

Concerns with Gender Affirmation

FACT SHEET

Gender dysphoria and sexuality confusion in youth

Gender dysphoria is the distress or discomfort experienced when there is a misalignment between one's biological sex and gender identity.

Gender clinics, with their extensive experience in treating young individuals, have observed a historical trend where many young people who experience gender confusion are also same-sex attracted.

Reputable long-term clinical studies have demonstrated that when allowed to undergo puberty naturally, 90 percent of young people experiencing gender confusion ultimately resolve their feelings of distress.

Additionally, between 80 to 90 percent of these individuals come to accept their same-sex attraction.

What's wrong with gender affirmation?

Gender-affirming care encompasses a range of social, and medical interventions designed to support and affirm an individual's gender identity. This is a concept that describes one's innermost concept of self of an inner 'felt' gender. This is an inherently vague, subjective and circular belief that is not recognised by most ordinary Australians and has no scientific basis.

The evidence base for gender-affirming interventions is sparse and of poor quality. While the evidence of benefits is highly uncertain, the harms to sexual and reproductive functions are evident, and there are many concerns about the long-term health effects .

Being same-sex attracted is not a condition that needs lifelong intervention or medicalisation.

Source: Genspect Gender Framework p. 90

Watchful waiting

Watchful waiting is an approach to supporting gender confused people where they are given time before any medical intervention is given. During this time, a range of psychological support may be offered.

When a pre-adolescent child presents with gender dysphoria, a 'watchful waiting' approach allows for the fluid nature of gender identity in children to naturally evolve—that is, take its course.

The vast majority of children resolve their gender dysphoria once they go through puberty and many (although not all) will grow up to be LGB.

Addressing comorbidities

Comorbidities are other issues that occur alongside gender dysphoria. These include things such as autism, ADHD, mental health issues, childhood trauma, and sexual abuse which are also treated and taken into account in watchful waiting. This contrasts with the gender affirmation approach that sidelines other presenting individual issues and focuses solely on affirming a young person's gender transition which may include harmful puberty blockers and body altering surgery.

A holistic approach

Watchful waiting takes a holistic approach to the child's welfare rather than a medicalised and surgical pathway in treating gender dysphoria.

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