

SEXUAL HEALTH AND SEXUAL HEALTHCARE ACCESS FOR TRANS AND NON-BINARY PEOPLE IN AOTEAROA

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Aim:

This presentation will report the experiences of trans and non-binary people in Aotearoa New Zealand with sexual partners, use of protective barriers during sex, prevalence of sexually transmitted infections, access to sexual health education, and experiences with pregnancy and parenting.

Method:

We developed a survey questionnaire in consultation with a Community Advisory Group and health professionals. It includes questions from the New Zealand Health Survey to allow comparisons with the general population. A convenience sample of 1,178 participants aged 14 and older was recruited through community organisations, social media, and health professionals. Most responses were completed online.

Results:

Almost one-in-five participants (19%) had ever had an STI, with chlamydia the most common (7%). Only 42% of participants had received trans-specific sexual health information. The most common source of this information was from participants looking it up themselves (25%), and few participants had received this information from healthcare providers (9%) or from school (4%).

A sexual health physician was the main provider of gender-affirming care for 15% of participants. Only 34% of participants who had accessed hormones or genital surgery had received information about fertility preservation options, and 17% had received fertility services to preserve their eggs or sperm. One-in-six participants (16%) were parents, and 4% of participants who were assigned female at birth had been pregnant since identifying as trans or non-binary.

Conclusion:

Sexual health is an important consideration for trans and non-binary people. We found both a demand for and shortcomings in access to relevant sexual health and fertility preservation information.