

My Story Started with Childhood Trauma

When I was 4, my grandmother made me a purple dress and told me how cute I looked in it. She cross-dressed me for 2 years until my parents discovered our secret.

Soon after, my uncle, a troubled teenager, heard about the dress and started teasing me, which escalated into sexual molestation.

In my 20s and 30s, I was married with 2 children and a successful career, but I increasingly abused alcohol and drugs to cope with gender distress.



In my 40s, my gender therapist said I needed hormones and surgery. I divorced my wife, had surgery, and changed my identity to “Laura.”

But my dysphoria persisted, and I attempted suicide.

Through intensive counseling, I was able to resolve the childhood trauma and my feelings of gender dysphoria dissipated.

After 8 years of living as “Laura” I detransitioned back to Walt. Now I help others who want to detransition.

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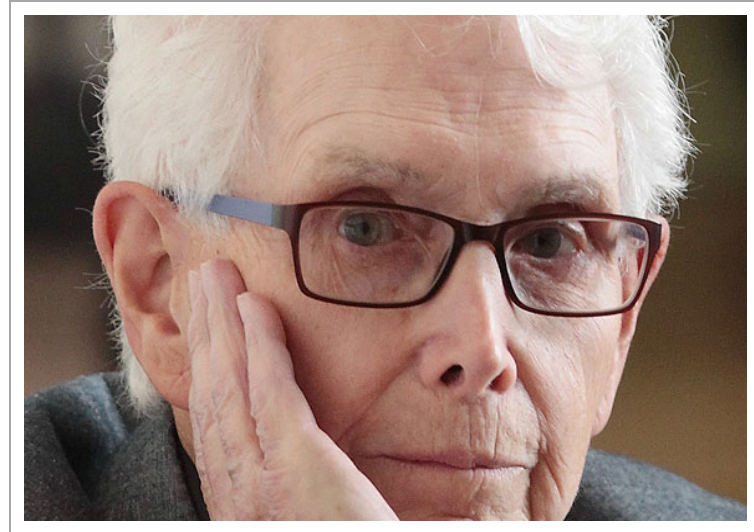
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PROTECT OUR YOUTH— Stop Harmful Hormones & Surgery

My testimony is 78 years in the making.

I identified as a woman for 8 years.



WALT HEYER

What about suicide?

Major countries reverse course

- **Countries** which previously championed the practice of medically “transitioning” youth **have sharply curtailed the practice: UK, Sweden, Finland, France, Norway***
- **The international standard of care is watchful waiting**, including psychological evaluation of the child and the family, not gender affirming therapy (GAT)
- **The natural course** of gender dysphoria **is desistance** by adulthood, **(85-95%)**, unless it is affirmed

States restrict the practice

Florida reviewed the evidence and limited the widespread use of hormonal and surgical interventions for gender-dysphoric youth.

7 other states passed laws to limit it: Alabama, Arkansas, Arizona, Georgia, Mississippi, South Dakota, Tennessee*

More states are in process: Montana, Missouri, Kentucky*

- **No research supports the claim** that cross-sex hormones and surgery stop suicide.
- Some studies show that it **increases** the risk.
- Suicide.org says 95% of suicides are caused by **untreated depression** or other mental issues.

Psychologists Dr. Michael Bailey (Northwestern University) and Dr. Ray Blanchard (University of Toronto) say:

“[T]he best scientific evidence suggests that **gender transition is not necessary** to prevent suicide”

Psychiatry Professor Stephen Levine says:

“...**gender transition is not an appropriate response** to suicidal intent or threat, as it ignores the larger mental health and social context of the young patient’s life...”

Giving teens hormones and surgery does not stop suicidal ideation; it fuels it.

*As of March 24, 2023

How to help youth

DISCOVER WHAT DRIVES IT.

Underlying causes and contributors include:

- Adverse Childhood Experiences (ACEs) or trauma in childhood
- Underlying mental health issues, such as depression
- Social contagion and peer pressure
- Social media influences such as YouTube, Tumblr, Snap Chat, anime games, pornography

PROVIDE COUNSELING AND REMOVE THE INFLUENCES.

The answer is to provide trauma therapy with a trained trauma therapist, not “gender” therapy.

“Those underlying causes and contributors – which are always there – don’t vanish with GAT, they are the seeds of regret, and they must be dealt with.”

Source: **Bechard M et al**, Psychosocial and Psychological Vulnerability in Adolescents with Gender Dysphoria: a “proof of Principle” Study, *J Sex and Marital Therapy* 2017;43:678-688.

JOIN OTHER COUNTRIES *IN PROTECTING KIDS FROM HORMONES AND SURGERY—*



UK

Tavistock, World's Largest Pediatric Gender Clinic, Shut Down Due to Poor Evidence, Risk of Harm



Sweden

Sweden Pulls Back from Gender Affirming Care on Minors: 'Good Psychosocial Care Is Fundamental'



Finland

Finns Turn against Puberty Blockers for Gender Dysphoria



France

Sweden, France Revert to Cautious Approach for Gender Diverse Youth



Norway

Norway Decides 'Gender Affirming Care' Is 'Not Evidence Based'

Regret is real

Up to 20% have regret

Sex changes are not effective, say researchers.
sexchangeregret.com/regret-is-not-rare/

19 times more likely to die by suicide **after** surgery.

44,000 members on reddit subgroup, r/detrans

– **all** have either detransitioned, desisted, or questioned their “transition.”



2 million visitors to detrans info website,
SexChangeRegret.com

10,000+ emails sent to me by regretters

Consequences are real

Harms from Puberty Blockers

- Failure to grow, liver damage, mental health problems, skeletal damage and bone thinning
- Infertility, osteoporosis, and cardiovascular disease
- Brain swelling, vision loss in children (FDA, July 2022)
- Going through puberty develops healthy brains and bones. The effects of disrupting puberty are not known (UK’s National Health Service and USA FDA).

Harms from Cross-sex Hormones

For females taking testosterone: heart attacks and strokes, liver dysfunction, diabetes type 2, body and facial hair growth, male pattern baldness, deepened voice, often permanent.

For males taking estrogen: blood clots, heart attacks and strokes, breast cancer, weight gain, insulin resistance

Consequences of Surgery

- Male parts are permanently mutilated, 50% experience complications—pain, surgical site bleeding, sexual function concerns, urinary dysfunction
- Hysterectomy causes permanent sterility
- Breast removal ends the ability to breast feed
- 19 times higher suicide rate 10 years after surgery