



For Young LGBTQ+ Lives

May 8, 2025
Joint Standing Committee on Judiciary
State House Room 438

Re: Opposition to LD 233, LD 868, LD 1134

Members of the Committee on Judiciary,

The Trevor Project writes **in opposition to LD 233, LD 868, and LD 1134** due to the harm the outlined measures will have on transgender young people in Maine. If enacted, these measures would ignore local rules and impose harmful bans on transgender young people playing with their friends on sports teams that best align with their gender identity, creating unsafe school environments. Sports play an important role in healthy youth development, and it's essential that school staff and coaches are able to follow local fairness and safety guidelines and provide athletes the full support they need to be successful.

The Trevor Project is the leading suicide prevention and crisis intervention organization for LGBTQ+ young people. Trevor offers 24/7 crisis services, connecting highly trained counselors with LGBTQ+ young people whenever they need support. To drive prevention efforts, The Trevor Project also operates robust research, advocacy, education, and peer support programs.

LGBTQ+ young people are not inherently prone to suicide risk because of their sexual orientation or gender identity. Rather, they are placed at higher risk by the mistreatment and stigmatization they experience in society. According to [The Trevor Project's 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People](#), 39% of LGBTQ young people seriously considered attempting suicide in the past year, including more than half of transgender and nonbinary young people. **In Maine, 38% of LGBTQ+ youth seriously considered suicide and 13% attempted suicide in 2024.** However, LGBTQ+ young people who had access to spaces that affirmed their sexual orientation and gender identity — including school activities and accommodations — reported lower rates of attempting suicide than those who did not.

LD 233, LD 868, and LD 1134 alienate transgender students from everyday parts of school participation. They do not make schools safer for any student; rather, they prevent transgender students from gaining important life skills and focusing on their education.

LD 233, LD 868, and LD 1134 would ban transgender young people from playing school sports, excluding them from important leadership, teamwork, and relationship-building opportunities that are central to positive youth development. Sports need to be fair and safe, and school districts and sports associations are best equipped to make rules about sports participation, not politicians.

Our research has found that LGBTQ+ youth who participated in sports reported nearly 20% lower rates of depressive symptoms compared to those who did not. Shutting transgender young people out of these experiences further promotes discrimination and encourages harassment of vulnerable young people in Maine, increasing the kind of social isolation and stigma that contributes to self-harm and suicide risk.

LD 868 and LB 1134 would also prevent transgender students from using school accommodations like restrooms and locker rooms. Safety and privacy in restrooms is important for all of us. That's why we already have laws in place that make it illegal to harm or harass people, or invade their privacy. Rather than protecting students, LD 868 and LB 1134 would put transgender students at an increased risk for harm or assault. If enacted, they would further prevent students from being able to learn and focus on their educational success.

When transgender students are provided the same school supports as their peers, they succeed. Transgender and nonbinary young people have reported lower rates of attempting suicide when they had access to spaces (online, school, and home) that affirm their gender identity. Further, welcoming school environments for LGBTQ+ young people play an important role in their academic achievement, which can impact the trajectory of their continuing education and career.

The committee has the opportunity to oppose unnecessary government interference by rejecting these cruel and burdensome measures. For these reasons, The Trevor Project urges you to reject LD 233, LD 868, and LD 1134. Should you have any questions or if we can be of assistance regarding this matter, please do not hesitate to contact me at Gabby.doyle@thetrevorproject.org.

Sincerely,



Gabrielle Doyle
Senior Manager of State Advocacy
The Trevor Project