The Trans Autist



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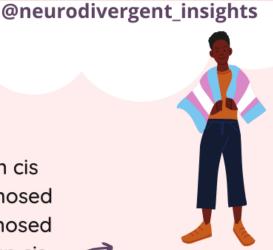
01

The Stats (Infographic)

Elevated autistic traits & sensory sensitivities within the broader Trans population



Higher percentage (than cis people) suspect undiagnosed autism (may go undiagnosed at **even higher** rates than cis women)



Trans individuals 3-6 X more likely to be autistic

4-9%

4-9% of Autists estimated to be Transgender or Genderdiverse Trans + Autism



1 in 3 reports having their gender identity questioned by professionals because of their Autism diagnosis

More likely to have a second co-occurring ND (ADHD, OCD, bipolar & schizophrenia)

The Stats (Word Form)



Rundown of the #s

<u>Warrier et al., 2021</u> found that transgender people were 3-6 x more likely to be diagnosed as autistic compared with cisgender adults. This only includes DIAGNOSED Autistics– and many adults remain undiagnosed. Based on the global population, Warrier et al.2021 estimate somewhere between 3-9% of transgender adults may be autistic.

Regardless of an autism diagnosis, transgender adults are more likely to report a higher level of autistic traits & sensory sensitives (compared with cis adults) (<u>Warrier et al., 2021</u>).

Trans adults are more likely to suspect undiagnosed autism than cis men and cis-women suggesting they may go undiagnosed at even higher rates (<u>Warrier et al., 2021</u>.

<u>Hisle-Gorman, et al., 2019</u> found Autistic children/adolescence were 4 times more likely to be Gender-Diverse.

4.8% to 26% of people who present at GD clinics had an autism diagnosis (compared to 1-2% of the general population) (<u>Warrier et al., 2021</u>).

1 in 3 Trans-Autists reports having their gender questioned because they were Autistic (Warrier et al., 2021).

While it can be difficult to quantify gender variance, past studies identified that between 4% and 5.4% of autistic children may potentially be transgender or gender-diverse, (compared to 0.7% of non-autistic children (Jansen et al., 2016, <u>Strang et al., 2014, May et al.,</u> 2017).

<u>Strang et al. 2014</u> study 1605 children who were referred to medical providers for gender issues. Among the group, significantly greater proportions were Autistic (5.4%) or ADHD (4.8%) (compared to 1.7% in the comparison group). Autistic children were 7.59 x more likely to express gender variance ADHD children were 6.64 x more likely. Gender variance occurred equally among AFAB and AMAB individuals.

Notably this research doesn't specify what this looks like when the Trans-Autistic is also BBIMP (Black, Brown, Indigenous, Melanated People) (a term coined by Louiza Doran <u>@accordingtoweeze</u> on IG).

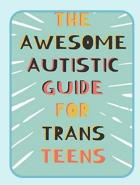
Implications

There is need to improve access to diagnosis and care

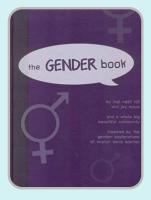
A need to provide more tailored support (i.e. offer specialized support groups such as Autistic support groups for Trans teens).

Medical providers should include routine Autism screeners when working with children/adolescence referred for gender issues

Resources for Teens



<u>The Awesome Autistic Guide to Trans Teens</u> written by an Autistic-non-binary advocate. This book covers a wide range of topics relevant to the Autistic Trans Teen. From coming out to masking, to how to cultivate pride and more.



<u>The Gender Book</u>, filled with colorful images, graphics, pictures, images, and tons of education and information on gender This book isn't specifically for Autistic Trans, but the visualization makes it highly accessible and very autistic-friendly in how the information is presented. You can order a hard copy or <u>download an e-book</u> <u>version</u>. While \$15 is recommended, it is donation-based.

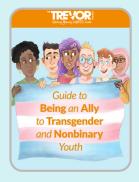
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	 You are not alone. There is a big overlap between the Autistic and the LGBITDA+ communities, and there are plenty of Autistic young people out there who are working through similar feelings about gender and/or sexuality as you are. 	
	You are in control of your own identity. You can choose your own tabels and have you express yournelf (so long as it does not harm others). You can choose which support services you want to secses. This is called autonomy and it is your right.	
1	 Gender diversity and sexuality diversity are very real. Notifier sexuality: nor pender are 'binery' concepts. This means that there are more than just two identity labels (s.g. main/female, stalight) gry). This is part of the normal range of human diversity and is expected. 	
	 "Investments and advances and advances and advances basins are difference, and our commonline and service relation of the difference. The control model to learn by aspect all otherest types of branes, including Autolica branes, it can be difficult for many pages was a well Autolica to understand with bland appears branes. The bit of bit was advanced and Autolica bases and was an experimental basis and advances and advances and advances Autolica bases and advances and basis and advances and advances and advances pages and advances and basis are services and was advances pages and advances and advances and pages and advances and basis are pages and advances pages. 	
	 The Autids basis processes the world differently. This inclutes the social work: Sene Autids people can fird acid contracts like gender or sexually conluring or in some cases inviewer for them. This is why these resources aclocate for enriving the mainstream understanding of these ideas. 	
	 Some cubuses categories gender into binary labels, while others can have 3, 4, 5 or more. It is okay if your cubure's especiations don't field right to you. You have a right to explore this further, and to seek support. Click, here for some information on gender diversity, across the world. 	
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A downloadable PDF from ICAN, this has some helpful information and Tips for Autistic-Trans Teens and Young adults. <u>Tips for Autistic LGBTQIA Young People</u>

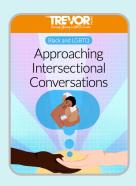


Statement by Autistic Self-Advocacy Network, National Centre for Transgender Equality, and LGBTQ Task Force on the Rights of Transgender and Gender Non-conforming Autistic People (2016)

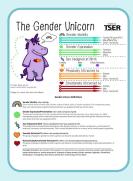
Resources for Teens (Not Autism Specific)



Trevor's Project <u>Guide to being an Ally</u> can be helpful to share with the people in your life who want to support you but may need some help learning how to do this work. *If it's safe to do so*, you can share with your parents, friends and invite them into the learning process with you.



<u>Approaching Intersectional Conversations</u> for people who hold multiple identities. This guide provides some approaches to consider before, during, and after a difficult conversation to make sure the dialogue — and your mental health — stays safe



The <u>Gender Unicorn c</u>an be helpful for exploring diverse gender and sexual experiences. Can also provide a helpful metaphor that can be used when talking about your various identities with the safe people in your life.



T<u>rans Student Educational Resources (</u>TSER) Provides Free Posters, InfoGraphics, and research. https://transstudent.org/graphics/ The Autistic brain often does well with visual information. They have a wealth of visual information over here!

Resources for Parents











A downloadable PDF from ICAN, this has some helpful information for Parents and Adults who are supporting an LGBTQIA+ Autistic Teen. <u>Tips for Grown</u> <u>ups Supporting Autistic LGBTQIA+ Youth</u>

If you're looking for a concrete way to start the conversation with your child about gender, sexuality, and more. Consider downloading <u>Gender Unicorn</u>. This can be helpful for younger children or for more concrete thinkers. It is a helpful way to anchor an abstract conversation in something more concrete. This can provide a metaphor that lives that you and your child can return to over and over. It also helps turn some of the more abstract conversations into something concrete.

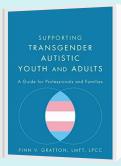
<u>The Autistic Trans Guide</u> is written by two leading Autistic Trans advocates. Provides both stories, lived experience alongside helpful information and resources.

Affirming Connections Resources. If your family comes from the Christian tradition, you may be experiencing some additional struggles in supporting your Autistic-Trans teen. This resource list provides a number of affirmative books on the topic of 2SLGBTQIA+ and inclusion from a faith-based perspective. If you yourself are struggling to support your teen due to your faith beliefs, you are not alone. Go, read some of the books written by parents who have been in your shoes. There are some wonderful books written by parents who have moved from faith struggle to acceptance and celebration and faith-2SLGBTQIA inclusion.

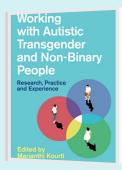
Resources for Clinicians



SPARK Hosted Dr. Eileen Crehan for a one-hour webinar entitled: "<u>Sexual Orientation, Gender Identity, and Autism</u> <u>Spectrum Disorder".</u> This webinar provides a helpful overview of current research and language and clinical considerations. This is a wonderful FREE resource for clinicians.



Written by a genderqueer Autistic therapist. <u>Supporting</u> <u>Transgender Autistic Youth and Adults</u> is a must-read for clinicians. This book sets out strategies for creating more effective support that takes into account the unique experiences of trans people on the spectrum.



Working with Autistic Transgender and Non-Binary People is an edited volume that includes experts and leaders within the Autism-Trans community. The book combines theory, practice, and lived experience of autistic trans people. It is both practical and informative.



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Resources for Clinicians

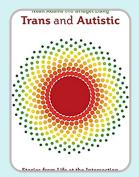


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	CHECKLIST OF GOOD PRACTICES
	FOR SERVICE PROVIDERS
	WORKING WITH AUTISTIC LGBTIQA+
	YOUNG PEOPLE
	Party array is assert arrive the ordering of articles false, received and LOETGA birdly is
	a social aspect of young people having positive mental assiltaing. Drough astensia input then 1.687/GAr and/or
	Autodic young people access Australia, write developed this checkful of agricals that a service provider is inclusive
	and accepting. For related measures specifically for young people and for the adults in their lines, please san
	auturbs. This resource was funded by the Historian downment through the Mealthy Equal Null program and its
	grant to / CAN Manager Ltd.
	· Forms have a space for individuals to write their gender identity, name (make explicit that it
	doesn't have to be a legal namel, pronoune, and any accompdations needed. The information
	shared on this form should be used by staff.
	Interactions such as email and introductions give permission for the sharing of pronoune,
	eg, staff share their own protours, giving permission for young people to share theirs.
_	ElaT ask the young person about their preferred language around identity, labels, etc.
	Staff check with the young person before and at their initial appointment whether they need
	any sensory accommodations. Many Autistic people have sensory processing differences, and
	may find lights, sounds, smells, etc overwhelming. It is important that staff take sensory needs
	seriously (see resources below).
	The organisation displays visual cues to being an LGBTIGA+ inclusive space (e.g. rainbow
	flage, posters, lanyands, brachures, artwork, or queer specific resources) and avoids symbols
	which are offensive to many in the Autistic community (e.g. puccle pieces).
	Staff do not make assumptions about a young person's gender or sexuality.
	· war or no rate assurption would a point period signal of becauty
	Nours seals feel barred to and ratilizated for disclosing assests of their identity including
	(subility status)
	Staff let vource people know what they can do and where they can co if they need a break
	Bonewhere quist and sensory friendly.
	0100/tenextU2001 Sameholt.odv

This downloadable PDF from I CAN has some great guidelines for clinicians-from how to arrange your waiting area to providing you with links to several research articles and resources to learn about Autism and LGBTQIA+. <u>Tips for Service Providers working with</u> <u>Autistic LGBTQIA+ Youth</u>



If you're a medical doctor and feel uncomfortable bringing up the topic of sexuality with your Autistic teens, <u>these tips on how to get the conversation going.</u>



<u>Trans and Autistic.</u> The authors draw from interviews of Trans-Autistics to explore the intersection of these worlds. An helpful read for clinicians to better understand the context of their Trans Autistic clients. Thank you for helping support our Autistic-Trans Youth

Want more free resources like this? Consider signing up for my <u>seasonal newsletter</u> (each season I take on a different topic related to Autism. I enjoy sharing free resource guides with my community). You can also find me on IG: <u>neurodivergent_insights</u> Website: <u>www.neurodivergentinsights.com</u>

Disclaimer

This information is intended for educational purposes only, and should not be treated as a substitute or replacement for seeking medical advice.