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The nature of the changes are impractical as well as discriminatory. Having trans men (originally assigned female, now living as men) who are indistinguishable from other men on a visual level will lead to confusion and difficulty for law enforcement and other important public purposes. For all practical purposes it certainly is possible to change ones sex, and many trans individuals are not identifiable as trans to a casual onlooker and sometimes also to a close inspection. The mistaken belief that this is some sort of ideology has blinded the current administration to the common sense practicalities of the matter.

Of course the burden on transgender people is also very high, and the Constitution protects each American's right to the pursuit of happiness. The right to define oneself is the most fundamental building block of freedom. The loss of the right to travel freely, which is what happens when your travel documents lead to confusion and suspicion of forgery or fraud, strikes at the heart of the rights we're given by our creator and our founding documents.