



Experiences of discrimination and violence negatively impact the wellbeing of trans adolescents and young adults (Johns et al., 2019; Testa et al., 2015).

Trans youth of color experience violence based on their belonging to racial and gender minority groups (Garofalo, et al., 2006; Pazos, S. (2009).

Early experiences of violence shape physical and mental health of transgender people across the life span (Testa et al., 2015).





Stress biology research indicates that transgender youth who experience increase stress around bathroom use show increases in the stress hormone, cortisol (DuBois et al, 2017).

Vicariously experiencing trauma is associated with increased cortisol (Parra & Hastings, 2022).

Transgender people of color are more likely than others in the United States to experience severe lifetime financial burden associated with poor mental health outcomes (Frost et al., 2019).

- Discrimination in housing (Ecker, 2019), employment (James et al., 2016), and services access (Howard et al., 2019)

Among Black and Latinx LGBTQ young adults, severe and chronic financial hardships during childhood, adolescence, and young adulthood were robustly associated with increased anxiety and depressive symptoms (Parra et al., 2022; Parra et al., *in review*).



Supportive relationships and community connections are essential for human wellbeing.

Supportive families and friends are protective for LGBTQ adolescents and young adults of color and minimize mental health problems (Liu & Mustanski, 2012; Parra et al, in prep; Simons et al., 2013).

Feeling a sense of belonging and community connectedness enhance mental health among LGBTQ youths (Johnson & Rogers; 2019; Sherman et al., 2020; Roberts & Christens, 2020).





Transgender adolescent and young adults of color face a wide variety of individual and community-level exposure to violence and discrimination, nationwide.

These early life exposures have lifelong implications for transgender health and well-being

Discrimination and violence reduce educational and financial opportunities to succeed and contribute as active, engaged residents in our nation.

Community connection and supportive relationships can minimize these effects.