

**To:** Judiciary Committee

**From:** Hadley Couraud

**Date:** May 8, 2025

**RE: Testimony in opposition of L.D. 868 “An Act to Ensure Equity and Safety in Athletics, Restrooms, Changing Rooms, and Housing at Elementary, Secondary, and Postsecondary Schools”**

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

Thank you for this opportunity to address the Committee. My name is Hadley Couraud, and I live in Norway, ME; I am writing today as a community member and former school athlete. I am testifying in opposition to L.D. 868 “An Act to Ensure Equity and Safety in Athletics, Restrooms, Changing Rooms, and Housing at Elementary, Secondary, and Postsecondary Schools”. When I moved to Maine seven years ago, I was struck by the commitment to community found all over the State. Now as a grateful resident of Maine, I know that the well-being of our youth and youth athletes is critical to the fabric of that culture.

This ban would embolden spectators, competitors, or community members to bully and harass girls by accusing them of being trans and subjecting them to intense scrutiny based on restrictive gender norms – on the field/court, in locker rooms, and in bathrooms. This risks further amplifying dangerous patterns of harmful body image and self-confidence that is already experienced at alarming levels in school-aged young women. At this age, young women, and even more so those of color, face concerning pressure to look certain ways, which can lead to eating disorders, mental health challenges, or even self-harming thoughts. This invasive and unnecessary scrutiny will heighten pressures for all young women, not just trans young women.

Furthermore, this bill is one of several that seeks broad exclusion of a vulnerable group of students. If we allow trans athletes to be used as a weapon to further roll back civil rights of LGBTQ people, it sets in motion ongoing attempts to dismantle the rights of people of color, women, immigrants, and others. We cannot – as people and as a state – allow our legacy to be one of further denying rights of those with whom we share community.

As a human and a resident of Maine, I implore you - please - use your power to step up and protect the rights and well-being of young women and athletes in our schools. I urge you to oppose L.D. 868. Thank you for your time and consideration of my testimony.

Respectfully,  
Hadley Couraud