

Literally everything was ripped from Reddit user u/NB419 and Twitter user #PearlLesbo's [Trans Rights Facts Sheet](#), this was just a copy-paste of sources to refute a specific point

This is all to shed more light on the 41% statistic that transphobes commonly cite. In case you aren't aware, the National Transgender Discrimination Survey found that:

- 41% of respondents reported attempting suicide compared to 1.6% of the general population, with rates rising for those who lost a job due to bias (55%), were harassed/bullied in school (51%), had low household income, or were the victim of physical assault (61%) or sexual assault (64%)

To start, I'll lay out my basic arguments to make what I'm saying very clear:

1) Trans people face higher amounts of discrimination

2) Those who experience higher amounts of discrimination (sexual or physical assault, verbal harassment, denial to healthcare services, etc) will be more prone to self harm and attempting suicide

Therefore,

3) We should allow trans people access to gender affirming therapy (puberty blockers, hormone therapy, sex reassignment surgery) since these practices have shown to treat gender dysphoria and improve quality of life

and

4) we should combat the social stigmas of being trans and eliminate discrimination in places where possible, such as in schools, workplace and in healthcare services

1) Trans people face higher amounts of discrimination

1a) https://www.transequality.org/sites/default/files/docs/resources/NTDS_Report.pdf

This is a survey of 6,500 trans, non-binary, and gender non-conforming people. While these results are self-reported from individuals, it still gives an idea as to the scope of existing discrimination:

- Those who expressed a transgender identity or gender non-conformity while in grades K-12 reported alarming rates of harassment (**78%**), physical assault (**35%**) and sexual violence (**12%**).
- **47%** said they had experienced an adverse job outcome, such as being fired, not hired or denied a promotion because of being transgender/gender non-conforming; **26%** of respondents said that they had lost a job due to being transgender or gender non-conforming

2) Those who experience higher amounts of discrimination (sexual or physical assault, verbal harassment, denial to healthcare services, etc) will be more prone to self harm and attempting suicide

2a) Suicide attempts (from the survey from 1a):

- **41%** of respondents reported attempting suicide compared to 1.6% of the general population. These rates rose for those who lost a job due to bias (**55%**), were harrassed or bullied in school (**51%**), had low household income, were the victims of physical assault (**61%**), or were the victims of sexual assault (**64%**)

2b) <https://psycnet.apa.org/record/2012-21760-001>

- Logistic regression analyses indicated that among both trans women and trans men, those who had **endured physical and/or sexual violence were significantly more likely than those who had not had such experiences to report a history of suicide attempt and multiple suicide attempts.**

2c) <https://williamsinstitute.law.ucla.edu/publications/suicidality-transgender-adults/>

- Respondents who **experienced discrimination** or were a victim of violence **were more likely to report suicide thoughts and attempts.** Respondents who experienced discrimination or were a victim of violence were more likely to report suicide thoughts and attempts Access to gender-affirming medical care is associated with a lower prevalence of suicide thoughts and attempts.

3) We should allow trans people access to gender affirming therapy (puberty blockers, hormone therapy, sex reassignment surgery) since these practices have shown to treat gender dysphoria and improve quality of life

3a) [Cornell University](#)

Meta-analysis of 55 studies, articles, follow-ups etc etc on trans people and the effectiveness of sex reassignment surgery. **51 of these studies reported that SRS is effective at improving general quality of life**, of improving relationship satisfaction, of lowering anxiety. The other 4 reported mixed or no results.

3b) <https://sci-hub.scihubtw.tw/10.1542/peds.2013-2958>

A longitudinal study that reports on the well-being of trans individuals 3 times: before puberty suppression (mean age 13.6 years), just after hormone therapy (mean age 16.7 years), and 1 year after sex reassignment (mean age 20.7 years).

Gender dysphoria was alleviated and psychological functioning improved. These **individuals' wellbeing was similar to or higher than those of the same age** in the same population.

3c) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6223813/>

Trans people generally have a lower quality of life compared to the general population. **However, quality of life among trans people dramatically increased with gender affirming therapy** (which the study defines as puberty suppression, cross sex hormonal treatment, chest reconstructive surgery, and gender affirming genital surgery) Gender dysphoria was alleviated, psychological functioning steadily improved, and well-being was similar to same-age adults from the same population.

4) we should combat the social stigmas of being trans and eliminate discrimination in places where possible, such as in schools, workplace and in healthcare services

4a) <https://bmcpublikealth.biomedcentral.com/track/pdf/10.1186/s12889-015-1867-2>
Interventions to **increase social inclusion and access to medical transition, and to reduce transphobia, have the potential to contribute to substantial reductions** in the extremely high prevalences of suicide ideation and attempts within trans populations.

Both transphobia variables (sexual or physical assault and verbal harassment) in the analysis were associated with ideation and attempts, with lower transphobia associated with reduced risk. Lower overall transphobia (10th percentile vs. 90th) was statistically significantly associated with a 66 % relative risk reduction of past-year ideation (RR = 0.34; 95 % CI: 0.17, 0.67) and an additional 76 % relative risk reduction (RR = 0.24; 95 % CI: 0.07, 0.82) for attempts.

Countering Arguments and studies to look out for

5) What about Dhejne et al? (this study: <https://pubmed.ncbi.nlm.nih.gov/21364939/>)

Dhejne et al. does not prove that SRS is not effective. It does not report that individuals who undergo sex reassignment surgery are just as worse before they go through this surgery. What it does state is that trans people are are more susceptible to suicide ideation than cis people, or the general population. A study that would prove that SRS is ineffective would compare trans people before they receive surgery and after they receive surgery. These studies already exist, I have al ready laid some out in point 3. Additionally, the head author of the study has came out and said that the purpose of this study is not to compare the effectiveness of SRS here:

https://www.reddit.com/r/science/comments/6q3e8v/science_ama_series_im_cecilia_dh_ejne_a_fellow_of/dkuk2tr/?utm_source=share&utm_medium=web2x

https://www.transadvocate.com/fact-check-study-shows-transition-makes-trans-people-suicidal_n_15483.htm