

To: Judiciary Committee

From: Hadley Couraud

Date: May 8, 2025

RE: Testimony in opposition of L.D. 1134 “An Act to Prohibit Males from Participating in Female Sports or Using Female Facilities”

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. 1134 “An Act to Prohibit Males from Participating in Female Sports or Using Female Facilities”. 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, any attempt to strip Maine’s federal funding for protecting trans people is a federal overreach – passing this would reward the federal government’s tactics and open the door for further attacks on the civil rights of Mainers’ which is a threat to us all.

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. 1134. Thank you for your time and consideration of my testimony.

Respectfully,
Hadley Couraud