In 2011, McBride was elected student body president at American University. During her last week as student body president, McBride gained international attention when she came out as a transgender woman in her college’s student newspaper, The Eagle.

McBride is largely credited with the passage of legislation in Delaware banning discrimination on the basis of gender identity in employment, housing, insurance, and public accommodations. In July 2016, she was a speaker at the Democratic National Convention, becoming the first openly transgender person to address a major party convention in American history.

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