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Key messages about the importance of gender-affirming care

- **Transition-related care is essential health care.** It allows transgender youth who need it to live full and healthy lives.
- These proposed regulations are *not* about protecting young people. Evidence shows that transgender youth suffer when they don't have access to effective and supportive health care.
- Health providers and health care organizations in many states across the country continue to provide transition-related care because they know it's essential to their patients' health and well-being.
- The evidence for the safety and effectiveness of medical care for transgender people of all ages is as strong as the evidence for treatments across many other forms of care that are provided without political interference. **Every legitimate major U.S. medical association** supports young people's access to age-appropriate transgender health care.
- **Decades of research**, including a comprehensive [systematic review](#) commissioned by the state of Utah earlier this year, show that care for transgender youth is safe, effective, and essential.
- These proposed regulations would restrict evidenced-based care that has been found to **reduce negative mental health outcomes and improve a trans young person's overall health and quality of life**. For this reason, many experts rightfully describe this care as being lifesaving.
- The Trump administration relies on misinformation about this care to justify these proposed regulations. In the absence of reliable evidence supporting their claims, they rely on junk science, distortions, and baseless speculation.

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Key messages about impacts on youth and families

- We all want kids to be happy and healthy. **Just like any other family, the families of transgender youth have the right to support their child in accessing the care they need.**
- The proposed regulations also **hurt intersex children by making exceptions for unnecessary procedures** that change their bodies without their consent. This makes it clear that these regulations are an effort to discriminate, not to protect children, and sends both trans and intersex people the message that they can't be who they are.
- Transgender young people, like all young people, have the best chance to thrive when they get the **individualized care and support they need from providers they and their families trust**. We don't need politicians making their lives harder by denying them essential care and singling them out for increased bullying and harassment.
- If these proposed regulations were to go into effect, they would be especially harmful low-income people and their access to healthcare. Instead of working to make health care more affordable for everyone, the Trump administration is taking away care from people struggling to make ends meet.