

Sam Richardson
Portland
LD 380

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Portland, ME
May 8, 2025

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

Thank you for the opportunity to address the Committee. My name is Sam Richardson and I'm a resident of Portland. I am writing today in opposition of bill LD 380.

I am a trans Mainer who began gender affirming hormone therapy after coming to terms with myself last year. To say that going on hormones has been life changing for me is an understatement. Long before any noticeable physical changes, the crippling depression and anxiety that I've struggled with melted away as they never have even with years of various antidepressants. My only regret is that I didn't have the courage to make this change ten or twenty years ago, before puberty permanently changed me in ways that continue to distress me.

I knew what I needed as a child and that never went away. Trans teenagers should be trusted to know what they need and given the space and support to make those decisions, especially when the onset of puberty will eventually make the decision for them without safe and reversible medication to block it. Hormones are slow, safe, reversible, and notably not likely to be regretted. The regret rate for going through a puberty that does not align with your gender identity is much, much higher and the consequences are permanent.

Thank you for the opportunity to share my perspective with the Committee. I urge you to vote "Ought not to Pass" on these bills. Thank you!