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I am a parent and Doctor of Public Health, and I am against amending the Maine Human Rights Act regarding female athletes and safety in women's single-sex shelters.

Our schools should create supportive environments where every student can receive an education and participate in school activities, including sports. The proposed legislation would invite any person to call for an invasive and traumatizing “gender check” on any girl who wants to play sports if they think she is “too tall” or “too strong.” This would render the school environment unsafe for such students. Additionally, trans women are women and should have access to safe shelters. Single-sex women’s shelters are often safest for them, as evidenced by the fact that this proposed legislation even exists.