

Ella Tabasky
Brunswick
LD 380

Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary Committee,

I am writing in strong opposition to LD 380, An Act to Amend Certain Laws Regarding Gender-affirming Health Care Services.

This bill would roll back essential protections for those seeking gender-affirming health care, ignoring the reality that not all young people live in supportive or safe home environments. By requiring parental or guardian consent, this bill risks denying care to vulnerable minors who may face rejection, emotional abuse, or even physical harm if they disclose their gender identity to unsupportive family members.

Medical organizations such as the American Academy of Pediatrics, the American Medical Association, and the Endocrine Society support access to gender-affirming care as evidence-based, life-saving treatment. Research consistently shows that access to such care significantly reduces rates of depression, anxiety, and suicide among transgender adolescents.

Young people aged 16 to 18 are already recognized in many areas of Maine law as capable of making significant medical decisions—whether about sexual health, mental health, or substance use treatment. Denying them the autonomy to make decisions about gender-affirming care is inconsistent and discriminatory.

This bill is not about protecting minors; it is about limiting their access to medically necessary care based on political ideology. LD 380 would not promote safety or health. Instead, it would contribute to isolation, trauma, and worse mental health outcomes for trans youth in Maine.

I urge this committee to reject LD 380 and to affirm Maine's commitment to protecting the rights and dignity of all young people, including transgender youth.

Thank you for your time and consideration.