

PUBERTY BLOCKERS

what exactly are they?

Puberty blockers are a type of medication that pause or limit the effects of puberty.



Puberty blockers are only used to DELAY puberty.



Puberty blockers have no known irreversible effects and are considered very safe overall.



Upon stopping puberty blockers, puberty continues as it would have without them.



No one stays on puberty blockers permanently.



Some young people are prescribed puberty blockers because their puberty began much earlier than usual. Others are prescribed blockers because they experience severe gender dysphoria around puberty. In any case, puberty blockers offer **tremendous mental health benefits** to a young person. They allow for extra time and capacity for them to choose the best path forward alongside their families and their medical care team without leaving the younger person in acute distress as their body changes.

Source: [Trans Care BC](#)