Transgender Rights in the United States: A Landscape in 2025

1. Executive Summary:

This report analyzes the state of transgender rights in the United States as of 2025. A significant development during this period is the marked rollback of transgender rights at the federal level, primarily through a series of executive orders issued by the new administration. This federal shift is occurring alongside an increase in restrictive legislation in many states, creating a complex and often hostile environment for transgender individuals. Key areas impacted include non-discrimination protections, access to healthcare—particularly gender-affirming care for youth—the rights of transgender students in educational settings, the treatment of transgender individuals within the criminal justice system, and the fundamental legal recognition of transgender identities. While these restrictive measures are being implemented, they are also facing numerous legal challenges in federal and state courts. Furthermore, advocacy groups are playing a critical role in resisting these rollbacks and supporting the rights and well-being of the transgender community. The overall trend in 2025 indicates a substantial threat to transgender rights and well-being across the United States. The immediate and sweeping nature of the federal executive orders suggests a deliberate and coordinated effort to dismantle existing protections for transgender individuals ¹. This coordinated approach across multiple domains, from healthcare to identification, points towards a top-down strategy aiming for a broad and systemic impact rather than isolated policy adjustments. Simultaneously, a divergence exists between federal policies and those of some states, where "shield" laws and other protective measures aim to safeguard transgender rights, particularly in healthcare 3. This creates a fragmented and potentially conflicting legal landscape, where the rights and protections available to transgender individuals can vary significantly depending on their geographic location.

2. Federal Policy and Legal Framework:

• 2.1. Executive Orders Defining "Sex" and Limiting Non-Discrimination: On January 20, 2025, President Trump issued an executive order that redefined "sex" in federal law as strictly binary—male or female—based on an individual's biological sex assigned at birth 1. This redefinition has far-reaching implications for the interpretation and application of federal laws, regulations, and policies. It effectively withdraws the previous Biden administration's understanding of sex discrimination, which included discrimination based on gender identity, aligning with the view that "gender ideology" is an extremist concept 1. The order explicitly rejects the application of the Supreme Court's decision in Bostock v. Clayton County to single-sex spaces under Title IX, arguing that the landmark ruling, which extended workplace protections to LGBTQ+ employees, does not mandate gender identity-based access to such spaces 2. Federal agencies and employees are now mandated to use the term "sex" rather than "gender" in all official capacities, including federal policies and documents, and are required to remove any language or policies promoting "gender ideology" 2. This shift also impacts government-issued identification documents, such as passports and visas, which are now required to reflect only the individual's biological sex as defined by the executive order 2. This redefinition of "sex" at the federal level has a cascading effect, potentially undermining years of progress in LGBTQ+ rights by narrowing the scope of anti-discrimination laws and impacting access to various federal programs and services. By defining sex strictly as binary and assigned at birth, the federal government is attempting to exclude transgender individuals from the protections afforded by laws prohibiting sex discrimination. This could affect areas like employment, housing, healthcare, and education, where policies had increasingly recognized gender identity as part of sex. The focus on "biological truth" and the rejection of "gender ideology" reflect a broader ideological agenda that seeks to marginalize transgender identities and reinforce traditional gender norms 2. The language used in the executive orders and related documents indicates a belief that transgender identities are not valid or are harmful, which drives the policy changes and contributes to a climate of hostility towards transgender individuals.

Further limiting protections, an executive order issued on January 21, 2025, revoked non-discrimination protections for LGBTQ+ federal employees and employees of federal contractors ². This order reverses the protections previously extended through an executive order issued by President Obama in 2014 and limits the responsibilities of the Department of Labor's Office of Federal Contract Compliance Programs (OFCCP) in ensuring diversity and equal opportunity for these employees ⁶. The order also impacts diversity, equity, and inclusion (DEI) programs and initiatives within the federal government, with Project 2025 explicitly aiming to eradicate federal funding for such programs ⁴. This move signals a significant shift away from federal efforts to promote inclusivity and protect LGBTQ+ individuals from discrimination in the workplace.

2.2. Restrictions on Military Service:
 The administration also reinstated the ban on openly transgender individuals serving in the U.S. military through an executive order issued on January 27, 2025

 1. This policy, similar to one from the first Trump administration, asserts that "expressing a false 'gender identity' divergent from an individual's sex cannot

satisfy the rigorous standards necessary for military service" 1. The justification

provided includes concerns about medical interventions and the belief that "adoption of a gender identity inconsistent with an individual's sex conflicts with a soldier's" readiness and cohesion 1. This reinstatement of the military ban not only affects the livelihoods of transgender service members but also sends a message of exclusion and discrimination, potentially impacting public perception and social acceptance of transgender individuals. Excluding transgender individuals from military service, despite their willingness and ability to serve, reinforces the idea that they are somehow less capable or less deserving of equal opportunity, contributing to stigma and discrimination in other areas of life.

• 2.3. "Project 2025" and its Influence:

The policies enacted by the new administration align closely with the goals outlined in "Project 2025," a comprehensive policy agenda developed by conservative organizations 4. Analysis by GLAAD reveals that Project 2025 aims to fundamentally eliminate LGBTQ+ rights across the board, eradicate federal funding for DEI programs, and narrowly redefine "sex discrimination" to exclude gender identity 4. Specific objectives include stripping away existing non-discrimination policies by removing terms like "sexual orientation" and "gender identity" from federal rules, regulations, contracts, grants, and legislation 4. The project also seeks to restrict healthcare access for transgender individuals by eliminating transgender healthcare in Medicare and Medicaid and opposing such care for service members using public funds 4. In the realm of education, Project 2025 advocates for repressing inclusive policies and curricula, potentially leading to the closure of the Department of Education itself 4. Furthermore, the agenda aims to fundamentally alter American diplomacy in favor of anti-LGBTQ+ agendas 4. Project 2025 serves as a blueprint for a comprehensive dismantling of transgender rights across all levels of government, indicating a long-term strategic effort rather than isolated policy changes. The detailed policy recommendations within Project 2025 demonstrate a clear and organized plan to reverse progress on transgender rights. This suggests that the current federal policies are likely part of a broader, sustained effort to restrict the rights and visibility of transgender individuals.

3. State Legislative and Policy Analysis:

3.1. Bans on Gender-Affirming Care for Minors:
 As of January 2025, at least twenty-six states had enacted bans on some form of best-practice medical care for transgender children 1. Of these, six states have gone further by criminalizing the provision of such care as a felony 1. These bills primarily target access to puberty blockers, hormone therapy, and surgical interventions for individuals under the age of 18 3. In contrast, fourteen states and

the District of Columbia have implemented "shield" laws protecting access to transgender healthcare, and two additional states have similar protections through executive orders 3. The widespread enactment of bans on gender-affirming care for minors, often with felony penalties, reflects a highly politicized environment where medical decisions are being overridden by legislative action, potentially causing significant harm to transgender youth. The sheer number of states implementing these bans, despite the consensus of major medical organizations supporting gender-affirming care, indicates a strong ideological push against transgender rights. The criminalization of medical care further underscores the severity of this trend.

Table 1: State-Level Bans on Gender-Affirming Care for Minors (as of March 2025)

State	Medicatio n Ban	Surgery Ban	Both Bans	Felony Crime	Shield Law	Executive Order Shield
Alabama	Yes	Yes	Yes	No	No	No
Arkansas	Yes	Yes	Yes	No	No	No
lowa	Yes	Yes	Yes	No	No	No
Idaho	Yes	Yes	Yes	No	No	No
Kansas	Yes	Yes	Yes	No	No	No
Kentucky	Yes	Yes	Yes	No	No	No
Mississipp i	Yes	Yes	Yes	No	No	No
Montana	Yes	Yes	Yes	No	No	No
North	Yes	Yes	Yes	No	No	No

Dakota						
Ohio	Yes	Yes	Yes	No	No	No
Oklahoma	Yes	Yes	Yes	No	No	No
South Dakota	Yes	Yes	Yes	No	No	No
Tennessee	Yes	Yes	Yes	No	No	No
Utah	Yes	Yes	Yes	No	No	No
West Virginia	Yes	Yes	Yes	No	No	No
Wyoming	Yes	Yes	Yes	No	No	No
Arizona	Yes	No	Partial	No	No	No
Florida	Yes	No	Partial	No	No	No
Georgia	Yes	No	Partial	No	No	No
Indiana	Yes	No	Partial	No	No	No
Louisiana	Yes	No	Partial	No	No	No
Missouri	Yes	No	Partial	No	No	No
Nebraska	Yes	No	Partial	No	No	No
North Carolina	Yes	No	Partial	No	No	No
South Carolina	Yes	No	Partial	No	No	No
Texas	Yes	No	Partial	No	No	No

Virginia	Yes	No	Partial	No	No	No
Alabama	No	No	No	Yes	No	No
Arkansas	No	No	No	Yes	No	No
Kentucky	No	No	No	Yes	No	No
Mississipp i	No	No	No	Yes	No	No
Oklahoma	No	No	No	Yes	No	No
Texas	No	No	No	Yes	No	No
California	No	No	No	No	Yes	No
Colorado	No	No	No	No	Yes	No
Connectic ut	No	No	No	No	Yes	No
Delaware	No	No	No	No	Yes	No
Illinois	No	No	No	No	Yes	No
Maine	No	No	No	No	Yes	No
Maryland	No	No	No	No	Yes	No
Massachu setts	No	No	No	No	Yes	No
Michigan	No	No	No	No	Yes	No
Minnesota	No	No	No	No	Yes	Yes
Nevada	No	No	No	No	Yes	No

New Hampshir e	No	No	No	No	Yes	No
New Jersey	No	No	No	No	Yes	No
New Mexico	No	No	No	No	Yes	No
New York	No	No	No	No	Yes	No
Oregon	No	No	No	No	Yes	Yes
Pennsylva nia	No	No	No	No	Yes	No
Rhode Island	No	No	No	No	Yes	No
Vermont	No	No	No	No	Yes	No
Washingto n	No	No	No	No	Yes	No
Washingto n D.C.	No	No	No	No	Yes	No

Note: This table is compiled from the provided snippets and may not represent the complete legal landscape.

• 3.2. Restrictions on Transgender Students in Schools: Beyond healthcare, many states have also focused on restricting the rights of transgender students in schools. As of January 2025, twenty-five states prohibited transgender children from participating in school athletics consistent with their gender identity 1. Furthermore, fifteen states barred transgender individuals from using bathrooms and other facilities in schools that align with their gender identity, with some of these statutes extending to other government buildings 1. The implementation of "Don't Say Gay or Trans" school censorship laws, which restrict discussions of LGBTQ+ topics in educational settings, has also been widespread 3. Some states have enacted policies requiring parental permission before students can use different names or pronouns at school 12. Additionally, there have been efforts to eliminate federal funding for schools that recognize transgender students or support their social transition 1. The focus on restricting the rights of transgender students in schools suggests a targeted effort to limit the visibility and inclusion of transgender youth in educational settings, potentially impacting their well-being and educational experiences. The various restrictions on sports participation, bathroom access, curriculum, and pronoun usage create a hostile environment for transgender students, which can lead to increased bullying, discrimination, and mental health challenges, hindering their ability to thrive in school.

• 3.3. State-Level Legislation in Specific States:

Several states have taken particularly restrictive stances on transgender rights. In lowa, Governor Kim Reynolds signed a bill into law that removes gender identity as a protected class from the lowa Civil Rights Act 17. This action eliminates state anti-discrimination protections for transgender people in areas such as housing, employment, and public accommodations, effectively making it legal to discriminate against transgender lowans in nearly every aspect of life 17. The new law also introduces restrictive definitions of "sex" as "male or female as observed or clinically verified at birth" and "gender" as synonymous with sex, explicitly stating it is not a synonym for gender identity 19. Iowa lawmakers have also considered other anti-LGBTQ+ bills in 2025, further indicating a trend towards limiting transgender rights in the state 16.

In Texas, legislation has been proposed that could criminalize transgender individuals for identifying as a gender different from their sex assigned at birth when interacting with government entities or employers ²¹. House Bill 1470, introduced by Republican State Rep. Tom Oliverson, would create a new offense called "gender identity fraud," punishable by up to two years in jail and a \$10,000 fine ²¹. Furthermore, a bill co-authored by a majority of the Texas House of Representatives aims to restrict bathroom use in public buildings by transgender people, mandating segregation based on the state's definition of sex, which relies solely on the "original" birth certificate and ignores updated gender markers ²². Governor Greg Abbott has also directed Texas state agencies to reject "woke gender ideologies," aligning with the federal administration's stance ²³. These actions in Texas are part of a broader plan by conservatives in the state to further restrict the lives of transgender adults, including limiting gender identity markers on documents and restricting funding for gender reassignment surgery 10. The actions in states like Iowa and Texas demonstrate a trend towards not only restricting specific rights but also actively seeking to erase or criminalize transgender identities at the state level. The removal of civil rights protections in

lowa and the proposed criminalization of transgender identity in Texas represent a significant escalation in the legislative attacks on transgender people. These actions go beyond specific policies and aim to undermine the very existence and recognition of transgender individuals within these states.

• 3.4. Other Notable State Legislation:

Several other states have also passed or considered legislation impacting transgender rights in 2025. In Alabama, SB79 defines sex-based terms within the state code and establishes a legislative policy regarding sex and gender identity, reinforcing a binary view of sex 24. Arkansas has passed bills like HB1307 and SB246 that restrict DEI initiatives in state-supported institutions of higher education and prohibit the use of funds for gender-affirming care or abortion services 24. The Wisconsin Assembly approved four bills aimed at restricting transgender rights, including measures that would limit trans kids' participation in sports, bar minors from accessing gender-affirming medical care, and require parental permission for students to use different names or pronouns 12. These various state-level bills passed or under consideration highlight the diverse ways in which states are attempting to regulate and restrict the rights and lives of transgender individuals, often focusing on defining sex in exclusionary ways and limiting access to resources and protections. The different approaches taken by various states, from defining sex to restricting funding and prohibiting certain activities, illustrate the multifaceted nature of the legislative assault on transgender rights. While some states focus on healthcare, others target education or legal recognition, reflecting different priorities within the broader anti-transgender movement.

4. Judicial Review and Ongoing Litigation:

4.1. Legal Challenges to Federal Executive Orders:

The Trump administration's executive orders have faced immediate and numerous legal challenges. Lawsuits have been filed by various organizations and individuals against the orders defining "sex" and restricting gender-affirming care 2. Federal judges have granted temporary restraining orders and preliminary injunctions in some cases, blocking the enforcement of certain provisions, particularly those threatening federal funding for providers of gender-affirming care for people under 19 2. Plaintiffs in these cases argue that the executive orders are discriminatory, violate constitutional rights such as equal protection and due process, and represent an overreach of executive power 8. A legal challenge has also been mounted against the executive order banning transgender women and girls from participating in female sports, with claims of discrimination and violation of Title IX 32. Additionally, the State Department's

refusal to issue accurate passports reflecting transgender individuals' gender identity is being challenged in court 5. Transgender individuals incarcerated in federal custody have filed a class action lawsuit against the Trump administration and the Federal Bureau of Prisons (BOP) challenging the executive order and new BOP policies that prohibit their access to gender-affirming care and mandate housing based on sex assigned at birth 27. Civil and human rights organizations have also sued the administration over executive orders that ban DEI initiatives and seek to deny the existence of transgender people, arguing violations of the First and Fifth Amendments 8. The immediate and numerous legal challenges to the federal executive orders indicate a strong resistance to these policies and a recognition of their potential harm to transgender individuals. The early successes in obtaining temporary blocks suggest that the legal arguments against these orders have merit.

- 4.2. Court Cases Involving State-Level Legislation:
 - Several significant court cases are underway concerning state-level legislation impacting transgender rights. L.W. v. Skrmetti/U.S. v. Skrmetti, a case before the Supreme Court, involves Tennessee's ban on gender-affirming care for minors 1. Notably, the federal government's position in this case shifted under the new administration, with the Department of Justice now arguing that the Tennessee law does not violate the Constitution's guarantee of equal protection 36. The petitioners, however, argue that the law discriminates based on both sex and transgender status 1. Ongoing cases also challenge state-level bans on gender-affirming care in other states 1, as well as sports bans, such as the case in Idaho 34. In a significant victory for transgender rights, an Ohio court blocked the state's ban on gender-affirming care for minors 27. Conversely, a district court judge in Montana struck down a bill that sought to define "sex" using binary terms, citing violations of equal protection and privacy rights under the Montana Constitution 20. The involvement of the Supreme Court in cases concerning transgender rights, particularly healthcare bans, signifies the high stakes of these legal battles and the potential for landmark decisions that could shape the legal landscape for years to come. The Supreme Court's decision in L.W. v. Skrmetti could have significant implications for the constitutionality of state-level bans on gender-affirming care. The change in the federal government's position highlights the political nature of these issues and the potential for shifts in legal interpretation based on the administration in power.
- 4.3. The Role of Bostock v. Clayton County:
 Despite federal efforts to limit its application, the Supreme Court's 2020 decision
 in Bostock v. Clayton County continues to play a crucial role in legal arguments
 against discrimination based on sexual orientation and gender identity 2. While

the Trump administration's executive orders attempt to reject the idea that Bostock requires gender identity-based access to single-sex spaces under Title IX, the precedent that discrimination based on gender identity is inherently a form of sex discrimination remains a significant legal foundation for challenging discriminatory policies 2. Despite federal efforts to narrow its scope, the Bostock precedent remains a crucial legal tool for challenging discrimination against transgender individuals, particularly in areas like employment. The Supreme Court's ruling in Bostock established that discrimination based on sexual orientation and gender identity is a form of sex discrimination under Title VII. This precedent continues to be cited in legal challenges against discriminatory policies, even as the federal government attempts to limit its application to specific contexts.

5. Healthcare Access for Transgender Individuals:

5.1. Impact of Federal Executive Order on Gender-Affirming Care: President Trump's executive order titled "Protecting Children From Chemical And Surgical Mutilation," issued on January 28, 2025, aims to significantly limit access to gender-affirming care for individuals under the age of 19 nationwide 1. The order directs federal agencies and programs to work towards this goal by redefining gender-affirming care using harmful and inaccurate terms and prohibiting federal agencies from engaging in activities that would support access to such care 30. This includes directing the Department of Health and Human Services (HHS) to end support for gender-affirming care in various healthcare programs, including Medicaid, Medicare, TRICARE, and the Federal Employee Health Benefits Program 1. The order also calls for a potential reinterpretation of Section 1557 of the Patient Protection and Affordable Care Act (ACA) to remove explicit protections based on sexual orientation and gender identity in health programs receiving federal funding 4. Furthermore, the executive order instructs the Department of Justice (DOJ) to draft legislation that would enable individuals to sue healthcare providers for alleged harm resulting from gender-affirming care received as minors, including a "lengthy" statute of limitations 1. In the immediate aftermath of the order, some hospitals across the country abruptly halted medical care for transgender people under age 19, canceling appointments and turning away patients, demonstrating the significant confusion and disruption caused by the federal directive 25. The federal executive order on gender-affirming care has created significant uncertainty and disruption in the provision of essential medical care for transgender youth, even before its full implementation, due to fear of funding cuts and legal repercussions. The order's broad language and threats of funding withdrawal have led to a chilling

effect on healthcare providers and institutions, causing some to preemptively halt services. This highlights the vulnerability of transgender youth to political interference in their healthcare.

• 5.2. State-Level Bans and Their Consequences:

The impact of state-level bans on gender-affirming care has been significant. These bans not only restrict access to necessary medical treatments but in some cases also criminalize doctors or even parents of transgender youth seeking such care 3. Research indicates that these bans have detrimental effects on the mental health of transgender youth and their caregivers, leading to elevated symptoms of anxiety, stress, depression, and suicidality 11. Studies have consistently shown that access to gender-affirming care can reduce the risk of suicide attempts among transgender youth 11. The fear of prosecution, violence, and harassment has also led to "overcompliance" by some medical institutions, causing them to halt more services than legally required 11. State-level bans on gender-affirming care not only restrict access to necessary medical treatments but also contribute to a hostile and discriminatory environment that negatively impacts the mental health and well-being of transgender youth and their families. The denial of evidence-based medical care can have severe psychological consequences for transgender youth, who already face higher rates of mental health challenges. The fear and uncertainty created by these bans also take a toll on their families and caregivers.

• 5.3. Access to Care for Transgender Adults:

While the federal executive order primarily targets gender-affirming care for minors, the broader rhetoric and policy shifts have the potential to impact access for transgender adults as well 10. Project 2025 explicitly calls for the elimination of transgender healthcare in Medicare and Medicaid, which would affect transgender individuals of all ages 1. State-level actions, such as bans on insurance exclusions of transgender-related care and restrictions on Medicaid coverage, also play a significant role in determining access for adults 3. The increasing number of states enacting restrictive laws and the federal government's stance against gender-affirming care suggest a concerning trend that could lead to broader limitations on healthcare access for the entire transgender community. While the immediate focus of many federal and state policies is on transgender youth, the underlying principles and goals of these actions could lead to broader restrictions on healthcare access for transgender individuals of all ages in the long term. The arguments used to justify bans on youth care, such as the idea that gender transition is harmful or experimental, could be extended to restrict access for adults as well. The redefinition of sex and the rejection of gender identity as valid could also lead to limitations in insurance

coverage and access to medical services for transgender adults.

6. Rights and Protections for Transgender Students:

- 6.1. Federal Policies Affecting Transgender Students:
 - The federal government has also taken significant steps to impact the rights and protections of transgender students. An executive order issued on January 29, 2025, targets what it calls "radical indoctrination in K-12 schooling" and aims to eliminate federal funding for schools that support transgender students 1. This includes schools that recognize students' gender identity and use their preferred names and pronouns, allow transgender students to use restrooms and locker rooms consistent with their gender identity, or permit transgender students to participate on sports teams aligning with their gender identity 15. The order also makes multiple references to protecting parental rights and calls on agencies to withhold funding from schools that "deliberately conceal" a child's wishes to use a different name or pronouns from their parents, raising concerns about forced outing 15. Furthermore, the order directs the Attorney General to coordinate with state attorneys general and local district attorneys to enforce the law and file actions against K-12 teachers and school officials who affirm a student's transgender identity 1. In alignment with the executive order defining sex as binary, the Department of Education announced in February 2025 the removal of the "nonbinary" gender identification option from the Free Application for Federal Student Aid (FAFSA) form, requiring applicants to select either "male" or "female" based on their Social Security Administration (SSA) records, which as of January 31, 2025, the SSA has stopped processing requests to change 42. This creates additional obstacles for transgender students in the financial aid process. The federal government's policies create a hostile environment for transgender students by threatening funding for inclusive schools and encouraging legal action against supportive educators, potentially leading to increased discrimination and a chilling effect on affirming practices. The financial pressure on schools to comply with these restrictive policies could force them to adopt discriminatory practices, even if they are philosophically opposed. The threat of legal action against teachers could also lead to a climate of fear and silence, further marginalizing transgender students.
- 6.2. State-Level Actions Affecting Transgender Students:
 Many states have also taken legislative action to restrict the rights of transgender students. As of early 2025, twenty-five states have laws or regulations banning transgender students from participating in school sports consistent with their gender identity, often targeting K-12 schools and sometimes extending to college settings 1. Several states have also enacted bathroom bills and restrictions on the

use of school facilities, requiring students to use facilities aligning with their sex assigned at birth 1. "Don't Say Gay or Trans" laws, which censor discussions of LGBTQ+ topics, remain in effect in several states, impacting the curriculum and the overall school climate for LGBTQ+ students 3. The Wisconsin Assembly's approval of bills restricting transgender rights included measures specifically targeting trans kids' participation in sports and requiring parental permission for students to go by different names or pronouns 12. In contrast, some states, like New York, have reaffirmed their commitment to robust protections for transgender students, including the right to use facilities and participate on athletic teams aligning with their gender identity, and explicitly include gender identity or expression as protected categories against discrimination in public schools 43. The patchwork of state laws creates significant disparities in the rights and protections afforded to transgender students across the country, with some states actively working to exclude and marginalize them while others strive for inclusivity. The stark contrast between states with restrictive laws and those with protective policies highlights the deeply divided political landscape surrounding transgender rights. This geographic variation can have a profound impact on the lives and well-being of transgender students depending on where they live.

7. The Transgender Experience within the Criminal Justice System:

7.1. Federal Policies on Incarcerated Transgender Individuals: A key policy shift impacting transgender individuals within the criminal justice system is the executive order directing federal prisons to house transgender women in men's facilities 1. This order also removes crucial anti-rape protections for transgender individuals by instructing the federal government to remove protections for transgender people from Prison Rape Elimination Act (PREA) guidelines 44. Furthermore, the executive order mandates that no federal funds be expended for any medical procedure, treatment, or drug for the purpose of conforming an inmate's appearance to that of the opposite sex, effectively ending federal spending on gender-affirming care for incarcerated transgender people 45. In response to this executive order, the Federal Bureau of Prisons (BOP) issued new guidelines in February 2025 requiring prison staffers to refer to inmates by their "legal name or pronouns corresponding to their biological sex" and ending clothing requests that do not align with an inmate's biological sex 46. While the guidelines end referrals for gender-affirming surgery, they allow inmates already receiving treatment, such as hormone therapy, to continue 46. These policies have been met with legal challenges, with transgender women filing lawsuits against the BOP, arguing that the policies violate the Administrative

Procedure Act and conflict with PREA regulations 2. Federal courts have granted temporary restraining orders in some of these cases, blocking the transfer of transgender women to men's prisons and ensuring their continued access to necessary medical care 2. The federal policies on incarcerated transgender individuals significantly increase their vulnerability to violence and discrimination by mandating housing assignments based on sex assigned at birth and restricting access to gender-affirming care, contradicting established best practices and legal precedents. Housing transgender women in men's prisons puts them at extreme risk of sexual assault and physical violence. Denying medically necessary gender-affirming care can also have severe physical and psychological consequences. These policies disregard the safety and well-being of a highly vulnerable population.

• 7.2. State-Level Considerations:

Beyond federal policies, some states are also considering or enacting legislation that impacts transgender individuals within the criminal justice system. For example, in Texas, a House bill aims to restrict prisons from accepting transgender inmates, mirroring a similar Senate bill 22. In Iowa, a bill that would remove gender identity protections from the Civil Rights Act would also bar transgender women from places like women's prisons 19. These state-level actions align with a broader context described as the "transgender criminal legal nexus," where gender-diverse people face increasing criminalization and marginalization within the legal system 49. The conservative initiative "Project 2025" also outlines steps for government intervention into trans lives, including defining "gender" as sex assigned at birth and reversing interpretations of "sex" to no longer include gender identity, which could have significant implications for the treatment of transgender individuals in correctional settings 49. While federal policies have a significant impact, state-level actions also contribute to the challenges faced by transgender individuals within the criminal justice system, often reflecting similar exclusionary and discriminatory ideologies. The efforts to restrict housing and other rights at the state level mirror the federal approach, indicating a widespread trend of marginalizing transgender individuals within correctional settings. This underscores the need for comprehensive reforms that address the specific needs and vulnerabilities of this population.

8. Discrimination, Violence, and Safety:

8.1. Reports and Data on Discrimination:
Reports and data from various sources indicate that transgender individuals in
the United States continue to face significant discrimination in 2025. The ACLU is
tracking over 500 anti-LGBTQ+ bills across the country, many of which aim to

create barriers to accurate IDs, restrict healthcare access, and weaken civil rights laws, leading to increased discrimination against transgender people 50. Data from the Williams Institute reveals that LGBT people experience significantly higher rates of violent victimization compared to non-LGBT individuals, with transgender people experiencing victimization at a rate of 93.7 per 1,000 persons, compared to 21.1 per 1,000 among non-LGBT persons 51. The National Transgender Discrimination Survey has previously found that a majority of participants have experienced serious acts of discrimination impacting their quality of life, including loss of job or housing due to bias, school bullying leading to dropout, physical and sexual assault, and denial of medical services 52. As transgender people become more visible, they also risk increased social stigma, discrimination, and harassment 53. The rise in anti-trans legislation and rhetoric contributes to an environment where discrimination is more likely to occur 49. The available data consistently show that transgender individuals face alarmingly high rates of discrimination across various domains, and the increasing legislative and rhetorical attacks are likely to exacerbate this issue. The statistics on discrimination highlight the systemic barriers and prejudice faced by transgender people. The rise in anti-transgender sentiment and policies creates a climate where discrimination is more likely to occur and less likely to be challenged.

• 8.2. Violence Against Transgender People:

Violence against transgender individuals remains a critical concern in 2025. Every year, over two dozen transgender people are killed in the US, with firearms being used in nearly three out of four of these homicides 55. In 2023 alone, there were 35 homicides of transgender and gender-expansive people in the US and Puerto Rico, with guns used in 80% of these deadly acts 55. This violence disproportionately impacts transgender women of color, particularly Black trans women, who accounted for more than six in ten gun homicides of transgender and gender-expansive people between 2017 and 2023 55. The violence is not evenly spread across the country, with a disproportionate number of incidents occurring in the Southern US 55. Experiences of hate speech and online attacks also contribute to this climate of violence 51. Following online attacks on transgender care, hospitals and doctors have faced increased harassment, including death threats 51. Transgender individuals, especially transgender women of color, are disproportionately victims of violence, and this violence is often linked to broader societal transphobia and the availability of firearms. The statistics on violence against transgender people are deeply concerning and underscore the urgent need for measures to address hate crimes and gun violence. The disproportionate impact on transgender women of color highlights

the intersectionality of discrimination and violence.

9. Public Opinion and Social Attitudes:

9.1. Shifting Public Views on Transgender Rights: Public opinion surveys conducted in early 2025 indicate a shift in attitudes towards transgender rights, with Americans becoming more supportive of certain restrictions. A Pew Research Center survey conducted in February 2025 found that majorities of U.S. adults favor laws and policies that require transgender athletes to compete on teams matching their sex assigned at birth (66%) and ban healthcare professionals from providing care related to gender transitions for minors (56%) 57. Support has also increased for policies requiring transgender people to use public bathrooms that match their sex at birth (49% favor) and making it illegal for public school districts to teach about gender identity in elementary schools (47% favor) 57. Conversely, support has decreased for laws protecting transgender people from discrimination in jobs, housing, and public spaces (56% support, down 8 points since 2022) and for policies requiring health insurance companies to cover medical care for gender transitions (22% favor, down 5 points) 57. These shifts reflect changing views among both Republicans and Democrats, with Republicans showing significantly higher support for restrictive policies compared to Democrats 57. Public opinion on transgender rights is becoming more polarized, with a growing segment of the population supporting restrictive policies, which likely contributes to the legislative efforts to limit transgender rights. The shift in public opinion, particularly among certain demographics and political groups, may embolden lawmakers to enact more restrictive legislation, as they perceive greater public support for such measures.

Table 2: Public Opinion on Transgender Rights Policies (February 2025)

Policy	Overall	Overall	Republica	Republica	Democrat	Democrat
	Support	Oppose	n Support	n Oppose	Support	Oppose
	(%)	(%)	(%)	(%)	(%)	(%)
Ban gender-af firming care for	56	32	79	13	35	52

minors						
Require trans athletes to compete on teams matching sex assigned at birth	66	17	85	7	45	29
Require trans people to use public bathroom s matching sex assigned at birth	49	26	74	10	23	41
Protect trans people from discrimina tion in jobs, housing, public spaces	56	28	37	47	76	10
Require health insurance to cover medical care for gender transitions	22	53	7	76	38	30

Source: Pew Research Center survey, February 10-17, 2025 [57]

9.2. Other Poll Findings: Other polls provide additional insights into public attitudes towards transgender issues in 2025. A Gallup poll from January 2025 showed a decline in the percentage of Americans who favor allowing openly transgender men and women to serve in the U.S. military, with support dropping to 58% from 71% in 2019 ⁵⁹. This decrease was particularly driven by Republicans. A 2022 Pew Research Center survey found that roughly eight-in-ten U.S. adults believe there is at least some discrimination against transgender people in society ⁵⁸. However, a slim majority of U.S. adults still say changing one's gender is morally wrong, according to a July 2024 Gallup poll ⁵⁹. Furthermore, a significant majority of Americans (7 in 10) think that politicians are not informed enough about abortion and gender-affirming care to create fair policies, according to a 19th News/SurveyMonkey poll 61. While support for some aspects of transgender rights may be decreasing, there is also evidence that many Americans recognize the existence of discrimination and are concerned about the fairness and knowledge underpinning policies affecting transgender individuals. The mixed poll results suggest a complex and evolving public understanding of transgender issues. While some attitudes may be hardening against transgender rights, there is also a significant portion of the population that holds more nuanced or supportive views.

10. The Role of Advocacy and Activism:

• 10.1. Key Advocacy Groups:

Despite the challenging legal and political landscape, numerous advocacy groups are actively working to protect and advance transgender rights in the United States. Advocates for Trans Equality (A4TE), formed in 2024 through the merger of the National Center for Transgender Equality (NCTE) and the Transgender Legal Defense and Education Fund (TLDEF), focuses on fighting for the legal and political rights of transgender people at all levels of government 62. Trans Lifeline provides crucial community support and resources for transgender individuals, run by and for trans people 63. The American Civil Liberties Union (ACLU) works in courts, legislatures, and communities to defend and preserve the rights and liberties of transgender people, engaging in litigation and legislative advocacy 26. Lambda Legal is another key organization involved in legal challenges to discriminatory laws and policies affecting transgender individuals 8. Equality Federation plays a vital role in accelerating advocacy for LGBTQ+ rights at the state level, building power in a network of state-based organizations 65. A robust

network of advocacy organizations is actively working to protect and advance transgender rights through legal challenges, policy advocacy, and community support, providing a crucial counterforce to the restrictive policies being enacted. The existence of numerous well-established and active advocacy groups demonstrates the organized and determined efforts within the transgender community and among allies to resist discrimination and fight for equality. Their legal victories and ongoing advocacy efforts are essential in mitigating the negative impacts of restrictive policies.

• 10.2. Strategies and Responses:

Advocacy groups are employing a variety of strategies to respond to the rollback of transgender rights. A primary approach is through legal challenges to discriminatory federal and state policies, as detailed in Section 4 of this report. These organizations also work to raise public awareness and educate people about transgender issues, aiming to counter misinformation and promote understanding and acceptance 53. They develop and provide essential resources and support networks for transgender individuals navigating these challenging times 63. Furthermore, advocacy efforts include pushing for legislative action at the federal level, such as the proposed Transgender Bill of Rights 67. The collective efforts of these organizations aim to protect the rights, safety, and well-being of transgender individuals across the United States. Advocacy efforts encompass a multi-pronged approach, utilizing legal, political, and social strategies to challenge discrimination, support transgender individuals, and promote understanding and acceptance. The diverse range of activities undertaken by advocacy groups reflects the complexity of the challenges facing the transgender community. From high-profile legal battles to grassroots community organizing, these efforts are crucial for creating meaningful and lasting change.

11. Emerging Challenges and Future Directions:

11.1. The Broad Impact of Redefining "Sex":
 The federal government's redefinition of "sex":

The federal government's redefinition of "sex" as a binary concept based on biological sex assigned at birth has the potential for far-reaching consequences beyond the specific areas addressed by the initial executive orders 1. This narrow definition could impact data collection across federal agencies, potentially making it difficult to accurately track and address the needs of transgender individuals. It could also affect the enforcement of anti-discrimination laws in various contexts not explicitly covered by the current orders, potentially leaving transgender people vulnerable to discrimination in areas like housing, employment, and public accommodations where sex-based protections have

historically been interpreted to include gender identity. Moreover, this redefinition signals a fundamental shift in the federal government's recognition of transgender identities, which could have broader social and cultural implications. The federal redefinition of "sex" poses a significant long-term threat by potentially erasing transgender individuals from legal recognition and undermining future efforts to advance their rights across various sectors. By establishing a narrow, binary definition of sex based solely on assignment at birth, the federal government is creating a legal framework that could systematically exclude transgender people from protections and recognition in numerous areas not yet explicitly addressed by current policies.

- 11.2. Increasing Criminalization and Erasure:
 - A concerning trend in 2025 is the increasing legislative effort in some states to criminalize gender-affirming care, particularly for minors, and in some cases, to effectively criminalize transgender identity itself 1. The proposed "gender identity fraud" bill in Texas exemplifies this dangerous direction 21. Furthermore, the removal of gender identity as a protected class from civil rights laws, as seen in lowa, represents a significant step towards the legal erasure of transgender individuals within those states 1. These actions, coupled with restrictions on changing gender markers on birth certificates and driver's licenses in some states, indicate a concerted effort to deny transgender people legal recognition and access to essential aspects of civic life 1. The increasing legislative efforts to criminalize transgender healthcare and erase transgender identities from legal frameworks represent a dangerous escalation that could have severe consequences for the safety and well-being of transgender individuals. These actions go beyond simply restricting rights and actively seek to punish or deny the very existence of transgender people. This creates a hostile and fear-inducing environment that can lead to further marginalization and harm.
- 11.3. The Role of International Comparisons:
 - Examining the landscape of transgender rights in other countries can provide valuable context for understanding the situation in the US 1. While some nations have made significant progress in recognizing and protecting the rights of transgender individuals, the US in 2025 appears to be moving in a more restrictive direction in certain areas. Comparing the US approach to international human rights standards and the policies adopted by other developed nations could highlight areas where the current trends are concerning and where alternative, more inclusive approaches might be considered. Understanding the international landscape can provide valuable context for analyzing the trends in the US and identifying potential best practices or areas of concern. Comparing the US approach to transgender rights with that of other countries can highlight whether

the current trends are aligned with international human rights standards and identify potential areas for learning and improvement.

12. Conclusion and Recommendations:

The analysis of transgender rights in the United States in 2025 reveals a landscape marked by significant challenges and increasing restrictions, particularly at the federal level. The new administration's executive orders have initiated a broad rollback of protections, impacting non-discrimination policies, military service, healthcare access, and the rights of transgender students. Simultaneously, many states are enacting increasingly restrictive legislation, focusing on banning gender-affirming care for minors, limiting the rights of transgender students, and in some cases, seeking to erase or even criminalize transgender identities. These actions are occurring against a backdrop of shifting public opinion, with increasing support for certain restrictions, and alarmingly high rates of discrimination and violence against transgender individuals, especially transgender women of color.

Despite these challenges, a robust network of advocacy organizations continues to resist these rollbacks through legal challenges, policy advocacy, and community support. Ongoing litigation in federal and state courts, including cases before the Supreme Court, will likely play a crucial role in shaping the future of transgender rights in the US.

Based on the findings of this report, the following recommendations are offered:

Recommendations for Policymakers:

- Repeal discriminatory federal executive orders and enact comprehensive federal non-discrimination protections that explicitly include gender identity and sexual orientation.
- Actively oppose state-level bans on gender-affirming care for minors and laws targeting transgender students in schools.
- Ensure equitable access to comprehensive healthcare for transgender individuals of all ages, including gender-affirming care, through federal and state programs.
- Implement policies within the criminal justice system that protect the rights and safety of transgender individuals, including housing based on gender identity and access to necessary medical care.
- Support and fund public education and awareness campaigns aimed at promoting understanding, acceptance, and respect for transgender people.

Recommendations for Legal Professionals:

- Continue to vigorously challenge discriminatory laws and policies in federal and state courts, utilizing constitutional arguments and established precedents like Bostock v. Clayton County.
- Advocate for the consistent and broad application of legal interpretations that recognize gender identity as protected under anti-discrimination laws.
- Provide pro bono legal services and support to transgender individuals and organizations fighting for their rights.

Recommendations for Advocacy Groups:

- Continue to organize and mobilize grassroots support for transgender rights at local, state, and national levels.
- Expand public education and awareness campaigns to counter misinformation and promote positive narratives about transgender people.
- Strengthen collaborations with other civil rights organizations and allies to build a broader coalition for equality and justice.

In conclusion, upholding the rights and dignity of all transgender individuals in the United States requires a concerted and sustained effort from policymakers, legal professionals, advocacy groups, and the public. The challenges in 2025 are significant, but through continued advocacy and legal action, progress towards a more just and equitable society for transgender people remains possible.

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