

The Honorable Chair  
Delegate Heather Bagnall  
Health Committee  
240 Taylor House Office Building  
Annapolis, Maryland 21401

**RE: OPPOSITION of House Bill 0679  
Health Occupations - Cross-Sex Hormone Therapy for Minors**

To the Chair Bagnall, Vice Chair Cullison, and esteemed members of the Health Committee,

My name is Rachel, a resident of Baltimore City. I am writing to name my strong opposition to House Bill 0679 Health Occupations - Cross-Sex Hormone Therapy for Minors. Every major medical association considers age-appropriate transition-related care medically-necessary, including the American Academy of Pediatrics, the American Medical Association, the American Nurses Association, the American Psychiatric Association, the American Psychological Association, the Endocrine Society, the Federation of Pediatric Organizations, the Pediatric Endocrine Society, and more.

The American Medical Association states that trans and non-binary gender identities are normal variations of human identity and expression. HB0679 would deny gender-affirming care which would result in tragic, even deathly, health consequences as well as ignoring every major medical association's insistence that this care is medically-necessary. Trans children experience chronic stress from coping with societal stigma, and discrimination because of one's gender identity and expression, and are known to face a significantly heightened risk of suicide.

I am a transgender, nonbinary person who experienced deep depression and suicidality as a teenager. The source of this pain felt deeply known intuitively (gender dysphoria) but this source was unreachable because of my limited access to both social and medical resources regarding gender. I began medical transition in my early twenties because that is the soonest I had access to these resources.

I can attest to the fact that gender affirming care is life-saving. I think to myself, nearly everyday, how impactful it would have been to have access to this care as a minor. As a kid, I was forced into having a traumatic puberty that I never wanted, and to this day I experience the consequences of this lack of autonomy: issues of self esteem, depression, anxiety, and others. I like to instead imagine myself as a kid who felt confident, unafraid, and authentic to myself while I explored what feels right to me. I grieve the time I lost as a teenager to truly explore who I am.

There are trans minors in my life who currently access gender affirming care, including but not limited to hormone replacement therapy. I feel terrified to even think of what the results would be if that care was taken away – it would devastate his entire high school experience because he would be forced to live and look like someone he isn't, after dedicating so much time to building

his relationship to himself and the people around him. There are trans kids not currently on hormone replacement therapy, but who should always have the access.

This is truly a matter of life and death, a gamble that we cannot afford to take if this bill were to pass. I wouldn't be here to write this testimony without my access to hormone replacement therapy, and I wish for every child to have the access to any and all medical care that will sustain their life and autonomy.

For these reasons and many more, **I ask the Health Committee to give HB0679 an unfavorable report.**

Sincerely,  
Rachel (they/them)