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This forcing a choice based on some determinate of assigned "sex" at birth is purely political and not a biological fact. It is in fact a push to assign identity based on non-scientific beliefs, actually "biblical" beliefs rather than biological facts.

What you cannot say is that what the casual observer (or even clinical observer) decides at birth is absolute or exact. It may well be good enough, but it doesn't make it right. Therefore, to say that you will always be the sex assigned to you at birth (e.g. a transman will always 'really' be a woman) is precarious to say the least. What was assigned is not based on the biological matrix of determinants of sex at all. That is rarely done.

Of all the characteristics a human can possess, sex is almost alone in being more a determinant than a descriptor. The reason we want it to be a determinant, is that we are still living in a pre-scientific, pre-biology mindset. We have moved on from seeing left-handed people as sinister who must be forced to become right-handed. They never did, of course, they just learned fine motor skills with their less-dominant hand. In this mindset, being a man or being a woman is a vital social discriminator. Accordingly, we have male names and female names, attire, roles, expectations and privileges, in order to divide us.