

SHOULD TRANS PEOPLE BE ABLE TO USE PUBLIC BATHROOMS AND COMPETE IN SPORTS CATEGORIES THAT MATCH THEIR GENDER IDENTITY?

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In this text, I am going to discuss transgender rights and the separation of cisgender and transgender people particularly when it comes to sports and public bathrooms. For trans people, often even just their existence, is a topic of argument. A specific part of the conflict is around categorisation in sports and the use of public bathrooms, particularly for trans women. Although the Olympics is trans-inclusive and has allowed trans people to compete in categories that match their gender identity for years, the issue still sparks much dispute. This is an important issue that can not be ignored because it can affect the lives of many people, both trans and cis.

I believe that transgender people should be allowed to play sports in teams of their gender, not be forced to compete in categories according to their assigned sex at birth. Athletes should be able to play under the gender they identify as because it is discrimination to be forced to play under a gender you do not identify as. Trans women are women, and separating them from cisgender women and grouping them with men reinforces the idea that trans women are not 'real women'. It is discriminatory and transphobic to segregate transgender people just because they are different. It can negatively affect the mental health of not just those athletes forced to play against their identity but other trans people across the world, and members of the rainbow community in general, because they have to watch these people, members of the queer community, be discriminated against publicly in famous competitions. We are all human, it doesn't matter whether what is between your legs matches your gender.



An argument commonly used to justify this discrimination is that since trans women were assigned male at birth, they are stronger, faster and have an advantage over cisgender women competing. Because the average cisgender man typically has more muscle mass than the average cisgender woman due to testosterone-induced muscular hypertrophy, this is used to suggest cis women are at a disadvantage against trans women in major sporting events. It is argued that it is therefore unfair to make trans girls and cis girls compete against each other and trans women should compete with men in order to make it fair.

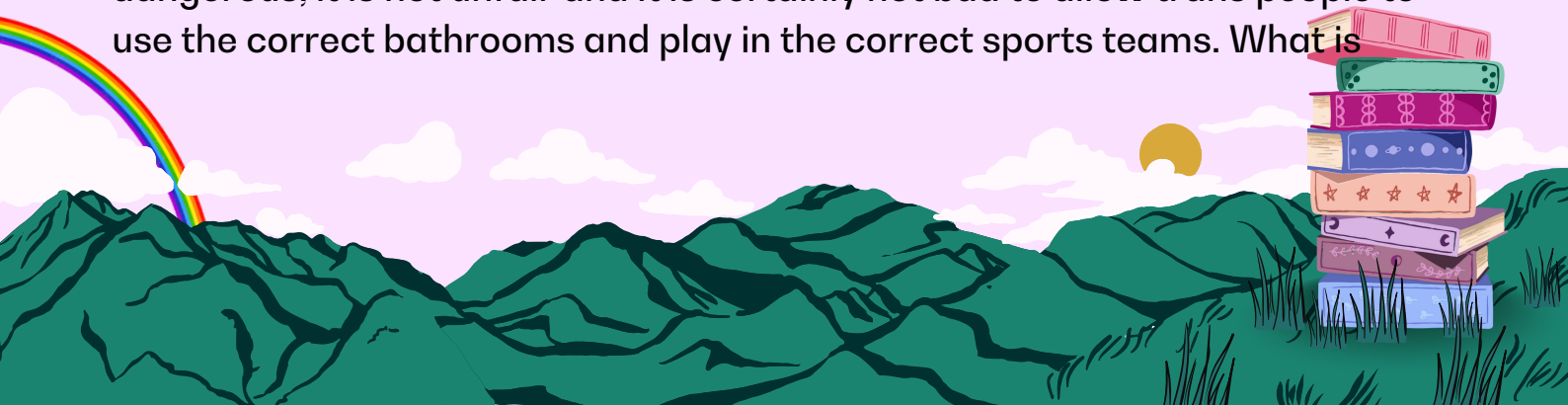
However, as I mentioned before, I think that trans people should absolutely be allowed to play for their gender identity in sports. The main argument against this was fairness, but this argument carries very little weight because sports are never really completely fair. Some women have more muscle mass or levels of testosterone than others, and there's always going to be some level of 'unfairness' to all sports. So, maybe some trans women have a little bit more muscle or testosterone than some cis women, but in the grand scale of things, it actually doesn't matter that much. And the supposed threat that cis women will never be able to win and they'll all be driven out of sports by trans women is laughable as really and truly there are only a few trans athletes playing competitively when compared to the number of cisgender ones, and very few have actually won major sporting events. How many cis girls do you know who have won olympic gold medals? And how many trans girls do you know who have won olympic gold medals? The vast majority of women who win major sporting contests like the olympics are cisgender. If the threat of trans women constantly beating cis women is so large and great then how come most women who win competitions are cisgender? Logistically, it does not make sense to say that trans women are 'stealing victory from cis girls' or similar ideas. This argument of fairness and all the controversy around trans rights and sports is just a mask that transphobia is trying to hide behind.



The other main topic of this essay and a main topic of controversy about trans rights is around allowing transgender women to use women's public bathrooms. It is some people's belief that everyone should use the bathroom that corresponds with the sex they were assigned at birth. While some think this simply because in their mind it is 'creepy' or 'weird' to grant trans people access to public bathrooms that align with their identity, others' reasons for their belief stems from the fear that if you allow people AMAB to enter womens' bathrooms and womens' spaces then men will take advantage of this and disguise themselves as trans women to gain access to cisgender women in bathrooms.

But, as I have said before, trans women are women and should not be forced to be humiliated by having to use the wrong bathroom. The supposed threat of cisgender men with malicious intent using the excuse that they are actually trans is basically just nonsense. It is understandable that some cis women are concerned, but realistically, would a cis man who wanted to assault or harm women really be worried about bathroom rules? Someone trying to get into a ladies' bathroom to harm a woman is ALWAYS going to harm a woman whether they are pretending to be trans or not. Barring trans people from using bathrooms that match their gender identity will only hurt trans women, it would be extremely detrimental to the mental health and wellbeing of many transgender people across the world because it would make them feel invalid and hurt if they had to constantly use bathrooms that do not match their gender. And, if trans women have to use mens' bathrooms and trans men have to use womens' bathrooms all the time they are more at risk of being harassed or attacked when they go into that bathroom.

Given everything discussed, I strongly believe that trans people should always be recognised as the gender that they identify as including in sports and when using bathrooms, especially so. Refusing trans people these rights is extremely damaging to the mental health of not just the people directly affected but others around them or in similar circumstances. It is not dangerous, it is not unfair and it is certainly not bad to allow trans people to use the correct bathrooms and play in the correct sports teams. What is



wrong, however, is reinforcing the idea that trans women and men aren't 'real' women and men by being transphobic and forcing them to be categorised by their sex. So, in conclusion, anyone should be allowed to use any bathrooms that they feel most comfortable using, and transgender athletes should be allowed to compete for the gender they identify with because trans rights are human rights, and not allowing these things to happen is harmful, discriminatory and transphobic.

