

What you need to know:

Title IX

What's Title IX?

Title IX is a Civil Rights-era education amendment that protects people from sex-based discrimination in education and other programs that receive federal funds. Presidential administrations throughout the years have written letters or guidance for schools to direct their Title IX compliance.

What's the issue?

When Title IX was ratified in 1972, it was clear that “sex” referred to an individual’s biological sex. In recent years, activists have sought to expand the definition of sex to include “gender identity.” As a result, K-12 schools and universities have opened restrooms, locker rooms, and sports teams to students based on their gender identity rather than their biological sex. This has been a top priority for the Biden Administration.

When they say...	You can say...
Transgender students deserve to feel safe and welcome in schools, and they deserve equal access to sports teams.	<p>Every human person should be treated with dignity and respect.</p> <p>It is a fact that biological men have greater muscle mass and bone density than women after going through puberty. This leads to adjustments in sports like lacrosse, where men’s teams wear chest guards and helmets and women wear masks and mouth guards. Male lacrosse players can throw the ball 10 to 20 miles per hour faster than women. Allowing biological males to participate in women’s sports could lead to an increased risk of injury for female competitors.</p> <p>For facilities, schools can offer a third option, like a family-style restroom. This is a dignified solution that addresses the needs of all parties without prioritizing one group’s feelings over another’s. If we solely address feelings, we must include the feelings of women who may not be comfortable sharing private spaces with biological men.</p>
Transgender women—biological males who identify as women—don’t have unfair advantages. The size and shape of all women, and women’s testosterone levels, vary widely.	<p>Research shows this is not true. Post-pubescent men have more muscle mass, greater bone density, and larger hearts than their female competitors. Even taking cross-sex hormones does not entirely undo the biological effects of puberty.</p>
Accepting and including people is more important than women receiving rewards, scholarships, or accolades.	<p>All people must be treated with dignity and respect. It is unjust, however, to accept recently popularized modern theories on sex and gender as fact and then use these ideas to deprive women from opportunities. Female athletes could be denied participation on their school’s team, state titles, or collegiate scholarships if a biological male outperforms them. This happened in 2022, when transgender swimmer Lia Thomas won the NCAA national championship in the women’s 500 yard freestyle.</p>

Read more about the history of Title IX on Parents Defending Education’s [website](#).