

Delayed Disclosure: Factors Influencing Coming Out Decisions Among Transgender Adolescents

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Abstract : Many transgender individuals report recognizing their non-cisgender identity in early childhood. However, numerous transgender adolescents choose to delay coming out to their family or friends until after puberty. This study explored factors influencing this decision by analyzing data from over 100 cases of transgender adolescents who disclosed their identity post-puberty. Using a qualitative thematic analysis approach, we identified key factors affecting this choice, including fear of rejection, lack of affirming resources, internalized transphobia, and safety concerns. The study also revealed the positive impact of increased transgender visibility and online support communities in facilitating later coming-out experiences. Our findings highlight the intersection of personal, social, and environmental factors contributing to disclosure timing for transgender adolescents. These insights can inform supportive interventions and policies to assist transgender youth throughout their coming out process, regardless of when it occurs. This research contributes to a deeper understanding of the challenges faced by transgender adolescents and the support they need during this critical period.

Keywords : transgender, gender identity, coming out, adolescents

Conference Title : ICDPA 2025 : International Conference on Developmental Psychology and Adolescence

Conference Location : Honolulu, United States

Conference Dates : May 11-12, 2025