

# THE FIGHT FOR TRANS RIGHTS

## WHAT ARE TRANS RIGHTS?

Trans rights are the legal, social, and healthcare protections that allow transgender and non-binary people to live safely and authentically. This includes access to healthcare, education, employment, public spaces, and protection from discrimination and violence.

## WHY ADVOCACY MATTERS

Trans people face disproportionately high rates of harassment, discrimination, and violence. In workplaces, schools, and public spaces, transgender individuals experience barriers that affect their safety, mental health, and opportunities. Advocacy is essential to ensure that laws, policies, and communities respect their dignity and equality, creating inclusive environments where all people can thrive.

## THE IMPACT OF DISCRIMINATION

Discrimination has real, measurable consequences. About 82% of transgender workers report harassment or bias on the job, and roughly 40% of transgender students face bullying at school. Trans adults are 2.5 times more likely to be sexually assaulted than cisgender peers, and 1 in 4 report being physically attacked for their gender identity. These experiences contribute to higher rates of depression, anxiety, and suicide, showing why supportive policies and community advocacy are crucial.



## TRANS RIGHTS UNDER ATTACK

Transgender rights in the U.S. are facing a surge of restrictive laws and policies that affect everyday life. More than 53% of transgender youth live in states with laws limiting access to gender-affirming care, sports participation, bathrooms, or pronoun use.

Nearly 50% of trans youth live in states banning access to gender-affirming care at all, and 24 states enacted at least one new restriction in 2025 alone. Federal rollbacks on protections and pressure on hospitals limit access to care and signal that transgender rights can be legally undermined.

## HOW TO SUPPORT & ADVOCATE

- Stay informed: follow groups like HRC, GLSEN, and The Trevor Project.
- Support laws: back policies protecting trans rights in healthcare, schools, and public spaces.
- Take action: build inclusive communities, challenge anti-trans rhetoric, and amplify trans voices.

# MYTHS & REALITY

## ➤ BEING TRANSGENDER IS A TREND, PHASE, OR REBELLION

Increased visibility is not the same as increased incidence. Gender identity is a deeply held understanding of oneself, not a trend. Transition is not impulsive, it is often a careful process to resolve persistent distress and live authentically. Research consistently shows identity stability over time, particularly when individuals are supported.

## ➤ CHILDREN CAN'T BE TRANSGENDER

Children typically understand their gender identity between ages 3–5. While gender-nonconforming behavior alone does not mean a child is transgender, clinicians look for identity that is consistent, insistent, and persistent over time. Supportive environments are strongly associated with improved mental health outcomes.

## ➤ BEING TRANSGENDER IS A MENTAL ILLNESS

Major medical groups, including the American Psychiatric Association, do not classify being transgender as a disorder. Gender dysphoria refers only to the distress from incongruence between identity and assigned sex. Affirmation, socially or medically, reliably reduces this distress.

## ➤ TRANS PEOPLE ARE A THREAT IN BATHROOMS

Restricting bathroom access puts transgender people at higher risk of harassment, assault, and stress. Inclusive policies in public spaces do not increase safety risks for others. The “bathroom predator” argument is politically motivated and opposed by 300+ violence prevention organizations.

## ➤ TRANS ATHLETES HAVE AN UNFAIR BIOLOGICAL ADVANTAGE

Athletic performance depends on training, genetics, hormone levels, and access to resources, not a single biological trait. The National Collegiate Athletic Association has allowed transgender athletes to compete under eligibility standards for years without documented systemic disruption.

Claims of inherent advantage oversimplify complex physiology and often invite gender policing of all women athletes.

## ➤ ANTI-TRANS LAWS ARE ABOUT SAFETY AND FAIRNESS

Since 2013, the Human Rights Campaign has tracked over 200 fatal cases of violence against transgender and gender non-conforming people in the US. Structural stigma, including exclusionary laws, correlates with worse health and safety outcomes. When policy frames a group as exceptions to equality, it reinforces social harm.

## ➤ MANY PEOPLE REGRET TRANSITIONING

Detransition is uncommon and often temporary. Research from The Fenway Institute and Massachusetts General Hospital found that most who detransition cite external pressures such as discrimination or family rejection, not regret.

The narrative of widespread regret centers rare cases while ignoring structural stigma.

**TRANS RIGHTS ARE HUMAN RIGHTS!**