

### **3 Minutes (practice time: 2:45)**

Good afternoon committee members. If you don't know me, my name is Adam Kellogg, and I'm thrilled to be here with you all today. I am twenty years old, a near lifelong Kansan, a graduate student at the University of Kansas, and perhaps most importantly to this hearing today, a recipient of gender-affirming care as a minor. I was born female and have transitioned to male, beginning my social transition at 12 years old.

Numerous visits to mental health professionals and strong collaboration with multiple doctors confirmed that puberty blockers would help alleviate the gender dysphoria causing my depression. At 13, I was the proud recipient of a puberty blocker. I gained a new confidence and a new lease on life, finally able to make friends and pursue my academic ambitions. Through these changes, my mom tells me that she watched the cloud of depression physically lift from my shoulders.

The blocker I received was a subcutaneous implant, which was coded as an outpatient surgery. Therefore, the blocker that lifted my depression and helped me succeed would be restricted because of HB 2792. All of my extroversion, my self-confidence, and my hopes for the future would not have taken shape if this bill was law when I was a kid.

Four years after my puberty blocker, 3 days before my 17th birthday, I began testosterone. If a blocker lifted the depression cloud, testosterone put the sun back in the sky. I opened up even more to my classmates and friends, and was able to sustain my stability in the midst of a global pandemic.

What's more, I began an extensive consultation process for a double mastectomy at 17. With multiple experts explaining all the risks and concerns with such a surgery, I felt even more assured that I was making the right decision. If not for the long wait list due to insurance

holdups, I could have received that surgery at 17. I still wish I had been able to, in large part because of the confidence it instilled in me.

Committee members, I cannot express to you in words just how free I felt after my gender-affirming surgery. If testosterone added the sun to the sky, top surgery returned the color to my vision, grew the flowers and grass beneath my feet, and put the breeze back in the leaves. With my gender dysphoria alleviated, I was able to buckle down in my school work and complete my bachelor's degree in two years, graduating at 19 years old. I began my master's degree this fall, and the world has never been brighter. I have found myself. I have found my calling. I have found the strength to share my story with you all today.

I credit a lot of my success and passion for life to my transition. Don't rob the transgender youth of Kansas of this kind of joy. Help them find the beauty of the world that I was able to find. Help them focus on class work, on their friends, on their careers, and on their communities. Striking down HB 2792 would mean kids that are free to live their lives safely, responsibly, and happily. I appreciate your time today, and I implore you to think of happy, driven young people like me when you make your decision. Thank you for your time.