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

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

Small Grant Project 2015
Basic Life Skills for Psycho-social Wellbeing of Transgender Youths in Bangladesh

Training
Emotional Wellbeing of transgender Youth
- Self acceptance, Self esteem, Positive thinking, Self care, Positive relation
- 2 days
  180 transgender youth
  Age 15 to 30
  Geographical coverage in 7 division

Research
Perception on Identity, Rights and acceptance
Qualitative and Quantitative data

www.biedbracu.ac.bd
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:

<table>
<thead>
<tr>
<th>Minimum</th>
<th>Maximum</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>20</td>
<td>12.29</td>
</tr>
</tbody>
</table>

• 35.5% Want to change Hijra Identity

• 9% went for a genital surgery

• Assaulted for hijra Identity

<table>
<thead>
<tr>
<th>Mental</th>
<th>Physical</th>
<th>Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>83%</td>
<td>91%</td>
<td>81.1%</td>
</tr>
</tbody>
</table>
Identity: Preference

Preferred Identity:

- Male in male body: 3.7%
- Female in male body: 63.4%
- Both male and female in female body: 11.6%
- Both male and female in male body: 21.3%
What do you do when your rights violated?

<table>
<thead>
<tr>
<th>Protest</th>
<th>Keep Silent</th>
<th>Tell Others</th>
<th>Frustrated</th>
</tr>
</thead>
<tbody>
<tr>
<td>43.3%</td>
<td>23.2%</td>
<td>11.6%</td>
<td>22%</td>
</tr>
</tbody>
</table>
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?

- With family: 51.2%
- With Hijra Group: 26.8%
- Alone: 18.9%
- Others: 3%
Acceptance: Who are the oppressors?

- Neighbors: 48.2%
- Passerby: 25%
- Shopkeepers: 1.8%
- Police: 3%
- Classmates: 4.3%
- Others: 3%

Family Members: 14.6%
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%

Suicidal Ideation
Feel Depressed

Always
Very Often
Not sure
Very few time
Never

7.3
20.1
3
24.4
39

45.1
26.2
10.4
11.6
12.8
Emotional Wellbeing: Depression, Suicidal Ideation and Residing status

With Family:
- Depression: 86.9%
- Suicidal Ideation: 58.3%

With Hijra Group:
- Depression: 84.1%
- Suicidal Ideation: 50%

Alone:
- Depression: 96.8%
- Suicidal Ideation: 83.9%
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.

Provision of Mental Support

- Friends and families: 41.9%
- Girlfriend/Boyfriend: 9.5%
- Professional: 23%
- Guruma and other hijra fellows: 20.3%
- Others: 5.4%
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