

Share-Net Small Grant Project 2015

Basic Life Skills for Psycho-Social Wellbeing of Transgender Youths in Bangladesh

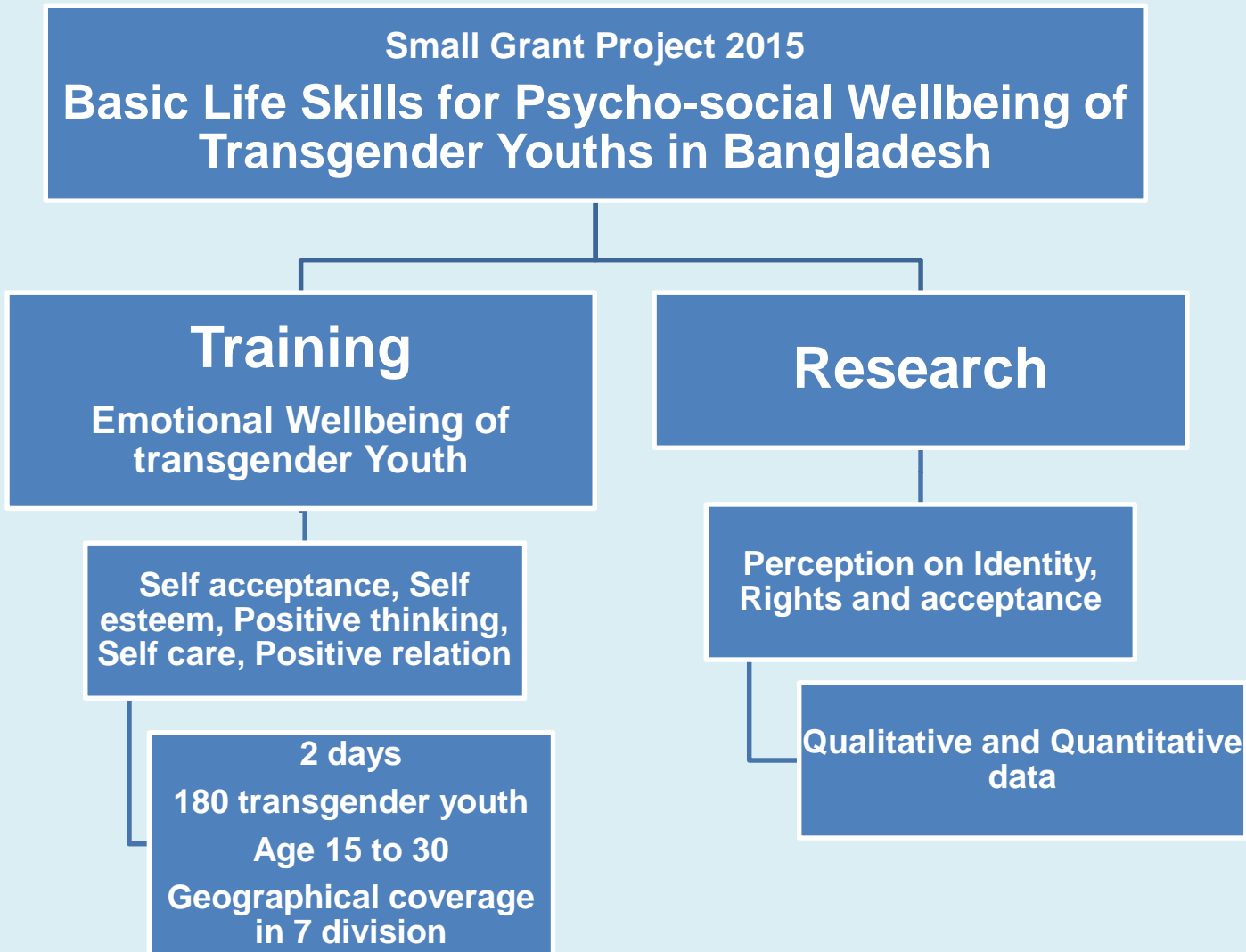
Implemented by:
Institute of Educational Development, BRAC
University, Dhaka



Inspiring Excellence

BRAC Institute of Educational Development,
BRAC University (BIED, BRACU)

Project Description



Content of the training

- **Emotional Well-being**
- **Life Skills**
- **Gender Identity and Sexual Orientation**
- **Self Confidence**
- **Anger**
- **Stress Management**
- **Self-Care**

Research: Perception on Identity, Rights and Acceptance

KEY FINDINGS

Identity: Being a transgender

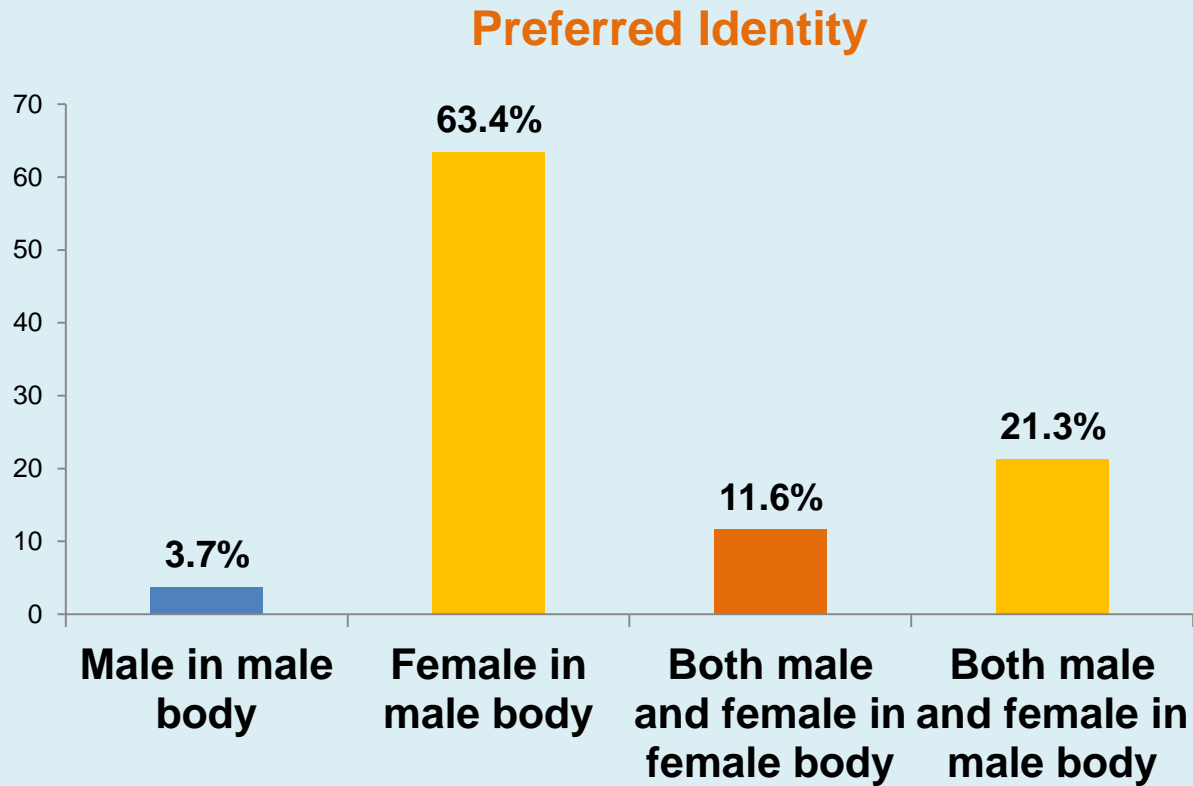
- Age when identified as Hijra:

Minimum	Maximum	Mean
4	20	12.29

- **35.5% Want to change Hijra Identity**
- **9% went for a genital surgery**
- **Assaulted for hijra Identity**

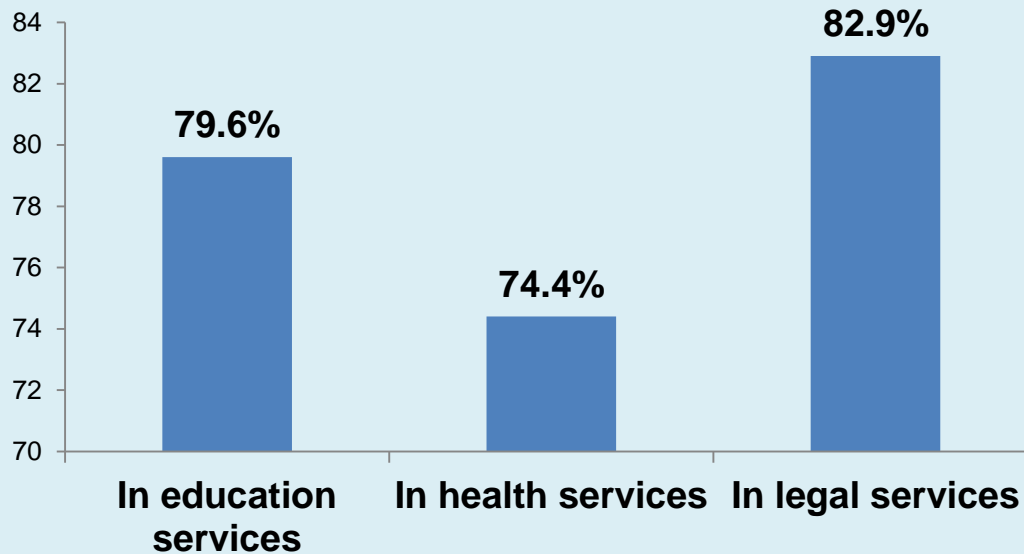
Mental	Physical	Both
83%	91%	81.1%

Identity: Preference



Violation of Rights

Abused/Harrased in Services



What do you do when your rights violated?

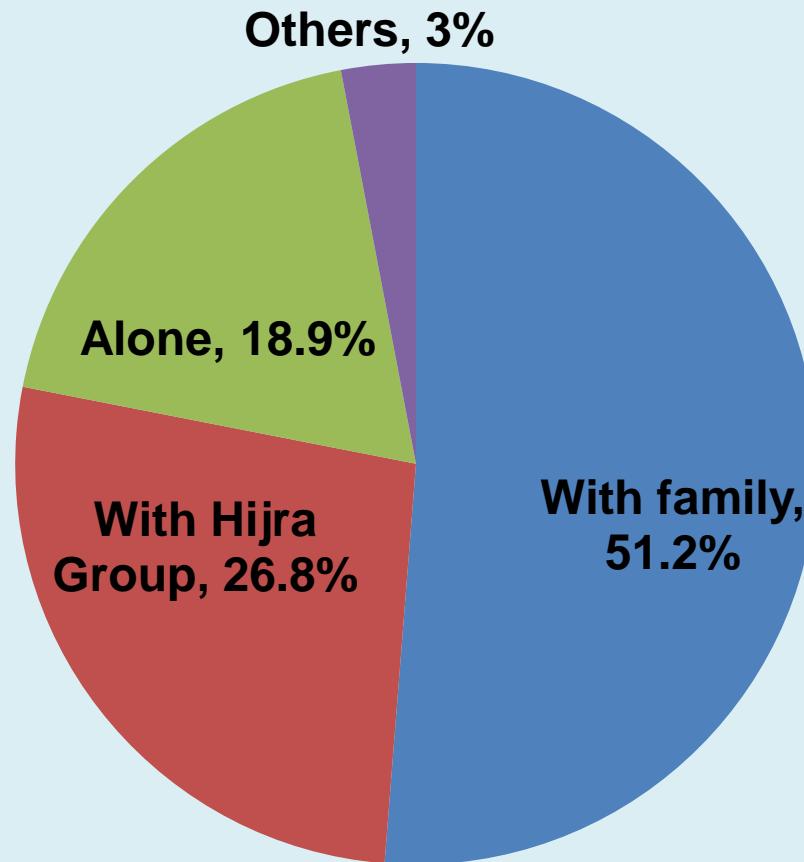
Protest	Keep Silent	Tell Others	Frustrated
43.3%	23.2%	11.6%	22%

Violation of Rights (Cont'd)

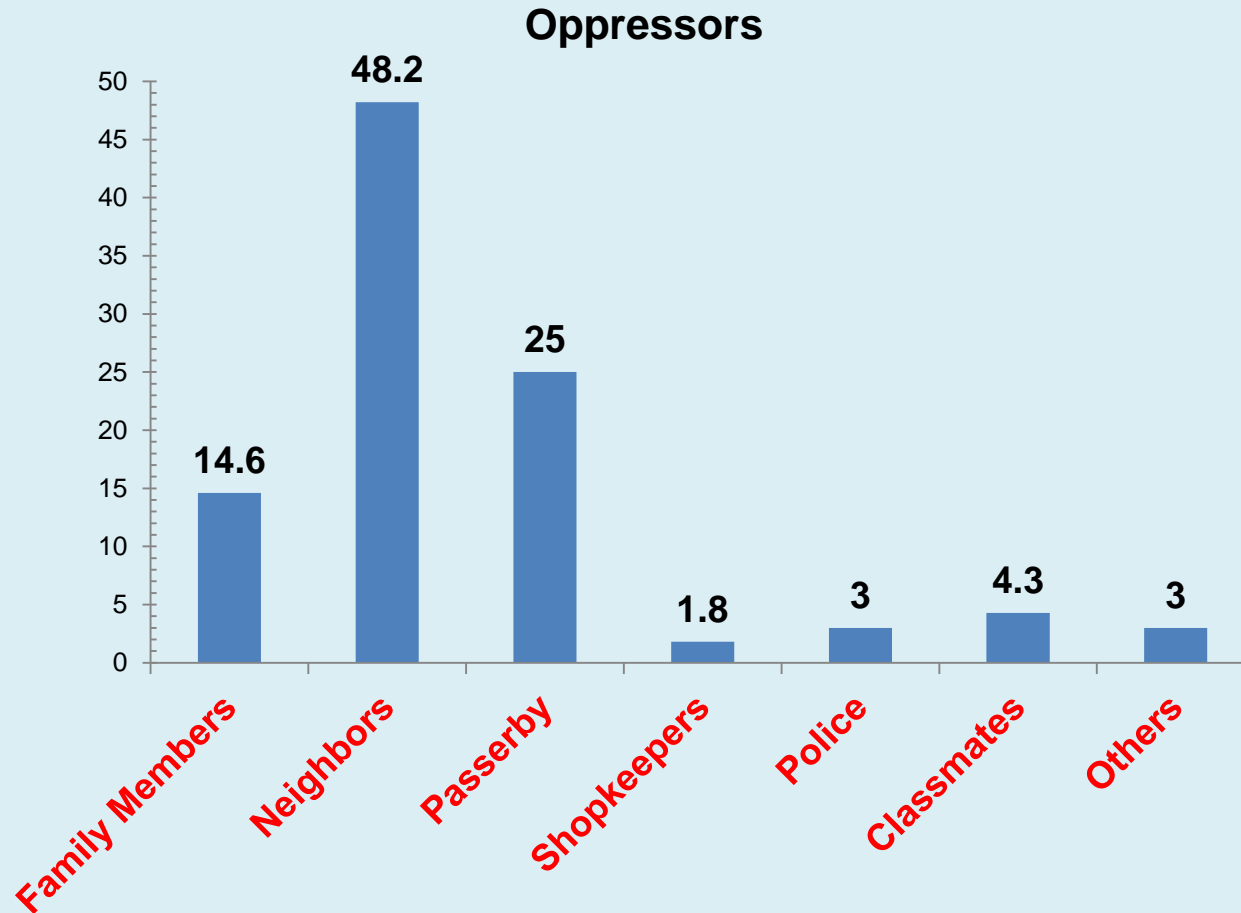
- **68%** think that **State policy does not protect their rights as a transgender**
- **63%** Reported they **can't avail state facilities and services**
- **68%** reported **harassment in public transport**
- **67%** Reported **harassment while shopping**

Acceptance: Whom do you live with?

Residing Status



Acceptance: Who are the oppressors?



Acceptance: Self and Others

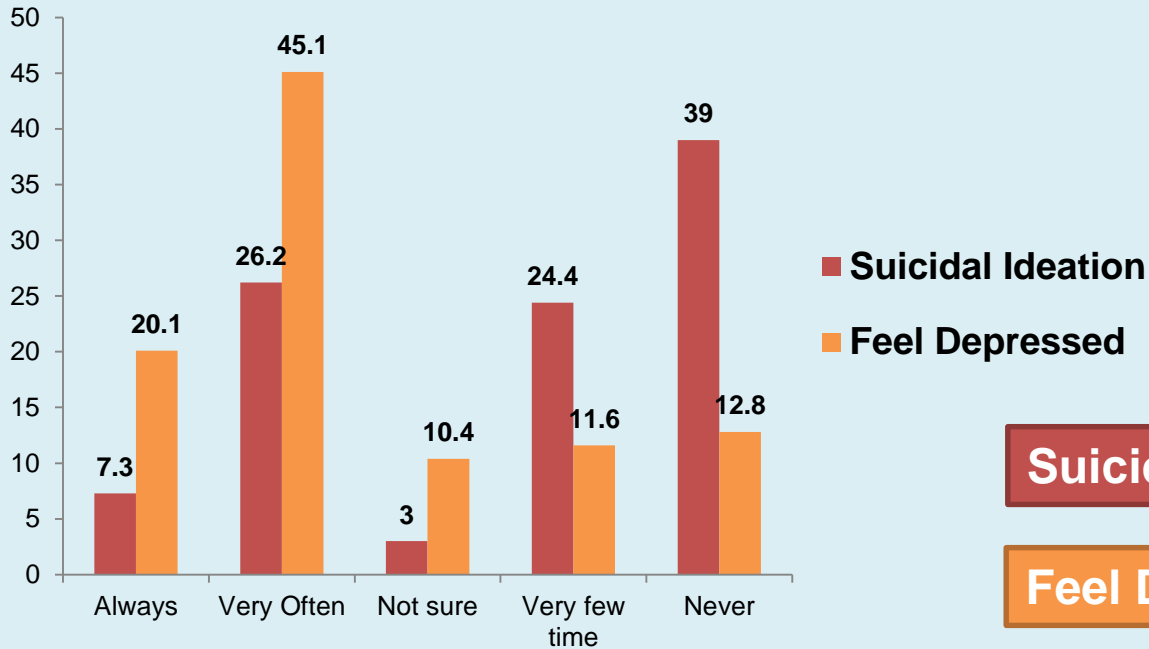
Think myself as a member of the society 90%

Society think me as a member 26%

Prefer to live with homogenous group 79%

Emotional Wellbeing: Depression and suicidal Ideation

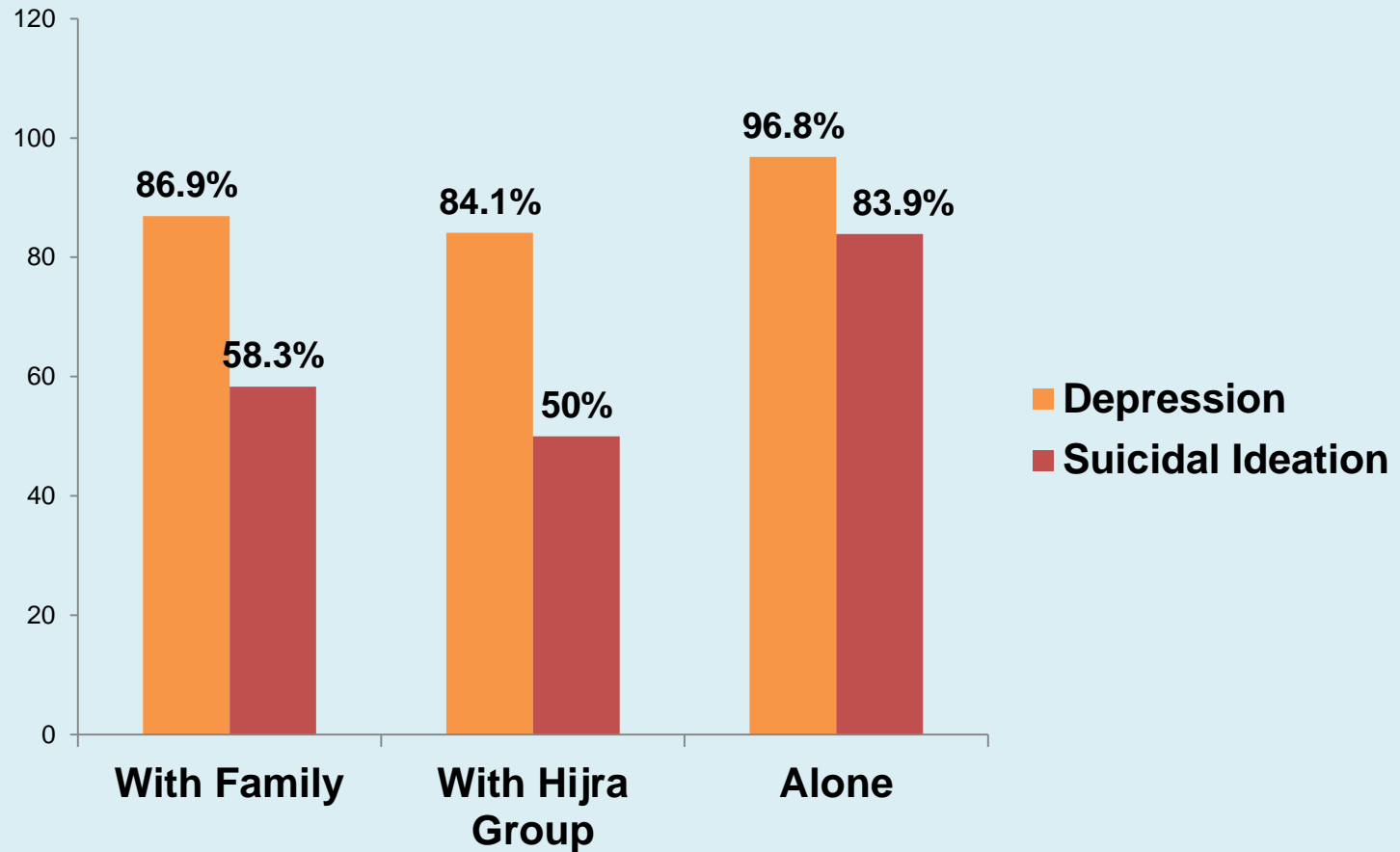
Depression and Suicidal Ideation



Suicidal Ideation 61%

Feel Depressed 87%

Emotional Wellbeing: Depression, Suicidal Ideation and Residing status

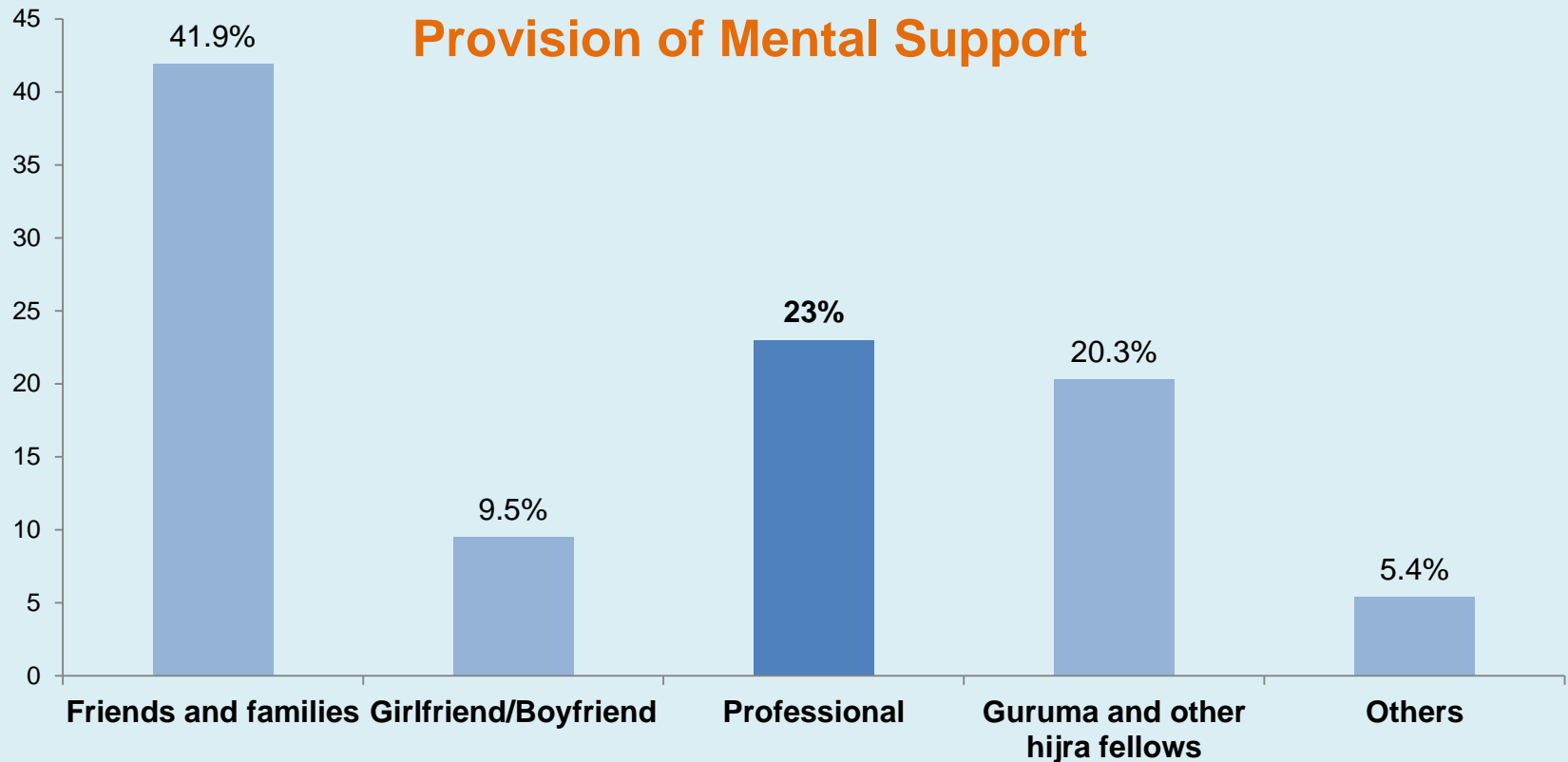


Emotional Wellbeing: Mental Health Support

- **60%** Reported that they **do not have any opportunity** of mental support
- Rest of them, **40%** have opportunity to have a **mental health support from different sources**

Emotional Wellbeing: Provision of mental support

Those who have opportunity to get mental support 23% of them have professional support, which is 10% of total.



Practice and Policy Implication

- **Early Intervention**

Interventions to enhance the future realities of transgender youth and interventions to enhance psychological resilience should begin when the youth are older children or young adolescents

- **Living with homogenous group**

Living with homogenous group shows better emotional state for the transgender youth. So intervention and advocacy could be initiated for this. Living with family is not adequate for them for a better emotional wellbeing. Advocacy would need for family and community level.

- **Policy reformation**

Transgender youth should be addressed in development policy related to adolescent and youth e.g. Adolescent development policy, Youth development policy.

Practice and Policy Implication (Cont'd)

- **Skills for livelihood**
Skill development program could bring better result for their livelihood, occupation and income
- **Sensitization to service providers**
Different service providers like teachers, doctors, police should be aware and sensitized about transgender so that they could deliver better services to transgender.
- **Mental health support**
Mental health support could bring self-confidence and psychological resilience among transgender youth to cope with their faced reality.

Further Research

- Research with larger samples that examines cultural and social contexts would provide important information for nuanced interpretations of how heterosexist stigma, internalized trans phobia, and socioeconomic status impact psychological resilience.
- Wellbeing of transgender with disability need to be addressed through evidence based findings.

**THANK
YOU**