



There is **NO** evidence that:

- Transgender drugs will be safe for you
- Transgender drugs will make you happy and prevent suicide

There **IS** evidence that:

- Most who are dissatisfied with their gender have other emotional and social problems that deserve attention. Once addressed, many eventually embrace the body they were born with.

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You **deserve** to be healthy, happy and whole.

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how to find  
**REAL HELP**

[www.acpeds.org/findatherapist](http://www.acpeds.org/findatherapist)

Obtain a  
**SECOND  
OPINION**

Search for a jungian analyst, psychodynamic or psychoanalytic therapist in your area.

Interview your potential therapist. Make sure they are open to exploring why you are experiencing a non-traditional gender identity.

ACPeds is an organization of pediatricians and other healthcare professionals dedicated to promoting the optimal health and well-being of children and young adults.

The Ruth Institute is an international interfaith coalition to defend the family and build a civilization of love.

**Resources:**

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

[www.ruthinstitute.org/references](http://www.ruthinstitute.org/references)

your pain is  
**REAL**

You are not alone, and we want to help.



## Will I feel better?

Puberty blockers & cross-sex hormones may actually make you feel worse!

- Many teens on puberty blockers had a greater tendency to hurt themselves.
- Girls taking high doses of testosterone had more emotional and behavioral problems, including more mania and psychotic symptoms.

## Will I be safe?

No one knows if they are safe for gender identity distress!

*"[Pediatric transition is] possibly the **biggest scandal** in medical history."*

*- Dr. Christopher Gillberg,  
world-renowned psychiatrist*

## Will I be healthy?

Puberty blockers & cross-sex hormones have potentially permanent side-effects and increase serious health risks.

- Puberty blockers are linked to osteoporosis, mood disorders, seizures and cognitive impairment.
- Cross-sex hormones increase the risks of heart attacks, strokes, diabetes, blood clots and cancers.

*Who benefits from my life-long dependence on these treatments?*

**Medical and pharmaceutical companies** reap massive profits from patients receiving hormone replacement therapies, surgical repair procedures and follow-up corrective surgeries.

### You deserve to be sure

Do I want to be on medication for the rest of my life?

Am I ready to be sterile?

Can I live with this decision forever? Have I ever changed my mind before?

Have I talked to people who care about me and can offer me other options?

