POSITIVE IMPACTS OF LEGAL GENDER RECOGNITION

TRANS PEOPLE WHO HAVE OBTAINED LEGAL GENDER RECOGNITION SHARED...

...they felt relief, happiness and felt validated

“When I changed my name... I couldn’t get over the fact that having a piece of paper with the right gender in my hand was just like, so elevating! I look at it each day when I come home.”

Transgender person, age unknown, living in Ireland (cluster 5)

...they felt greater ease and reduced stress in day-to-day life (traveling, going to the bank, etc.)

“I do not have to justify myself or get anxious in the moments of my daily life where it is necessary to prove my identity.”

Trans man, aged 18-24, residing in France (cluster 4)

...they felt empowered, had more self-confidence and self-esteem
...they had reduced symptoms of depression, anxiety, stress, psychological distress, dysphoria
...they felt safer
...they were finally able to access the job market and improve their financial situation

“LGR helped with my family. It was "the click" for [them]. They live in the countryside; the mentality is not the same as in big cities. The fact that there is an official recognition from the state helps with family, social and professional inclusion.”

Trans woman, aged 55-64, residing in France (cluster 4)

“From the moment of this change, I started to live better. For me, everything changed.”

Trans woman (aged 45-54) living in France (cluster 4)

... they felt better able or safer to access higher education and focus on school
... they could access healthcare services, goods and services, insurance, housing, marriage or civil partnership, or parental custody
... they felt more accepted in daily life, amongst family members, friends, and in wider society. LGR helped with
...friends and relatives understanding and accepting their identity, and using the correct name
...family not misgendering them
...feeling free to be themselves
...feeling that they ‘fit’ in their family
...not hiding their identity at home
...gaining friends or strengthening existing friendships.

“Being officially recognised as my true gender allows me to meet potential employers in my comfortable gender expression without my original birth name "outing" me, bringing a whole host of issues with it.”

Trans woman, aged 25-34, residing in Hungary (cluster 3)
"I would feel more valid and accepted by society. Right now, we non-binary people are really invisible and it is easy for ignorant people to say that we do not even exist. Legal recognition would help a lot."

Non-binary person, aged 35-44, residing in Finland (cluster 2)

“I feel like I’m "grounded" and am sitting at home and just waiting to be able to go outside. That’s kind of what it feels like without my gender marker being changed to male. I’m waiting to live my life in the way I want to. Gym memberships, every part of my life I’ll feel free. I don’t have to hide or cover my gender marker with my fingers when I show someone my ID because they don’t believe that I’m 23."

Trans man, aged 18-24, residing in Croatia (cluster 3)

Trans people who had not gone through LGR explained:

Some shared that in lack of undergoing or being able to undergo LGR...

...it was very difficult to find a job and they had to resort to working in precarious sectors

...they gave up on pursuing their career

...they failed background checks

...they could not access employment agencies

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Workarounds:

some people changed their ID picture or their name on job application even though they have not (been able to) undergo LGR yet.

“The identity card is a very painful reminder of how emotionally draining and difficult my life is as a transgender person in Poland.”

Participant in the Polish focus group

The European Commission will foster best practice exchanges between member states on how to put in place accessible legal gender recognition legislation and procedures based on the principle of self-determination and without age restrictions."

EU LGBTQI Strategy (2020-2025)