

DETRANSITION MYTH-BUSTING

The Re/DeTrans Canada study (2021-2022) is an exploratory, qualitative study that examined the gender identities, experiences, and support needs of 28 detransitioners/retransitioners and others who shifted/reversed their gender transition.

MISCONCEPTION

NUANCE

"Everyone who stops or reverses a gender transition is 'retransitioning'."

Language is evolving. Some people prefer 'detransition', others prefer 'retransition'. Retransition can also mean resuming a gender transition after a pause.

"People who detransition are not part of the 2SLGBTQ+ community."

Many people who detransition identify as trans, nonbinary, or gender-fluid. If cisgender, they are often 2SLGBTQ+

"People who detransition are transantagonistic."

Many people who detransition are trans-affirming and worry their stories will be used to hurt trans people.

"Everyone who detransitions regrets their transition."

Detransition happens with or without regret. Some regret having little support in clarifying gender embodiment desires and exploring individualized treatment options.