

# **IRGF Final Report**

**Celeste Pang - #10329**

## **Project Title: Exploring Gender Euphoria through Arts-Based Action Research with Youth**

### **1.1 Project Summary**

Exploring Gender Euphoria was a participatory arts-based action research project investigating how Calgary-based trans and gender creative (TGC) youth and their caregivers define and experience “gender euphoria” in local social contexts, such as within peer groups, families, educational settings, healthcare (physical and mental), and sports and recreation. Gender Euphoria can be defined as positive emotions associated with gender identity and expression

(Jones, 2023), and is understood by researchers to have emerged in opposition to the pathologizing term “gender dysphoria” (Beischel et al., 2022). The research team conducted two arts-based focus groups with i) TGC youth (aged 8-12), and ii) their caregivers. In these arts-based focus groups, TGC youth and caregivers worked with social artist consultants to define gender euphoria in their own words and to explore experiences of and dreams for experiencing gender euphoria in local social contexts via the creation of digital murals.

### **1.2 Project Outcomes and Impacts**

Project outcomes to date include: 1. The production of two digital murals, in which participants' art pieces were woven together to explore and showcase perspectives on gender euphoria. 2. The convening of one community showcase, in which these murals and preliminary findings were shared back with participants and their significant others. 3. One presentation by student Research Assistant Avery Follett at the Get QriTical! Student Colloquium, as part of MRU Research and Scholarship Days. 4. One academic journal publication in development.