

Good morning, representatives. Thank you for holding this hearing.

While I have much to say about this bill, I have three main points that I would like to focus on. Firstly, a clarification of gender affirming care. Secondly, examining the use of the American Psychiatric Association as a cited source in the bill and lastly, the mention of potential medical risks of taking hormones, a form of gender affirming care. These will be in an effort to showcase that the clear motivation for this bill lies in fear and shame. Not in genuine care for the next generation's health or safety.

---

I would like to briefly point out that gender affirming care is everywhere. I, as someone who identifies with the sex they were assigned at birth, use gender affirming care when I shave my legs. When I use a higher pitched voice when speaking to a customer. When I put on my makeup in the morning. People with penis' use gender affirming care when they take viagra or when they use protein powder for working out. Gender affirming care is all around us and it is used by everyone, not just trans people. I think it is important to understand this fully and not to vilify trans people for something we all do on a daily basis.

---

Secondly, in lines 249-253, the bill states that a "tiny percentage of the American population experiences distress at identifying with their biological sex" citing the American Psychiatric Association. While I didn't see a specific article or dating of this claim so I was unable to further look into it... I would imagine that by citing the APA in your bill, you find them to be a trusted source of information.

In the spirit of agreeing on a common source that we can trust that's relevant to this bill, here are some quotes from the APA on an article created on March 9th, 2023.

- "How prevalent are transgender people? It is difficult to accurately estimate the number of transgender people..."
- "...transgender people in most cities and states face discrimination in nearly every aspect of their lives."
- "Out of a sample of nearly 6,500 transgender people, the report found that transgender people experience high levels of discrimination in employment, housing, health care, education, legal systems, and even in their families. "
- "Many transgender people are the targets of hate crimes."
  - People in support of this bill cited the higher rates of depression and anxiety after gender affirming care. It is no wonder that this is the case when you consider that they have just put a giant target on their back and are now facing an incredibly

difficult time of their life with such little resources. This bill advocates for more of those resources to be taken away. The solution is not to continue pretending the problem doesn't exist. Give trans people the resources they need to survive. Or in the words of the APA...

- “Advocate for transgender rights, including social and economic justice and appropriate psychological care. Familiarize yourself with the local and state or provincial laws that protect transgender people from discrimination.”

The very source that you cited is encouraging us to fight this bill and advocate for the rights of trans people.

---

Moving on to my last point; you mention the potential medical risks for use of hormones. Guess if the following is a risk of using a cross-sex hormone or something else?

#### **Kidney damage: Ibuprofen**

**Hormone disruption and harm to the reproductive system:** Cap'n Crunch and Apple Jacks (Containing BHA and BHT)

---

While I'm running short on time, my point is this: this bill is full of inconsistencies, irrelevant information, scare tactics and non-factors. It does not have the interest of the safety and health of children at heart. If that were the case, we wouldn't be letting them eat name brand cereal or take ibuprofen.

Thank you for your time. Vote no on House Bill 68.

---

“Answers to Your Questions about Transgender People, Gender Identity, and Gender Expression.” *American Psychological Association*, 9 Mar. 2023, [www.apa.org/topics/lgbtq/transgender-people-gender-identity-gender-expression](http://www.apa.org/topics/lgbtq/transgender-people-gender-identity-gender-expression).

“Common Food Additives in Cap'n Crunch and Apple Jacks Cereal May Harm Human Health.” *Environmental Working Group*, 18 May 2023, [www.ewg.org/news-insights/news/2021/10/common-food-additives-capn-crunch-and-apple-jacks-cereal-may-harm-human](http://www.ewg.org/news-insights/news/2021/10/common-food-additives-capn-crunch-and-apple-jacks-cereal-may-harm-human).

“Ibuprofen.” *Ibuprofen - Alcohol and Drug Foundation*, 10 Jan. 2023, [adf.org.au/drug-facts/ibuprofen/](http://adf.org.au/drug-facts/ibuprofen/).