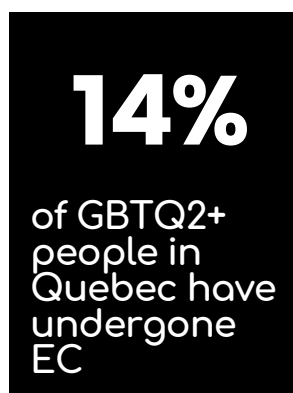
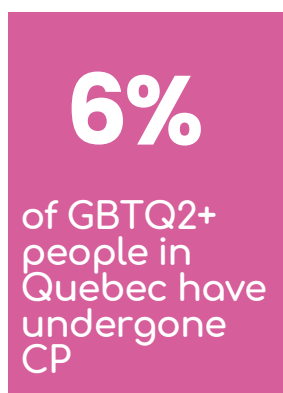


CONVERSION PRACTICES IN QUEBEC: DATA FROM THE SEX NOW SURVEY 2019–2020

Conversion practices (CP), also known as conversion therapies, are practices that aim to deny, suppress or change the sexual orientation, gender expression or gender identity of a person. These practices mainly target 2S/LGBTQIA+ people (Two-Spirit, lesbian, gay, bisexual, trans, queer, intersex, asexual people as well as anyone who is not heterosexual or not cisgender). CP are prohibited in Quebec since December 2020 and are illegal in Canada since January 2022. Sexual orientation and gender identity and expression change efforts (SOGIECE) are broader practices that are more informal and less structured. For example, they can be comments or advice meant to suppress or change someone's sexual orientation, gender identity and/or gender expression. CP and SOGIECE are harmful to the well-being and mental health of those experiencing them.

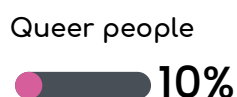
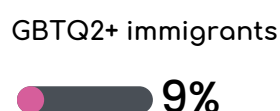
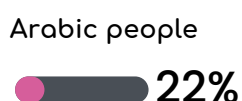
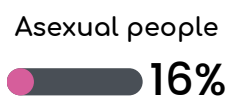
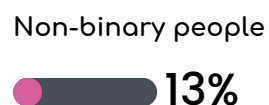
Few studies are available on CP and SOGIECE in Quebec and Canada. In order to better understand the extent of these practices in Quebec and their impacts, Quebec data from the Sex Now 2019 survey were analyzed. Sex Now is a survey aimed at gay, bisexual, trans, queer, non-binary and two-spirited men (GBTQ2+ people) in Canada. The survey is conducted by the Community-Based Research Centre (CBRC) in collaboration with several community organizations.



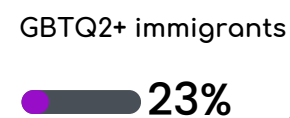
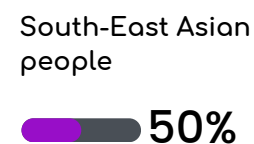
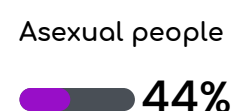
Prevalence of CP and SOGIECE in GBTQ2+ people in Quebec

The 2019 edition of the Sex Now survey revealed that nearly one in 16 GBTQ2+ people (6%) have experienced CP in their lifetime. SOGIECE were more prevalent with one in seven (14%) people reporting to have experienced them.

CP were more frequent in :



SOGIECE were more frequent in :



Characteristics of CP in GBTQ2+ people in Quebec

Among respondents who have experienced CP :



92% experienced CP aimed exclusively at their sexual orientation.



10% experienced CP aimed exclusively at their gender identity.



27% experienced their CP from a healthcare professional.



27% experienced CP in a religious setting.



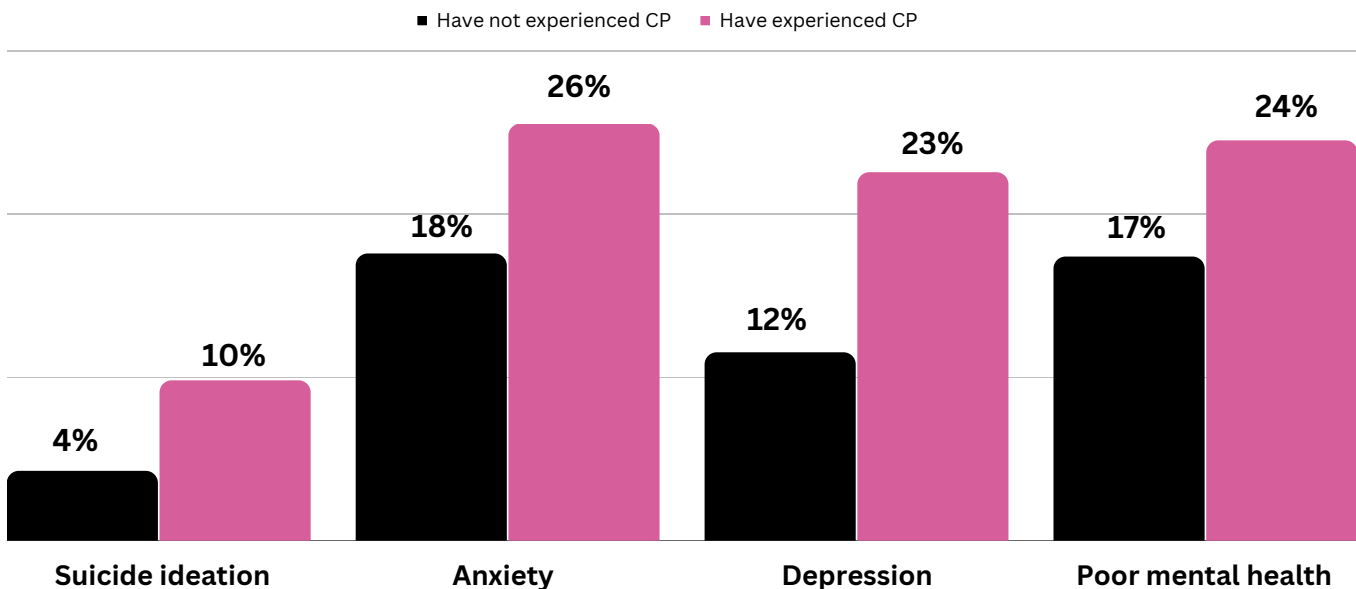
The majority (59%) experienced their first CP before the age of 20.



51% were exposed to CP for more than a month.

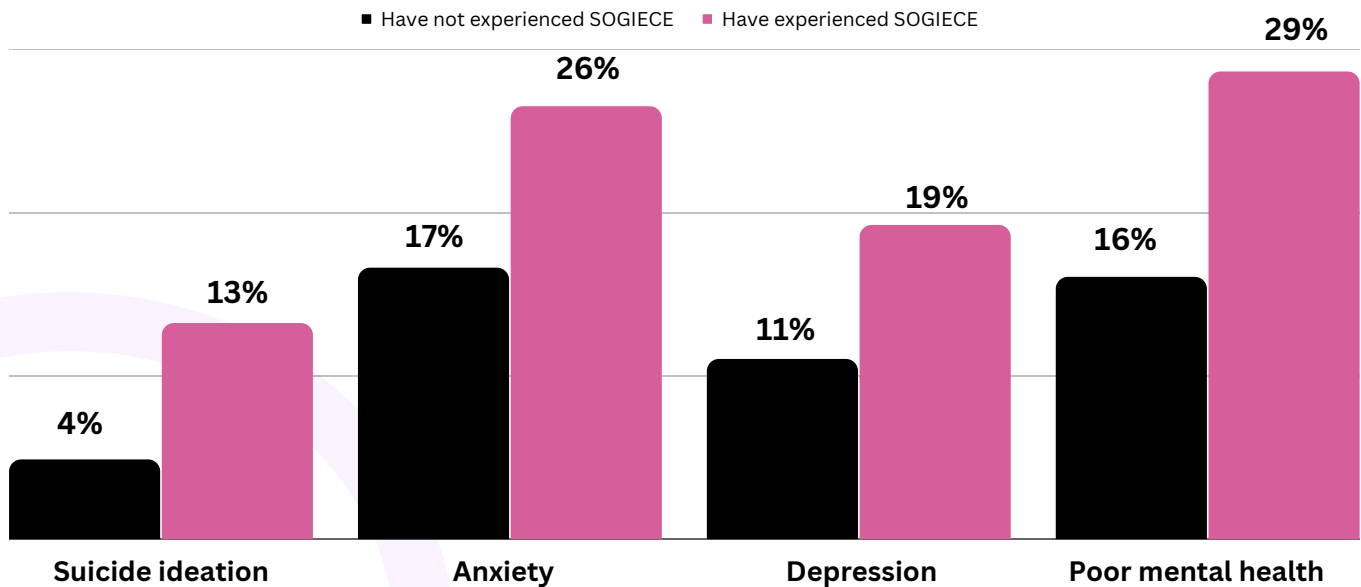
Associations between mental health and CP in GBTQ2+ people in Quebec

Compared to those who have not experienced CP, people who have experienced CP were more likely to suffer from mental health problems.



Associations between mental health and SOGIECE in GBTQ2+ people in Quebec

Compared to those who have not experienced SOGIECE, people who have experienced SOGIECE were more likely to suffer from mental health problems.



To find out more about the Sex Now survey, visit cbrc.net
For questions about this report, contact qollab.espum@umontreal.ca

Pan-Canadian data from this study are available in the following publication : Salway, T, Juwono, S, Klassen B, Ferlatte, O, Ablona, A, Pruden, H, Morgan, J, Kwag, M, Card, K. Knight, R, Lachowsky, N Experiences with sexual orientation and gender identity conversion therapy practices among sexual minority men in Canada, 2019-2020. PLOS ONE 16(6): e0252539. <https://doi.org/10.1371/journal.pone.0252539>

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