

Trans and Gender Diverse People's Experiences of Escalating Stigma

Anti-Trans Media, Political Rhetoric, Policies, and Violence

Findings from the TRANSform Australian National Trans Health Survey



Key Findings

A total of **807 trans and gender diverse (trans) people** completed this 2024 Australian national survey. In the **previous month**:



58%

encountered anti-trans
news media multiple
times weekly



72%

encountered anti-trans
remarks online multiple
times weekly

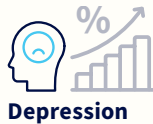


8%

personally experienced
anti-trans online harassment
multiple times weekly



Anxiety



Depression



**Self-harm
ideation**



**Suicidal
ideation**

All seven forms of anti-trans stigma that were measured in this study were associated with a statistically **higher risk of anxiety, depression, self-harm ideation, and suicidal ideation.**

Six stigma types were associated with **increased risk of suicide planning**, and five with **increased risk of self-harm behaviours.**

"I deleted multiple social media accounts as the anti-trans rhetoric online was causing my significant anxiety issues."

–Alice, trans woman.

"It is almost impossible to avoid this media and still stay connected to any part of the trans community."

–Cass, non-binary.



"There has been an increase in anti-trans media coverage and an increase in transphobic bullying on social media platforms over the last 5 years."

–James, trans man.

"It's disheartening how many people are trying to leverage their profiles within the right-wing space by hating on trans people."

–Sara, trans woman.

Recommendations



The **Australian Government** should name hate-based conduct targeting trans people as a foreseeable harm under the forthcoming Digital Duty of Care legislation, extend the 2026 federal hate crime reforms, and introduce civil vilification protections into the Sex Discrimination Act 1984.



State and territory governments should legislate safeguards protecting access to evidence-based gender-affirming healthcare from political interference.



Media regulators should make standards for reporting on trans people enforceable, and media organisations should adopt them as internal editorial policy.



Social media platforms should enforce their hateful conduct policies and report transparently on the handling of anti-trans abuse.

Full Report: transresearch.org.au/reports/stigma-26

Email: transform-research@unimelb.edu.au

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