

To whom it may concern,

My testimony is in opposition to House Bill 1254 and 1301. I ask that you give this bill a Do Not Pass.

I am bringing this forth as my own person, I am not representing any group or city. It is of my own opinion and research I was able to find. Due to what I was able to find is that I believe these bills are unfair and unprofessional. The reason for this is because this bill impacts people I care deeply about as well as people I don't know well enough. I understand that any transition is difficult for anyone. However, stopping adolescents from receiving necessary medical care has a more harmful impact. When compared to their cisgender counterparts, trans kids have a higher suicide rate. According to Harvard Health, not only are gender-nonconforming kids at a far greater risk of depression and anxiety than their gender-conforming classmates, but 56% of them have considered suicide and 31% have attempted it.

While gender-affirming treatment may include hormone therapy or surgery, the fundamental goal is to provide gender-nonconforming adolescents and their families with a team of physicians who understand their specific requirements. Denying such needs — or, even worse, adopting "reparative" or "conversion" treatments to prevent or discourage children and teenagers from expressing themselves in various genders — is not only unsuccessful, but may be harmful. This is why, in addition to the American Academy of Pediatrics, the Substance Abuse and Mental Health Services Administration and the American Psychiatric Association have also issued statements against it.

The main part I like to bring up is that if the medical professionals, parents, and the child(ren) are able have a conversation and what they all believe will be good for the child. This feels more like a parent's right on how their child(ren) should be able to help better their child(ren)'s life. Medical professionals are trying to help their clients be healthy and live their full life.

I know some might say that puberty-blockers or other gender therapy causes health issues, and yes they do but have a long-term effect. Meaning if a child is on puberty-blockers for way longer than suggested, it does have an effect. Each issue is case-by-case on how each the child, parent/guardian, and the medical professional decide on how to move forward. Some might say gender dysphoria is not really, but there have been studies and MRI showing that gender dysphoria exists.

These bills say gender dysphoria would not be included the care of children. In Bill 1301, it states on lines 16-18, "As used in this section, "disease" does not include gender dysphoria, gender identity disorder, gender incongruence, or any mental condition, disorder, disability, or abnormality". Gender dysphoria can be found in The Diagnostic and Statistical Manual of Mental Disorders and World Health Organization.

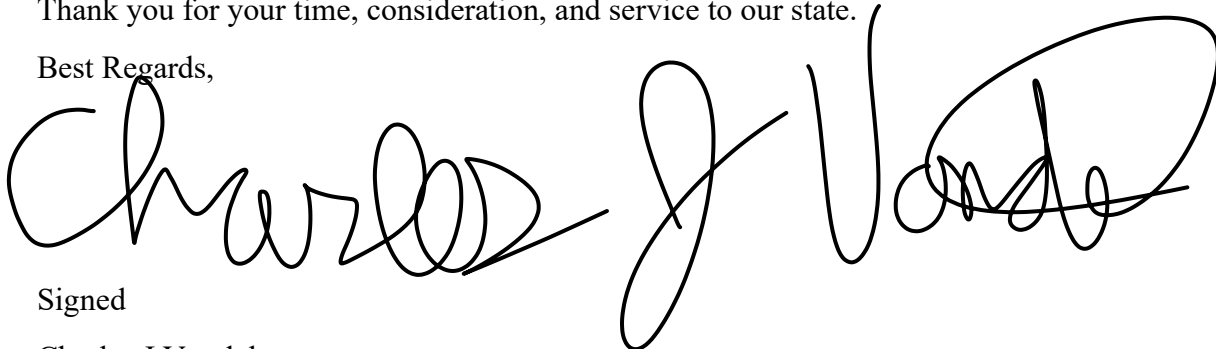
I however never got to experience medical care some children got to experience with gender-therapy till I was 18 years old due to my mother though it would be best to wait to transition when I came out around 14 or 15. Yet, I can still remember wishing I had the chance to experience puberty blockers due to I was miserable going through female puberty. I was depressed, and yet my anti-depression medication did nothing to help. I had trouble sleeping, and I was miserable.

Yet, the day I started to medical transition at the age of 18/19 changed my life. I was happier, and not as moody. All my friends could tell that something chance for the better. Just saying I'm not stating other people's kids will be happier if they start medical transition and having surgeries. Instead, I feel like parents need a bit more information about the effects and what truly going into medically transitioning. That why they can have conversations with their children instead of putting bills that will prevent medical professionals from doing their job.

Like I said before, a child's healthcare should be the parent's choice, bills like these have a negative effect on the children. That is why I ask you once again to give Bill 1254 and 1301 a Do Not Pass.

Thank you for your time, consideration, and service to our state.

Best Regards,

A handwritten signature in black ink, reading "Charles J Vondal". The signature is fluid and cursive, with a large loop at the end of the last name.

Signed

Charles J Vondal

MD, C. M. (2022, March 14). *The care that transgender youth need and deserve*. Harvard

Health. <https://www.health.harvard.edu/blog/the-care-that-transgender-youth-need-and-deserve-202203142704>

Miller, C. (2019, January 9). *Transgender Kids and Gender Dysphoria*. Child Mind Institute;

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