

# CONVERSION PRACTICES AND CHANGE EFFORTS IN 2S/LGBTQIA+ YOUTH IN CANADA

THE RESULTS FROM THE "I STAND OUT!" SURVEY  
2021-2022

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.

"I stand out!" is an online survey that aims to better understand the mental health issues of 2S/LGBTQIA+ (15 to 24 years old) youth living in Canada. The survey was developed in collaboration with members of the Jeunes Chercheur.e.s Queers program, a research capacity building program for 2S/LGBTQIA+ youth interested in health research. Data was collected anonymously between November 2021 and January 2022, 18 months after the beginning of the pandemic. The survey had 3668 respondents.

## CP and SOGIECE among 2S/LGBTQIA+ youth in Canada

Among 2S/LGBTQIA+ youth who responded to the "I stand out!" survey, 8% had undergone CP. 5% of respondents said that they considered CP and almost experienced it. 7% almost experienced CP because someone they trusted suggested they seek CP. Finally, 11% of survey respondents did not know that CP were conducted in Canada and 11% knew at least one person who had undergone CP. SOGIECE were more frequent with 66% of 2S/LGBTQIA+ youth experiencing SOGIECE. Quebec had the lowest incidence of CP and SOGIECE, with 2% of Quebec respondents having experienced CP and 49% reporting SOGIECE.



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of  
2S/LGBTQIA+  
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66%

of  
2S/LGBTQIA+  
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SOGIECE

CP were more frequent in :

Arab youth



Intersex youth



Men



Trans youth



Two-Spirit indigenous youth



SOGIECE were more frequent in :

Intersex youth



South-West Asian youth



Trans youth



Indigenous youth



Demisexual youth



Genderfluid youth



Non binary youth



## PC and SOGIECE characteristics in 2S/LGBTQIA+ youth in Canada

Among respondents who experienced CP :



51% experienced CP from a licensed healthcare professional.



47% experienced CP in a religious or faith-based setting.



25% attended CP in the last 12 months (2021).

Among respondents who experienced SOGIECE :



69% experienced SOGIECE from their parents.



19% experienced SOGIECE from their sibling(s).

41% experienced SOGIECE from another member of their family.



32% experienced SOGIECE from their friend(s).



18% experienced SOGIECE from a licensed healthcare professional.



17% experienced SOGIECE from a teacher.

For more information about the Jeunes chercheur.e.s queer program or the "I stand out!" survey or if you have questions, please visit [Qollab.ca](http://Qollab.ca) or reach out to us at [qollab@espum.montreal.ca](mailto:qollab@espum.montreal.ca)

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