



FAQ

Understanding the Executive Order on Healthcare for Transgender Young People

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On January 28, 2025, President Trump signed an executive order titled “*Protecting Children from Chemical and Surgical Mutilation.*” This executive order is a direct attack on transgender youth and their access to safe and medically necessary healthcare. It aims to restrict access to healthcare, including access to hormone therapy and puberty blockers, for transgender youth. It threatens the rights of youth, their parents, and caregivers to make informed, evidence-based healthcare decisions for their health and well-being.

This executive order is also designed to **scare and intimidate** healthcare providers out of delivering necessary, evidence-based care to transgender youth. By abusing federal power, the order creates an environment of **fear, uncertainty, and legal risk** for doctors, hospitals, and clinics that provide healthcare care to transgender youth and 18 year olds, which is the legal age to be considered an adult.

While all of this is extremely harmful, we’re here for you. We are working with our legal partners and with folks at the highest levels in our state’s government and healthcare to ensure that Vermonters are protected. In a joint statement issued by Attorney General Clark and the Human Rights Commission on Thursday, January 23, 2025, they affirmed their commitment to enforcing laws protecting Vermonters against discrimination on the basis of gender identity.

Most importantly, no attempt to erase trans people will ever succeed. Trans people, including trans youth, have always been here and always will be. Trans youth are loved, valued, and belong exactly as they are. No executive order or legal document

can change that truth. Everyone deserves the chance to thrive, and we stand with youth. Together, we will build a world where LGBTQ+ youth have boundless possibilities for joy, and all people know liberation.

And allied adults, you can make a real difference. Just one supportive adult – whether a parent, caregiver, educator, or someone else – can help by supporting the young person in your life. Remind them that they are loved, they belong, and that no executive order or any attempt by extremists to erase their truth will succeed. It’s important to reaffirm your support and commitment to who they are and that you will stand with them. Remind them that many healthcare professionals, advocates, and community members are working tirelessly to protect their rights, ensuring they can access the care they need.

This FAQ is designed to help youth, parents, caregivers, and allies understand what this order does, how it might impact access to care, and what steps can be taken in response.

1. What does this Executive Order do?

The executive order declares that it is the policy of the United States not to “fund, sponsor, promote, assist, or support” necessary healthcare for transgender youth who are under 19 years old. This includes minors as well as 18-year-olds, who by law are legal adults. It specifically targets the necessary healthcare that many transgender youth need, including medical care and other types of care.

2. How will this Executive Order impact people with private insurance coverage?

While the executive order does not explicitly mention private insurance companies, its directives could indirectly influence private insurers. If federal guidelines or standards of care are altered as a result of this order, private insurers might adjust their coverage policies to align with the new federal stance. Additionally, if state regulations change in response to the federal policy shift, private insurance companies operating within the state may change their coverage of healthcare for transgender youth.

3. How will this Executive Order impact Medicaid recipients?

It calls for the Department of Health and Human Services (HHS) to take regulatory action to end gender-affirming care for youth under Medicaid. This includes the possibility of changing Medicaid rules for coverage and participation, effectively

making it harder for healthcare providers to offer this essential care to minors and adults who are 18 years old who rely on Medicaid.

4. Are there other healthcare programs that will be impacted?

Yes. The executive order instructs the Office of Personnel Management (OPM) to exclude healthcare for transgender youth from federal employee health insurance plans and does the same for TRICARE (military insurance).

5. How will this impact hospitals and healthcare providers?

The executive order pressures medical institutions—hospitals, medical schools, and clinics—to stop providing healthcare to transgender youth by cutting off federal research or education grants to institutions that continue delivering care to this population. HHS (Health and Human Services) is tasked with taking regulatory action to make it harder for healthcare providers to offer healthcare to transgender youth and adults who are 18 years old, which will have a chilling effect, where providers are forced to choose between their professional obligations to patients and complying with intrusive and restrictive government mandates.

6. What does the Department of Justice (DOJ) have to do with this order?

The DOJ is ordered to prioritize enforcement of existing protections against “female genital mutilation,” investigate providers for consumer deception, fraud, or violations of the Food, Drug, and Cosmetic Act, and to investigate states that have laws or policies protecting gender-affirming care for youth. The DOJ will also investigate issues related to child custody, particularly in “sanctuary states” where families may seek care for their children despite these restrictions.

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7. Will this Executive Order affect all federal agencies?

Yes, it requires all federal agencies to rescind any policies that rely on the World Professional Association for Transgender Health (WPATH) guidance, a key resource for best practices in providing healthcare to transgender patients. The Secretary of HHS is also ordered to publish a review of existing literature and research on healthcare to transgender youth within 90 days of the executive order's issuance on January 28, 2025.

8. What is the timing for implementation of these changes?

Although the executive order directs agencies to take action "immediately," agencies must follow regulatory procedures and applicable laws, which means it could take some time before these changes are fully enforced. A report on progress outlining the steps agencies have taken to implement the directives is due 60 days from the date the executive order was issued (January 28, 2025).

9. How should I talk to the young people in my life about this order?

This is an attempt to restrict healthcare access for many transgender youth and young adults who need healthcare. It's important to reassure the young person in your life that they are loved, and that many doctors, advocates, and organizations are fighting for their right to healthcare. While this administrative action creates uncertainty, it's not the end of the fight by a long shot, and mean pencil pushers in administrative buildings miles away do not determine your identity. They can make life hard, they can make resources scarce, but they can't take away who you know yourself to be. We're always going to celebrate you for exactly who you are!

10. How are advocacy groups responding?

In Vermont and nationally, a response is underway and has been afoot in anticipation of a Trump Administration.

Outright is a part of the [Rise Up for Youth Coalition](#), a network of organizations united to support and protect young people from the impacts of today's challenging political and social climate. In addition, we are calling on public officials to take action and support LGBTQ+ youth. We have met with key officials and are continuing our dialogue following the issuing of the executive order to determine the best line of action. We will provide timely updates as we move forward.

11. What can parents and caregivers of LGBTQ+ youth do to support the young people in their lives during this time?

- **Create a Culture of Care:** You are the best line of support and defense for the LGBTQ+ youth in your life. Aim to create an accepting, warm, and caring environment for the young person in your life to thrive.
- **[Download Handling With Care:](#)** This toolkit was designed to offer you best practices, supportive resources, and an introduction to a community of affirming parents and caregivers who share a piece of this story. Find [Handling With Care](#) at outrightvt.org

- **Be an Askable Adult:** Askable adults are committed to having open, affirming and strong relationships with youth. For more information, visit <https://www.vtnetwork.org/create-change/askable-adult/>
- **Seek Resources:** Outright hosts a resource page on our website for legal, health, and crisis support. Additionally, we offer social and support groups as well as other opportunities to connect. Find the resources you need at outrightvt.org.

12. What specific actions can Vermonters take to support LGBTQ+ youth?

- **Stay Informed** – We know the overwhelm is real for everyone, including parents and caregivers. Find opportunities to stay informed and educate yourself on the relevant issues that impact LGBTQ+ youth. Follow us on social media and join our email list for timely information and opportunities to connect to our amazing community!
- **Be a Visible and Vocal Supporter** – Whether it’s a bumper sticker, a button, or a letter to the editor, be visible and vocal in your support for LGBTQ+ youth.
- **Build Support Networks:** Lean on Vermont’s strong LGBTQ+ community, including youth drop-in spaces, camps, and mentorship programs.
- **Educate and Advocate:** Participate in advocacy training and initiatives led by local organizations to help amplify Vermont’s voice against harmful policies.
- **Write a Letter to the Editor** – Write a letter to the editor in support of increased support and protections of LGBTQ+ youth in our schools, health care systems and communities.
- **Call on Leaders to Act** – The danger we face is a new normal that yields inaction by elected leaders. Call on your Vermont representatives, senators and our Governor to exhaust all possibilities to protect LGBTQ+ youth.
- **Encourage Local Schools to Act:** Advocate for schools to adopt and implement affirming policies, such as gender-inclusive curricula and safe spaces for LGBTQ+ youth.
- **Celebrate Vermont’s Progress:** Remember that Vermont has been a trailblazer for LGBTQ+ rights and remains a supportive and affirming place for LGBTQ+ youth and their families.