

# Detransitioner Awareness Day

## Detransawareness.org

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### What is a Detransitioner?

A **detransitioner** is someone who...

- identified as trans, non-binary, or another gender identity but then regrets this medical decision and re-identifies with their natal sex.
- **medically transitioned** (had medical treatments and/or procedures to mimic the opposite sex), This means they took puberty blockers and/or wrong-sex hormones, and might have had surgery:
  - For women and girls, this would be amputation of breasts and/or creation of a fake penis from skin taken from the leg or arm.
  - For men or boys, this would be removal of testicles and/or removal of the penis, and/or creation of a fake vagina using skin from the penis or testicles or part of the colon.



Puberty blockers and wrong-sex hormones are associated with a number of known negative health effects:

- **Permanent sterility in boys (4 months of wrong-sex hormones, surgery)**
- **Permanent loss of bone density (blockers)**
- **Sexual dysfunction in boys (wrong-sex hormones, surgery)**
- **Cognitive issues (wrong-sex hormones)**
- **Cardiovascular effects (wrong-sex hormones)**
- **Smaller stature and incomplete development of genitals (blockers and wrong-sex hormones)**
- **Atrophy of the uterus and vagina (wrong-sex hormones)**
- **Inability to breastfeed any future children (surgery)**

In California, these medical actions are performed on children **as young as 13 years old with parent permission. At 18 years old**, a young person can get these treatments **without parent permission** from clinics and from Planned Parenthood. Planned Parenthood does not require a referral from a physician or psychotherapist. Gender clinicians are advocating for **lower age limits** on medical transition or **no age limits**.

### What is a Desister?

A **desister** is someone who

- identified as trans, non-binary, or another gender identity but then regrets this change and re-identifies with their natal sex.
- **socially transitioned** (often changing their name and pronouns, and sometimes their outward appearance through clothing and/or makeup, but no medical treatments and/or procedures).

## Why do People Detransition?

Recent studies show that most people detransition within 4-6 years of transitioning (<https://genspect.org/detransition-highlights-of-dr-littmans-latest-peer-reviewed-study/>) and as long as 10 years after transitioning. The most common reasons given for detransitioning are:

- **Increased comfort identifying with their natal sex**
- **Concerns about medical complications from treatment**
- **Lack of mental health improvement from treatment**

## Doesn't Transition Prevent Suicide of Young People?

**Studies show that medical transition does not prevent suicide.** There may be initial relief from distress at the onset of medical treatment, but the euphoria is short-lived, as reported by many detransitioners.

A 30-year study found that **after medical transition**, those who have had genital surgery are **nineteen times more likely to die by suicide** than the general population (Dhejne, C, Lichtenstein, P, Boman, M, Johansson, ALV, L.ngstr.m, N, Land.n, M. *Long-term follow-up of transsexual persons undergoing sex reassignment surgery: cohort study in Sweden*. Scott J, editor. PLoS ONE 2011; 6(2): e16885). For more information, go to [https://segm.org/trans\\_youth\\_suicide\\_study](https://segm.org/trans_youth_suicide_study)

## How Many Detransitioners/Desisters Are There?

**No one knows the true number of detransitioners.** This is because...

- **gender clinics are not tracking their patients for follow-up**
- **detransitioners don't usually contact the medical professionals that prescribed the wrong-sex hormones or performed the surgeries.**

Reddit/Detrans, a platform for questioning transitioners, desisters and detransitioners started in 2017 and now has **over 26,700 members**, up from 21,000 about a year ago — an increase of **16 new subscribers a day**. The significant growth is an indication of the increases in this population.

**The number of desisters is completely unknown.** We know that that **80% to 88%** of pre-pubescent children who believe that they should be the opposite sex, but **do not socially transition** (change name, pronouns and outward appearance) would **grow up to be comfortable with their unaltered, natal bodies**. A large portion are same sex attracted. ([www.frontiersin.org/articles/10.3389/fpsy.2021.632784/full](http://www.frontiersin.org/articles/10.3389/fpsy.2021.632784/full)). The current affirmation model prevents that 80% to 88% of gender confused children from avoiding a lifetime of wrong-sex hormone medications, loss of fertility, sexual dysfunction, and higher risks for other health problems associated with these treatments.

For more information, go to [Detransawareness.org](http://Detransawareness.org)

## Who Started Detransition Awareness Day?

**Kiera Bell**, a prominent UK detransitioner who filed the landmark action against the UK gender clinic, revealing the lack of evidence that transitioning alleviates gender dysphoria or that puberty blockers are safe and reversible.

**Detrans Voices** — a US-based support group for detransitioners/desisters ([Detransvoices.org](http://Detransvoices.org)).

**Detrans Canada** — a Canadian-based group for detransitioners/desisters ([Detranscanada.com](http://Detranscanada.com)).

**Post Detrans** — a European-based group for detransitioners/desisters founded by two female detransitioners from Belgium and Germany who wrote and illustrated Gender Detransition, a path towards self-acceptance, which is available in six different languages ([Post-trans.com](http://Post-trans.com)).