



**Testimony in Support of
LD 380: An Act to Amend Certain Laws Regarding Gender-affirming Health Care
Services**

May 8, 2025

Senator Carney, Representative Kuhn, and Members of the Joint Standing Committee on
Judiciary:

My name is Nick Adolphsen, and I am the Executive Director of the Christian Civic League of Maine (“CCL” or “the League”). The League supports LD 380, as amended, which would repeal Maine’s law allowing doctors, nurse practitioners, and physician assistants to prescribe puberty blockers and cross-sex hormones to 16- and 17-year old children without their parents’ consent.

In 2023, Maine became one of a few states to allow minors to begin irreversible medical transitions without the approval or even the knowledge of their parents. This law not only undermines the integrity of the family, but it protects prescribers from liability while leaving parents powerless and children exposed to lifelong consequences.

Let me be clear: parents are not optional participants in a child’s upbringing. They are essential. The state may assist, but it must not interfere with the God-given, constitutionally protected role of mothers and fathers to raise, guide, and protect their children.

Parental rights are not a fringe political talking point — they are a foundational principle of civil society. I was reminded of that truth a couple weeks ago as I watched my children surprise my 88-year-old grandfather on his birthday. Four little faces peered through his storm door in New Brunswick — and in that moment, I saw four generations bound together not by legislation or litigation, but by love and responsibility. That’s what family looks like. That’s what we must protect.

The Bible teaches that *“children are a heritage from the Lord”* (Psalm 127:3) — not from the government. And with that gift comes the sacred responsibility for parents to *“train up a child in the way he should go”* (Proverbs 22:6). When the state allows children to undergo hormone therapy without a parent’s consent, it doesn’t just ignore parental input—it actively overrides it. That is not compassion. That is control.

The medical basis for the current law is also crumbling. In the two years since its passage, leading nations like Sweden, Finland, Norway, France, and the United Kingdom have pulled

back on pediatric hormone treatments, prioritizing counseling over chemicals. They've recognized the long-term risks — to bone density, cognitive development, and future fertility as well as the lack of evidence that these treatments reduce suicide risk.

Most recently, the **Cass Review**, an independent study commissioned by the UK's National Health Service, concluded that these treatments should only be provided under research protocols due to their uncertain benefits and substantial risks. And it confirmed what many parents have feared — that gender dysphoria in youth often resolves naturally through puberty. Why, then, are we letting ideology outrun evidence? Why are we granting more decision-making power to a distressed teenager than we would for a tattoo or a tanning session?

Like many other nations around the world, I believe Maine should prohibit all forms of hormonal therapy and gender surgery for minors. The amended version of LD 380 doesn't go that far, but it offers a modest and necessary correction. It simply restores the basic expectation that parents will be part of the most life-altering decisions a child can make.

The Christian Civic League urges you to support LD 380 as amended. It is a vote for common sense, for caution, and for the central place of parents in a child's life. Thank you for your time and consideration.

Thank you.

Sincerely,

A handwritten signature in black ink, appearing to read "N. Adolphsen", written in a cursive style.

Nicholas Adolphsen
Executive Director