

Minister of Health

Prescribing gonadotropin-releasing hormone (GnRH) analogues for gender incongruence or gender dysphoria (puberty blockers)

18 December 2025

These documents have been proactively released by the Ministry of Health on behalf of the Minister of Health, Hon Simeon Brown.

Title of Cabinet paper:

- Safe-guarding the use of puberty blockers in young people with gender-related health needs
- Puberty blockers for young people with gender incongruence and dysphoria
- Regulations for puberty blocker prescribing
- Refining regulations to clarify the restriction of medicines for puberty suppression.

Title of minutes:

- Report of the Cabinet Social Outcomes Committee: Period Ending 15 September 2025 (CAB-25-MIN-0309)
- Report of the Cabinet Social Outcomes Committee: Period Ending 14 November 2025 (CAB-25-MIN-0411)
- Minute of Decision: Safe-guarding the Use of Puberty Blockers in Young People with Gender-related Health Needs (CBC-24-MIN-0107)
- Minute of Decision: Safe-guarding the Use of Puberty Blockers in Young People with Gender-related Health Needs (SOU-24-MIN-0137)
- Minute of Decision: Safe-guarding the Use of Puberty Blockers in Young People with Gender-related Health Needs (CAB-24-MIN-0455)
- Minute of Decision: Puberty Blockers in Young People with Gender Incongruence and Dysphoria (SOU-25-MIN-0104)
- Minute of Decision: Health Policy Paper (SOU-25-MIN-0160)
- Minute of Decision: Health Policy Paper (CAB-25-MIN-0434).

Some parts of this information release would not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act). Where this is the case, the relevant sections of the Act that would apply have been identified. Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

Key to redaction code/s:

- Out of scope
- S 6(a) where its release would likely prejudice the international relations of the Government of New Zealand.
- S 9(2)(ba)(i) where its release would be likely to prejudice the supply of similar information, or information from the same source, and it is in the public interest that such information should continue to be supplied;
- S 9(2)(a) to protect the privacy of natural persons.
- S 9(2)(b)(i) where its release would disclose a trade secret.
- S 9(2)(b)(ii) where its release would likely unreasonably prejudice the commercial position of the person who supplied the information.
- S 9(2)(f)(iv) to maintain the constitutional conventions that protect the confidentiality of advice tendered by Ministers and officials.
- S 9(2)(g)(i) to maintain the effective conduct of public affairs through the free and frank expression of opinions by or between or to Ministers and officers and employees of any public service agency.
- S 9(2)(h) to maintain legal professional privilege.
- S 9(2)(j) to enable a Minister or any public service agency to carry on negotiations without prejudice or disadvantage (including commercial and industrial negotiations).