

Tyla Parker
Lewiston, Maine
May 8, 2025

Senator Carney, Representative Kuhn, and Honorable Members of the Judicial Committee.

Thank you for providing me with the opportunity to address the Committee. My name is Tyla Parker. I live in Lewiston Maine, and I am here on behalf of myself and the many transgender individuals in Maine whose voices cannot be heard today. I am in opposition of LDD 1337, LD 1432, and LD 380.

As an adult transgender woman in this state, I can recall thinking I was supposed to be a girl at the age of three years old and onwards. These feelings were persistently present my entire life and while I had a family that loved me, and continue to today, I feel it may not have been the same without the public knowledge and knowhow that communities have about transgender people today.

I am a homeowner, full-time worker, and a Mainer and I owe where I am today to doctors that helped me align my body with my mind and soul. If the protections that exist currently in Maine existed for me during my youth, I have no doubt that I would have had the courage to transition sooner and saved myself so much suffering.

The study “Association Between Gender-Affirming Surgeries and Mental Health Outcomes” published by the National Institute of Health in 2021 compared a sample of 3,559 transgender people who underwent gender affirming surgery and found that these individuals had a 42% reduction in psychological distress, 35% reduction in tobacco use, and a 44% reduction in suicidal ideation when compared to another sample of 16,401 who had not undergone any procedures. These numbers should show anyone that the grief of gender dysphoria and a mismatch with our bodies and identities is a very real experience that transgender people experience. In soul, and mind transgender women are women regardless of what we look like and regardless of what the opposition may argue.

These bills need to fail; else this Committee will be invalidating the experience of thousands of Mainers across our great state.

I thank this Committee for this opportunity to share my perspective on these bills. I urge you to vote “Ought not to pass” on these bills.

Thank you