

Meghan Gardner

Orono, Maine

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 Meghan Gardner, and I live in Orono, Maine. I am a parent and an advocate, and I am writing in strong opposition to LD 380.

This bill would roll back existing Maine law that allows 16- and 17-year-olds to consent to gender-affirming hormone therapy and follow-up care. If passed, it would prohibit them from accessing that care unless they have the written consent of a parent or guardian. That might sound reasonable to some, but the real-world consequences would be devastating.

Not all young people have supportive families. Some are not out at home. Some face emotional or physical harm if they disclose their identity. Maine's current law recognizes this reality. It gives older teens — who are already allowed to make many other health care decisions — a safe and private path to accessing medically necessary care, in consultation with licensed professionals.

Repealing that process would not make families stronger or children safer. It would cut off access to care that is widely recognized as the medical standard by the American Academy of Pediatrics, the Endocrine Society, and the American Medical Association. It would increase rates of depression, anxiety, and suicidality among trans teens. And it would put doctors in an impossible position, torn between legal risk and ethical duty.

This bill would also undermine Maine's shield law, which protects providers and patients from out-of-state legal interference when accessing care that is legal here. We are in the middle of a national crisis where providers are being threatened, harassed, and targeted just for offering gender-affirming care. LD 380 would open the door for criminalization and intimidation in our own state, and that is a line Maine must not cross.

There is no public health justification for this bill. There is no evidence-based argument in its favor. It is purely ideological, and it risks the lives and well-being of some of our most vulnerable young people.

I urge you to vote Ought Not to Pass on LD 380. Let trans teens in Maine receive the care they need. Let our doctors do their jobs. And let our state continue to lead with compassion and reason, not fear.

Thank you.

Sincerely,
Meghan Gardner