3% Transgender
- Attempted suicide: 4.1% Non-transgender, 19.8% Transgender
- Drank alcohol at least weekly: 8.3% Non-transgender, 17.6% Transgender
- Been unable to access health care: 17.8% Non-transgender, 39.2% Transgender

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

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

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

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Youth’2000 results for sexual minority students
What has changed from 2001 to 2012 for sexual minority youth in New Zealand?

Introduction

Methodology

Results

Summary

2001, 2007 & 2012 Representative NZ sample

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Why use the term sexual minority youth?
Sexual orientation =

1. Sexual identity
2. Sexual attractions
3. Sexual behaviour
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).
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”)
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)

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th></th>
<th>2012</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n=</td>
<td>%</td>
<td>(95% CI)</td>
<td>n=</td>
</tr>
<tr>
<td><strong>Have you come out?</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>109</td>
<td>31.3</td>
<td>(26.6 – 36.1)</td>
<td>158</td>
</tr>
<tr>
<td>No</td>
<td>236</td>
<td>68.7</td>
<td>(63.9 – 73.4)</td>
<td>139</td>
</tr>
<tr>
<td><strong>Were you able to talk to your family about this?</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes, I could easily talk with them</td>
<td>25</td>
<td>23.3</td>
<td>(15.6 – 31.1)</td>
<td>43</td>
</tr>
<tr>
<td>Yes, but it was difficult</td>
<td>13</td>
<td>12.1</td>
<td>(5.5 – 18.7)</td>
<td>43</td>
</tr>
<tr>
<td>No, I could not talk to my family</td>
<td>64</td>
<td>61.1</td>
<td>(51.5 – 70.7)</td>
<td>176</td>
</tr>
<tr>
<td>Doesn’t apply to me</td>
<td>3</td>
<td>3.5</td>
<td>(0.0 – 7.8)</td>
<td>36</td>
</tr>
</tbody>
</table>

Source: 2001 / 2012 National Youth Surveys

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Family relationships (2012)

Source: 2012 National Youth Surveys

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Feelings about school (2012)

Source: 2012 National Youth Surveys

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Bullying (2012)

Source: 2012 National Youth Surveys

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Community involvement (2012)

Source: 2012 National Youth Survey

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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.

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Alcohol & drug use (2012)

Source: 2012 National Youth Surveys

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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.
Introduction

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.
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.
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.
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.
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:
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Peer-Reviewed Academic Papers


