




Gender Identity



Impact of social media on students who struggle with gender identity. Are more students struggling with their identity since the rise of social media?

Impact of social media on students who struggle with gender identity. Are more students struggling with their identity since the rise of social media?

- Important topic for us as future educators
- Rise of societal importance in recent event
- Effort towards Inclusion
- Awareness of Social media

Why Would We Choose This Topic?



01



Brendan Boyd

How can we support students who are struggling with gender identity and what tools can we implement?

02



Kate Illing

Have there always been people in our society who have explored their gender identity?

03



Gabby Arnold

What are the pros and cons of social media use for students in general and ones who are struggling with gender identity?

04



Lucas An

What is the psychological background, correlation between self imagining and social media (body dysmorphia)?

How can teachers support their students struggling with gender identity?

Teachers can hand out a get to know you sheet. This would include:

- Interests, Pronouns, Preferred name

Non-binary and Trans representation in class

- Books , Papers you want them to read

Ask the student how best to help them




- Listen to them, offer a few ideas if they are unsure what might help

Emphasize acceptance

Some basic but important vocabulary

Gender Grammar

Problem	Correction	Reason
"transgendered" (adjective)	transgender	Only adjectives that are derived from nouns and/or verbs (unlike transgender) end in "ed."
"intersexed"	intersex	Only adjectives that are derived from nouns and/or verbs (unlike intersex) end in "ed."
"transgendered" (verb)	transition	Only verbs can have "ed" added onto the end of the word to become a participle. Transgender is an adjective, not a verb. One does not "transgender," they transition.
"a transgender," "transgenders"	a transgender person, transgender people	Transgender is not a noun. "Jake is a transgender" is not only grammatically incorrect, but can be offensive.
"sex change," "sex reassignment surgery," "gender reassignment surgery"	gender affirming surgery, genital reconstruction surgery, genital reassignment surgery	Surgery does not change one's sex or gender, only genitalia.

 [transstudent](#)
 [/transstudent](#)
 [@transstudent](#)

For more information,
go to transstudent.org/graphics

TSER
Trans Student Educational Resources

Design by Landyn Pan

Support Systems

What tools can we give students that struggle with gender identity?

Making sure there is a trusted adult in the school the student can talk to

- If needed, helping find an appropriate counsellor for the to talk to

Giving them access to things like

- Different bathroom, uniforms/outfits, changing info in the school system, etc.

Be someone they can come to when need an advocate



Support Systems



Some Examples Shown Through A Historical Lense:

- Ancient Scythian Society
 - The Enarei were religious figures, born male, who adopted feminine roles and expressions.
- Albert Cashier
 - An Irish transgender male who discovered his identity during the Civil War, as he had to hide his female gender in order to serve



History Of Non-Gender Confiding People

Have there always been people in our society who have explored their gender identity?

Pros & Cons for Trans Youth

What are the pros and cons of social media use for students in general and ones who are struggling with gender identity?

PROS: TRANS YOUTH

1. Improves Social Support

Way for trans youth to connect, build relationships, and to support and be supported by one another, in an otherwise isolating world for them.

2. Access to Resources

Way for trans youth to find resources and health information which helps them better understand and feel good about their identity. Helps them gain insight on specific topics that are relevant to them and otherwise inaccessible.

CONS: TRANS YOUTH

1. Aggression and Cyberbullying

Way for trans youth to be targeted and bullied even more so online which can be very similar to their in-person reactions and therefore cause negative effects on them like higher depression.

General Benefits

What are the pros and cons of social media use for students in general and ones who are struggling with gender identity?

Increases Self Concept

Improves self concept by enhancing perceived friendship quality and constant texting and being “in touch” is increasingly believed to fulfill the developmentally “need to belong”

Exploration of Self Identity

Can avert stigma and be safe, supportive places to explore sexuality and self identity and can offer support during tough and challenging times.

Higher Sense of Life Satisfaction

Social media can enhance positive well being, which is defined as a higher sense of life satisfaction with moderate screen use.

Increases Social Connectedness

Online communication can enhance feelings of social connectedness and reduce depressive symptoms especially in adolescents who are socially anxious and often isolated

Increases In Brain Development

Video game play has shown increases in cognitive skills including attention, visual and representational processing as well as executive functioning and spatial and working memory.

General Risks

What are the pros and cons of social media use for students in general and ones who are struggling with gender identity?

Risky Behaviour

Too much parental awareness and involvement in their children's online activities are a key moderate of excessive screen use and other risk behaviour

Depression and Anxiety

Excessive screen time has a small but significant effect on teens feelings and depression and being a constant sender and receiver of negative content has also shown correlation with internalizing symptoms of anxiety and depression.

Lower School Scores

Media multitaskers have been linked to lower English and Math scores, weaker memory, lower sustained attention, and greater impulsivity.

Negative Well being

Video game players have reported slight negative effects on their overall well being, as well as conduct problems, hyperactivity problems, peer problems, and emotional problems.



What is the psychological background,
correlation between self imagining and social
media (body dysmorphia)?

Positive Correlations

Research and studies have proven a positive correlation between :

- SMU and body image/body dysmorphia
- SMU and mental health
- SMU and gender identity development
- SMU and gender identity and body satisfaction

Psychological Background



Social Media is a Double-Edged Tool

Social media can provide critical benefits such as community, support, and access to information, which can significantly improve wellbeing for transgender and gender-diverse youth. However, it also exposes students to risks like cyberbullying, harmful comparisons, and mental health challenges. The impact depends largely on how it is used and supported.



Gender Identity Exploration is Not New

Across time and cultures, people have explored and expressed diverse gender identities. From Indigenous Two-Spirit identities to the Hijra community and historical examples like the Enarei, gender diversity has always existed. What has changed is not the presence of these identities, but the level of visibility and societal awareness.



Educators Play a Crucial Role

Students need guidance, not restriction. Schools can support gender-diverse students by fostering inclusive classrooms, teaching digital literacy, and providing trusted resources. When students feel seen, informed, and supported, stigma decreases and overall well being improves.

Key Takeaways

Resources

American Psychological Association. (2023, February 23). *Reducing social media use significantly improves body image in teens, young adults.*

<https://www.apa.org/news/press/releases/2023/02/social-media-body-image>

American Psychological Association. (2022). *Health advisory on social media use in adolescence.*

<https://www.apa.org/news/apa/2022/social-media-children-teens>

Bauer, G. R., Scheim, A. I., Pyne, J., Travers, R., & Hammond, R. (2015). Intervenable factors associated with suicide risk in transgender persons: a respondent driven sampling study in Ontario, Canada. *BMC Public Health*, 15(1), Article 525. <https://doi.org/10.1186/s12889-015-1867-2>

Coyne, S. M., Weinstein, E., James, C., Ririe, C., Monson, J., Sheppard, J., Van Alfen, B., Ashby, J., Weston, S., & Banks, J. (2023). Analysis of social media use, mental health, and gender identity among US youths. *JAMA Network Open*, 6(7), e2324389. <https://doi.org/10.1001/jamanetworkopen.2023.24389>

Craig, S. (2023, June 30). Social media can hurt kids. For many 2SLGBTQ+ youth, it's a lifeline. *Macleans.ca*.

<https://macleans.ca/society/social-media-can-hurt-kids-for-many-2slgbtq-youth-its-a-lifeline/>

De Robertis, C. (2026). *So many stars : an oral history of trans, nonbinary, genderqueer, and two-spirit people of color* (First edition.). Algonquin Books of Chapel Hill/Little, Brown and Company.

Garey, J. (2024, August 19). *Supporting Trans and Nonbinary Kids at School*. Child Mind Institute.

<https://childmind.org/article/supporting-trans-and-nonbinary-kids-at-school/>

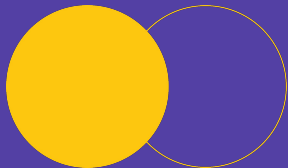
Resources

- Gupta, M., Jassi, A., & Krebs, G. (2023). The association between social media use and body dysmorphic symptoms in young people. *Frontiers in psychology*, 14, 1231801. <https://doi.org/10.3389/fpsyg.2023.1231801>
- Marshall, G. (2024, May 9). *Ancient Transgender History - Gwendolyn Marshall - Medium*. Medium. <https://medium.com/@DrGwenMarshall/ancient-transgender-history-36835e35e009>
- Sanzari, C. M., Gorrell, S., Anderson, L. M., Reilly, E. E., Niemiec, M. A., Orloff, N. C., Anderson, D. A., & Hormes, J. M. (2023). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. *Eating Behaviors*, 49, 101722. <https://doi.org/10.1016/j.eatbeh.2023.101722>
- Suto, D.J., Turban J. L., Belfort E. L. (2025). Social media and development of sexual and gender identity in adolescents, *Pediatric Clinics of North America*, 72, 279-289, <https://doi.org/10.1016/j.pcl.2024.08.004>
- TED. (2019). A short history of trans people's long fight for equality | Samy Nour Younes. YouTube. <https://www.youtube.com/watch?v=qRJJR6bGyL4>
- The Good and Bad of Social Media: What Research Tells Us. (2020). Aap.org. https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/the-good-and-bad-of-social-media-what-research-tells-us/?srsltid=AfmBOopNOcNya_irQ1464oohcrCfu1cyyCCsymXP1qcAjetN3FcvXmaT
- The Influence of Social Media for Trans Youth. (2019). Psychology Today. <https://www.psychologytoday.com/ca/blog/connected/201909/the-influence-social-media-trans-youth>

Resources

Wehrmann, W., Herrmann, L., Vogel, F., Barkmann, C., Fahrenkrug, S., & Becker-Hebly, I. (2025). Media pressure and body satisfaction in transgender and gender diverse adolescents: A cross-sectional mediation analysis. *International Journal of Transgender Health*, 1–17. <https://doi.org/10.1080/15532739.2025.2470417>

Vučković, A. (2023, December 11). The Mysteries of the Enaree: The Androgynous Shamans of the Scythians. Ancient Origins Reconstructing the Story of Humanity's Past. <https://www.ancient-origins.net/history-ancient-traditions/enaree-0020015>



Use these design resources in your Canva Presentation.

This presentation template uses the following free fonts:

Titles: Archivo Black

Headers: Lato

Body Copy: Lato

You can find these fonts online too. Happy designing!

Don't forget to delete this page before presenting.

RESOURCE PAGE