

# *The Trans Autist*



## *Resource Guide*



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# The Stats (Infographic)

@neurodivergent\_insights



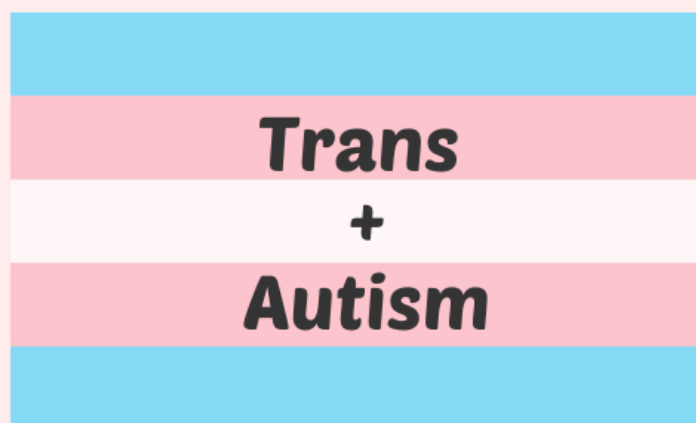
Elevated autistic traits  
& sensory sensitivities  
within the broader  
Trans population



Higher percentage (than cis  
people) suspect undiagnosed  
autism (may go undiagnosed  
at **even higher** rates than cis  
women)



Trans individuals  
3-6 X more likely to  
be autistic



4-9%

4-9% of Autists  
estimated to be  
Transgender or  
Genderdiverse

1 in 3

1 in 3 reports having their  
gender identity questioned  
by professionals because of  
their Autism diagnosis



More likely to have a  
second co-occurring ND  
(ADHD, OCD, bipolar &  
schizophrenia)

# The Stats (Word Form)



## Rundown of the #s

Warrier et al., 2021 found that transgender people were 3-6 x more likely to be diagnosed as autistic compared with cisgender adults. This only includes DIAGNOSED Autistics– and many adults remain undiagnosed. Based on the global population, Warrier et al. 2021 estimate somewhere between 3-9% of transgender adults may be autistic.

Regardless of an autism diagnosis, transgender adults are more likely to report a higher level of autistic traits & sensory sensitivities (compared with cis adults) (Warrier et al., 2021).

Trans adults are more likely to suspect undiagnosed autism than cis men and cis-women suggesting they may go undiagnosed at even higher rates (Warrier et al., 2021).

Hisle-Gorman, et al., 2019 found Autistic children/adolescence were 4 times more likely to be Gender-Diverse.

4.8% to 26% of people who present at GD clinics had an autism diagnosis (compared to 1-2% of the general population) (Warrier et al., 2021).

1 in 3 Trans-Autists reports having their gender questioned because they were Autistic (Warrier et al., 2021).

While it can be difficult to quantify gender variance, past studies identified that between 4% and 5.4% of autistic children may potentially be transgender or gender-diverse, (compared to 0.7% of non-autistic children (Jansen et al., 2016, Strang et al., 2014, May et al., 2017).

Strang et al. 2014 study 1605 children who were referred to medical providers for gender issues. Among the group, significantly greater proportions were Autistic (5.4%) or ADHD (4.8%) (compared to 1.7% in the comparison group). Autistic children were 7.59 x more likely to express gender variance ADHD children were 6.64 x more likely. Gender variance occurred equally among AFAB and AMAB individuals.

Notably this research doesn't specify what this looks like when the Trans-Autistic is also BBIMP (Black, Brown, Indigenous, Melanated People) (a term coined by Louiza Doran @accordingtoweaze on IG).

## Implications

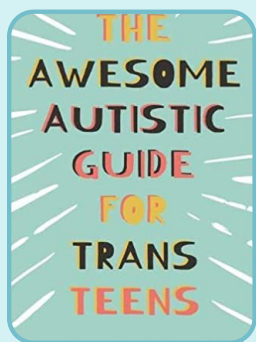
There is need to improve access to diagnosis and care

A need to provide more tailored support (i.e. offer specialized support groups such as Autistic support groups for Trans teens).

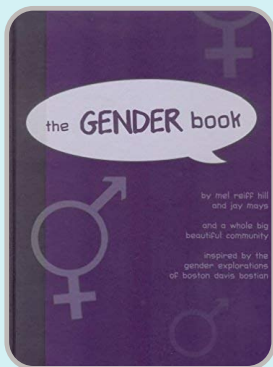
Medical providers should include routine Autism screeners when working with children/adolescence referred for gender issues



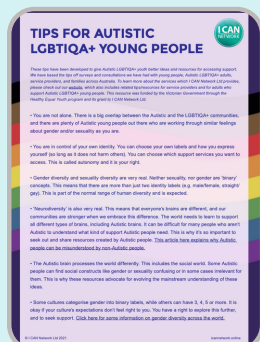
# Resources for Teens



[The Awesome Autistic Guide to Trans Teens](#) written by an Autistic-non-binary advocate. This book covers a wide range of topics relevant to the Autistic Trans Teen. From coming out to masking, to how to cultivate pride and more.



[The Gender Book](#), filled with colorful images, graphics, pictures, images, and tons of education and information on gender. This book isn't specifically for Autistic Trans, but the visualization makes it highly accessible and very autistic-friendly in how the information is presented. You can order a hard copy or [download an e-book version](#). While \$15 is recommended, it is donation-based.



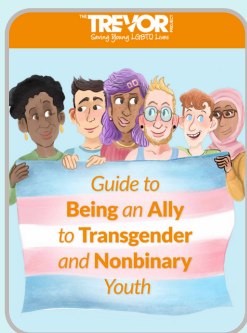
A downloadable PDF from ICAN, this has some helpful information and Tips for Autistic-Trans Teens and Young adults. [Tips for Autistic LGBTQIA Young People](#)



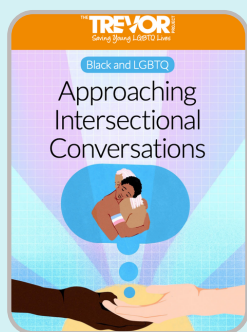
[Statement by Autistic Self-Advocacy Network, National Centre for Transgender Equality, and LGBTQ Task Force on the Rights of Transgender and Gender Non-conforming Autistic People \(2016\)](#)

# Resources for Teens

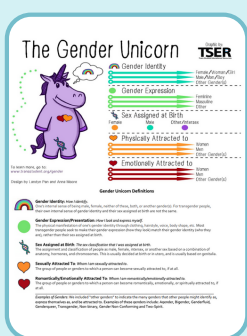
(Not Autism Specific)



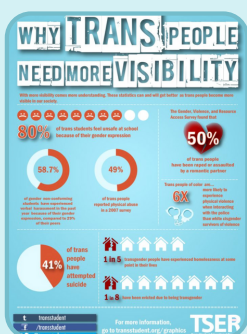
Trevor's Project Guide to being an Ally can be helpful to share with the people in your life who want to support you but may need some help learning how to do this work. *If it's safe to do so*, you can share with your parents, friends and invite them into the learning process with you.



Approaching Intersectional Conversations for people who hold multiple identities. This guide provides some approaches to consider before, during, and after a difficult conversation to make sure the dialogue — and your mental health — stays safe

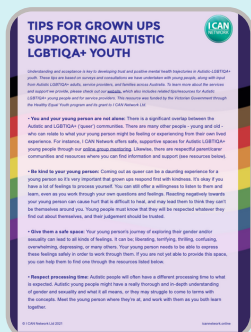
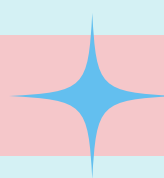


The Gender Unicorn can be helpful for exploring diverse gender and sexual experiences. Can also provide a helpful metaphor that can be used when talking about your various identities with the safe people in your life.

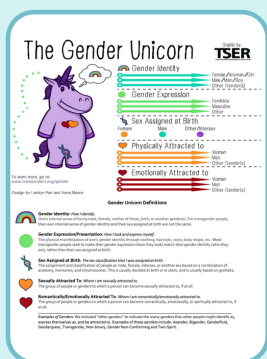


Trans Student Educational Resources (TSER) Provides Free Posters, InfoGraphics, and research. <https://transstudent.org/graphics/> The Autistic brain often does well with visual information. They have a wealth of visual information over here!

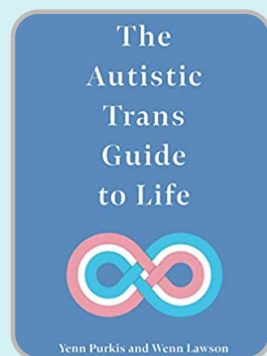
# Resources for Parents



A downloadable PDF from ICAN, this has some helpful information for Parents and Adults who are supporting an LGBTQIA+ Autistic Teen. [Tips for Grown ups Supporting Autistic LGBTQIA+ Youth](#)



If you're looking for a concrete way to start the conversation with your child about gender, sexuality, and more. Consider downloading [Gender Unicorn](#). This can be helpful for younger children or for more concrete thinkers. It is a helpful way to anchor an abstract conversation in something more concrete. This can provide a metaphor that lives that you and your child can return to over and over. It also helps turn some of the more abstract conversations into something concrete.



[The Autistic Trans Guide](#) is written by two leading Autistic Trans advocates. Provides both stories, lived experience alongside helpful information and resources.

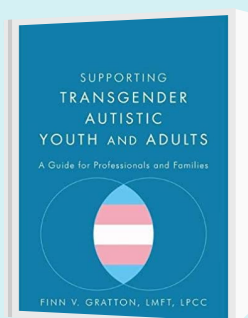


[Affirming Connections Resources](#). If your family comes from the Christian tradition, you may be experiencing some additional struggles in supporting your Autistic-Trans teen. This resource list provides a number of affirmative books on the topic of 2SLGBTQIA+ and inclusion from a faith-based perspective. If you yourself are struggling to support your teen due to your faith beliefs, you are not alone. Go, read some of the books written by parents who have been in your shoes. There are some wonderful books written by parents who have moved from faith struggle to acceptance and celebration and faith-2SLGBTQIA inclusion.

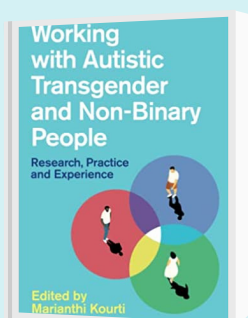
# Resources for Clinicians



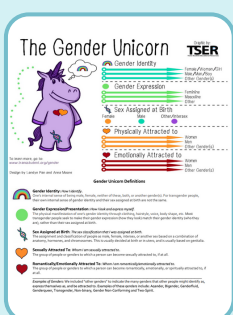
SPARK Hosted Dr. Eileen Crehan for a one-hour webinar entitled: "Sexual Orientation, Gender Identity, and Autism Spectrum Disorder". This webinar provides a helpful overview of current research and language and clinical considerations. This is a wonderful FREE resource for clinicians.



Written by a genderqueer Autistic therapist, Supporting Transgender Autistic Youth and Adults is a must-read for clinicians. This book sets out strategies for creating more effective support that takes into account the unique experiences of trans people on the spectrum.



Working with Autistic Transgender and Non-Binary People is an edited volume that includes experts and leaders within the Autism-Trans community. The book combines theory, practice, and lived experience of autistic trans people. It is both practical and informative.



The Gender Unicorn can be helpful for younger children or for more concrete thinkers. It is a helpful way to anchor an abstract conversation in something more concrete.



# Resources for Clinicians



This downloadable PDF from I CAN has some great guidelines for clinicians-from how to arrange your waiting area to providing you with links to several research articles and resources to learn about Autism and LGBTQIA+. [Tips for Service Providers working with Autistic LGBTQIA+ Youth](#)



If you're a medical doctor and feel uncomfortable bringing up the topic of sexuality with your Autistic teens, [these tips on how to get the conversation going.](#)



[Trans and Autistic.](#) The authors draw from interviews of Trans-Autistics to explore the intersection of these worlds. An helpful read for clinicians to better understand the context of their Trans Autistic clients.



*Thank you  
for  
helping  
support our  
Autistic-  
Trans Youth*



*Want more free resources like this? Consider signing up for my seasonal newsletter (each season I take on a different topic related to Autism. I enjoy sharing free resource guides with my community). You can also find me on IG: neurodivergent\_insights  
Website: [www.neurodivergentinsights.com](http://www.neurodivergentinsights.com)*

## Disclaimer

*This information is intended for educational purposes only, and should not be treated as a substitute or replacement for seeking medical advice.*