[home address]

[date]

BY E-MAIL AND U.S. MAIL

[Principal’s name]

[school name]

[school address]

[principal/school e-mail address]

Re: Notice and Demand Concerning Gender Transition

Dear [Principal’s name]:

We are the parents of \_\_\_\_[name of student]\_\_\_\_, a student at your school. As the parents of \_\_\_\_\_\_\_\_\_\_\_\_, we demand to be informed in advance before any actions are taken by the school (which includes any employee, contractor, volunteer or anyone else working under the authority of the school) to assist, support, advise, counsel or otherwise engage with our child to transition name, gender and/or pronoun from the name, gender and/or pronoun which we instructed the school district to use when we matriculated our child.

We have many reasons for this notice and demand. These reasons include:

1. Parents have the fundamental right and responsibility to care for and make decisions for their minor children. The law presumes that parents know their children best and make decisions in their children’s best interests.
2. Whether to exhibit as transgender is a major life decision with many repercussions for a child for the rest of a child’s life.
3. Such a decision affects much more than just life at school at a given point in time, but life in the family and the community both immediately and for many years.
4. Guidance of leading medical associations regarding minors exhibiting as transgender recommend that parents be involved in the decision.
5. Such guidance also advises that a child not transition until after a thorough professional psychiatric examination, which will probe issues such as whether a desire to transition is unduly influenced by peer pressure. Such an examination is not provided by the school and can best be facilitated by a child’s parents.
6. The large majority of minors who experience gender incongruence, if given adequate time, become reconciled to their biological sex, and an immediate transition can hinder this natural process.
7. Many children who transition or who are considering transition, suffer from gender dysphoria, reported symptoms of which include anxiety, depression, and suicide ideation. These are all medical conditions that call for professional assistance that parents can arrange.
8. Maryland Education Code 7-426 requires schools to report to parents any medical condition of their child.
9. The decisions of whether and when to exhibit as transgender also involve religious, scientific, and philosophical considerations that may inform the decisions in important ways.

We understand that current Frederick County Public School Policy 443 may in some respects be inconsistent with this notice and demand that the school not take any action to assist, support, advise, counsel or otherwise engage with our child related to a potential gender transition without our advance notice and approval. To the extent it is, we believe it to be in violation of our rights and responsibilities under both federal and state law and request that you honor this notice and demand notwithstanding any school policy. Please place this notice and demand in all files the school keeps concerning our child (whether “official,” “unofficial,” or “confidential”).

Sincerely,

[Parent names]