

# EMPOWERING YOUNG PEOPLE TO CLAIM THEIR RIGHTS



## Policy 4:

**Trans young people have a right to good quality gender-affirming care and this care should be accessible and consistently available, regardless of where the young person lives.**

---

## Endorsed by:



## What's this all about?

Trans young people told us how critical it is to reduce the waiting times for receiving the care and mental health support that they need, and that location should never be a barrier to accessing gender-affirming care. They shared their experiences of gender dysphoria and the distress this causes without proper support, and how policy developments about trans rights have negatively impacted their health and wellbeing. Through good quality gender-affirming care, trans young people can live a healthy life and have the freedom to be their true selves. Knowing they are supported and cared for is essential in the face of increasing transphobia, misinformation and systemic barriers to accessing support, and will ensure that trans young people's human rights are realised. It will save lives.

**"People deserve to live happy lives."**

– Young woman aged 18-21, North Ayrshire

---

## What are young people in Scotland calling for?

- **Young people want to see trans young people supported to make fully informed and rights-based decisions regarding the care that is best for them as individuals.**

**“Proper access to gender affirming care with less waiting, less costs and less fuss would greatly improve mine and many others’ lives.”**

– Young woman aged 14-17, Dundee

- **There should be more investment into education to promote trans-rights and showcase trans people as positive role models, and which tackles transphobia.**

**“This would hopefully help to decrease transphobia and introduce support.”**

– Young woman aged 14-17, Edinburgh

- **The Scottish Government should take a leading role in ending transphobia and addressing systemic barriers which prevent trans young people from accessing their human rights.**

**“It makes no sense preventing someone from being their true selves and causes no harm to any one doing so whilst the prevention of it causes harm to the individual. Gender is a social construct separate to biological sex and has no benefits to our society, if you want a functioning society, you must allow people the right to self identification as a good worker is one that is happy and incentivised to do their job.”**

– Young man aged 14-17, Dundee

- **For trans young people to access the right medical, mental health and supportive care, waiting times need to be reduced.**

**“Trans people should be treated how everyone else does.”**

– Young man aged 12-13, Dumfries and Galloway

---

## **Evidence and Support**

- Research by [LGBT Youth Scotland](#) showed trans young people were twice as likely to have experienced suicidal thoughts/actions compared to cisgender participants.
- In the same research, 72% of participants said transphobia is ‘a big problem’ in Scotland.

---

## **What has SYP done?**

The [SYP Policy Log](#) includes policies on improving education on transgender, non-binary and intersex people; prevention of LGBT bullying in schools; effective PSHE education; mandatory LGBTQ+ social and sexual education in schools; accessibility of period products in schools; protection of human rights in Scots law; elimination of gender-based violence in public areas; the right to protest without harm; elimination of undercover police in bars and clubs; recognition of non-binary gender identities; creation of a simple process of self-declaration; improvement of LGBT+ media representation; improvement in the availability of gender-neutral toilets; more support for LGBT youth mental health.