



One study found that, in almost two-thirds of cases, internet and social media usage seemed to go up just before a young person came out as trans.

Lisa Littman's 2018 study [1] found that 63.5% of adolescents and young adults who came out as trans seemed to exhibit an increase in their internet and social media usage before coming out.

REFERENCES

[1] Littman, L. (2018). Rapid-onset gender dysphoria in adolescents and young adults: A study of parental reports. PLOS ONE, 13 (8). [\[Link\]](#)

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