## Gender Identity and Sexual Health:

# Perspective of Autistic People and Healthcare Transition Stakeholders

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### Background

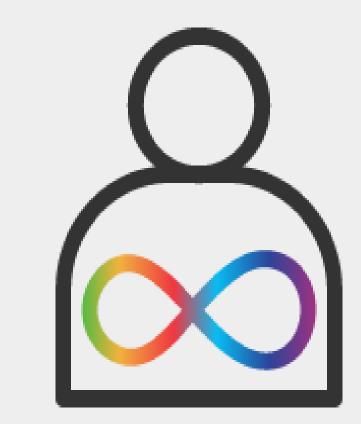
Autistic [1] youth and adults are 6 times more likely to identify as non-binary, gender fluid or transgender. They make up 11% of the LGBTQI+ population. The intersection of gender diversity and neurodiversity contributes to increased health inequities, adversity and trauma. During the time of transition to adulthood, support and education for sexual health is a critical area of need for autistic youth.

#### Purpose

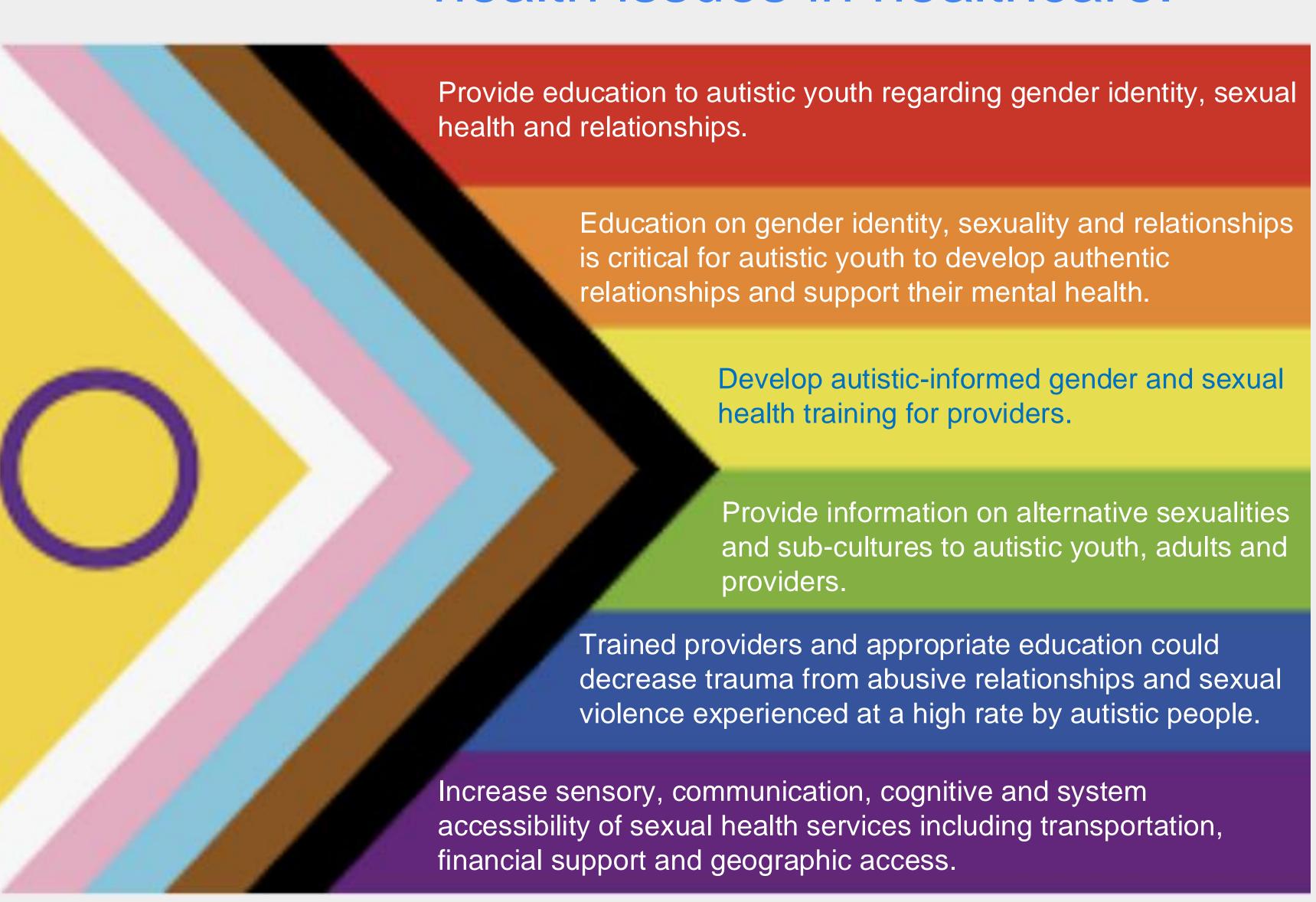
- To identify the research gaps to improve the healthcare transition for autistic youth and young adults.
- Specifically focus on gender identity and sexual health needs.

#### Methods

- Participatory action approach and qualitative method
- Literature review
- Focus group discussions with autistic and non-autistic stakeholders.
- Interviews with professionals
- Surveys



Autistic youth and adults have many practical suggestions to offer to improve gender identity and sexual health issues in healthcare.



Participants n=56	Autistic n=20	Non- Autistic n=36
Youth 16-25 years	9	0
Autistic adults 26 years and older	11	0
Parents/caregivers	5	12
Clinicians	4	7
Interviews of clinicians	0	17

"So, I think because we have perhaps a greater percentage of gender and sexual orientation-diverse people in our population, it seems like sexual healthcare should be LGBTQ-friendly or at least not Cis Het normative in its approach"

- Autistic adult /

### Demographics of the Multi-Stakeholder Healthcare Transition Project Team

#### Total team members N=16 (100%)

Autistic	5 (31)
Family Member	5 (31)
Clinician/Researcher	11 (69)

**Note:** Because some team members have multiple identities, the total percentage does not equal 100%.



[1] We are using identity-first language and person-first language, as this is the preference of our team and Board members.

- 1. Warrier V, Greenberg DM, Weir E, et al. (2020)
- 2. Strang JF, van der Miesen A, Fischback AL, et al. (2023)

