

When, Where, Who, What, Why and How

What Action is Needed: Act Against Trans Exclusion in Lynden





What's Happening:

The Lynden School Board is proposing **Resolution 06-25**, which would exclude trans girls from participating in the girls' athletic division. Instead, it would force them into a separate "Boys/Open" category. Which results in isolating and stigmatizing them.

[Lynden Meeting Notes](#)

[Resolution 06-25](#)

What You Can Do:

-  **Speak at the school board meeting** to express your opposition to this harmful resolution.
 -  **Attend in person** and wear a visible sign of support for trans youth (a pronoun pin, pride flag, or trans colors).
 -  **Write to the superintendent** via email or physical letter letting them know you oppose resolution 06-25.
 -  **Spread the word**—share this flyer: *(insert flyer link)*.
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Where & When:

Lynden School Board Meeting

 516 Main Street, Lynden, WA 98264

 Thursday, May 1st at 6:30 PM

Meet-Up Plan

- We'll be gathering **outside the building at 6:00 PM.**

- Please wear **pro-trans stickers, pins, or other visible markers of support** so we can be seen as a unified presence. I will have pro-trans stickers with me to share for those who need it.
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Why Your Voice Matters:

Even if you don't have children in the Lynden School District or don't live in the area you **can still attend and speak:**

- **You are a taxpayer.** Public schools are funded by state dollars, and you have every right to hold them accountable.
 - **This affects all youth.** Policies like this don't just harm trans students. They set dangerous precedents for exclusion and discrimination in our schools.
 - **Anti-trans efforts grow when left unchallenged.** Your presence helps prevent that.
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Who Should Show Up:

- **Allies of all genders and identities**—especially **cisgender men**, whose support helps show this is not just a “queer issue,” but a broader community issue.
- **Trans individuals** who want to share their stories, speak their truth, and be visible.
- **Educators, parents, students, and community members** who believe in inclusion, fairness, and safety for all students.

How to Prep for Public Comment (If you want to speak)

1. Find the Room & Sign-Up Sheet

- Once inside the building, locate the **meeting room**.
- Find the **sign-up sheet** near the entrance or front desk and **write your name down** if you want to speak.

2. Sit Through Opening Procedures

- The board will go through formalities like roll call, approvals, and other business.

3. Public Comment Begins (Around 6:45 PM)

- When public comment opens, names will be called in order from the sign-up sheet.
- When your name is called, you'll go up to the microphone.

4. You Will Have 5 Minutes to Speak

- Use your time to clearly express your opposition to Resolution 06-25 and your support for trans youth.
- The board typically does **not respond** to public comments usually. This is your time to be heard, not debated.

Tips for Writing Your Speech

- Begin with your **name and connection** to the community (e.g., parent, student, educator, resident).
 - Share **why this resolution matters to you personally** or to someone you care about.
 - Use **facts, stories, and values**—speak from both the heart and the head.
 - **Be respectful**, but clear and firm.
 - End with a strong **statement of what you want**: for Resolution 06-25 to be rejected.
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Practice Ahead

- Use your **voice recorder app or phone camera** to practice and make sure your speech is under 5 minutes.



School Board Speech Strategy Guide: Trans Inclusion in Athletics



Our Goal

To present a unified, diverse, and emotionally resonant message **opposing Resolution 06-25**, which would exclude trans girls from the girls' sports division.

We want to show a strong, consistent community voice. One that is rooted in care, lived experience, and research.

We will be starting the meeting with 4 speakers in a targeted order. After, we will welcome the speeches of anyone in attendance who would like to speak.



Speakers We Hope to Include

- **Trans individuals** willing to share how this policy impacts them personally.
 - **Parents, educators, health professionals**, and others who work with youth.
 - **Cis, straight, and gender-normative individuals** willing to speak up in solidarity.
 - Allies who can share **positive stories** of interactions with the transgender community that reflect safety, respect, and belonging.
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Key Talking Points

(Choose one or two to focus on—see references at end)

1. Inclusive Policies Do Not Harm Girls' Sports

- No evidence shows that trans inclusion harms cis girls' opportunities or performance.
- Inclusive policies often increase overall participation, especially among girls.
- The presence of trans athletes does not reduce access, scholarship opportunities, or performance for cisgender athletes.

“The overwhelming majority of youth sports participants, parents, and coaches report no issues when trans students play.” – *Center for American Progress, Fair Play*

2. Trans Youth Are Already at Risk and Inclusion Saves Lives

- Trans youth face high rates of bullying, depression, and suicidality.
- Being included in sports improves mental health, confidence, and school connection.
- Being excluded from sports amplifies social isolation and tells young people that they don't belong.
- Inclusion in sports is tied to higher self-esteem, better mental health, and stronger academic performance.

“Sports are about more than competition—they're about teamwork, leadership, and belonging. Trans kids deserve that too.” – [Them]

3. Exclusion Harms All Girls

- Exclusionary policies often rely on invasive gender policing, forcing all girls, cis and trans alike to “prove” their gender.

- This creates a culture of fear and reinforces harmful, outdated gender stereotypes about what girls “should” look or act like.

“When trans girls are excluded, all girls suffer. Everyone becomes subject to suspicion, inspection, and humiliation.” – [CAP]

4. Trans Inclusion Already Exists in Many States

- Many K-12 school districts and state athletic associations already allow trans students to participate based on their gender identity.
- There has been no increase in complaints or competitive imbalance in these districts.
- These include entire states like California, Connecticut, Minnesota, and Vermont.

“The sky has not fallen in any of these places. They’re just letting kids play.”
– [Them]

5. These Bans Are Not Based in Data

- Trans bans are part of a **national political strategy**, not rooted in actual sports data or fairness.
- Most supporters cannot name a single trans girl who has displaced another athlete.

“These efforts to ban trans students from sports are part of a national campaign to erase trans people from public life.” – [CAP]

6. Inclusion Benefits Everyone

- Creating inclusive, safe environments in schools doesn’t just help trans kids, it helps all students thrive.
- Inclusion affirms core educational values: fairness, community, opportunity, and respect.

“Schools should be places where all kids are safe, valued, and supported—not where they’re told they don’t belong.” – [Them]

Choose an Emotional Tone That Feels Right for You

1. Hopeful

- Speak to the better future we can build.
- Uplifting stories of what inclusion means to students and families.
- Gratitude for current affirming practices and a call to build on them.

2. Fear/Worry

- Speak to concerns for safety, bullying, isolation, and mental health if exclusion is enacted.
- Share the fear of what this means for a trans child’s life, especially if you’re a parent, sibling, teacher, or ally.
- Speak to the trans individuals who already showed up to the school board meeting in Bellingham to express their fear and worry

3. Sadness/Loss/Grief

- Share the heartbreak of watching a child or student be targeted or pushed out of something they love.
- Reflect on broader cultural grief: how our systems are failing queer youth, how we’re watching support disappear.

4. Anger/Frustration (with solution-based focus)

- Name your anger at injustice, but direct it toward a constructive solution: keeping all kids safe and included.
- Use anger as fuel for a better system, not blame toward individual board members.
- Remind the board: you want to help them do the right thing.

5. Joy and Support

- Share stories of when a trans individual has made you feel safe, accepted or loved

- Share stories of when you have been inspired or motivated by a trans individual
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Reminders for All Speakers

- **Do not target individual board members.** We are here to persuade, not provoke.
- **Share your story.** Personal experience is more powerful than statistics.
- **Keep it focused.** One strong point is more impactful than trying to cover everything.
- **End with a clear call to action:**

“Do not move forward with Resolution 06-25. Let our schools remain safe, inclusive, and fair for *all* students. Including transgender youth.”

The Introduction Speeches

Opening statement and Shared Experience, Speaker 1

Hi there, I am **(insert name)** and I am here today to add to the discussion over policies that affect **trans and cis girls in school**, in particular **resolution 6.25** that attempts to **exclude trans girls** from the **girl division of sports**. After closely observing the values of this district and community, I understand we share a similar goal. One that is rooted in **safety, fairness and inclusion**.

Today we will be sharing how **trans exclusive policies not only harm trans girls, but cis girls as well**. We will speak to the **shared experience** between the two and the **benefits of finding solidarity** with each other. We will not only be advocating for the **safety and well-being of trans youth**, but **all youth**.

Throughout history, **girls have had to fight for a place in sports**. For example, **Kathrine Switzer** used her initials to obscure her gender to participate in the 1972

Boston Marathon, which resulted in an official attempting to have her **forcibly removed** upon realizing she was a woman. She was **criticized for “invading” a male space** and was told she was **hurting the sport**. She **risked her personal safety** to claim a space in sports.

Much in the same, **Laurel Hubbard** risked her **physical safety** as she went through **years of hormone replacement therapy**. This resulted in **loss of muscle mass, decreased bone density, and metabolic changes**. She also subjected herself to **public vilification** and **global scrutiny**. She was **dehumanized** and **targeted** in the press and by public figures. Despite this, she **endured the physical and mental hurdles**, all for the **chance to compete** as the **first trans woman in the Olympics**.

Trans girls know what it is like to have their bodies **inspected**, their ability **questioned**, and their presence **rejected**. They **show up**, knowing the **risks**, knowing they will be **ostracized**. They are willing to **pay that cost**, because they share the same **drive, desire, and dream** as cis girls. The chance to play.

Cis and trans girls are not opponents, they are part of the **same team**, the **same struggle**. This is our **shared experience**. This can also be our **shared future**. Where we do **not follow in the footsteps** of those who have historically upheld **policies, rules, and restrictions** that **hurt all girls**. We can **deny exclusion, embrace diversity, and welcome anyone** who shares the same **vision of our future**.

Together, we can **challenge harmful gender norms, call out disparities in funding and support** compared to boys' athletics, and **push back against discrimination in all forms**.

Thank you

Benefits of Trans Inclusion In School Sports, Speaker 2

Good evening members of the board,

Thank you for **time to speak** with you tonight. I am **(insert name)** and I **oppose resolution 06.25**.

Many of us in this room have experienced **unwanted criticism of our bodies**. From the moment we reach self-awareness as girls, we are often told we are **too much of one thing and not enough of another**. We are told that we are **too tall, too big, too muscular, too skinny** or heaven forbid, we have **too much body hair**. That pressure leads to a **lack of confidence, a lack of security, and a lack of comfort**.

We must name that pressure for what it is, which is **rigid gender norms and unfair expectations**. For many girls, this pressure **pushes them away from sports**, before they even get a chance to begin.

As many of you know, sports is about **more than just winning**. It's about **learning confidence, building friendships, staying healthy, and discovering who we are**. Which is why, we **cannot underestimate** the benefit of **trans girls' participation in sports**. When we **include trans girls** in girls' sports it is not only **fair**, it's **necessary**. When we include trans girls, we send a message to all girls that there is **no one right way to be a girl**. Those trans girls are a **beacon** for cis-girls who feel like they may not fit into the **rigid gender expectations** of their peers and school. Trans girls **encourage all girls to be their authentic selves**. In fact, **participation in sports by girls increases** when **trans inclusive policies** are implemented.

Studies show this isn't just an idea, it's reality. When states implement inclusive policies that allow trans girls to participate in girls' sports, **participation goes up**. In **California**, after introducing a **trans-inclusive policy** in 2014, high school girls' sports participation reached its **highest levels ever by 2020**—rising **nearly 14 percent**. And in **Connecticut**, another inclusive state, **participation among girls increased** too.

Meanwhile, in states that **restrict trans participation**, the numbers either **stay flat or decline**. This is important because we are facing a **public health issue**. **Physical activity** has lifelong benefits for **mental, emotional, and physical health**. And yet, **LGBTQ+ youth are less active** than their peers. Not because they don't want to play, but because they often feel **unsafe or unwelcome** in sports environments. This includes **gendered locker rooms and bathrooms**, but also **teams where they feel they don't belong**.

We know that sports spaces often uphold **outdated gender norms**. Like the idea that you have to **act or look a certain way** to be a “**real girl**” or a “**real boy**.” A cis girl with **broad shoulders, facial hair** or a **deeper voice** might feel ashamed and worry that people think she's **too masculine** and **not feminine enough**. A cis girl might **love soccer or basketball**, but hold herself back from going full out in fear of seeming “**too intense**” or “**boyish**.”

Trans girls often face the same comments, but with **added scrutiny** about whether they're "real" girls at all. The **impact is shared: shame, self-doubt, and isolation**. These messages hurt **everyone**. They don't just keep trans kids out. They make **cis girls question if they're "girl enough" to be there too**.

So let me say this clearly: **trans girls are not a threat to girls' sports**. In fact, **they are teammates** in fighting the pressure to fit into **narrow gender boxes**. Their **inclusion challenges** the very norms that have held **all of us back**. They show girls that it's **okay to show up as your full, authentic self**.

When we make space for trans girls, we make space for all girls.

We must remember: The goal of **youth sports** is to **build kids up**. Not to **exclude**, not to **divide**, not to **politicize childhood**. When we **welcome all kids** and when we **value inclusion over fear**, **everyone benefits**.

Let this district be one that leads with **courage, compassion, and facts**. Let it **choose inclusion**. Not only because it helps **trans girls**, but because it **uplifts all girls**.

And that's a future I think **we all want to be part of**.
Thank you.

Fairness & Barriers: What's Really Holding Girls Back in Sports

Speaker 3

Good evening, and **thank you** for giving me the space to speak tonight. My name is **(insert)** and I'm here to speak in **opposition to the 6.25 resolution** that this school committee is proposing.

If we truly care about **fairness in sports**, then we need to be honest about what's **really holding girls back**. Not **imagined threats**. Not **political talking points**. But the **actual barriers** that girls face **every single day** when it comes to **getting in the game** and **staying in it**.

When we focus all our energy on debating whether a **trans girl on the team is "fair,"** we ignore the **unfair advantages** we already tolerate. And that is a **missed opportunity**, for **all of us**.

1. Let's talk about money and access.

Many sports are structured around **pay-to-play models**. That means if your family can't afford **club fees**, **travel costs**, or **personal coaching**, you're often **left out** before tryouts even begin.

Meanwhile, **wealthier families** can invest in **private training**, **summer camps**, and **elite leagues**. Their kids walk onto the field with **years of extra support** behind them.

This isn't **theoretical**. This is **real**. And it creates a system where your **zip code** or your **parents' income** determines your chances. Not your **talent** or your **effort**.

And **trans girls**? They face **all of these challenges** plus **stigma**, **exclusion**, and **isolation**. There is a **mutual need for equity** here. **Trans girls and cis girls don't have to be opponents**. We can **fight for fairness together**.

2. Let's talk about access to training and media coverage.

Many girls still don't have the same access to **strength training**, **quality facilities**, or **experienced coaches** as boys do. Some schools funnel more **funding and attention** into boys' teams. That leaves girls **underfunded**, **undervalued**, and **overlooked**.

Girls are **less likely to be scouted**. **Less likely to get press coverage**. **Less likely to be encouraged** to keep going. Especially in **underfunded schools**.

If we want to **support girls in sports**, we need to give them the same **tools**, **attention**, and **investment** as boys in sports.

As for **trans girls**? They're often **excluded from positive media attention** entirely.

What message does that send to the **next generation of athletes**?

3. Finally, let's talk about natural physical diversity among cis girls.

Girls are not a **monolith**. Some are **taller**. Some are **stronger**. Some have **higher testosterone levels**. Some **hit puberty early** and **gain muscle quickly**. That's **biology**.

And yet, we **accept that diversity**. We don't disqualify those girls for having a so-called "**natural advantage**." We **celebrate their talent**.

So if we can celebrate that **range of bodies** among **cisgender girls**, we can also **welcome trans girls**, who want nothing more than the same thing: to **play**, to **belong**, and to be part of **something bigger than themselves**.

Here's my call to action: Let's fight the real barriers, together.

If we're going to talk about **fairness**, let's stop pretending that **trans girls are the problem**.

Because **they're not**.

The real threats to fairness are **inequality, underfunding, exclusion**, and **narrow ideas** of what a girl is "supposed" to look like.

Trans girls are not a threat. They're **teammates** in the fight for a **sports culture that uplifts all girls**.

When we **welcome every girl**, we challenge the norms that hold us back. We create teams that are **more inclusive, more supportive**, and yes **more fair**.

Let's build a future where **fairness means access**. Where it means **encouragement**. Where it means **every girl**, no matter her **background, body**, or **identity**, gets to play.

Thank you.

Trans Youth Support, Risks and Why Inclusion Matters, Speaker 4

Hello board members, I appreciate the time to speak this evening. I am (insert name) and I am here to speak towards my opposition to resolution 06.25.

I would like to take this time to touch on something more fundamental. Which is **recognizing that transgender people exist**.

Not as a concept. Not as a political talking point. But as real people, real *kids*, who show up to school, just like every other student, hoping for safety, belonging, and a chance to thrive.

And science agrees.

Leading organizations in **endocrinology, psychology, and neuroscience** - including the American Academy of Pediatrics, the Endocrine Society, and the American Psychological Association all affirm that **transgender identities are real**, valid, and deserving of support. Gender is not just determined by chromosomes or hormones. It is **multi-dimensional**, involving biology, identity, and lived experience. Our understanding of gender has evolved and **our policies must evolve with it**.

What This Resolution Really Represents

This resolution is not about fairness. It is part of a **larger, coordinated attack** on trans people, especially trans youth. Across the country, hundreds of bills have been introduced that try to restrict healthcare, education, and sports access for trans people. These bills **rarely solve real problems**, but they do **create real harm**.

Proponents of these policies often cannot point to a single example of a trans girl “dominating” girls’ sports or displacing another athlete. In most cases, there *is no issue*. These policies solve nothing. But they send a loud and clear message: *You don’t belong here*.

That message has consequences. Trans youth already face **alarmingly high rates of bullying, anxiety, and suicidal ideation**. Not because of who they are, but because of how the world treats them.

Why Inclusion Matters and Why It’s Safe

Studies show that when trans youth are allowed to play sports as themselves, they experience **better mental health, higher self-esteem, and stronger peer relationships** than their non-athlete trans peers. Inclusion is not just an act of fairness. It is an act of **life-saving care**.

And it’s not just researchers saying this. **Athletes and coaches at the highest levels**, including Megan Rapinoe, Billie Jean King, and countless others have spoken out in support of trans inclusion. They understand that sports are about *teamwork, perseverance, and growth*, not gatekeeping.

We also need to question the idea that cis girls are “unsafe” around their trans peers. In reality, the more contact people have with transgender individuals, the **more accepting and inclusive they become**. Inclusion builds empathy. Segregation builds fear.

Why Forcing Trans Girls to Compete in Boys' Divisions Is Harmful

Asking a trans girl to compete in the boys' division is not neutral. It's not inclusive. It's not “a middle ground.” It is a **public denial of her identity**. It tells her, and everyone else watching, that who she says she is doesn't count.

Imagine the humiliation, the confusion, the danger of being placed on a team where no one recognizes you. That's not fairness. That's cruelty dressed up as compromise.

Schools Should Do Better

A school is a place for **learning, growth, and inclusion**. It is a place where we teach kids to work as a team, to respect differences, and to build each other up.

Policies like this do the opposite. They **exclude, humiliate, and divide**. And they don't reflect the values that any of us would want to teach our children.

So tonight, I ask you not just to vote against exclusion. I ask you to vote **for something better**.

Vote for a future where all girls, including trans girls get to experience the joy of being on a team. The pride of trying hard. The belonging that every child deserves.


Trans girls are girls. They belong in girls' sports.

Let's make sure they know it.

Thank you.

Sources

California Interscholastic Federation (CIF) – 2020 Participation Census Report

 [CIF: High School Sports Participation Increased Under Trans-Inclusive Policy (PDF)]

https://www.cifstate.org/mediacenter/releases/2020-21/PR-1_2019-20_CIF_Participation_Census_8.3.20.pdf

Details the increase in girls' sports participation in California after the implementation of trans-inclusive policies—14% increase from 2014 to 2020.

Hartford Courant – Connecticut High School Sports Data

 [Connecticut: Girls' Sports Participation Rose With Inclusive Policies (News Article)]

<https://www.courant.com/sports/hc-sp-connecticut-high-school-sports-participation-20190827-20190828-bfqwwqrjtbgyzhguymfosiqcum-story.html>

Highlights how trans-inclusive policies in Connecticut did not reduce girls' participation—in fact, it increased.

CDC Youth Risk Behavior Survey (YRBS) Data Portal

 [CDC YRBS: Youth Sports Participation Trends and State Comparisons (Website)]

<https://www.cdc.gov/yrebs/data/index.html>

Contains national and state-level data showing how restrictive or inclusive policies affect participation rates among youth.


National Federation of State High School Associations (NFHS) – Sports Participation Statistics

 [NFHS: Yearly High School Sports Participation Statistics (Website)]

https://members.nfhs.org/participation_statistics

Provides comparative data on national participation trends in boys' and girls' sports.


UConn SHINE Lab – LGBTQ+ Youth in Sports Content Analysis (Greenspan et al., 2019)

 [Greenspan Study: Why LGBTQ+ Youth Avoid Sports & How Gender Norms Play a Role (PDF)]

https://shine.lab.uconn.edu/wp-content/uploads/sites/3321/2021/06/greenspan_et_al_2019.pdf

Academic review analyzing how gendered environments and hegemonic masculinity discourage LGBTQ+ youth, especially trans and queer teens, from participating in physical activity and sports.

Women's Sports Foundation – Chasing Equity Report (2020)

 [Chasing Equity: The Triumphs, Challenges, and Opportunities in Sports for Girls and Women (PDF)]

<https://www.womenssportsfoundation.org/wp-content/uploads/2020/01/Chasing-Equity-Full-Report-Web.pdf>

*The report supports the idea that embracing **all forms of gender and physical diversity**—including the inclusion of transgender girls—is vital to building fair, equitable, and empowering athletic spaces for all.*

American Academy of Pediatrics (AAP)

The AAP emphasizes the importance of providing comprehensive, evidence-based care to all children, including transgender and gender-diverse youth. They state:

“It is critically important for every child to have access to quality, comprehensive and evidence-based care — transgender and gender-diverse youth are no exception.”

https://publications.aap.org/aapnews/news/19021/AAP-continues-to-support-care-of-transgender?utm_

Endocrine Society

The Endocrine Society has established clinical practice guidelines for the care of transgender individuals, highlighting the benefits of gender-affirming treatments:

“Youth who are able to access gender-affirming care, including pubertal suppression, hormones, and surgery based on conservative medical guidelines and consultation from medical and mental health experts, experience significantly improved mental health outcomes over time, similar to their cis-gender peers.”

https://www.endocrine.org/advocacy/position-statements/transgender-health?utm_

American Psychological Association (APA)

The APA has adopted policies supporting evidence-based inclusive care for transgender, gender-diverse, and nonbinary individuals:

“The American Psychological Association has adopted a landmark policy affirming evidence-based care for transgender, gender-diverse, and nonbinary children, adolescents, and adults.”

<https://www.apa.org/about/policy/transgender-nonbinary-inclusive-care.pdf>

Athlete Ally’s Support for Trans Youth and Families Document

The resource emphasizes the lack of evidence supporting claims that transgender athletes dominate sports and underscores the real harm these policies inflict on transgender youth. Notably, it showcases the widespread support for transgender inclusion from major corporations like Facebook and Nike, renowned athletes such as Megan Rapinoe, Billie Jean King, Candace Parker, and Dwyane Wade, and organizations including the Women's Sports Foundation.

<https://www.athleteally.org/wp-content/uploads/2021/05/Support-for-Trans-Youth-Families-shareable.pdf>