



# American College of Pediatricians®

## The Best for Children

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[www.Best4Children.org](http://www.Best4Children.org)

December 3, 2014

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Dear Board of Directors,

The American College of Pediatricians (the College) is a national organization of pediatricians and other healthcare professionals dedicated to the health and well-being of children. Part of our mission is to provide the best available research and our professional experience to policymakers to assist them in developing policies which help children achieve optimal levels of physical and emotional health and well-being.

It is in this context that the College urges the board not to adopt the proposed policy related to the participation of gender identity discordant students in high school athletic programs. There is not sufficient scientific evidence to document that this is a healthful course of action for any student - including those whom this policy is intended to accommodate; those who identify as transgender.

There are three reasons we discourage the adoption of this proposed policy:

1. Many of the students concerned may have a mental health condition known as Gender Dysphoria. Gender Dysphoria is a mental disorder in which an individual experiences distress over a deeply felt desire or belief that he or she is the opposite sex (see *Diagnostic and Statistical Manual of Mental Disorders-V*). There is no scientific evidence that anyone is “born in the wrong body” or that Gender Dysphoria is an innate or immutable condition. According to the *Endocrine Society's Clinical Guidelines*, there is significantly insufficient scientific support for the use of “puberty blockers” to facilitate trans-identifying students to pass as members of the opposite sex, thereby affirming their feelings that they are actually the opposite sex.<sup>1</sup> (PDF attached)

<sup>1</sup> Hembree, W., et al. (2009). Endocrine Treatment of Transsexual Persons: An Endocrine Society Clinical Practice Guideline. *The Journal of Clinical Endocrinology & Metabolism*, 94(9).

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