



Cabinet Social Outcomes Committee

Minute of Decision

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Puberty Blockers for Young People with Gender Incongruence and Dysphoria

Portfolio Health

On 10 September 2025, the Cabinet Social Outcomes Committee (SOU):

- 1 **noted** that in November 2024, Cabinet agreed to consult on regulations to restrict the prescribing of puberty blockers for gender dysphoria in young people [CAB-24-MIN-0455];
- 2 **noted** that consultation feedback is reported in Appendix One, attached to the submission under SOU-25-SUB-0104;
- 3 **noted** that four policy options are presented in the paper under SOU-25-SUB-0104 to respond to the issue of limited evidence on benefits from puberty blocker treatment, and the uncertainty identified in the Cass Review;
- 4 **noted** that any changes to regulations which restrict prescribing will only apply to new prescribing, not to those already receiving puberty blockers;
- 5 **agreed** to regulate to prohibit puberty blocker prescribing to treat gender incongruence or dysphoria in new patients, while making youth gender services more accessible;
- 6 **directed** the Ministry of Health to engage with Health New Zealand on increasing the accessibility of holistic gender services for young people (including medical, psychological, and social services) and report back to the Minister of Health (the Minister) on progress;
- 7 **noted** that the decision in paragraph 5:
 - 7.1 involves greater redistribution of resources within health sector operating allowances, which the Minister of Finance has pre-approved;
 - 7.2 9(2)(h)
- 8 **authorised** the Minister to make further decisions about the detail of the decision in paragraph 5, including the issuing of drafting instructions for regulations, where relevant;
- 9 **invited** the Minister to report back to SOU to seek approval for regulations to be submitted to the Executive Council;

- 10 **noted** that the report back in paragraph 9 will include options, including the associated costs, of increasing the accessibility of youth gender services;
- 11 **noted** that the Director-General of Health will report to the Minister on findings from the United Kingdom's clinical trial and any other significant new evidence when these become available;
- 12 **agreed** that the Ministry of Health will review the settings for the prescribing of puberty blockers for gender dysphoria once the results of the United Kingdom clinical trial are available;
- 13 **noted** that the Minister will decide on any announcements and release of any reports in discussion with the Prime Minister's Office.

Jenny Vickers
Committee Secretary

Present:

Rt Hon Winston Peters
Hon Chris Bishop
Hon Simeon Brown (Chair)
Hon Dr Shane Reti
Hon Mark Mitchell
Hon Tama Potaka
Hon Nicole McKee
Hon Casey Costello
Hon Penny Simmonds
Hon Karen Chhour
Hon Nicola Grigg
Hon Scott Simpson

Officials present from:

Office of the Prime Minister
Officials Committee for SOU