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Gender identity in young people: cis, trans or non-binary?

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Gender expression in young people is becoming more varied. True gender dysphoria, a dislike or hatred and disassociation with sex-related physical features and functioning of the body is rare, with some children identifying as transgender from a very young age. However, across the world we are seeing more post-pubertal birth registered females identifying as trans males accounting for around 70% of new presentations. Additionally, around 11% of mid-teenagers identify as non-binary, not fitting classic gender stereotypes. Careful assessment is key to helping good decision making. Permanent physical interventions with cross-gender sex hormones or surgical procedures such as mastectomy are major decision making steps and specialist guidance is key. However, short term endocrine interventions and support by endocrine and other healthcare professionals to suspend menstruation or reduce facial and body hair growth are often helpful in stress reduction during the gender assessment pathway, and these will be discussed through a series of case presentations aimed at guiding paediatric and adolescent teams to provide the best support.