



Zoe Birkinshaw  
Youth Project Officer  
Zoe Belle Gender Centre  
zoebirkinshaw@gendercentre.com  
(03) 8398 4131

## TRANS AND GENDER DIVERSITY

ZOE BELLE GENDER CENTRE



Proudly supported by cohealth

### ZBGC

- An online centre to support the health and wellbeing of Victoria's trans and gender diverse populations through community events, referral and support.
- ZBGC youth project supports health and human service practitioners to work with trans and gender diverse young people.
- The Youth Project worker engages with youth groups around gender diversity through running events and facilitating workshops.

### Youth'12- Size of the Community

- Youth'12 - health and wellbeing survey of 8,500 New Zealand secondary school students undertaken in 2012.
- Approximately 4 out of every 100 students reported that they were either transgender (1.2%) or that they were not sure of their gender (2.5%).

### From Blues to Rainbows

- 189 young trans and gender diverse people from across Australia participated.
- 1/3 non binary gender identities
- Majority identified 'queer' or 'non binary' sexualities
- Higher levels of mental health concerns and risk factors in participants
- High levels of resilience- this is reflected in other studies of the population

### Social Experiences

- Lack of acceptance from peers and family
- Strong peer led initiatives across the state- Ygender and social networks.
- Structural transphobia- where trans and gender diverse young peoples experiences are not acknowledged or considered.
- Challenges around transition, especially for regional young people.

### Trans and Gender Diverse Youth Summit

- Partnership between ZBGC, Ygender, gasp Geelong and Minus18.
- 1<sup>st</sup> state-wide summit specifically for this cohort. Peer led workshops and activities. Peer facilitated consultations in the lead up to the event.
- Over 100 young people registered, over 80 on the day.
- 1/3+ rated their mental health as 'poor' or 'terrible'. 85% said the day increased their sense of community.



## Reference List

- [http://anzasw.org.nz/documents/0000/0000/1096/Youth\\_12\\_Health\\_and\\_Wellbeing\\_of\\_Secondary\\_Students.pdf](http://anzasw.org.nz/documents/0000/0000/1096/Youth_12_Health_and_Wellbeing_of_Secondary_Students.pdf)
- <http://gendercentre.com/>
- <https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0268-from-blues-to-rainbows-report-final-report.pdf?sfvrsn=2>