

Puberty blockers

FACT SHEET



WHAT IS A PUBERTY BLOCKER?

Puberty blockers are used to stop children from undergoing puberty and are used as part of the gender affirmation model.

If you block the process of puberty, you are stopping physical maturity - growth stops.

Puberty-blocking drugs postpone the process by suppressing gonadotropin hormone release. Blocking puberty can effect brain development, bone development, sexual development, fertility and the ability to orgasm.

Puberty blocker brands include Lupron, Histrelin, Goserelin and Triptorelin.

<https://www.cedars-sinai.org/blog/puberty-blockers-for-precocious-puberty.html>



PUBERTY BLOCKERS AND PHYSICAL DEVELOPMENT

Puberty blockers disrupt critical aspects of human development during a period of significant growth and development of all organs.

There is no data on the long-term health effects of puberty blockers or whether there may be differential effects for specific groups (e.g. neurodivergence, ethnicity, family medical history etc.)

Source: Genspect Gender Framework, p. 68



PUBERTY BLOCKERS AND COGNITIVE DEVELOPMENT

Puberty is a time of significant brain and cognitive development. The anatomic and functional effect of blocking brain development during natural puberty has not been well studied. However one longitudinal study on puberty blockers found a reduction in global IQ and an anomalous absence of certain structural brain development expected during normal puberty.

Source: Genspect Gender Framework p. 105

Puberty blockers

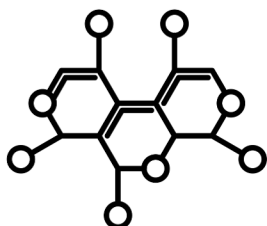
FACT SHEET



PUBERTY BLOCKERS AND SUICIDE RISK

The rate of completed suicide amongst gender dysphoric adolescents was 0.03%, 5.5 times greater than the suicide rate of adolescents of similar age. While this is certainly alarming, other considerations need to be taken into account including mental health comorbidities, trauma, abuse and other factors which can also be implicated in suicide risk. More research and data is needed in this area.

Source: Genspect Gender Framework p. 243

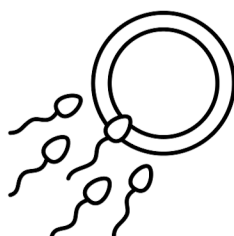


PUBERTY BLOCKERS AND CROSS SEX HORMONES

95 - 98% prescribed puberty blockers go onto cross-sex hormones (Brik, 2020; Carmichael et al., 2021; de Vries et al., 2011; de Vries et al., 2020), The combination of puberty blockers followed by cross sex hormones, often leads to permanent sterility.

“A special group of individuals are prepubertal or pubertal adolescents who will never develop reproductive function in their natal sex due to blockers or cross-gender hormones. At this time there is no technique for preserving function from the gonads of these individuals” (Coleman et al., 2012).

Source: Genspect Gender Framework p.68



PUBERTY BLOCKERS AND SEXUAL DEVELOPMENT

Puberty is the time when humans develop sexually. The core purpose and function of puberty blockers is to prevent the maturation of the ovaries or testes, the sources of female sex hormones and male sex hormones when stimulated by the pituitary gland.

The impact of puberty blockers on sexual development and anorgasmia (inability to orgasm) in adulthood is also of concern (Ley, 2021).

Source: Genspect Gender Framework p. 104

Puberty blockers

FACT SHEET



PUBERTY BLOCKERS AND BONE DENSITY

Recent data suggest a negative impact of long-term puberty suppression on bone mineral density.

Multiple studies have documented adverse effects of puberty blockers on bone density (Joseph et al., 2019; Klink et al., 2015; Vlot et al., 2017).

One recent study, for example, found that after two years on puberty blockers, bone density measurements for some children had declined to clinically concerning levels. Density in the spines of some subjects fell to a level found in only 0.13% of the population (Biggs, 2022).

Source: Genspect Gender Framework p. 104



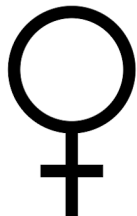
PUBERTY BLOCKERS - EFFECTS ON BOYS

- Stops growth of facial and body hair
- Stops deepening of voice
- Stops broadening of shoulders
- Penis and testicles remain child-sized and infertile
- This can have implications if genital surgery is wanted as an adult as there is not enough flesh to invert to create a neo-vagina.
- Blocks the development of the sex drive
- Inhibits the ability to orgasm
- Limits the growth in height
- May cause depression

Source: <https://www.gaymensnetwork.com/educationandresources>

Puberty blockers

FACT SHEET



PUBERTY BLOCKERS - EFFECTS ON GIRLS

- Stops the development of breasts
- Stops broadening of the hips
- Stops menstruation
- Vaginal and uterine atrophy
- Stops the development of body hair
- Limits the growth in height
- Blocks the development of the sex drive
- Inhibits the ability to orgasm
- May cause depression

Source: <https://www.gaymensnetwork.com/educationandresources>



OTHER POSSIBLE SIDE EFFECTS

Increased risk of developing hypertension, cardiovascular disease and metabolic disorders such as obesity, high cholesterol and type 2 diabetes.

Source: Forever young? The ethics of ongoing puberty suppression for non-binary adults, Notoni, Earp, Gilliam et. al, Journal of Medical Ethics, 2020 Nov, 46(11): 743-752.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7656150/>



UN DECLARATION ON RIGHTS OF THE CHILD

All children have a right to normal bodily development.

Article 6

1. States Parties recognize that every child has the inherent right to life.
2. States Parties shall ensure to the maximum extent possible the survival and **development** of the child.

Article 27

1. States Parties recognize the right of every child to a standard of living adequate for the child's **physical**, mental, spiritual, moral and social **development**.

Puberty blockers

FACT SHEET



Article 24

To ensure the provision of necessary medical assistance and health care to all children with emphasis on the development of primary health care

Source: <https://www.unicef.org.au/united-nations-convention-on-the-rights-of-the-child>



SUMMARY

No studies have meaningfully demonstrated that either puberty blockers or cross-sex hormones, as prescribed for gender dysphoria, are safe in the long term. No studies have attempted to determine whether puberty blockers' effects, as currently prescribed for gender dysphoria, are fully reversible. In fact, as already outlined, there are substantial reasons for concern that these hormonal interventions are not safe. Moreover, multiple researchers have expressed concern that the full range of possible harms has not yet been correctly conceptualized.

Source: Genspect Gender Framework p. 103

Want to learn more ?

Visit LGB Alliance Australia
<https://www.lgballiance.org.au/resources>