

**Stonewall**

# ABOUT THIS RESOURCE

**This resource is produced by Stonewall, a UK-based charity that stands for the freedom, equity and potential of all lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people.**

At Stonewall, we imagine a world where LGBTQ+ people everywhere can live our lives to the full.

Founded in London in 1989, we now work in each nation of the UK and have established partnerships across the globe. Over the last three decades, we have created transformative change in the lives of LGBTQ+ people in the UK, helping win equal rights around marriage, having children and inclusive education.

Our campaigns drive positive change for our communities, and our sustained change and empowerment programmes ensure that LGBTQ+ people can thrive throughout our lives. We make sure that the world hears and learns from our communities, and our work is grounded in evidence and expertise.

To find out more about our work, visit us at [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Registered Charity No 1101255 (England and Wales) and SC039681 (Scotland)**

Stonewall is proud to provide information, support and guidance on LGBTQ+ inclusion; working towards a world where we're all free to be. This does not constitute legal advice, and is not intended to be a substitute for legal counsel on any subject matter.



# LGBT IN BRITAIN

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## TRANS REPORT

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## TRANS REPORT

**Chaka L. Bachmann**

Stonewall

**Becca Gooch**

YouGov

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# FOREWORD

This report exposes the profound impact that discrimination, violence and exclusion is having on trans people’s quality of life in Britain today.

The second in Stonewall and YouGov’s state of the nation LGBT in Britain series, this report focuses on the experiences of more than 800 trans and non-binary people who took part in our research. It contains powerful testimonies that demonstrate why progress on equality for trans people should be a priority for all of us.

What we have found is deeply worrying. Hate crime and discrimination against trans people, on our streets, in our hospitals, in workplaces and at universities, is widespread.

Two in five trans people had to deal with a hate crime or incident in the past 12 months. Many trans people are forced to hide who they are, change how they dress or drop out of university because of fear of discrimination. In our workplaces, half of trans and non-binary people have hidden or disguised that they are LGBT for this reason, and one in eight have been physically attacked by a colleague or customer.

Trans people often lack support from their families too, with more than a quarter subjected to domestic violence, and one in four having experienced homelessness at some point.

The research reveals that many of those who need medical intervention are unable to access this, often due to waiting times that exceed NHS patients’ legal entitlements. Those who do access treatment regularly receive inadequate care.

Meanwhile, while some trans people have been able to have their gender legally recognised thanks to the Gender Recognition Act of 2004, that same law still treats being trans as a mental illness. It does not provide recognition for non-binary people. In addition the process to secure a gender recognition certificate is so demeaning and intrusive that many trans people do not engage with it.

This situation is not acceptable, and it has been made worse by increasingly frequent attacks in the media and on social media from a vocal minority. Headlines and stories that make ludicrous claims that people are being ‘turned trans’, and that sensationalise and misrepresent the reality of being trans are reminiscent of days gone by: Days when the media constantly hounded lesbian, gay and bi people as deviants prevented progress on equality for so long.

Policy makers, organisations, communities and individuals need to come together urgently to reject this damaging narrative, and work as allies with trans people so we can address the huge barriers that this report lays bare. We’re pleased that the UK and Scottish Governments have committed to reforming the Gender Recognition Act. That is a vital first step to begin righting these wrongs. Our Vision for Change sets out the other steps we need to take together if we are to improve life for trans people in the next five years. Now is the time for us all, more than ever, to come out for trans equality.

**Ruth Hunt, Chief Executive**

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# THE STUDY

Stonewall commissioned YouGov to carry out a survey asking more than 5,000 lesbian, gay, bi and trans (LGBT) people across England, Scotland and Wales about their life in Britain today. This report, part of a series based on the research, investigates the specific experiences of the 871 trans and non-binary people who took part, across a range of areas of life in Britain. The study looks at the discrimination trans people face in their daily lives. It also looks at their home life and access to medical support for transition.

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# KEY FINDINGS

- **Two in five** trans people (41 per cent) and **three in ten** non-binary people (31 per cent) have experienced a hate crime or incident because of their gender identity in the last 12 months.
- **More than a quarter** of trans people (28 per cent) in a relationship in the last year have faced domestic abuse from a partner.
- **One in four** trans people (25 per cent) have experienced homelessness at some point in their lives.
- **One in eight** trans employees (12 per cent) have been physically attacked by colleagues or customers in the last year.
- **More than a third** of trans university students (36 per cent) in higher education have experienced negative comments or behaviour from staff in the last year.

*I am a trans man and I have been stalked for over two years now from an unknown person. During this time, I have received anonymous threatening letters. I've had two letters containing razor blades, one which contained a toxic substance which burnt my hands, face and eye. I have been beaten up three times.*  
*James, 47 (South East)*

- **Two in five** trans people (40 per cent) adjust the way they dress because they fear discrimination or harassment. This number increases significantly to half of non-binary people (52 per cent).
- **Two in five** trans people (41 per cent) said that healthcare staff lacked understanding of specific trans health needs when accessing general healthcare services in the last year.
- **Three in five** trans people (62 per cent) who have undergone, or are currently undergoing, medical intervention for their transition are unsatisfied with the time it took to get an appointment.
- **More than one in ten** trans people (11 per cent) have gone abroad for medical treatment to alter their physical appearance, including buying hormones over the internet from other countries, with many citing the barriers they currently face in accessing medical treatment in the UK.

*The waiting lists are excruciatingly long on the NHS to the point I feel I'm not mentally strong enough to wait this long, and hormones/surgery are incredibly difficult to get hold of but are something that will greatly improve my mental wellbeing.*  
*Dominic, 24 (North West)*

# FACING DISCRIMINATION AND ABUSE

This research reveals the inequalities faced by trans people in Britain today. It shows the extent to which trans people are subjected to hate crime and how many report it to the police. It also reveals the day-to-day discrimination they experience at work, in education or when accessing healthcare services.

## HATE CRIME

**Two in five** trans people (41 per cent) have experienced a hate crime or incident because of their gender identity in the last 12 months. **Three in ten** non-binary people (31 per cent) have experienced a hate crime or incident because of their gender identity.

Younger trans adults are at greatest risk: **53 per cent** of trans people aged 18 to 24 have experienced a hate crime or incident based on their gender identity in the last 12 months.

Hate crime against trans people is significantly underreported; most trans people - **four in five** (79 per cent) - don't report it to the police. Some trans people who report a hate crime don't feel supported by the police or experience even further discrimination.

*I had occasion to report that I had been harassed and suffered an injury. I talked, they listened, but it was their attitude and I got the impression that it was not being taken seriously.*  
Leo, 53 (North East)

*I am a trans man and I have been stalked for over two years now from an unknown person. During this time, I have received anonymous threatening letters. I've had two letters containing razor blades, one which contained a toxic substance which burnt my hands, face and eye. I have been beaten up three times.* James, 47 (South East)

*I was raped. Police kept referring to me as 'she' and 'female' and using my birth name. The doctor they brought to examine me, made me uncomfortable and continued calling me female.*

*Angus, 24 (Scotland)*

## RECOMMENDATIONS

### THE HOME OFFICE SHOULD:

- Improve confidence in reporting by treating hate crimes based on gender identity, sexual orientation and disability equally to those based on race and faith under the law, by making them aggravated offences

### POLICE FORCES SHOULD:

- Improve training to all police officers and frontline staff to ensure they can identify and record transphobic hate crimes, better support victims and bring perpetrators to justice

### THE PROSECUTION SERVICE AND JUDICIARY ACROSS THE UK AND SCOTLAND SHOULD:

- Ensure that all prosecutors and judges are trained on transphobic hate crimes on and offline, ensure trans people's identities and privacy are respected, and provide targeted support to victims

## DISCRIMINATION

Trans people experience high levels of discrimination and poor treatment because of their gender identity and often change their behaviour because of it.

This ranges from verbal abuse and intimidation in the street and other public spaces like toilets, to being discriminated against in shops, cafés, restaurants, bars and nightclubs. Trans people also face discrimination when using public services and when looking for a house to rent or buy.

**Almost half** of trans people (48 per cent) don't feel comfortable using public toilets.

**Two in five** trans people (40 per cent) adjust the way they dress because they fear discrimination or harassment. This number increases significantly to **half** of non-binary people (52 per cent).

**More than two in five** trans people (44 per cent) avoid certain streets altogether because they don't feel safe there as an LGBT person.

**A third** of trans people (34 per cent) have been discriminated against because of their gender identity when visiting a café, restaurant, bar or nightclub in the last year.

**One in four** trans people (25 per cent) were discriminated against when looking for a house or flat to rent or buy in the last year. **One in five** non-binary people (20 per cent) have experienced discrimination while looking for a new home.

**Three in ten** trans people (29 per cent) who accessed social services in the last year experienced discrimination.

*I was physically assaulted by two women as I attempted to use the bathroom in a bar. They began pushing me and shouted that I was in the wrong bathroom and pointed out that this was the ladies' bathroom. I told them that I knew which bathroom it was and I was in the right place, but they persisted. Since then I avoid public toilets whenever possible.* Abebi, 34 (Scotland)

*I wish I was free to openly dress and live as a woman, but it doesn't feel safe to do so.* Finn, 70 (East of England)

*I live in constant fear of being attacked again due to my gender identity.* Elijah, 19 (South East)

*I was verbally assaulted, called a 'tranny', 'shim', 'he/she', 'pussyboy', groped and had someone try to yank my binder outside a nightclub and this all on the same night.* Sean, 23 (South West)

*People react aggressively when I use public bathrooms if they are unsure of my biological sex. People think it is acceptable to ask me about my sex and genitals in public environments. I have had people grab my crotch in public walking down a road in the middle of the day in a crowded area.* Flynn, 21 (East of England)

## WORK

The lives of many trans people at work remain difficult, with many facing bullying and discrimination, including an alarming number of trans employees who have been physically attacked at work. Trans employees often deliberately hide their identity because they fear being discriminated against at work.

**One in eight** trans employees (12 per cent) have been physically attacked by colleagues or customers in the last year.

**Half** of trans and non-binary people (51 per cent and 50 per cent respectively) have hidden or disguised the fact that they are LGBT at work because they were afraid of discrimination.

*I was pressured to 'come out' as trans to a senior manager of my department and HR, owing to work issues. I moved departments as I felt I could not return to a hostile environment following sickness from work because of the stress caused by this issue and the treatment by a senior manager.* Indigo, 49 (Wales)

*I recently resigned my post due to being bullied by a manager after a conversation between myself and a few friends was leaked regarding my transition. I was bullied into self-harm, suicidal ideation, and resigned as I felt I had no other option. I am now struggling to get a job because I'm transgender.* Silvia, 30 (Wales)

## RECOMMENDATIONS

### EMPLOYERS SHOULD:

- Develop clear zero tolerance policies on transphobic bullying, discrimination and harassment policies, supported by all-staff training
- Using Stonewall's guidance, develop a policy to support trans employees who are transitioning, including information on confidentiality, dress codes and using facilities, with related guidance for line managers
- Join more than 760 employers on Stonewall's Diversity Champions programme, the UK's leading best practice forum for employers on LGBT inclusion. Visit [www.stonewall.org.uk/diversity-champions-programme](http://www.stonewall.org.uk/diversity-champions-programme) to join the programme



Stonewall's six-step toolkit on creating a trans-inclusive workplace is available at [www.stonewall.org.uk/supporting-trans-staff-workplace](http://www.stonewall.org.uk/supporting-trans-staff-workplace)

Stonewall's library of resources for employers on creating an LGBT-inclusive workplace is available at [www.stonewall.org.uk/our-work/workplace-resources](http://www.stonewall.org.uk/our-work/workplace-resources)

## HIGHER EDUCATION

Trans students experience harassment and discrimination at university. For some this has a significant negative impact on their studies and future plans.

More than a **third** of trans university students (36 per cent) have experienced negative comments or conduct from staff in the last year.

**One in seven** trans university students (14 per cent) have considered dropping out or have dropped out of a higher education course because of experiencing harassment or discrimination from students and staff in the last year.

*At university people have refused to refer to me with the proper pronouns because they "don't see me as a woman" despite me fully presenting myself as such.*

Sophia, 20 (Wales)

*I have recently started at a new university. I was laughed at, ridiculed, and became the butt of jokes that normally gender me as a woman. This has been constant since day one. Taylor, 23 (South East)*

## RECOMMENDATIONS

### UNIVERSITIES SHOULD:

- Communicate a clear commitment to trans inclusion to current and prospective students and staff, through promotional materials and clear anti-discrimination policies
- Have clear and widely promoted policies, which communicate a zero-tolerance approach to discrimination, bullying and harassment based on gender identity, gender expression and sexual orientation
- Consult with LGBT student societies to understand the needs of trans students and to ensure that policies, university facilities, accommodation and public spaces are inclusive of trans and non-binary students
- Provide signposting and information for trans students through student services
- Join more than 100 British universities on Stonewall's Diversity Champions programme, the UK's leading best practice forum for employers on LGBT inclusion. Visit [www.stonewall.org.uk/diversity-champions-programme](http://www.stonewall.org.uk/diversity-champions-programme) to find out more.

## HEALTHCARE

A significant number of trans people face poor treatment when accessing healthcare services, despite the legal duty of all health and social care organisations to provide equal treatment and tackle discrimination.

**Two in five** trans people (41 per cent) said that healthcare staff lacked understanding of specific trans health needs when accessing general healthcare services in the last year. This number increases to **half** of trans people (51 per cent) living in Wales

**Seven per cent** of trans people said they have been refused care because they are LGBT, while trying to access healthcare services in the last year.

*I wasn't given medical treatment for an underactive thyroid after being bedridden with awful blood results because my doctor believed it was because I am transgender. I hadn't even started my medical transition and they accused me of self-medicating and refused to help. My doctor also outed me previously in my old job. Matthew, 24 (South East)*

*An NHS nurse asked me about my recent gender reassignment surgery and then went on to compare me to a paedophile as if being trans is the same thing. It's shocking how little training NHS staff have had.*

Anthony, 29 (East of England)

*Coming out as transgender was the hardest thing I've ever done, and having to explain it over and over again to medical professionals that were supposed to be helping me, almost made me end my life. There needs to be better support for us.*

Henry, 24 (Yorkshire and the Humber)

## RECOMMENDATIONS

### ALL HEALTH AND SOCIAL SERVICES SHOULD:

- Have clear and widely promoted policies, which communicate a zero-tolerance approach to discrimination, bullying and harassment based on gender identity, gender expression and sexual orientation
- Deliver mandatory equality and diversity training for all staff, which explicitly includes: needs and experiences of trans patients and service users, privacy and confidentiality
- Identify and address staff training needs in specific services, such as sexual health services or social care for older trans patients
- Join over 50 NHS Trusts and healthcare providers on Stonewall's Diversity Champions programme, Britain's leading best practice forum for employers on LGBT inclusion, and enter the Workplace Equality Index. Visit [www.stonewall.org.uk/diversity-champions-programme](http://www.stonewall.org.uk/diversity-champions-programme) to join the programme.



Stonewall's four-step toolkit on delivering an LGBT-inclusive service is available at [www.stonewall.org.uk/service-delivery-toolkit](http://www.stonewall.org.uk/service-delivery-toolkit)

### PRIMARY CARE SERVICES SHOULD:

- Ensure staff receive training and fully understand when a trans person's identity is relevant to their healthcare, referral pathways to Gender Identity services and their role in that pathway

### TRAINING PROVIDERS, MEDICAL AND NURSING SCHOOLS AND ROYAL COLLEGES SHOULD:

- Review training and curricula to ensure that LGBT health inequalities, and the healthcare needs of all LGBT patients and service users, are included as part of compulsory and ongoing training

# UNDER THREAT AT HOME

Trans people often face a lack of support from their families and are at high risk of experiencing homelessness and domestic abuse.

**One in seven** trans people (14 per cent) aren't open about their gender identity to anyone in their family. This number increases to **one in four** non-binary people (24 per cent).

**Six per cent** of trans people are also not open about their gender identity to any of their friends.

**More than one in ten** trans people (11 per cent) who are out to their family, aren't supported by any of their family members. Only **one in four** trans people (26 per cent) say that all their family members who know that they are trans, are supportive.

**Two in five** trans people (42 per cent) who would like to undergo medical intervention as part of their transition haven't done so yet because they fear the consequences it might have on their family life.

*I do not have the support system I need. My family is unsupportive.* Ewan, 24 (Wales)

*I get shouted at every single time I leave my house and threatened at least once a week. I try to closet myself from my family because I'm so close to getting kicked out. I can't access hormone replacement therapy without going private. I'm disabled. It's a lot to deal with and I'm crumbling under the stress but I consider myself a warrior. But really, something needs to change.* Stevie, 21 (Wales)

*The first time I was homeless was because my brother threatened to kill me. I was told by a council worker to say sorry to my brother for my gender identity being difficult for him. The second time I got help but it took months to get a hostel space.*  
Flynn, 21 (East of England)

**More than a quarter** of trans people (28 per cent) in a relationship in the last year have faced domestic abuse from a partner.

**One in four** trans people (25 per cent) have experienced homelessness at some point in their lives.

*I'm able to be open about being a lesbian, but I don't tell anyone that I'm trans. I'd rather not talk about it, because I don't trust people to be understanding and educated on the subject. I have been abused in the past, homeless, estranged from family and using drugs to cope.* Norma, 33 (North East)

*When I was homeless I came out regarding my gender identity, and I managed to gain a place at a hostel and begin transition. After 3 years I completed my transition. I don't generally experience issues due to my nature. However, the people that I support do every day in housing, employment and so on.* Eliza, 29 (Yorkshire and the Humber)

## RECOMMENDATIONS

### THE UK GOVERNMENT SHOULD:

- Consult with trans and non-binary people and organisations to ensure the Domestic Violence and Abuse programme of work and Act is inclusive of trans people's needs
- Ensure that enough sustainable funding is available for domestic violence and homelessness support services to meet demand, including trans people affected

### THE SCOTTISH GOVERNMENT SHOULD:

- Ensure their domestic violence strategy is inclusive of trans and non-binary people and their needs

### DOMESTIC VIOLENCE AND HOMELESSNESS SUPPORT SERVICES SHOULD:

- Develop and advertise services that are inclusive of trans and non-binary people drawing on best practice from other trans-inclusive services
- Provide training for all staff on meeting the specific needs of trans service users

# INADEQUATE MEDICAL SUPPORT

Not all trans people choose to access medical interventions, for example hormones and surgery, as part of their transition. However, for some medical intervention is important. The decision is up to each individual. Those that do need this support face significant barriers to accessing treatment, including waiting times that stretch into years, far exceeding the maximums set by law for NHS patients. This causes significant stress and impact on people's lives and prevents many trans people from accessing the support they need.

**One in ten** trans people (10 per cent) don't want any form of medical intervention – this includes **16 per cent** of non-binary people who identify as trans, **10 per cent** of trans men and **four per cent** of trans women. **One in eight** trans people (13 per cent) are unsure if they want some form of medical intervention.

**Half** of trans people (52 per cent) have undergone or are currently undergoing medical intervention. **Almost one in four** trans people (23 per cent) have not yet undergone any, but want some form of medical intervention.

*We need more services available for trans people, so it gets easier to get hormones and surgery. Not sure I'd even be alive right now if I hadn't transitioned.* Sebastian, 33 (Scotland)

**Almost half** of trans people (47 per cent) who want to undergo some form of medical intervention, but have yet to have it, say that long waiting times prevent them from accessing medical treatment. **Nearly half** (45 per cent) say they don't have the financial means to afford it (e.g. costs for treatments they've been unable to access on the NHS or travel expenses). **One in four** (24 per cent) fear discrimination from a healthcare service provider and the same percentage of trans people, **24 per cent**, don't know how to access the form of medical intervention they want.

*Transgender care is moving on from where it was just five years ago, with more gender clinics accepting people who identify as non-binary, or who want certain treatments and not others. It is still a huge problem that many cannot access hormones and surgery. In some cases, it is life-saving. Many of my friends admit to bending the truth to "jump through hoops" in order to access the care they require, which means professionals are likely to think that most trans individuals fit the medical model, when that's not the case.* Ash, 31 (Yorkshire and the Humber)

*I waited five years as a trans teenager for chest surgery and was told because I lived in Scotland there was no surgeon as the only one retired just as I reached an age whereby I qualified to get the surgery.*

*Thomas, 30 (Scotland)*

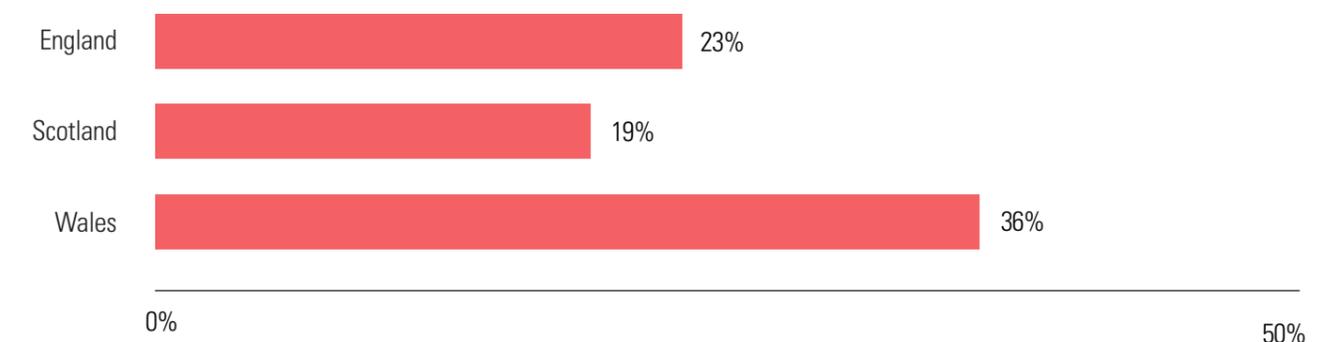
**Three in five** trans people (62 per cent) who have undergone or are currently undergoing medical intervention are unsatisfied with the time it took to get an appointment. **Three in ten** (28 per cent) are unsatisfied with the cost related to this intervention.

In Wales, access to treatment is particularly poor. There is currently no gender identity service in Wales and patients have to travel to London for care. They face long journeys, extended waiting times and difficulties in bringing supportive family or friends to accompany them. The Welsh Government has announced the creation of a Welsh Gender Team to treat patients from March 2018.

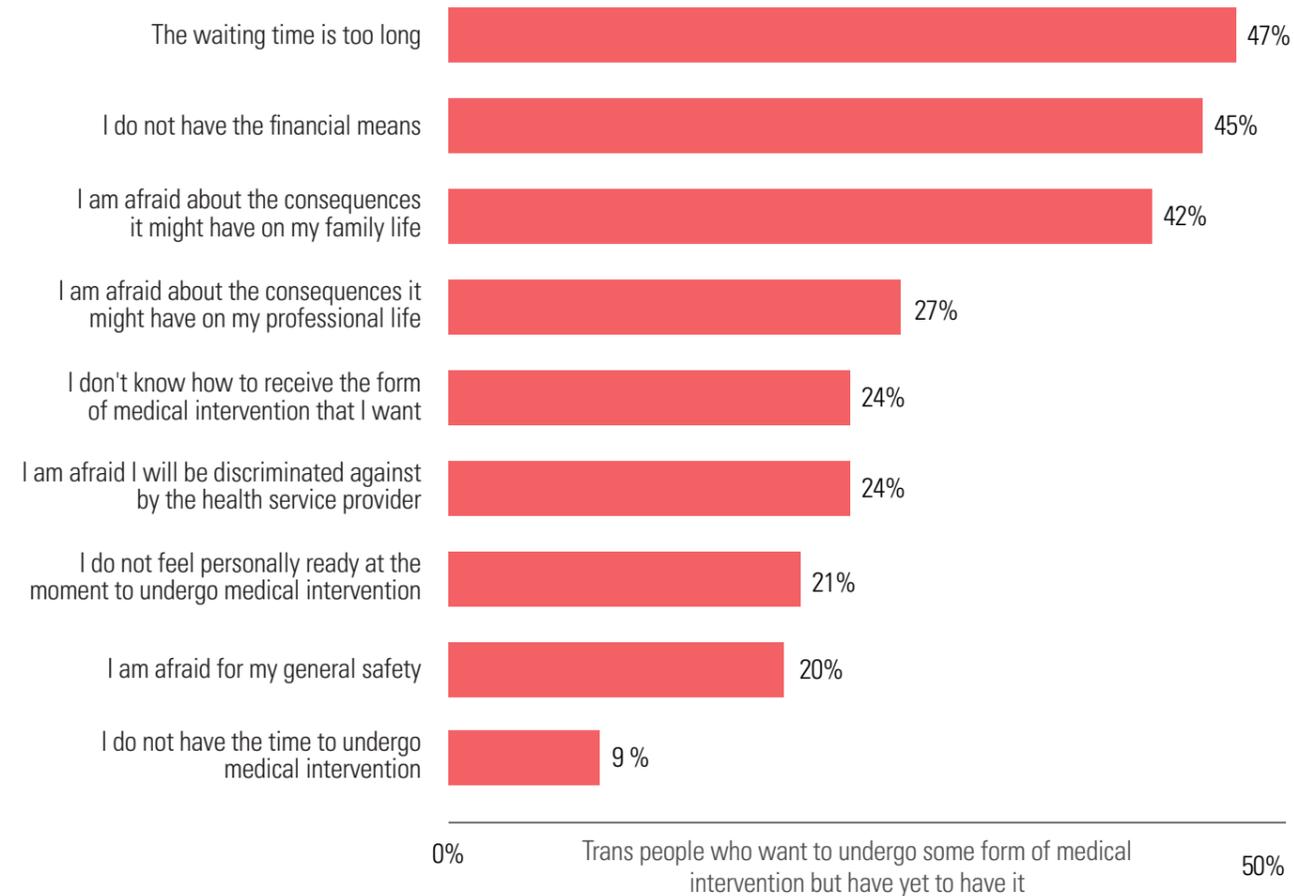
*I am currently on the waiting list to start hormones and so far, my first appointment has been pushed back by nine months, added onto the nine months I have already waited. They have given me false hope and told me that my appointment would be in the next month, then continued to say the same thing month after month.* Jo, 22 (Wales)

*The waiting lists are excruciatingly long on the NHS to the point I feel I'm not mentally strong enough to wait this long, and hormones/surgery are incredibly difficult to get hold of but are something that will greatly improve my mental wellbeing.* Dominic, 24 (North West)

## PERCENTAGE OF TRANS PEOPLE WHO HAVE NOT YET UNDERGONE ANY, BUT WANT SOME FORM OF MEDICAL INTERVENTION.



## WHAT PREVENTS YOU FROM UNDERGOING THE FORMS OF MEDICAL INTERVENTION THAT YOU WANT?



**One in four** trans people who have undergone or are currently undergoing medical intervention are unsatisfied with the support they have received from their GP (24 per cent) and their gender identity clinic (23 per cent).

At a second consultation, our designated new GP told my partner flat-out she was uncomfortable prescribing the hormones agreed by our London GP. We were stunned. 'Uncomfortable' is not a medical explanation. After a period of mediation between the NHS and our new GP practice, they now seem to have reached an agreement where my partner will have to be referred to the GIC, and the GP, a different person within the same practice, will then take the GIC's guidance in prescribing hormones. I can't begin to imagine how these recurring hurdles make him feel, but on my part, I feel powerless, utterly outraged, and humiliated. Emily, 31 (East of England)

Without the support of my GP it would have been a nightmare. The Gender Identity Clinic was an appalling experience; the official progression ghastly - if I had not been able to afford one op privately. I am quite sure I would be a constant drain on the NHS due to chronic depression at the very least. Oscar, 63 (London)

Gender Identity Clinics in this country are largely awful and take forever to see patients. Once you are seen, one false move and you're discharged and have to start from scratch. It's frustrating. Norma, 33 (North East)

*The waiting lists for trans related healthcare are responsible for the rise in the sale of illegal/unprescribed hormones. This is actively putting the trans community at risk.*

*Ivy, 21 (Yorkshire and the Humber)*

**Seven in ten** trans people (71 per cent) who are accessing medical support for their transition are satisfied with the care they have received at those facilities. However, **one in seven** trans people (14 per cent) don't share this experience and are not satisfied with the care they received at the medical facility.

**More than one in ten** trans people (11 per cent) have gone abroad for medical treatment to alter their physical appearance, including buying hormones over the internet from other countries. A further **17 per cent** of trans people are considering doing this.

I am already self-medicating testosterone, considering going abroad for top surgery. Waiting times in the UK are ridiculous. Ellis, 22 (North West)

I went abroad for facial feminisation surgery and for voice feminisation surgery. While both are available in the UK, they are far below the superior standards and techniques available in other countries. The UK is embarrassingly behind on treatment for trans people. We can't even self-identify our gender, have to wait 2 years, and "prove ourselves" to a panel of unqualified strangers. Heidi, 41 (South West)

## RECOMMENDATIONS

### NHS ENGLAND, NHS WALES AND NHS SCOTLAND SHOULD:

- Increase capacity and improve access to gender identity services, and develop clear strategies to attract and recruit more clinicians to become gender identity specialists across all relevant disciplines

- Urgently improve protocols and pathways to reduce the long waiting times for trans people to access treatment
- Commit resources to effectively engage with trans people and groups in the design and delivery of gender identity services

# ACHIEVING GENDER RECOGNITION

The Gender Recognition Act 2004 is a law that enables some trans people to have their gender recognised under the law. The Act, which was a positive step forward at the time, is now outdated; it is based on the premise that being trans is a mental illness that needs to be diagnosed, which is similar to what was once thought about being gay or bi. It also requires trans people to take part in a bureaucratic and demeaning process to gain recognition of their gender.

The Gender Recognition Act enables trans people to be legally recognised in their affirmed gender and to be issued with a new birth certificate. However, in order to gain a Gender Recognition Certificate, trans people must currently provide psychiatric assessments and other intrusive evidence requirements, such as proving they have been living in the gender with which they identify to a Gender Recognition Panel.

Trans people explain that the process is traumatic and demeaning, many can't or aren't able to engage with it, and those who do go through it say they have to fit outdated stereotypes of what it is to be trans, and what it is to be a woman or a man to secure recognition.

*The Gender Recognition Act allowed me to change my birth certificate, however, the process to do so felt invasive and judged me for not being "trans enough".* Isaac, 24 (West Midlands)

*The gender recognition panel is an archaic, sexist and a deeply offensive, unnecessary gatekeeper.* Ivy, 21 (Yorkshire and the Humber)

*We need to reform the way that trans people relate to the medical system, reforming the 'gatekeeper' role that medical professionals currently play in assessing whether trans individuals are allowed to access medical care and make it easier to change gender identities on official documents.* Ruby, 30 (London)

*Increased awareness about transgender identities and ways of being trans other than the medical model has made an impact on, and brought together myself and lots of people I know.* Ash, 31 (Yorkshire and the Humber)

The Act also provides no way for non-binary people to have their gender identity recognised. In addition, it requires trans people in England and Wales to get their spouse's approval to gain their certificate if they are married.

*We need more focus on trans issues and better recognition of non-binary genders, as well as the right to self-define one's gender without unnecessary medicalisation.* Matilda, 28 (South East)

*Trans people who were married before they transitioned should be able to transition without the spouse's approval.* Samuel 51 (London)

*It's great to know that I'm in theory protected by law for being bi and trans. My partner and I are now married. My non-binary partner is not yet protected by law and can't yet get a passport without gender reference. They're suicidal because of these inequalities which impacts me too.* Jamal, 47 (East Midlands)

*Being forced to live as someone you're not, in a society that doesn't accept you, can cause mental health issues, but there are people who feel they can't seek help for mental health problems because they won't be allowed to transition.*  
Sienna, 21 (Scotland)

## RECOMMENDATIONS

Following recommendations from the Women and Equalities Committee in the UK Parliament in 2016, the UK Government announced in 2017 that it would consult on reform of the Gender Recognition Act. The Scottish Government have also made a similar commitment for trans people in Scotland.

### UK AND SCOTTISH GOVERNMENTS SHOULD:

- Reform the Gender Recognition Act 2004 so that obtaining legal gender recognition does not require medical evidence and is replaced with a simple administrative process based on self-declaration
- Ensure that an individual's spouse cannot block their right to have their gender recognised
- Lower the age to access gender recognition from 18 to 16
- Ensure that the reformed Gender Recognition Act makes specific provision for recognising non-binary identities

The UK is miles behind countries like Ireland, Malta, Norway and Argentina who have already done away with medical tests and bureaucracy, and have a system based on self-declaration. There are no down-sides, for example when Ireland did it, nobody else was affected, except trans people who for the first time were able to have their gender recognised in a straightforward and empowering way by the state.

Stonewall wants to work with policy makers, organisations, individuals and communities to put the case for reform in the coming year, and secure this change which will have such a positive impact for trans people in Britain.

At the same time, Stonewall continues to work with businesses, public services, schools, communities and individuals to make progress on all the other barriers and abuse that trans people experience every day that this report has highlighted.

# LOOKING AHEAD

While trans people have continued to face substantial challenges in the years since the Gender Recognition Act was introduced, some positive change has also been achieved.

**More than two in five** trans people (44 per cent) say they are optimistic with the direction LGBT rights are going in this country.

I was in denial for many years about my gender identity because I was ashamed and worried about what people would think. The wider societal awareness and acceptance of transgender people has made it easier to come to terms with myself and to come out to others. My family have found it easier to accept me after watching some of the better documentaries which have answered questions which they felt unable to ask me. Having laws protecting trans people against discrimination has helped me at work when some co-workers started to harass me. My employers were very supportive, but I suspect they would have been less so had the law not been so clearly on my side. Logan, 31 (Scotland)

The progress has made me feel more comfortable in being open with who I am, both my gender and sexuality. I am finally able to be myself, and being a transgender male that means a lot. I can live in the gender I am without having to worry too much about other people and it had helped me open up and find out who I really am instead of the person I was pretending to be before I came out. Jo, 22 (Wales)

I went to the Stonewall Trans Manifesto event in London this year. And the work that I saw there that was going to be happening in the next 5 years was incredible and it made me more accepting of myself and gave me a boost of confidence because I know there are people like me and there are people working hard to support my community. Theo, 21 (South East)

However, **three in ten** trans people (30 per cent) don't share this sentiment and are pessimistic with the direction LGBT rights are going in this country. Many cite the negative personal impact of attacks against trans people in media outlets and on social media.

Even just five years ago it was not safe for me to come out as trans, the pace of change has been amazing. Unfortunately, there now appears to be a backlash against that progress in the last year with hate from the media against trans increasing disturbingly in the last six months. This increasing transphobia is accelerating and is causing acute anxiety in my daily life. Willow, 40 (Wales)

We are constantly questioned on our existence, treated hostilely and ridiculed in the name of debate. We are constantly exposed to hate and criticism in media and daily life as the public respond to the media's attitudes. I'm sick of being described as a mentally ill freak. Esme, 32 (Scotland)

## RECOMMENDATIONS

### WHAT I CAN DO AS AN INDIVIDUAL – COME OUT FOR TRANS EQUALITY

As this report highlights many trans people in the UK experience violence, abuse and discrimination in their everyday lives. If that is to change they need allies in every workplace, school and community to work with them to change attitudes and break down the barriers they face. You can help; we want you to come out for trans equality. Here's how:

- Respond to the public consultation in 2018 to reform the Gender Recognition Act 2004. The consultation has already started in Scotland, and ends on 1 March 2018. To

find out more, visit: [www.stonewall.org.uk/our-work/campaigns/trans-equality](http://www.stonewall.org.uk/our-work/campaigns/trans-equality)

- Stand up as an ally to trans and non-binary people by joining the Come Out for LGBT campaign. Encourage your friends, family and colleagues to join the campaign [www.stonewall.org.uk/comeoutforlgbt](http://www.stonewall.org.uk/comeoutforlgbt)

- Call out and report transphobic abuse and discrimination, at work and in your community, so long as it is safe to do so. For information on reporting hate crimes, visit [www.stonewall.org.uk/help-advice/hate-crime/what-hate-crime](http://www.stonewall.org.uk/help-advice/hate-crime/what-hate-crime)

# METHODOLOGY

Between February and April 2017, 5,375 lesbian, gay, bi and trans (LGBT) people across England, Scotland and Wales completed an online questionnaire about their life in Britain today, which was administered by YouGov on behalf of Stonewall.

Participants were recruited through the YouGov panel, as well as an open recruitment that circulated through a wide range of organisations, community groups and individuals.

### The sample

- The overall sample size of participants who are trans and/or non-binary is 871. Unless stated otherwise, findings reported for 'trans people' refer to respondents who identified themselves as trans (total sample 733 respondents), which includes trans people who identified themselves also as non-binary; findings reported for 'non-binary people' refer to all those who identified themselves as non-binary (total sample 414 respondents), of whom two thirds identify also as trans.
- 65 per cent of trans and non-binary respondents are from England, 18 per cent are from Wales and 17 per cent are from Scotland.
- 34 per cent are male, 17 per cent are female and 48 per cent describe their gender in a different way. Different terms that respondents used to describe their gender identity include 'non-binary', 'genderfluid' and 'genderqueer'. People who used a different term to describe their gender identity are referred to as 'non-binary' throughout the report.
- 20 per cent of trans and non-binary respondents are gay or lesbian, 34 per cent are bi, 30 per cent use a different term to describe their sexual orientation and 13 per cent are straight. Different terms that respondents used to describe their sexual orientation include 'pansexual' and 'queer'.
- 51 per cent of respondents are disabled.
- Nine per cent of respondents are black, Asian or minority ethnic.

The figures have been weighted by region and age. All differences reported in the survey are statistically significant. All names in quotes have been changed for anonymity and ages have been assigned from within age bands.

# LGBT IN BRITAIN

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## TRANS REPORT

*We are constantly questioned on our existence, treated hostilely and ridiculed in the name of debate. We are constantly exposed to hate and criticism in media and daily life as the public respond to the media's attitudes. I'm sick of being described as a mentally ill freak.*

*Esme, 32 (Scotland)*

*Coming out as transgender was the hardest thing I've ever done, and having to explain it over and over again to medical professionals that were supposed to be helping me, almost made me end my life. There needs to be better support for us.*

*Henry, 24 (Yorkshire and the Humber)*

Designed by Alex Long

Stonewall, 192 St John Street, London EC1V 4JY

[info@stonewall.org.uk](mailto:info@stonewall.org.uk)

[www.stonewall.org.uk](http://www.stonewall.org.uk)

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