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LD 233

I am a trans woman writing to express opposition to LD 233, "An Act to Prohibit Biological Males from Participating in School Athletic Programs and Activities Designated for Females When State Funding Is Provided to the School".

Trans rights are human rights. Trans people deserve equal treatment, and blanket banning us from things without any scientific backing amounts to simple fear mongering and hatred. A recent study, summarized at <https://www.outsports.com/2024/4/12/24091267/transgender-athletes-study-research-science-sports-governing-bodies/> reveals the disparity between a cis male athlete and a trans woman athlete. To quote the article, "The tests assessed body composition, lung function, cardiopulmonary exercise testing, strength and lower body power.

Among the results was a determination that the trans women athletes had decreased lung function compared to the cis women athletes.

In addition, the bone density of the trans women athletes was found to be equivalent to that of the cis women. Bone density is linked to muscle strength.

The researchers say their findings "reveal notable disparities in fat mass, fat-free mass, laboratory sports performance measures and hand-grip strength measures between cisgender male and transgender female athletes.

"These differences underscore the inadequacy of using cisgender male athletes as proxies for transgender women athletes."

End quote

Many people will espouse that a ban like this is 'common sense' and 'protecting women'.

In reality, bans like this in no way 'protect cis women', so much as it 'puts trans women in danger' by placing them in male categories where they can be hurt. The 'common sense' of such a ban falls apart in the face of science. The 'common sense' of race segregated water fountains was ended in 1964. The 'common sense' of not letting women vote was ended in 1920. Just because something is considered common sense by the masses of the time, does not make it right.

When I was young, it was too dangerous to be out of the closet. This new generation has a chance to live openly, an opportunity I so wish I had in the 90's. We aren't transitioning to win at sports, or gain access to women's spaces to be a problem. All we want is acceptance, and access to the spaces we feel safer in, and to be with people we feel safer around.

Please do not let this bill progress. Maine (and their schools) should continue to be a body that stands by all their citizens, even the minorities. Please do not let us down.

I ask the committee to vote Ought Not to Pass on LD 233.