

Being Trans in the EU

Comparative analysis of the EU LGBT survey data

Summary



Articles 1, 2 and 3 of the Charter of Fundamental Rights of the European Union guarantee the right to human dignity, to life and to the integrity of the person. Articles 6, 7 and 8 guarantee the right to liberty and security, to the respect for private and family life, and to the protection of personal data. Article 14 recognises the right to education and Article 20 the right to equality before the law. Article 21 guarantees the right to non-discrimination, including on the grounds of sex, and Article 35 recognises the right to healthcare, Article 45 to freedom of movement and of residence, and Article 47 to an effective remedy and a fair trial.

The male or female gender that we are officially assigned at birth is based upon our physical features. This might not, however, match our gender identity – that is, the way we think and feel about our gender. As more and more trans persons openly refuse to identify as either male or female, it becomes clear that gender feelings cannot be squeezed into narrow ‘female’ and ‘male’ boxes. The results of the EU lesbian, gay, bisexual and transgender (LGBT) survey underline the need to move beyond these boxes both in general gender discussions in society and when considering specific legal and policy measures.

By illuminating the daily life of trans persons in the European Union (EU) and its Member States, the richness and comparable nature of the data from the LGBT survey, conducted by the European Union Agency for Fundamental Rights (FRA), makes this possible.

“As transgender, I feel it is crucial policy makers and healthcare providers understand there are more than just two extremes of the gender spectrum. There can be anything in between, and people can live a fulfilled life without being on either end of the spectrum, i.e. not fully man or woman. We need more understanding, but more importantly, more resources and legal support to live our lives equal to other people.” (Trans woman, 28, Netherlands)

The full report *Being Trans in the European Union*, and this summary, draw on survey evidence to analyse the lived reality of 6,579 self-declared trans respondents – an umbrella term encompassing all those who identify with a different gender and/or express their gender identity differently from the one they were assigned at birth. Trans persons in Europe and the world widely use this term; it was therefore chosen to avoid confusion with one of the possible identity groups from which the respondents could choose (‘transgender’). Although the results cannot be considered representative of all trans people in the EU, they constitute the largest collection of empirical evidence of its kind to date to shed light on transgender persons’ experiences across various life spheres.

Key findings

The results reveal that trans people face frequent infringements of their fundamental rights: discrimination, violence and harassment, all to a degree more intense than those suffered by other lesbian, gay or bisexual survey respondents. These experiences prompt persistent feelings of fear and lead

some trans persons to avoid certain locations and hide or disguise their true gender identity – further curtailing their rights.

The problems trans persons face in freely expressing their experienced gender perpetuate a lack of public awareness about the reality of their identities and lives. They create a vicious circle of fear and ignorance, of intolerance, discrimination and even hate-motivated violence.

Where action plans, positive measures and equality policies combating discrimination are well developed and implemented, trans people say they are more open about their gender identity. The survey results underscore that legal frameworks and policy instruments count. They contribute to protecting and promoting fundamental rights and to advancing social norms and beliefs – improving people’s lives.

FRA opinion

Strengthening EU action and national responses

The EU and its Member States are encouraged – drawing from the evidence of this survey and the experience and existing promising practices in some EU Member States – to address trans issues. They should, in particular, consider gender identity and gender expression as protected grounds in human rights and anti-discrimination policies, action plans and awareness-raising campaigns.

As this survey has found that discrimination and violence may often happen due to a person’s nonconforming gender expression, the EU Strategy for equality between women and men should be enhanced to include actions combating gender stereotypes and discrimination on grounds of gender identity, gender expression and transphobia.

TRANS RESPONDENTS IN THE EU LGBT SURVEY

Given the diversity of trans persons, this analysis examines the sub-identity groups in the knowledge that the fundamental rights issues affecting them may be profoundly different. Although previous research in the trans studies field describes differences in the lives of trans women, trans men and other trans persons, this is the first time that an EU-wide study makes it possible to compare the different subgroups. The EU LGBT sample contains sufficient numbers in the subgroups to allow finely grained comparisons between them (Figure 1).

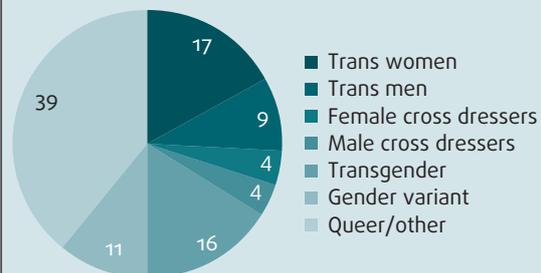
These groups – trans women, trans men, female cross dressers, male cross dressers, transgender, gender variant and queer/other persons – correspond to the terms self-selected by trans respondents. Trans persons’ experiences are also affected by their educational and socioeconomic background and other characteristics, which the analysis takes into account where relevant.

Characteristics of trans respondents surveyed

The trans respondents:

- are on average young, with seven out of 10 respondents from 18 to 39 years of age (average: 34 years of age);
- fall into diverse subgroups (identity groups), with twice as many trans women as trans men, and with almost as many female as male cross dressers;
- are just as often well- as less-educated;
- tend to fall into the lower income quartile more often than the general population;

Figure 1: Identity groups in the trans sample (%)



Questions: Computed variable on the following survey questions:

A2. What sex were you assigned at birth? Female/Male.

A3. Are / were you a transgender person? Yes.

A3.1 Please select the one answer that fits you the best. 1 Transgender 2 Transsexual 3 Woman with a transsexual past 4 Man with a transsexual past 5 Gender variant 6 Cross dresser 7 Queer 8 Other, please write here:...

Note: The respondents in the categories ‘transgender’ and ‘transsexual’ were regrouped as trans men and trans women – for more details see Annex 2 of the main report.

Base: Trans respondents in the EU LGBT survey.

Source: FRA, EU LGBT survey, 2012

- describe their sexual orientation as bisexual or gay, or use different terms;
- tend not to be in a relationship, with one third living in a single household;
- live more often in an urban environment.

The trans sample is very diverse, differing in the chosen sub-identities or subgroups, the current feeling of being a man, a woman or something else (gender belonging), gender expression and the ways in which respondents have tried to live according to their gender identity (openness/social and/or medical transition).

Half of the trans respondents are highly **educated** (college, university or higher degrees, 53 %). Half of the trans respondents (51 %) indicate that they are in paid work, which includes those on temporary leave. One in four respondents is a student (24 %) and 13 % are unemployed. Small segments of the sample are doing unpaid or voluntary work, are retired or otherwise not working.

The **income** distribution of the total LGBT sample corresponds to that of the general population,¹ with about a quarter of the respondents belonging to each category. Trans respondents are, however, more likely than other LGB groups to report household income in the bottom quartile and less likely to report incomes in the top quartile.

About half of the respondents in all trans groups indicate that, at the time of the survey, they were not in a **relationship** (48 %) and the majority indicate that their **civil status** is single (75 %). One in seven respondents are married or living in registered partnerships (15 %).

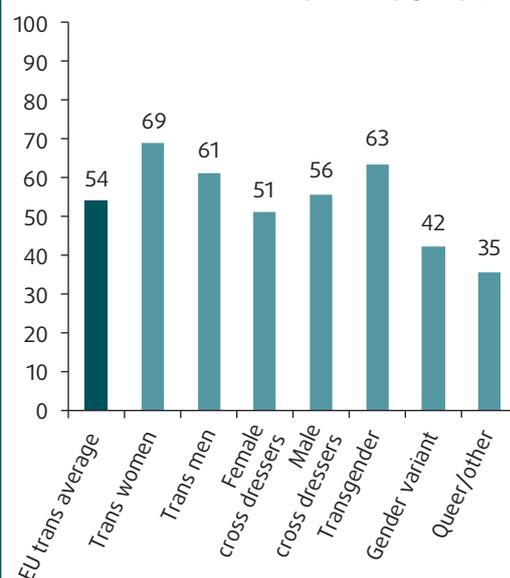
Discrimination

“I would like my perceived gender to be irrelevant. I should be able to go about my business and be treated fairly and with respect no matter how I present myself. I just want to be allowed to be me without worrying about others.” (Trans, 42, United Kingdom)

Equal and full social participation of all without discrimination is the precondition for inclusive and cohesive societies that take advantage of their human capital and guarantee well-being and prosperity to all their members. In this regard, the EU LGBT survey results are worrying. They show that the equality of trans persons is, as yet, a hard-to-reach objective which requires decisive action at EU and Member State level.

In the year preceding the survey more than half of all trans respondents (54 %), compared with 47 % of all LGBT respondents, felt personally discriminated against or harassed because they were perceived as trans. Those respondents who were young, not in paid work or from a lower income class were more likely to feel discriminated against. In addition, the more open trans respondents were about being or having been trans, the more likely they were to indicate that they felt discriminated against.

Figure 2: Respondents who felt discriminated against or harassed because of being perceived as trans in the last 12 months, by identity group (%)



Question: C2A. In the last 12 months, in the country where you live, have you personally felt discriminated against or harassed because of being perceived as: D. Transgender. Yes.

Base: Trans respondents in the EU LGBT survey.

Source: FRA, EU LGBT survey, 2012

¹ Derived from the European Social Survey (ESS) income distribution results, see Annex 2 in the main report for more details.

The survey covered experiences of discrimination in several areas of social life.

- Employment: over one in three trans respondents felt discriminated against because of being trans when looking for a job (37%), and a quarter (27%) reported discrimination at work.
- Education: a quarter of trans respondents who attended school/university themselves or have

a child/children in school/at university, say they felt personally discriminated against by school or university personnel in the 12 months preceding the survey. When looking at trans students only, the number rises to 29%.

- Healthcare: around one in five respondents who accessed healthcare services (22%) or social services (19%) in the year preceding the survey felt healthcare or social service personnel

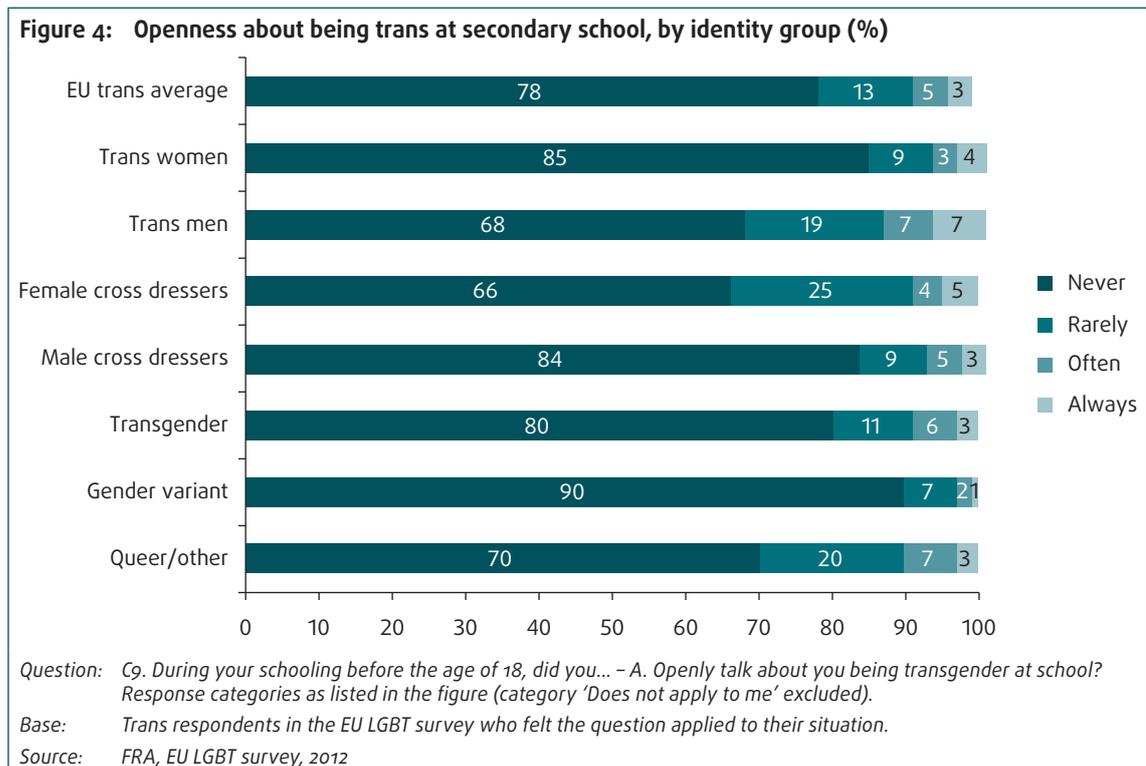
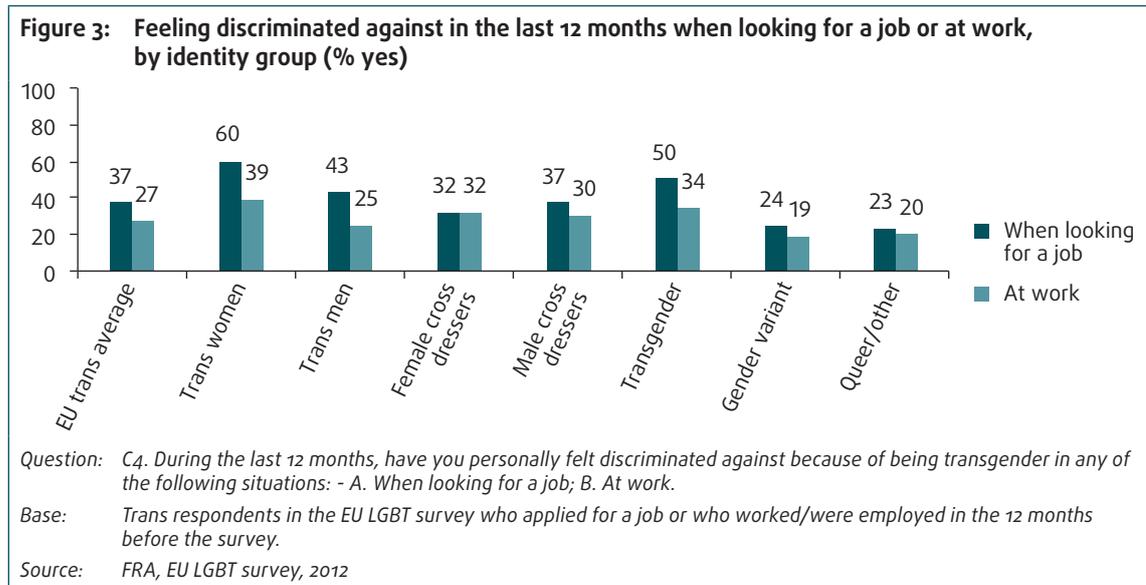
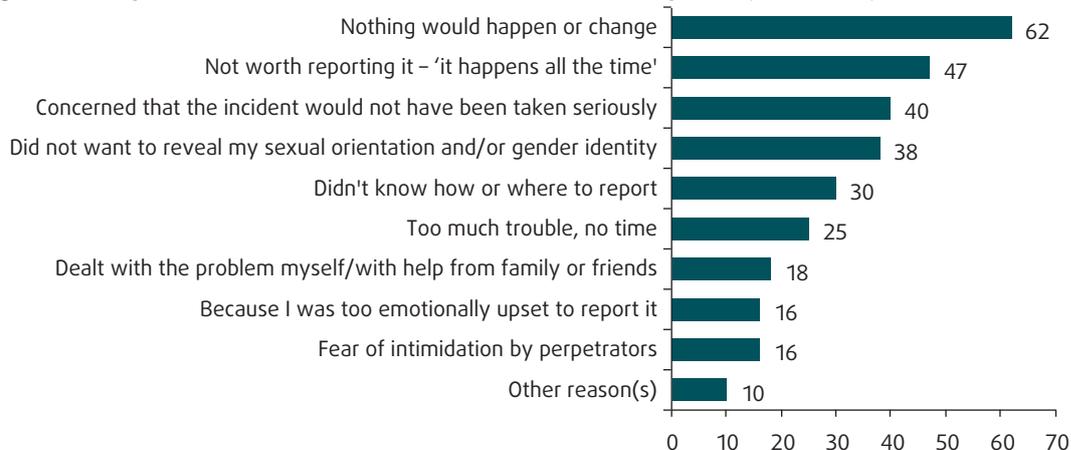


Figure 5: Why most recent incident of discrimination was not reported (% of cases)

Questions: C6. Thinking about the most recent incident, did you or anyone else report it anywhere? 'No'.

C7. Why was it not reported?

Base: Trans respondents in the EU LGBT survey who were discriminated against, and did not report the most recent discrimination incident.

Source: FRA, EU LGBT survey, 2012

discriminated against them because of being trans.

- Goods and services: being young, unemployed and/or from a lower income class increases the chances the respondent felt discriminated against in the year preceding the survey.

Only very small numbers of respondents reported the most recent incident of discrimination. Trans people are, nevertheless, more likely to report their most recent experience than other LGB groups. More than three in five trans respondents did not report the incident because they were convinced that nothing would happen or change, and half of them because they thought it was not worth reporting it. Trans respondents were also concerned that

the incident would not be taken seriously, and they did not want to reveal their sexual orientation and/or gender identity. Almost one in three (30 %) did not know how or where to report.

Reporting discrimination incidents to the competent authorities, such as the Equality Bodies, is essential to enforcing the existing legal framework prohibiting discrimination based on gender identity in the field of employment. The Gender Equality Directive (recast) provides for the establishment of equality bodies tasked with assisting victims of discrimination in pursuing their complaints (Article 20.2(a)). Moreover, Member States must allow civil society organisations to help victims in judicial or administrative proceedings (Article 17.2).

FRA opinions

Discrimination in employment and access to goods and services

The survey results show a strikingly strong correlation between gender expression and discrimination experiences. When revising current equality legislation or adopting new legislation in that area, the EU legislator should ensure that the legislation also covers discrimination based on gender identity. The current legal protection granted by EU law to those who intend, are undergoing or have undergone gender reassignment should be extended to all trans persons.

The survey shows that very few trans respondents report the discrimination incidents they experience to the authorities. The EU should continue to monitor closely the effectiveness of national complaints bodies and procedures in the context of the implementation of the Gender Equality Directive (2006/54/EC) recast and Gender Equality Directive on Goods and Services (2004/113/EC). EU Member States should ensure that equality bodies and other national complaints mechanisms are adequately mandated and resourced in order to increase awareness of discrimination on the grounds of gender identity and improve reporting of incidents.

EU Member States should ensure that the public sector develops and implements diversity strategies and equal treatment policies in full respect of privacy, sharing experiences and good practices addressing the needs of trans persons. This may be achieved by, for example, adopting codes of conduct and facilitating changes in name and gender markers on employment-related documents. Member States should encourage efforts by trade unions and employers' organisations to improve diversity and non-discrimination policies on the grounds of gender identity at the workplace and in vocational training institutions.

Discrimination in education

The survey shows that education is an area where trans respondents experience bullying and negative reactions because of their gender expression or identity. The EU should help combating bully of trans persons in schools whether of students or parents, as part of its efforts to combat gender stereotypes through the EU Strategy for equality between women and men. The EU's Programme for Education should encourage peer learning among EU Member States and promote existing best practices tackling transphobic bullying.

EU Member States should ensure that schools provide a safe and supportive environment for trans persons, free from discrimination, bullying and exclusion. Schools should be encouraged to adopt general anti-bullying policies that include trans issues.

The competent public authorities, such as equality bodies, national human rights institutions and children's ombudspersons, should be properly mandated, resourced and encouraged to explore cases of bullying and discrimination on grounds of gender identity in education.

EU Member States should ensure that objective information on gender identity and gender expression is part of school curricula, to encourage respect and understanding among staff and students and to raise awareness of the problems faced by trans persons. EU Member States should provide training to educational professionals on how to approach trans issues in education and on how to deal with incidents of transphobic bullying and harassment.

Discrimination and access to health

As the survey shows, about one in five respondents who accessed healthcare services or social services in the year preceding the survey felt discriminated against by healthcare or social service personnel because of being trans. EU Member States should ensure that adequate training and awareness raising is offered to healthcare practitioners and health insurance personnel on the health needs of trans persons to eliminate prejudices and improve the provision of services to trans persons.

EU Member States should consider ensuring that trans-specific healthcare services are available and that trans persons can enjoy equal and respectful treatment when accessing healthcare services. Member States should consider facilitating gender confirming treatment, and, where this is unavailable, promoting access to such treatment in an EU Member State that offers it.

EU Member States should reference trans-specific healthcare in their national health plans and policies and ensure that health surveys, training curricula and health policies also take into account trans persons and their needs.

Violence and harassment

"To be a transgender in Lithuania is the hardest thing imaginable. I live with constant fear, in the end you don't even want to live at all. [...] I experience so much discrimination, harassment and violence that this has become my daily life." (Transgender, 25, Lithuania)

The EU LGBT survey's most striking result is the high level of repetitive violence and hate-motivated crime trans persons suffer, indicating the need to improve policies combating hate crime across the EU:

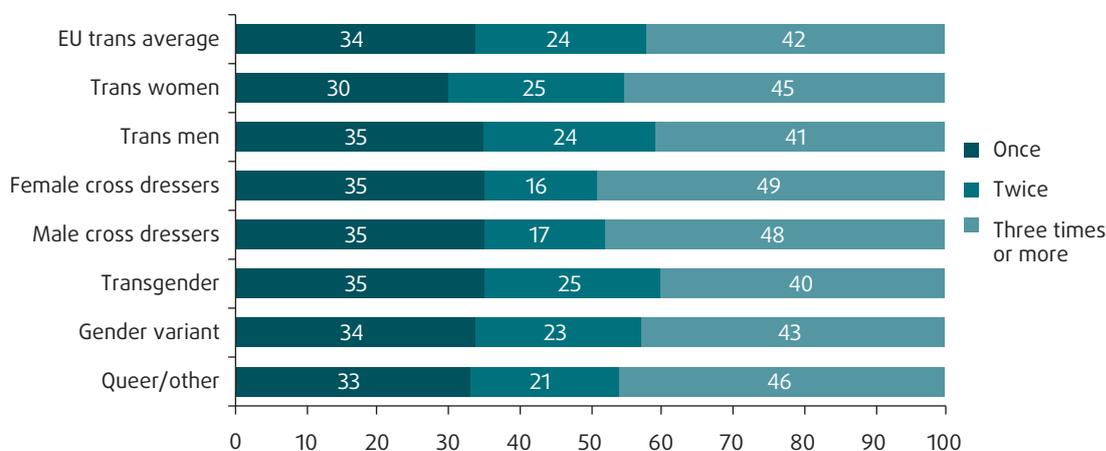
- the annual incidence rate of violence or harassment is around one incident per two trans respondents, which is twice as high as the

incidence rates for lesbian, gay and bisexual respondents;

- about two in five (44 %) trans respondents who were victims of violence in the 12 months preceding the survey indicate that this happened three or more times during this period;
- a breakdown by identity group shows that female and male cross dressers are most likely to have suffered multiple violent incidents (three times or more) in this period.



Figure 6: Respondents who were attacked or threatened with physical and/or sexual violence in the last 12 months, by number of incidents and identity groups (%)



Question: FA1_3. How many times did somebody physically/sexually attack or threaten you with violence in the last 12 months in the European Union/in this country?

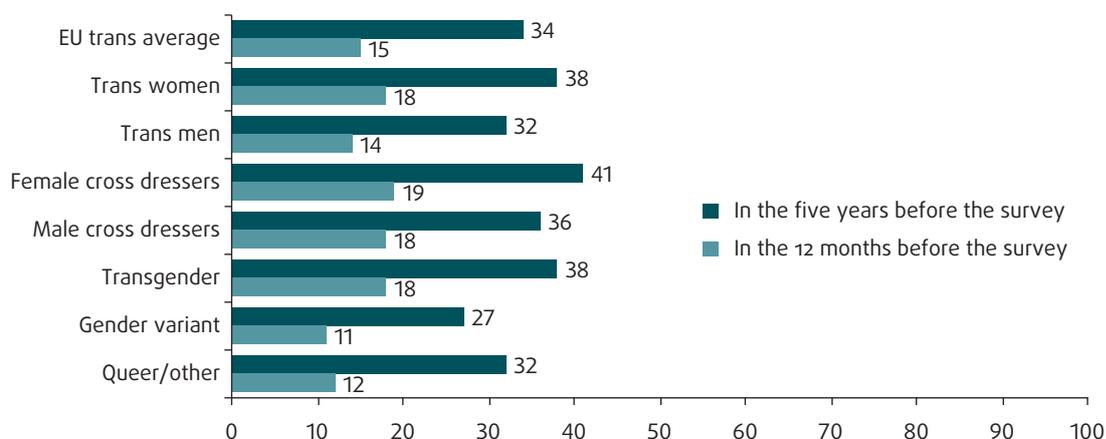
Base: Trans respondents in the EU LGBT survey who experienced physical/sexual attack or threat of violence in the 12 months before the survey.

Source: FRA, EU LGBT survey, 2012

With regard to violence suffered for any reason and not only due to the respondents' gender identity, trans respondents are the most likely of all LGBT groups to say they were attacked or threatened with violence in both the five-year and one-year time periods asked about in the survey. In the five years preceding the survey, 34 % of all trans respondents experienced violence or were threatened with violence, and 15 % experienced violence or the threat of violence in the 12 months preceding the survey.

About one in 10 (8 %) trans respondents were physically or sexually attacked or threatened with violence which they think happened partly or entirely because they were perceived to be trans. In the 12 months preceding the survey, hate-motivated violence was mostly likely among trans women (16 %), male cross dressers (14 %) and transgender respondents (11 %).

Figure 7: Prevalence of violence and threats of violence in the last five years and in the last 12 months, by identity group (%)

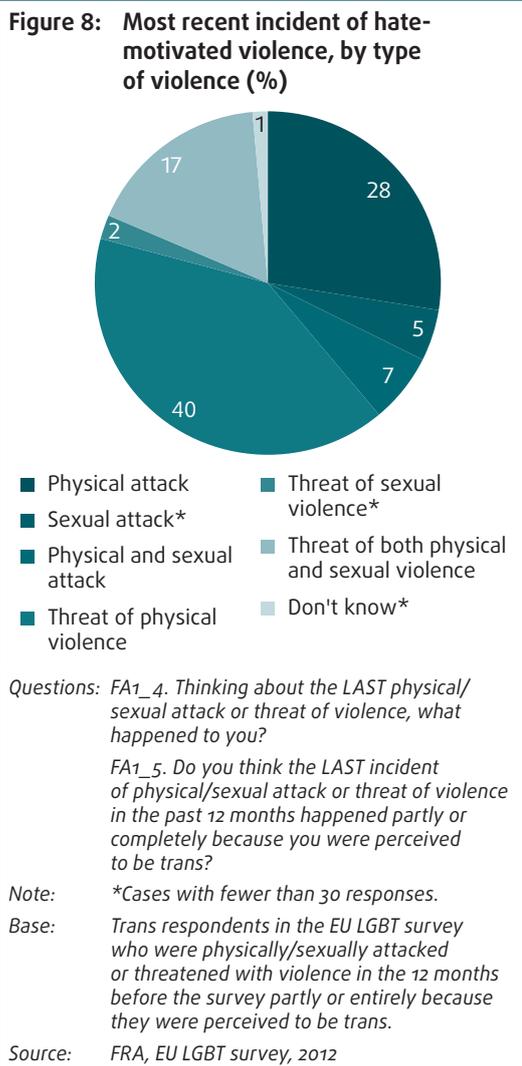


Questions: F1_A. In the last 5 years, have you been: physically/sexually attacked or threatened with violence at home or elsewhere (street, on public transport, at your workplace, etc.) for any reason? Yes.

FA1_2. When did the LAST physical/sexual attack or threat of violence happen? In the last 12 months.

Base: Trans respondents in the EU LGBT survey.

Source: FRA, EU LGBT survey, 2012



Among all LGBT survey respondents, trans respondents were the most likely to report hate-motivated violence to the police. One out of five reported the most recent hate-motivated incident (21 %) and one in four the most serious one (24 %). Reasons for not reporting include:

- a deep mistrust of police authorities: half of the respondents did not report the incident because they thought that the police would not do anything, and one in three because they thought they could not do anything;

- fear of a homophobic and/or transphobic reaction from the police (over one in three respondents);
- in the case of hate-motivated harassment, respondents most often say that the incident was too minor, not serious enough to be reported, or that it did not occur to them that they could report it.

When hate-motivated violence or harassment was reported to an organisation other than the police, most trans respondents reported to an LGBT organisation (more than half), one in 10 reported to a state or national institution, such as an equality body, and/or around 7 %-15 % to a general victim support organisation.

Perpetrators of violence and harassment are in most cases unknown males acting in groups. The hate-motivated incidents take place almost as often indoors as outdoors, while hate-motivated harassment occurs slightly more often in indoor public spaces. Of all *outdoor* locations, trans respondents most often mention incidents in a street, square, car park or other public place. Of all *indoor* locations, hate-motivated violence happened most often at home, whereas hate-motivated harassment happened most often at the workplace. One in 10 of the most recent incidents of harassment took place on the internet or by email, including Facebook and Twitter.

“Homophobia and transphobia are violations of human dignity. Homophobic and transphobic attitudes are incompatible with the values and principles upon which the European Union is founded – as laid out in Article 2 of the Treaty.”

European Commission (2013), The Commission’s actions are making LGBT rights a reality, SPEECH/13/424, The Hague, 17 May 2013

Acts of violence and harassment infringe the right to life, the right to respect for physical and mental integrity and therefore human dignity. These rights are protected by the EU Charter of Fundamental Rights.

The European Parliament called on Member States “to register and investigate hate crimes against LGBTI² people, and adopt criminal legislation prohibiting incitement to hatred on grounds of sexual orientation and gender identity.” Similarly, the Recommendation Rec(2010)5 encourages Council of Europe

² The acronym ‘LGBTI’ also includes ‘intersex’ persons. European Parliament Resolution of 4 February 2014 on the EU Roadmap against homophobia and discrimination on grounds of sexual orientation and gender identity (2013/2183(INI)).

Table: Location of incidents of hate-motivated violence and threat of violence in the last 12 months (%)

	Last	Most serious
At my home	8	9
In some other residential building, apartment*	3	4
At school, university*	5	6
At the workplace*	3	4
In a café, restaurant, pub, club	10	8
In a car*	1	1
In public transport	9	7
In a sports club*	0	0
Elsewhere indoors*	2	3
In a street, square, car park or other public place	46	43
In a park, forest*	3	4
At an LGBT-specific venue (e.g. club, bar) or event (e.g. pride march)*	2	1
Elsewhere outdoors*	5	7
Other*	2	2

Question: FA1_10; FA2_10. Where did it happen?

Note: *Cases with fewer than 30 responses.

Base: Trans respondents in the EU LGBT survey who were physically/sexually attacked or threatened with violence in the 12 months preceding the survey (last incident) or five years (most serious incident) preceding the survey in part or entirely because they were perceived to be trans.

Source: FRA, EU LGBT survey, 2012

member states to “ensure effective, prompt and impartial investigations into alleged cases of crimes and other incidents, where the sexual orientation or gender identity of the victim is reasonably suspected to have constituted a motive for the perpetrator”. It also calls upon them to “ensure that [...] those responsible for such acts are effectively brought to justice and, where appropriate, punished in order to avoid impunity”.³

“I have experienced humiliation, beatings, and insults from people I know and people I do not know, but I wanted people in my surroundings to learn that I am a human being like any other, and that my sexual orientation does not make me different from them! I am a human being – a person. I am proud of being gay; I’ve never lied and will never do so in the future, no matter what price [I have to pay].” (Trans, Gay, 29, Bulgaria)

FRA opinion

Combating hate-motivated violence and harassment against trans persons

When assessing national legislation transposing Directive 2012/29/EU of the European Parliament and of the Council of 25 October 2012 establishing minimum standards on the rights, support and protection of victims of crime (the EU Victims’ Directive), the European Commission should pay particular attention as to whether gender identity or gender expression are adequately included as personal characteristics of victims in individual assessments.

³ CoE, Committee of Ministers (2010), *Recommendation Rec(2010)5 of the Committee of Ministers to member states on measures to combat discrimination on grounds of sexual orientation or gender identity*.

When implementing the EU Victims' Directive, EU Member States should pay attention to the protection needs of victims of crimes committed because of the victim's gender identity (in accordance with the Recitals 9, 17 and 56 of the Directive). EU Member States should ensure that throughout the criminal proceedings, in accordance with the Article 21 of the EU Victims' Directive, the right to protection of privacy of transgender persons, including previous names and gender, is fully respected.

EU Member States should consider enacting criminal law provisions which afford protection against transphobic crimes and ensure that law enforcement authorities are trained to tackle transphobic crime effectively, which includes raising awareness on trans issues.

EU Member States should address the underreporting of hate crime, including crimes against trans persons, as underlined by the December 2013 Justice and Home Affairs Council Conclusions on combating hate crime which reflected the conclusions of the 2013 Vilnius FRA Fundamental Rights Conference. Member States are called upon to take appropriate measures to facilitate hate crime reporting by victims and as far as possible also through associations that support them. This should include measures to build trust in police and other state institutions. Law enforcement authorities should therefore be trained on how to handle cases reported by trans persons, particularly concerning victims' support and the systematic recording of incidents. Practices such as 'third party reporting', engaging civil society organisations through multi-agency partnerships, could also be considered to improve reporting rates.

EU Member States should ensure that law enforcement authorities properly record, investigate and prosecute hate-motivated crimes based on gender identity and gender expression in line with ongoing efforts to improve and approximate data collection on crime (such as the Eurostat Working Group on Statistics on Crime and Criminal Justice Statistics in the framework of the EU Statistics Action Plan 2011–2015). To develop evidence-based legal and policy measures, Member States should collect statistics on numbers and types of crime and gender identity of victims (in accordance with Article 28 and Recitals 56 and 64 of the Directive 2012/29/EU) as well as on the number of convicted offenders and the type of sentence imposed.

Living as a trans person

"So I consider myself as a man with feminine tendencies in a female body. When I talk to others about this, they think I am mad. You are either male or female, basta! Well, so I am nothing." (Female cross dresser, 32, Denmark)

The survey data show that many trans people grow up and live in a social environment which is mostly unaware of trans people's existence and needs. When the fear, caused by persistent victimisation and discrimination, collides with the ignorance of others – including one's own family, work or social environment – hiding or avoiding visibility serves as a defensive measure. But this choice inevitably reinforces a lack of recognition and acknowledgement of trans persons' rights. Stereotypes and ignorance about the reality of the daily lives and rights of trans persons perpetuate negative public attitudes and maltreatment of varying intensity; from idiotic jokes and offensive language to serious harassment and exclusion. In this way, an invisible cage is created, erecting barriers to equality and compromising the lives of trans persons. Ultimately, as trans respondents noted, they are citizens who feel that they are not allowed to be themselves.

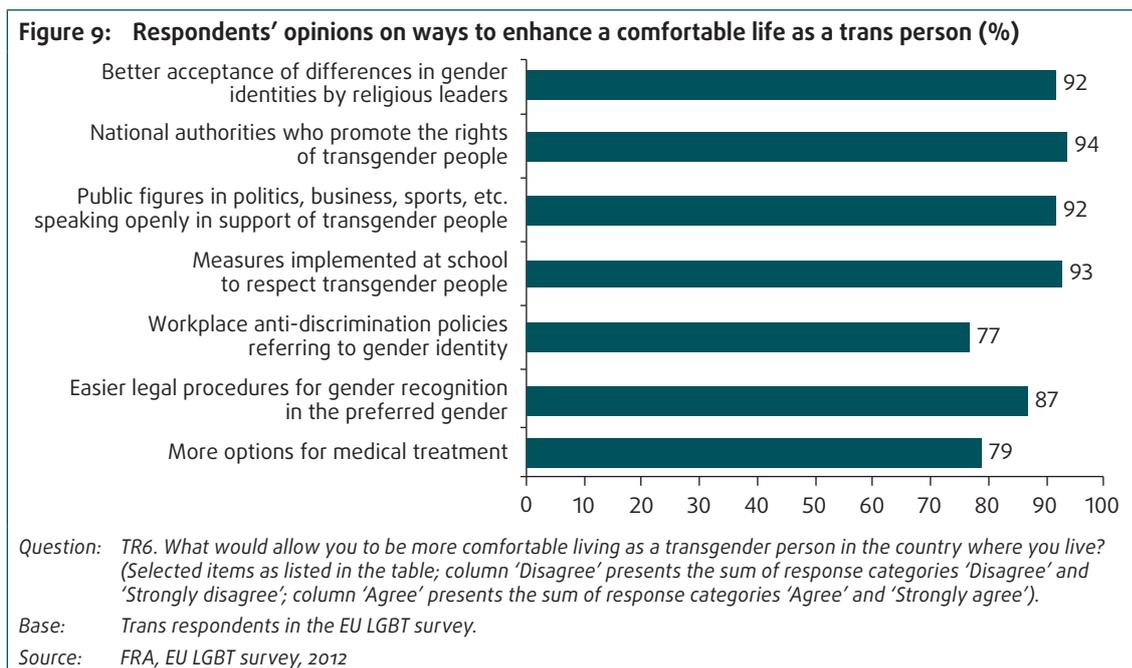
"I'm sure that I would have suffered more discrimination and harassment if I had been open about being trans. When I had to mention this in legal contexts, I did so, but besides my family, healthcare personnel and ex-partners, no one knows that I wasn't born male. So it was relatively easy for me, but that I need to keep this strictly a secret to have it easy is of course a bad situation." (Trans man, 38, Netherlands)

Living in a trans-negative environment leads trans persons to adapt their expression and behaviour:

- one third of all trans respondents (32 %) avoid expressing their gender – or their desired gender – through physical appearance and clothing for fear of being assaulted, threatened or harassed;
- half of the trans respondents report that they avoid certain places or locations because of these fears;
- almost one in five respondents avoid being open about being trans even in their own home, and six in 10 avoid being open on public transport.

These findings underline how the daily life of trans people is affected by the general public's social views and reactions towards trans people. This makes them unable to enjoy the right to respect for private life, which encompasses the right to express one's identity in all areas of life, including in public.





“Life being Transgendered is scary, I am always on the lookout for negative reactions, and feel the need for ‘Stealth’ when in most public situations such as using public transport etc, this involves wearing heavier and baggier clothes than I would prefer to.”
(Transsexual, 39, United Kingdom)

Four in five trans respondents say that positive measures to promote respect for the human rights of trans people, such as equality plans, public campaigns or specialised services, are very or fairly rare in their country of residence. Over nine in 10 respondents (94 %) say that if national authorities promoted the rights of trans people they could live more comfortably as a trans person.

The lack of identity documents that conform to one’s gender identity or expression can lead to discrimination:

- one in three trans respondents felt discriminated against when showing their identification card or other official document that identifies their sex;
- almost nine in 10 (87 %) say that easier legal procedures for gender recognition in their preferred gender would help them to live a more comfortable life;
- nearly one in three trans respondents felt discriminated against in the 12 months preceding the survey in a situation where they had to show their ID or an official document that identifies their sex.

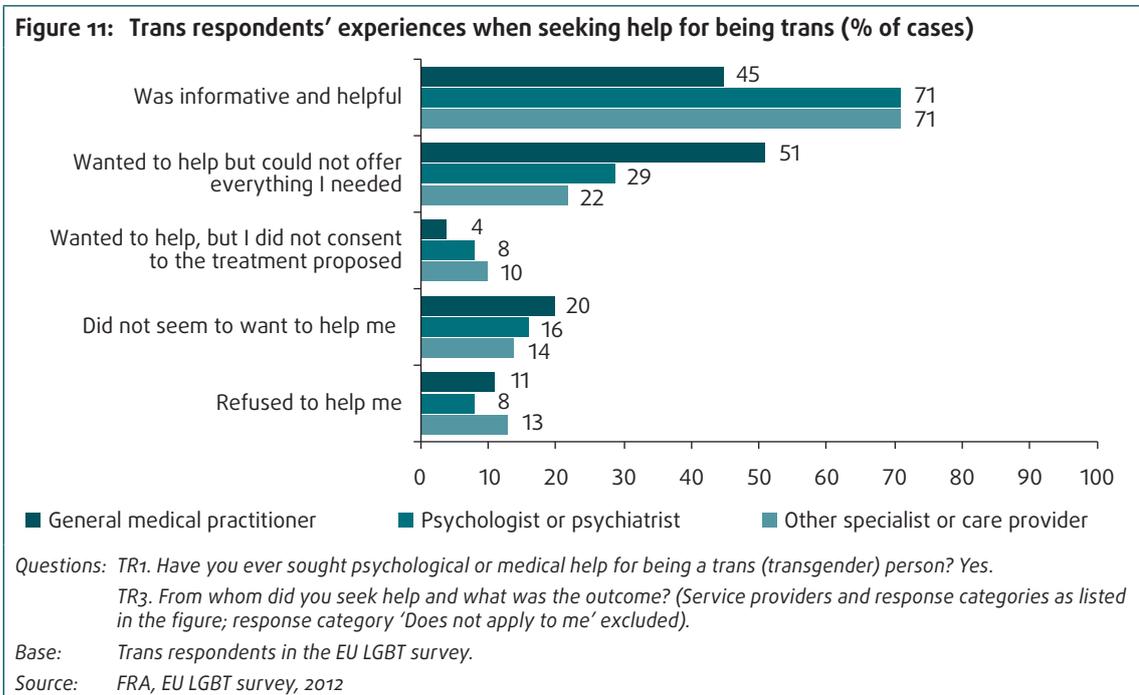
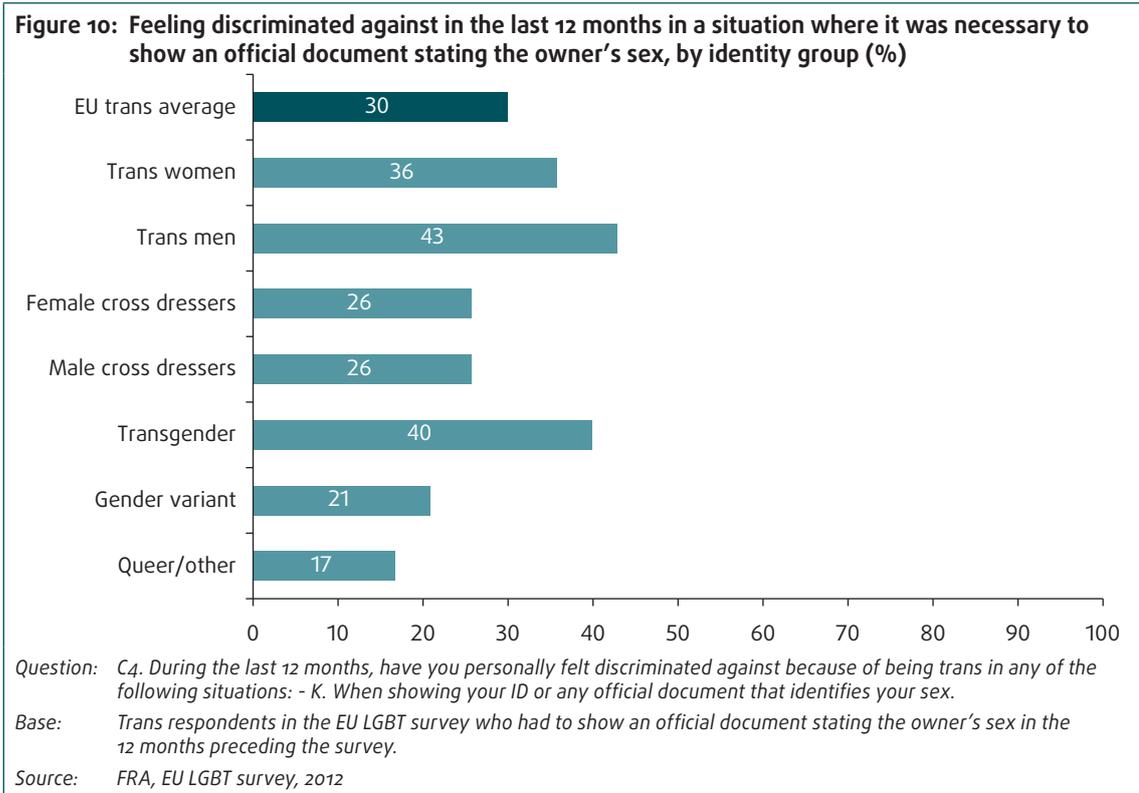
“Only 35 countries in Europe have legal provisions to recognize a trans person’s gender identity. Trans people’s existence is de facto illegal in 14 countries as these provide for no recognition. 21 countries in Europe require by law that trans people undergo sterilization before their gender identity is recognized. Other requirements may include diagnosis of a mental disorder, medical treatment and invasive surgery, assessment of time lived in new gender identity, being single or divorced. Such requirements violate a person’s dignity, physical integrity, right to form a family and to be free from degrading and inhuman treatment.”

Transgender Europe (TGEU) (2014), Trans Rights Europe Map & Index 2014, www.tgeu.org/Trans_Rights_Europe_Map

Recommendation CM/Rec(2010)5 of the Council of Europe stresses that member states should take appropriate measures to guarantee the full legal recognition of a person’s gender reassignment in all areas of life, in particular by making possible the change of name and gender in official documents in a quick, transparent and accessible way. It also states that “prior requirements, including changes of a physical nature, for legal recognition of a gender reassignment, should be regularly reviewed in order to remove abusive requirements.”

Many trans persons are at high risk of poor physical and mental health. Several studies have shown that many trans persons experience suicidal thoughts, suffer from depression, anxiety, and self-harm, and even attempt suicide.

Some, not all, trans persons undertake a gender reassignment process, often referred to as ‘a transition’, to adapt the body to the gender identity.



Two in five trans respondents (39 %), especially those from lower income classes and those without a job, have sought medical or psychological help related to their gender identity needs. Experiences when seeking help are very diverse: seven out of 10 (71 %) report positive experiences with psychologists, psychiatrists or other specialist or care providers. The satisfaction rate drops to below half (45 %) however, where general practitioners are concerned. One in five (20 %) indicate that their general practitioner did not seem to want to help, and one in 10 (11 %) said that he or she simply refused to help.

Half of those (52 %) who have not sought psychological or medical help simply do not want or need help. The groups of male and female cross dressers, gender variant, and queer/other respondents in particular are the most likely to not want/need care. A third of trans men (33 %) and trans women (37 %) also indicate that they do not want psychological or medical help for being trans. Those respondents who do want or need psychological or medical care, but who have not sought it so far, report many reasons for not seeking help, such as not daring, not knowing where to go or being afraid of care providers' prejudice. Almost four in five (79 %) trans respondents state that more medical treatment options would help them to live a more comfortable life as a trans person.

FRA opinion

Ensuring legal gender recognition

As the survey has shown, obtaining identity documents matching their gender identity and expression is a problem that hinders normal social life for many trans respondents. EU Member States should ensure the full legal recognition of a person's preferred gender, including the change of first name, social security number and other gender indicators on identity documents.

Gender recognition procedures should be accessible, transparent and efficient, ensuring respect for human dignity and freedom. In particular, divorce and medical interventions, such as sterilisation, should not be required in legal gender recognition processes.

EU Member States should fully recognise documents and decisions issued by other EU Member States in the area of legal gender recognition, to facilitate the enjoyment of trans persons' right to freedom of movement in the EU.

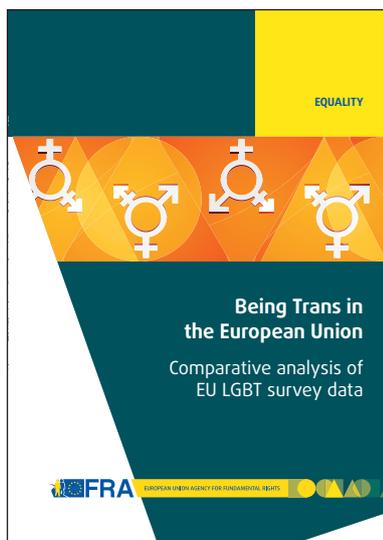
Methodology

The EU LGBT survey was conducted in 2012 through an anonymous online questionnaire, primarily promoted in LGBT-related online and social media. This methodology generated by far the largest collection of empirical information about LGBT persons available in Europe or worldwide to date. The report and this summary present perceptions, experiences, opinions and views of trans respondents aged 18 years and above who were internet users, were informed about the survey and decided to participate in it. Although the results cannot be considered representative of all trans people living in the EU, the very large sample size means it is plausible that the tendencies found in the results reflect to a large extent those of the EU trans population.

The survey adopted a weighting methodology, to counterbalance the absence of reliable statistics on the proportionate size of the trans population in the EU, and to mitigate the effects of the overrepresentation of some EU Member States in the total sample. This procedure ensures that the opinions of the trans respondents from each EU Member State are represented in the survey results proportionally according to the country's population. For this purpose, it was assumed that the percentage proportion of the trans respondents and the trans subgroups among all survey respondents are the same in each EU Member State and calculations were based on this assumption (for a full description, see Annex 2 in the main report).

More methodological information can be found in Annex 1 of the full FRA trans report – *Being Trans in the European Union: Comparative analysis of EU LGBT survey data (2014)* – see: <http://fra.europa.eu/en/publication/2014/being-trans-eu-comparative-analysis>.





Trans persons, or those whose gender identity and/or gender expression differs from the sex assigned them at birth, face frequent discrimination, harassment and violence across the European Union (EU) today. This reality triggers fears that persuade many to hide or disguise their true selves. This report examines issues of equal treatment and discrimination on two grounds, namely sexual orientation and gender identity. It analyses data on the experiences of 6,579 trans respondents from the EU Lesbian, gay, bisexual and transgender (LGBT) survey, the largest body of empirical evidence of its kind to date. In this analysis, FRA found that, with few exceptions, trans respondents indicate the highest levels of discrimination, harassment and violence among LGBT subgroups.

Equal and full social participation of all without discrimination is a precondition for inclusive and cohesive societies. In this regard, the survey results depict a disturbing reality. They show that the equality of trans persons is, as yet, a hard-to-reach goal. Still, this report comes at a time when a growing number of EU Member States are taking steps to promote and protect the fundamental rights of trans persons. The evidence collected and analysed from this survey should serve politicians and policy makers as they strive to craft legislation, policies and strategies that better safeguard those rights.

Further information:

For the full FRA trans report – *Being Trans in the European Union: Comparative analysis of EU LGBT survey data (2014)* – see <http://fra.europa.eu/en/publication/2014/being-trans-eu-comparative-analysis>.

For the full report on the LGBT survey – *EU LGBT survey – European Union lesbian, gay, bisexual and transgender survey. Main results (2014)* – see <http://fra.europa.eu/en/publication/2014/eu-lgbt-survey-european-union-lesbian-gay-bisexual-and-transgender-survey-main>.

For the summary report on LGBT survey – *EU LGBT survey – European Union lesbian, gay, bisexual and transgender survey – Results at a glance (2013)* – see <http://fra.europa.eu/en/publication/2013/eu-lgbt-survey-european-union-lesbian-gay-bisexual-and-transgender-survey-results> (also available in French and German).

An overview of FRA activities on LGBT themes is available at: <http://fra.europa.eu/en/project/2011/homophobia-transphobia-and-discrimination-grounds-sexual-orientation-and-gender>.



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ISBN 978-92-9239-731-9

TK-06-14-152-EN-C
doi:10.2811/8446