



Transgender Rights Fact Sheet

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Please visit our website for the most up-to-date information on this topic.

Discrimination against transgender people is prohibited in Minnesota. This fact sheet provides basic information about the laws in Minnesota that protect transgender people from discrimination and how these laws work in practice.

Who Are Transgender People?

“Transgender” is a broad term that describes people whose internal sense of gender, often referred to as gender identity, is different from the sex that they were assigned at birth. A [February 2025 survey](#) found that 1.3% of adults in the United States (and 4.1% of U.S. adults born between 1997 and 2006) reported being transgender.¹

Many transgender people experience discrimination. A [2022 study of 92,329 transgender people](#) in the United States found that around one in ten of the people who were surveyed had been fired from their job in the past year because they were transgender. The survey also found that nearly one in three trans people had been verbally harassed because of their gender expression in the past year.²

Protections for Transgender Rights in Minnesota

Minnesota law prohibits discrimination against transgender people by the state government and in public.

The Minnesota Constitution

The [Minnesota Constitution](#) guarantees a right to equal protection of the laws, which limits how the state government can treat people differently.³ If the state government treats people differently because of their gender, sex, or sexual orientation, courts use a legal test called “intermediate scrutiny” to see if the state’s action was unlawful.⁴ Under this test, courts look closely at the state government’s action, and require that the government’s reason for treating people differently serves an important

purpose, and that the way that the government treats people differently is substantially related to that purpose.

The Minnesota Human Rights Act

The [Minnesota Human Rights Act](#), codified in Minnesota Statutes, chapter 363A, establishes legal remedies for individuals who have experienced discrimination based on certain traits, including sex, gender identity, or sexual orientation.⁵ The Minnesota Human Rights Act prohibits discrimination in the workplace, in educational institutions, and in public accommodations. The Act also prohibits discrimination in the process of selling or leasing property, extending credit, or providing public services.

For example, a high school cannot prevent a transgender student from using the locker room matching their gender.⁶ A business cannot deny service to a trans person or allow its employees to degrade trans customers.⁷ Or, a hospital cannot provide worse care to transgender patients compared to cisgender (non-transgender) patients.⁸

Gender Affirming Care Insurance Coverage

Extensive medical research shows that gender-affirming care is the best treatment for gender dysphoria: distress that results from a difference between a person’s internal sense of self and their assigned sex at birth.⁹ For transgender adults, this care may include hormone replacement therapy, which is a process of changing the amounts of different hormones in the body to change certain physical characteristics.¹⁰ Gender affirming care can also include surgical procedures. For transgender adolescents, gender affirming care can include taking medication to pause the process of puberty, which medical research has found to be safe and reversible.¹¹



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As of January 1, 2025, most health insurance plans offered, sold, issued, or renewed in Minnesota [are required](#) by law to cover medically necessary gender affirming care.¹²

Minnesota Trans Refuge Law

In 2023, [the Minnesota Legislature passed a law](#) preventing other states from interfering with gender affirming care provided in Minnesota.¹³ Governor Walz signed the bill into law.

For example, if another state has a law where the child protective services could take custody of a transgender child because the child's parents allowed them to receive gender affirming care, Minnesota will not enforce that law. Or, if another state created a law criminalizing gender affirming care, Minnesota will not enforce out-of-state warrants related to that law.

Youth Conversion Therapy Ban

Conversion therapy is a practice where a mental health professional tries to change an individual's sexual orientation or gender identity. In 2023, [the Minnesota Legislature passed a law](#) prohibiting mental health professionals from engaging in conversion therapy with clients under 18 years old.¹⁴ Governor Walz signed this bill into law.

Gay and Trans Panic Defense Ban

The "gay panic" or "trans panic" defense is a legal strategy where a defendant argues that they harmed an LGBTQ+ victim because the defendant panicked after discovering the victim's sexuality or gender.

In 2024, the Minnesota Legislature passed a law banning the defense and preventing criminal defendants from using a victim's sexual orientation or gender identity as a defense for a crime.¹⁵ Governor Walz signed the bill into law.

Specific Issues in Minnesota

Discrimination in Public

The Minnesota Human Rights Act provides legal remedies for individuals who have been discriminated against because of their sex, sexual orientation, or gender identity by a government facility or a "place of public accommodation." See Minnesota Statutes, section 363A.11-.12. This includes businesses, restaurants, recreational facilities, or transportation facilities, where goods or services are made available to the public. Minnesota Statutes, section 363A.03, subdivision 34. In other words, businesses are generally not permitted to discriminate against transgender people because they are transgender.

Schools

The Minnesota Human Rights Act provides legal options for students who have been discriminated against because of their sex, sexual orientation, or gender identity by an educational institution.¹⁶ See Minnesota Statutes, section 363A.13. This includes nurseries, K-12 schools, colleges, graduate schools, and technical schools. See Minnesota Statutes, section 363A.03, subdivision 14.

For example, the Minnesota Court of Appeals ruled in *N.H. v. Anoka-Hennepin School District No. 11* that a school district illegally discriminated against a transgender student when it forced the student to use a different locker room than his peers.¹⁷

Healthcare

Minnesota law requires health insurance companies to cover gender affirming care, and hospitals cannot deny care to transgender patients that they otherwise provide to cisgender patients.

On January 28, 2025, President Trump signed an executive order threatening to cancel federal funds for hospitals that provide gender affirming care to youth. But, multiple states (including Minnesota) [sued to challenge this order](#), and two different federal judges have ruled that the executive order is likely unconstitutional.¹⁸ Because of the court cases, the federal government cannot cancel funds for healthcare providers in Minnesota who provide gender affirming care.

Sports

On February 5, 2025, President Trump signed an executive order stating, among other things, that it is the policy of his administration that transgender athletes should not be permitted to participate in sports consistent with their gender identity. But, as Minnesota Attorney General Keith Ellison [explained in an Opinion published on February 20, 2025](#), the executive order on its own is not a law, Minnesota state law still applies to Minnesota sports teams, and Minnesota law prevents an educational institution from separating transgender athletes from cisgender athletes solely based on their gender.¹⁹

Identity Documents

A [2022 survey of transgender people](#) in the United States found that about half of respondents did not have identification documents with the name that they wanted. The survey also found that around one in five respondents reported being harassed in public when they showed someone an ID with a name or gender that did not match how they looked.²⁰

Minnesota law provides a process for Minnesota residents, including transgender people, to [change their legal name](#). Residents who have lived in Minnesota for six months may [file forms with the district court](#) in county where they live requesting a name change. If the court grants the request for a name change, residents may use the court order to change their name on other official documents, such as an ID card or a birth certificate.

People applying for a Minnesota driver's license, instruction permit, or identification card may choose for themselves what the "sex" marker on their ID card will say.²¹ Applicants currently have the option to choose between "M," "F," and "X" markers.

As of August 1, 2025, Minnesotans will also be able to request to amend marriage certificates that have an outdated "sex" marker or an outdated name.²²

As of January 2025, the federal government requires the "sex" marker on new or renewed passports to match an individual's sex assigned at birth, regardless of whether the marker has been changed before.²³ A federal judge has ruled that the policy is likely unconstitutional and likely violates federal law,²⁴ but for now the policy is still in place.

Hate Crimes

Minnesota hate crime laws increase the severity and/or maximum punishment for certain criminal offenses if a perpetrator commits the offense because of the victim's sex, gender identity, or sexual orientation.²⁵ It is not a defense to a crime in Minnesota if a perpetrator acted based on the discovery of, knowledge about, or potential disclosure of a victim's actual or perceived sexual orientation, gender identity, or gender expression.²⁶

Resources

Here are organizations that you can contact with questions or for assistance.

The Trevor Project provides free crisis counseling to LGBTQ+ youth.

1-866-488-7386

www.thetrevorproject.org/get-help

Trans Lifeline provides a support hotline for trans people, or for people who are questioning if they are trans.

(877) 565-8860

www.translifeline.org/hotline

OutFront Minnesota advocates for LGBTQ+ equality in Minnesota and provides phone help lines.

(612)-767-7655 (support line)

(800) 800-0350 (anti-violence line)

www.outfront.org

The Volunteer Lawyers Network connects Minnesotans with volunteer attorneys and provides advice on LGBTQ+ issues.

(612) 752-6677

www.vlnmn.org/help

LawHelpMN.org provides general information on legal issues in Minnesota, including name changes.

www.lawhelpmn.org

Consider contacting your **state or federal legislators** if you have comments or feedback on current legislative efforts.

www.gis.lcc.mn.gov/iMaps/districts

www.congress.gov/members/find-your-member

The **Minnesota Department of Human Rights** enforces the Minnesota Human Rights Act and investigates reports of discrimination.

(651) 539-1100

www.mn.gov/mdhr

Finally, the Minnesota Attorney General's Office may be contacted as follows:

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Endnotes

- 1 Joe Yurcaba, *Nearly 1 in 10 U.S. adults identify as LGBTQ, Gallup survey finds*, NBC News (Feb. 20, 2025, 4:28 PM), <https://www.nbcnews.com/nbc-out/out-news/nearly-1-10-us-adults-identify-lgbtq-gallup-survey-finds-rcna192910>.
- 2 S.E. James, et al., *Early Insights: A Report of the 2022 U.S. Transgender Survey*, National Center for Transgender Equality (Feb. 2024), https://transequality.org/sites/default/files/2024-02/2022%20USTS%20Early%20Insights%20Report_FINAL.pdf [<https://perma.cc/298S-AB7E>].
- 3 *Fletcher Properties, Inc. v. City of Minneapolis*, 947 N.W.2d 1, 20 (Minn. 2020); Minn. Const. art. I, § 2.
- 4 *Fletcher Properties, Inc. v. City of Minneapolis*, 947 N.W.2d 1, 20 (Minn. 2020) (citing *State ex rel. Forslund v. Bronson*, 305 N.W.2d 748, 750 (Minn. 1981), for the proposition that gender-based classifications are subject to intermediate scrutiny under the Minnesota Constitution); *N.H. v. Anoka-Hennepin Sch. Dist. No. 11*, 950 N.W.2d 553, 570 (Minn. Ct. App. 2020) (holding that intermediate scrutiny applies to equal protection claims brought under the Minnesota Constitution for sex discrimination, which includes discrimination based on sexual orientation or transgender status).
- 5 Minn. Stat. ch. 363A.
- 6 *N.H. v. Anoka-Hennepin Sch. Dist. No. 11*, 950 N.W.2d 553 (Minn. Ct. App. 2020).
- 7 *Bray v. Starbucks Corp.*, No. A17-023 (Minn. Ct. App. Dec. 26, 2017); *Scott v. CSL Plasma, Inc.*, 151 F. Supp. 3d 961 (D. Minn. 2015).
- 8 *Rumble v. Fairview Health Servs.*, No. 14-cv-2037 (SRN/FLN), 2015 WL 1197415 (D. Minn. Mar. 16, 2015).
- 9 E. Coleman, et al., *Standards of Care for the Health of Transgender and Gender Diverse People*, (8th ed., 2022). 23 Int. J. Transgender Health S1-S259 (2022); Wylie C. Hembree, et al., *Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline*, 102 J. Clinical Endocrinology & Metabolism (Issue 11) 3869-3903 (2017).
- 10 *Masculinizing Hormone Therapy*, Mayo Clinic, <https://www.mayoclinic.org/tests-procedures/masculinizing-hormone-therapy/about/pac-20385099> [<https://perma.cc/E87Y-SFH7>]; *Feminizing Hormone Therapy*, Mayo Clinic, <https://www.mayoclinic.org/tests-procedures/feminizing-hormone-therapy/about/pac-20385096> [<https://perma.cc/DSM9-J353>].
- 11 See, e.g., Diane Chen, et al., *Psychosocial Functioning in Transgender Youth after 2 Years of Hormones*, 388 N. Engl. J. Med. (Issue 3) 240-250 (Jan. 18, 2023), <https://www.nejm.org/doi/10.1056/NEJMoa2206297>; Kyle Tan, et al., *Unmet need for gender-affirming care as a social determinant of mental health inequities for transgender youth in Aotearoa/New Zealand*, 45 J. Pub. Health (Issue 2) e225 (Dec. 3, 2022), <https://doi.org/10.1093/pubmed/fdac131>; Carly Guss & Catherine M. Gordon, *Pubertal Blockade and Subsequent Gender-Affirming Therapy*, 5 JAMA Network Open (Issue 11) 39763 (Nov. 1, 2022), doi:10.1001/jamanetworkopen.2022.39763; Diana Tordoff, et al., *Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care*, 5 JAMA Network Open (Issue 2) 978 (Feb. 25, 2022), <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2789423>; Connor Grannis, et al., *Testosterone treatment, internalizing symptoms, and body image dissatisfaction in transgender boys*, 132 Psychoneuroendocrinology 105358 (Oct. 2021), <https://doi.org/10.1016/j.psyneuen.2021.105358>; Lynn Rew, et al., *Review: Puberty blockers for transgender and gender diverse youth—a critical review of the literature*, 26 Child and Adolescent Mental Health (Issue 1) 3-14 (Dec. 15, 2020), <https://doi.org/10.1111/camh.12437>; Julia Sorbara, et al., *Mental Health and Timing of Gender-Affirming Care*, 146 Pediatrics (Issue 4) 3600 (Oct. 1, 2020), <https://doi.org/10.1542/peds.2019-3600>; Laura Kuper, et al., *Body Dissatisfaction and Mental Health Outcomes of Youth on Gender-Affirming Hormone Therapy*, 145 Pediatrics (Issue 4) 3006 (Apr. 1, 2020), <https://doi.org/10.1542/peds.2019-3006>; Christal Achille, et al., *Longitudinal impact of gender-affirming endocrine intervention on the mental health and well-being of transgender youths: preliminary results*, 2020 Int'l. J. Pediatric Endocrinology 8 (Apr. 30, 2020), <https://doi.org/10.1186/s13633-020-00078-2>; Jack Turban, et al., *Pubertal Suppression for Transgender Youth and Risk of Suicidal Ideation*, 145 Pediatrics (Issue 2) 1725 (Feb. 1, 2020), <https://doi.org/10.1542/peds.2019-1725>; Rosalia Costa, et al., *Psychological Support, Puberty Suppression, and Psychosocial Functioning in Adolescents with Gender Dysphoria*, 12 J. Sexual Medicine (Issue 11) 2206 (Nov. 1, 2015), <https://doi.org/10.1111/jsm.13034>; Annelou de Vries, et al., *Young Adult Psychological Outcome After Puberty Suppression and Gender Reassignment*, 134 Pediatrics (Issue 4) 696 (Oct. 1, 2014), <https://doi.org/10.1542/peds.2013-2958>; Annelou de Vries, et al., *Puberty Suppression in Adolescents With Gender Identity Disorder: A Prospective Follow-Up Study*, 8 J. Sexual Medicine (Issue 8) 2276 (Aug. 1, 2011), <https://doi.org/10.1111/j.1743-6109.2010.01943.x>.
- 12 Minn. Stat. § 62Q.585; see also 2024 Minn. Laws, ch. 144, art. 1, § 7. However, eligible religious organizations that hold religious objections to covering gender affirming care are not required to provide coverage. Minn. Stat. § 62Q.679.
- 13 2023 Minn. Laws, ch. 29; see also Tim Walker, *House Passes Bill to establish Minnesota as a 'trans refuge' state*, Minnesota House of Representatives Session Daily (Mar. 24, 2023), <https://www.house.mn.gov/SessionDaily/Story/17865>.
- 14 Minn. Stat. § 214.078; 2023 Minn. Laws ch. 28.
- 15 2024 Minn. Laws, ch. 123, art. 6, § 5-6.
- 16 See also *N.H. v. Anoka-Hennepin Sch. Dist. No. 11*, 950 N.W.2d 553, 560-566 (Minn. Ct. App. 2020) (finding that a school requiring a transgender student to use a different locker room was illegal discrimination).
- 17 *Id.*
- 18 Nate Raymond, *US judge further blocks Trump's order curbing youth gender-affirming care*, Reuters (Mar. 3, 2025), <https://www.reuters.com/en/us-judge-further-blocks-trumps-order-curbing-youth-gender-affirming-care-2025-03-01/>; Chloe Atkins, *Judge blocks Trump order threatening funding for institutions that provide gender affirming care for youths*, NBC News (Mar. 4, 2025), <https://www.nbcnews.com/nbc-out/out-news/judge-blocks-trump-order-funding-institutions-gender-affirming-care-rcna194800>.

- 19 Op. Minn. Att’y. Gen. 1035 (Feb. 20. 2025).
- 20 S.E. James, et al., *Early Insights: A Report of the 2022 U.S. Transgender Survey*, National Center for Transgender Equality (Feb. 2024), https://transequality.org/sites/default/files/2024-02/2022%20USTS%20Early%20Insights%20Report_FINAL.pdf [<https://perma.cc/298S-AB7E>].
- 21 Minn. Rules, part 7410.0400, subp. 1b (“When applying for a driver’s license, enhanced driver’s license, identification card, enhanced identification card, or permit, the individual must indicate on the application form, the individual’s height in feet and inches, weight in pounds, eye color, and sex”).
- 22 2025 Minn. Laws, ch. 35, art. 11, §§ 7-11.
- 23 Exec. Order No. 14,168 § 3(d), 90 Fed. Reg. 8615 (Jan. 20, 2025); *Sex Marker in Passports*, United States Department of State, <https://travel.state.gov/content/travel/en/passports/passport-help/sex-marker.html>.
- 24 Sruti Swaminathan, *Transgender and Nonbinary People Take Trump to Court Over Passport Restrictions*, American Civil Liberties Union (Feb. 7, 2025) <https://www.aclu.org/press-releases/transgender-and-nonbinary-people-take-trump-to-court-over-passport-restrictions>; Memorandum and Order on Plaintiffs’ Motion to Stay Agency Action and for Preliminary Injunction, *Orr v. Trump*, No. 25-cv-10313, ECF No. 74 (D. Mass. Apr. 18, 2025) (granting preliminary injunction as to Plaintiffs).
- 25 Minn. Stat. §§ 609.2231, 609.2233, 607.711, subd. 1, c. (11), 609.749, subd. 3
- 26 Minn. Stat. § 609.075.



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