

SARAH MCBRIDE

b. August 9, 1990

FIRST TRANS CONGRESSPERSON

“There is no question that the political is personal.”

Sarah McBride is a leading LGBTQ+ rights advocate and the first transgender member of Congress. Elected in November 2020, she serves as the U.S. representative for Delaware’s at-large congressional district.

Born in Wilmington, Delaware, McBride showed an early interest in politics. At 13, she volunteered for Matthew Denn’s 2004 campaign for the Delaware State Senate. McBride attended Calloway School of the Arts and volunteered for several other campaigns before graduating in 2009. She attended American University in Washington, D.C., where she was elected student body president. At the end of her tenure, she immediately announced her gender identity and preferred name on Facebook.

She is the first transgender member of Congress.

McBride became the first transgender person to intern at the White House, serving in the White House Office of Public Engagement and Intergovernmental Affairs, where she focused on LGBTQ+ issues. In 2013, she joined the board of directors for Equality Delaware and quickly became the state’s leading advocate for LGBTQ+ rights.

In 2014, McBride married her boyfriend of two years, Andrew Cray, a transgender man. The ceremony was performed by Bishop Gene Robinson, the first openly gay Episcopal bishop. Cray, a lawyer and accomplished LGBTQ+ policy advocate, was diagnosed with cancer in 2013. He died four days after their wedding.

Four years later, McBride announced her candidacy for the Delaware State Senate. She won in 2020 and promptly advanced her legislative agenda. She helped pass the Healthy Delaware Families Act (2022), providing paid parental, medical, and military deployment leave to eligible workers. She also helped pass the Digital Citizenship Education Act (2022) and the Protect Medicaid Act (2024).

In 2023, McBride announced her campaign for Delaware’s sole seat in the U.S. House of Representatives. She secured the Democratic nomination by a landslide and won the election 2024.

Two weeks into McBride’s term, Rep. Nancy Mace (R-SC) introduced a bill specifically targeting her. The bill proposed a “bathroom ban” barring transgender women from using the women’s restroom on Capitol Hill. House Speaker Mike Johnson (R-LA) enacted the policy.

On March 11, 2025, McBride was again publicly disrespected when Rep. Keith Self (R-TX) deliberately misgendered her during a hearing, addressing her as “Mr. McBride.” She calmly reciprocated, addressing Self as “Madam Chair.” Rep. Bill Keating (D-MA) intervened, condemning Self for his indecent behavior.

McBride resides in Wilmington, Delaware. She is a proud aunt to seven children.

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