

December 4, 2023

We wanted to express to you how important this bill to my family. Had the protections in this bill been in place a few years ago, our daughter would have been spared so much unnecessary mental and physical suffering and regret.

Our daughter never showed any signs of gender dysphoric feelings while growing up. She was a happy girl – popular and engaged in numerous activities in the community. At age 15 she began struggling with anxiety, depression, and low self-confidence. She started cutting herself and having thoughts of suicide. Within a year she had she stopped socializing with her longtime friends and focused her time entirely online, where she found peers who believe their mental health problems are due to being born “in the wrong body”.

The therapist our daughter was seeing ignored her history of mental health problems and self-harm. Instead, the therapist focused solely on encouraging our daughter to “transition” to a transgender identity as a male. Her therapist did not even question the sudden emergence of her feelings of gender dysphoria and simply accepted that this was the only underlying problem.

Our daughter ran away from home at 17. She was able to receive a prescription for testosterone injections after one quick visit with a doctor. The doctor only required our daughter to have one single visit to a therapist who worked with the doctor. Neither of these medical professionals took any time to explain the evidence for or against these hormone injections nor possible short and long term impacts to her mental and physical well-being.

She also wanted to have a double mastectomy, as so many of her transgender-identifying friends have done. In fact our daughter found more than one doctor willing to perform the surgery. The only thing that stopped her was a lack of money, as our insurance did not cover such procedures at that time.

Now 26, our daughter is slowly beginning to desist from her transgender identity. It’s painful for her to discuss and she tries to focus on the future – but she regrets what happened and wishes she could turn back time. But that isn’t possible and damage has already been done to her physically and mentally from the testosterone injections. For example, the permanent physical changes have made it difficult for her to find a romantic partner, as she doesn’t look and sound like most young women due to years of testosterone injections. Our daughter is also concerned now by studies showing that the testosterone injections may have impacted her cardiovascular system and made it difficult or impossible for her to bear children.

The psychological and medical communities failed our daughter in rushing to advocate such extreme measures while not exploring underlying psychological problems first. Our daughter is now receiving traditional psychological care and medication for her mental health issues, which is relieving her original difficulties. This same careful, cautious approach should have been used by her therapist and doctors in the first place, instead of encouraging her to inject cross-sex hormones into her young body.

Thank you,

John and Jane in Greene County