

Submitter: Michelle K

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

I am the parent of a teen girl who, in late 2020 during the Covid lockdown, after spending a lot of time online, suddenly declared she was trans. For about eight months, she went by either they/them pronouns or male pronouns. She changed her name and told the school she was now going by a different name. They happily obliged, without informing us, the parents. We had a meeting with an "affirming gender clinic," who told us that gender is on a spectrum and began discussing puberty blockers. This physician wasn't prescribing blockers, merely discussing them, in a very cavalier way, I might add. The very fact that she asked nothing about my daughter's medical history was a huge red flag for us. The whole meeting was like something out of a dystopian world. This physician has been widely quoted as saying, "If girls want breasts (after having a double mastectomy) "they can just go and get them". There is a video circulating with her saying this very thing.

I began to research what was going on with my daughter, which was completely bizarre and out-of-character. I found Abigail Shrier's book Irreversible Damage and found groups with thousands of parents across the Western world whose teen kids (mostly female) suddenly believed they were "trans". Some, like mine, demanded hormones and surgeries, saying they would kill themselves if they didn't get this treatment. Mine, like many others, also started wearing breast binders. Most of these kids have one or more mental health comorbidities, such as autism spectrum disorder, personality disorders, depression, eating disorders, history of sexual trauma and other issues. Some will grow up to be gay.

I searched frantically for a psychologist or psychiatrist who wouldn't automatically affirm my daughter's beliefs and would actually explore the underlying issues of what was going on. I spent days researching. What I found was horrifying. Most mental health experts had been completely captured by gender ideology and were told to automatically affirm the confused kids they were starting to see in their clinics. Since about 2013, there is a huge cohort of teen girls who want to be boys, the complete opposite of earlier findings of kids with gender dysphoria, who were mostly male. What on earth is driving this sudden switch? Dr. Lisa Littman and many healthcare professionals and teachers who aren't afraid to speak their minds, believe there is a social contagion factor, as I do. My daughter had multiple friends who identified as "trans". In her high school, several kids also go by they/them pronouns.

There is a 20 year long-term Swedish study that concludes that mental health outcomes are worse after transitioning.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3043071/>

There are also multiple studies that show that 85-90% of kids with gender dysphoria will outgrow it after going through puberty. I have listed just one of these studies.
<https://pubmed.ncbi.nlm.nih.gov/33854450/>

As the months went by, my daughters demands (always by text) began to subside. One day she told me she didn't want to go a gender therapist anymore. A year after that day, she told me she didn't believe trans was a thing, that the trans world was toxic and misogynist. I tend to agree that many activists are exactly those things.

A psychiatrist or psychologist who tries to understand the underlying issues of gender dysphoria is not practicing "conversion therapy". Conversion therapy is putting a confused kid on puberty blockers, then cross-sex hormones, which cause loss of fertility, sexual dysfunction and a host of other medical problems. There is not one long-term study suggesting that hormones and surgeries are the answer for teens, adolescents or even adults with gender dysphoria. Passing this bill will help bring harm to hundreds, if not thousands of confused kids and their families. Gender ideology harms families in ways you can't understand unless you have been this situation. Please vote NO on this bill