

# Free to Change



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The Real Story about so-called “Conversion Therapy” that LGBT Activists & Politicians Don’t Want You To Know. The CAUSE 2020 Survey of Ex LGBT People in and outside Australia who left their former LGBT Lives Found:-

- ✓ Suicides Down
- ✓ Anxiety Down
- ✓ Professional & Religious Counselling Extensively Used
- ✓ Sexual Orientation Changed
- ✓ The Sexual Orientation Changes are Long-Lasting
- ✓ Self Esteem Up
- ✓ Relationships Up
- ✓ Physical Health Up

Watch the video: [https://media.freetochange.org/Video/CAUSE\\_media\\_video\\_20200825.mp4](https://media.freetochange.org/Video/CAUSE_media_video_20200825.mp4)

<http://www.freetochange.org> [Contact@freetochange.org](mailto:Contact@freetochange.org)

## ACT BILL

- The ACT has introduced a bill to make it a **crime** for parents, teachers and others to help children obtain such therapy and counselling and for any counsellor or therapist to give it.
- The bill takes a blinkered ideological view that people can only change one way-towards a gay/lesbian orientation or to 'transition' away from their biological gender.
- If a parent or counsellor helps a child consider changing the other way, then that's a crime punishable by **twelve months jail**
- The proponents of the bill also rely on **flawed evidence** and **unsubstantiated anecdotes** that claims that change away from the lesbian/lifestyle is not possible. They provide no real proof that any of practices that the bill purports to outlaw are **actually happening** now in the ACT

## FREE TO CHANGE

- In contrast to this flawed evidence, FREE TO CHANGE has collected the real life stories of >50 people from Australia and around the world from different cultural and ethnic backgrounds who actually have changed from the gay lifestyle and were able to live comfortably with their birth gender.
- These people say that they are very happy they made that change and were very grateful that they had therapy and counselling. Some had secular counselling and some had religious counselling but all were glad that this therapy helped them make these changes.
- All are content with the changes that have occurred, with many in stable heterosexual relationships and others having de-transitioned back to their gender at birth.
- These stories show that that these therapies resulted in **marked improvements** in their mental health and **marked reductions in suicide risk**
- This strongly suggests that any laws that prohibit such therapy will actually INCREASE suicide risk and passing these laws will unfortunately result in MORE young Australians taking their lives.

## WHY THIS BILL MUST BE REJECTED

- Many people struggle with unwanted thoughts, attractions or mental preoccupations of various descriptions that distress them and the ability to seek help to be rid of these is a **fundamental human right**.
- Some may struggle with unwanted depression, others may struggle with unwanted addictions and still others may struggle with unwanted attraction to members of the same sex or unwanted feelings that they are born as the wrong 'gender'
- So, just as the depressed person or the addict has the fundamental human right to seek help for these **unwanted** feelings, so does the person who has unwanted same sex attraction or unwanted feelings of gender confusion.
- **Parents** should have primary responsibility for the care and well-being of their children and if they feel that their child should have therapy for feelings of gender confusion, then they should have the fundamental human right to seek such help.
- Contrary to stereotypes, this therapy is really no different from therapies used in the management of other unwanted thoughts or preoccupations. It will typically involve some kind of counselling and will often involve a support groups.
- Children who are referred to 'gender clinics' often end up having major operations to completely rearrange their anatomy and take medications that can have long term harmful side effects including sterility. The therapy we are talking about has **none** of these risks. It is simple and safe and the study shows that it results in **major reductions** in suicide risk.
- Any laws that remove the rights of individuals to have such risk free therapy to reduce their risk of self harm is a breach of their fundamental human rights.

- Any laws that prevent **parents** from seeking therapy that is simple and safe for their children is also a breach of fundamental human rights.
- All Australians, young and old have the **fundamental human right** to get help for any unwanted attractions and this ACT bill will be a breach of this **fundamental human right**.

This can be summed up best by Dr Con Kafataris, contributor to the study  
*‘Sexual orientation and gender identity can be complex issues for young people. Australian parents and counsellors should be freed to help children with therapy and counselling about their sexual orientation and gender identity in the way that is best for them and to discuss all types of changes with them-straight to gay, gay to straight, transition away from or back to gender of birth.’*  
He also said: *“It is neither ethical nor appropriate for any government to think it can legislate that young people can only change in one direction and make it a crime to help them consider other options. Typically, proponents of laws like this one say they are needed to reduce suicide risk but our study suggests that laws like this one are likely to worsen mental health and suicide. Therefore this bill should be rejected as the authoritarian infringement of human rights that it is”*



**Summary of CAUSE Free To Change Study**

A cohort of 60 former LGBT people supplied their statistics by answering a questionnaire.

The notable results were:-

- **That suicides were averted.**
- Professional and religious counselling were much used.
- Many changed their orientation.
- The changes are in fact long standing.

It should be noted that the two groups, being sexual orientation and gender identity, come from across the spectrum of age, ethnicity, educational level and biological sex

The questionnaire asked the contributors to self-evaluate pre and post change on six life indicators. The results follow:-

- 1) The percentage of reported improvement.

<b>Percentage of Improvement</b>			
<b>Cohort Size: 60</b>			
<b>Life Indicators</b>		<b>Percentage reporting Post Change Improvement - From a Baseline</b>	
Suicidal Ideation.		Reduced by 40%	
Anxiety		Reduced by 50%	
Self Image		Increased by 51%	
Relationships		Increased by 30%	
Physical Health		Increased by 20%	
Promiscuity		Decreased by 50%	

2) The numbers / percentage of people who said that they had improvements:-

<b>Percentage Of People Who Improved.</b>			
Size of Cohort: 60			
Life Indicators	Number & Percentage Reporting Improvement		
	Number	Percentage	
Suicidal Ideation.	45/60	75%	
Anxiety	55/60	91.7%	
Self Image	57/60	95%	
Relationships	44/60	73.3%	
Physical Health	40/60	66.7%	
Promiscuity	51/60	85%	

3) Change in Orientation from Lesbian / Gay / Bisexual / Other.

<b>Sexual attraction</b>		
Cohort Size: 53		
	Number	Percentage
<b>Before Change</b>		
Lesbian / Gay	44	83%
Bisexual / Other	9	17%
<b>After Change</b>		
Heterosexual and married / relationship	14	26.4%
Still SSA, in a heterosexual marriage.	6	11.3%
Asexual in a heterosexual marriage	2	3.8%
Heterosexual and celibate.	16	30.2%
Still SSA but celibate.	11	20.8%
Other	4	7.5%
<b>Total heterosexual married</b>	23	43.4%
Heterosexual and celibate.	16	30.2%
<b>Of 53 people now in heterosexual position.</b>	39	73.6%

4) Change in Gender Identity: Transgender

<b>Gender Orientation</b>		
Cohort Size: 7		
	Number	Percentage
<b>Before Change</b>		
Transgender	7	100%
<b>After Change</b>		
Heterosexual and married / relationship	3	43%
Heterosexual and celibate	1	14%
No Longer Gender Dysphoric	3	57%
<b>Total now in a heterosexual position</b>	<b>4/7</b>	<b>57%</b>

5) The supports the used.

<b>The Support Accessed.</b>		
Cohort Size: 60		
Type of Counselling	Number	Percentage
Professional Counselling alone.	9	15%
Religious Counselling alone	12	20%
Professional & Religious counselling	26	43.3%
No Counselling	13	21.7%
<b>All Combinations of Professional &amp; Religious Counselling</b>	<b>47</b>	<b>78.3%</b>

6) Years since the start of their counselling / intervention.

<b>Change Persistence.</b>		
Cohort Size: 60		
Years Since Change /Intervention	Number	Percentage
5 years and less	10	16.7%
6 – 10 years	8	13.3%
11 – 19 years	12	20%
20 -29 years	15	25%
30 and over	15	25%
<b>Total Over 10 Years</b>	<b>42</b>	<b>60%</b>
<b>Total Over 20 Years</b>	<b>30</b>	<b>45%</b>
<b>Total Over 30 years</b>	<b>15</b>	<b>25%</b>