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## Resilience and Transgender Youth

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- **The Resilience and Transgender Youth (RTY) Project** was a two-phase, qualitative research project designed to better understand protective factors in the lives of transgender adolescents and youth adults.
- This study provided relevant information how to better support transgender and other gender diverse youth.



Transgender and other gender diverse youth experience stigma and discrimination that put them at increased risk for poor mental health and suicide, substance use, experiencing violence, risky sexual behaviors, and other health risks.

Yet, adolescents are resilient. Quality sexual health education, access to health care services, and safe and supportive environments can help all youth thrive in the face of risk and are critically important for transgender and other gender diverse youth.

Understanding the experience of transgender youth will help improve school environments, parental relationships, health services, and sexual health education and help to create more supportive environments for transgender youth.