

Avery Munns
Auburn, Maine
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Dear Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary Committee,

Thank you for the opportunity to address the Committee. My name is Avery Munns. I am a registered voter in Auburn, and I am a teacher in the Lewiston Public Schools district. I am here in opposition of the bill before the committee today.

My transition saved my life—I went from not being able to remember anything but a dark cloud hovering over me to today where I feel free, happy, and at peace. The only regret I have is not starting my medical transition sooner. I often wonder how many years of suffering I could have alleviated if I had started my transition when I was an adolescent.

One reason I didn't start my medical transition sooner was due to misinformation about hormone replacement therapy (HRT). I thought that it might act like a magic potion that transformed me into a full-blown, hairy, bearded, massive adult man overnight. After listening to my reservations, my doctor recommended I start out on a very low dose of testosterone. At my three month checkup, not a single irreversible change had yet occurred. At that point, I could have quit HRT with no permanent changes, but I was loving some of the small shifts I was seeing and decided to move up to a full dose. It ended up being six months in total before my voice dropped in the slightest—one of the few permanent changes of testosterone HRT. As my story shows, changes happen very gradually, and there are very few irreversible changes of both testosterone and estrogen HRT. If someone doesn't like the changes that are occurring, they will be able to talk with their doctor—a doctor who has sworn the Hippocratic oath to "first, do no harm." Gender-affirming healthcare does not harm adolescents. It is a slow process where the patient and doctor work together and monitor everything the entire way.

Additionally, puberty blockers are entirely reversible. If someone decides they don't want to be on puberty blockers, they may stop and normal puberty will occur. I trust doctors and adolescents to be able to make these decisions for themselves and to be able to navigate the slow process of gender-affirming healthcare together.

Thank you again for the opportunity to share my perspective with the Committee. I urge you to vote "Ought not to Pass" on this bill. Thank you and have a great day.