

KNOW YOUR RIGHTS

A Guide for Trans and Non-Binary People



Irish Council for
Civil Liberties

FOR ALL OUR RIGHTS. NO EXCEPTIONS.



Transgender
Equality
Network
Ireland



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Disclaimer: The aim of this guide is to give general information about your rights. While we have done our best to ensure the content is accurate and up to date, this guide is for information purposes only and you should not take it as legal advice. Neither the organisations nor any individuals involved in its preparation accept any responsibility or liability for anything done in reliance on it. If you need legal advice, contact a solicitor.

About this guide

This guide tells you about your rights in Ireland as a:

- trans person; and
- non-binary person.

It can also be useful for:

- professionals;
- families;
- community representative organisations; and
- allies.



Your rights and the law

Your rights arise from a variety of sources that govern services and entitlements. This includes the Constitution of Ireland, domestic Irish laws, European Union (EU) laws, the European Convention on Human Rights (ECHR) and international human rights law. This guide explains your rights and how to stand up for them, for example, by using complaints mechanisms.

Information and support

We have also provided resources and tips telling you where you can get more information, help and support. You can find these in the relevant sections and at the end of the guide in the “Useful Contacts” section. [See p. 129.](#)

The guide includes relevant information for everyone

In some cases, the rights in this guide apply to everyone. In others, they depend on things like your citizenship or age.

If you are a minor (under 18)

If you are a minor, you might not be entitled to exercise every right covered in this guide in the same way as adults. [See p. 107](#) for information on your rights as a trans or non-binary minor. The guide also addresses questions you might have as a parent or guardian of a person who is trans, non-binary or both.

We use questions and answers

We have written this guide using a question-and-answer approach. At times, we used legal and other technical language. We explain these in the “Key Words” section on [p. 10](#) and throughout this guide.

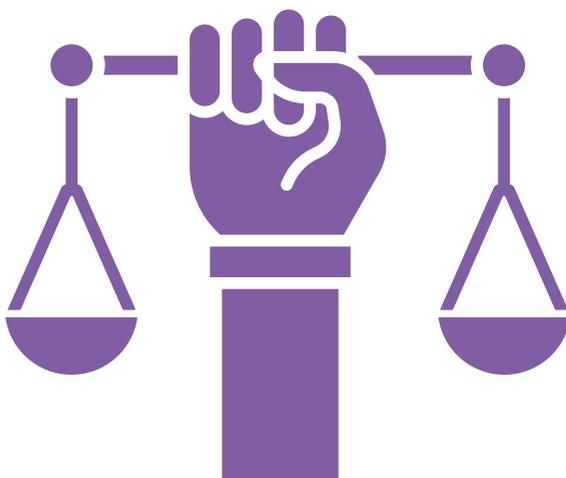
This guide does not cover everything

This guide is not exhaustive, meaning it does not cover all the rights trans and non-binary people have in Ireland. The issues addressed in the guide are the result of a series of consultations with trans and non-binary people at the end of 2024.

We do not always have definitive answers. In some cases, it is very difficult to give a yes or no answer. Where this is the case, we do our best to explain why.

IMPORTANT:

The information in this guide covers legal developments up to October 2025.



Structure

We have divided this guide into four broad sections. While the first three sections contain information for trans and non-binary adults, the last section contains information for trans and non-binary people under 18.

Section 1: Legal recognition

(see page 23)

This section provides information on:

- legal gender recognition and name change; and
- your rights as a parent.

Section 2: Healthcare and wellbeing

(see page 44)

This section provides information on:

- general healthcare; and
- gender-affirming healthcare.

Section 3: Equality, safety and daily life

(see page 66)

This section provides information on:

- your rights with the Gardaí;
- your rights to equality, non-discrimination and protection from violence (including in the workplace and in accessing goods and services);
- college and university;
- volunteering;
- gendered spaces;
- prison; and
- sports.

Section 4: Your rights as a young person

(under 18) (see page 107)

This section provides information on:

- legal gender recognition and name change;
- healthcare; and
- your rights in school.

Introduction

What are human rights?

Human rights are the basic freedoms and entitlements that all of us have. These rights belong to everyone no matter their:

- gender;
- nationality;
- language;
- race;
- ethnicity;
- disability;
- religion;
- marital or family status;
- sexual orientation;
- gender identity and expression;
- sex characteristics;
- age;
- socio-economic status;
- political opinion; and
- other personal beliefs.



Ireland has made commitments under national, regional (European) and international law to make sure that the rights of everyone living in the State are respected, protected and fulfilled.

What guarantees of rights do I have?

The State must make sure that your rights are respected. This duty comes from a number of sources including:

- the Constitution of Ireland (also known as Bunreacht na hÉireann);
- the European Convention on Human Rights (ECHR);
- the European Charter of Fundamental Rights and Freedoms; and
- United Nations (UN) treaties (such as the International Covenant on Economic, Social and Cultural Rights and the International Convention on the Elimination of All Forms of Discrimination Against Women).

Your rights must be respected by:

- members of the public;
- all public bodies, including government departments;
- An Garda Síochána;
- schools;
- health services; and
- all other government agencies.

Key words

The following pages list key terms and definitions that are helpful to know. You can come back to these as you read the guide.

Assigned at birth

Assigned at birth refers to the way your sex is recorded on your birth certificate. When a baby is born, they are assigned a sex based on a physical examination. Typically, babies are either assigned female or male at birth.

Sex assigned at birth is often combined with gender identity (see below).

Cisgender

Cisgender refers to people who are not trans — someone whose gender identity is the same as the sex assigned to them at birth.

For example, if someone was assigned male at birth and they identify as a man, then they are a cisgender man, or a “cis” man. If someone was assigned female at birth and they identify as a woman, then they are a cisgender woman, or a “cis” woman.

Deadnaming

Deadnaming is where your former birth name (deadname) is used after you have made your chosen name known.

Deed Poll

A Deed Poll is a legal document which declares that the person signing it will take a particular course of action. It is commonly used as a way to change a name. This means from the date you sign the Deed Poll, you declare you are no longer using your old name, will always use your new name and want to be called by your new name.

European Economic Area

The European Economic Area (EEA) consists of the European Union member states (see below), and Iceland, Liechtenstein and Norway.

European Union

The European Union (EU) is an economic and political union of European countries. The full list of member states is available here: https://european-union.europa.eu/principles-countries-history/eu-countries_en.



Foreign Births Register

The Foreign Births Register is for people who can apply to become Irish citizens through:

- an Irish-born grandparent; or
- a parent who was an Irish citizen at the time of their birth but was not born in Ireland.

See more here: <https://www.ireland.ie/en/dfa/citizenship/born-abroad/registering-a-foreign-birth/>.

Gender-affirming healthcare

Gender-affirming healthcare can include one or a combination of social, psychological, behavioural or medical (including hormonal treatment or surgery) interventions to support and affirm an individual's gender identity.

Gender identity

Gender identity refers to an individual's understanding of themselves as female, male, non-binary, or another gender. This may or may not correspond to the sex they were assigned at birth.

Gender or sex marker

A gender or sex marker is the designation on an official document that indicates a person's gender. It is usually indicated by a letter - F for female and M for male.

Gender Recognition Certificate

A Gender Recognition Certificate is a legal document attesting to a change in a person's legal gender. It includes the name, date of birth and gender of the applicant.

Guardian

A guardian is someone who has legal responsibility for a child. It is usually one or both parents, but this role can also be carried out by other people including a relative, a foster carer or a social worker.

Health Service Executive

The Health Service Executive (HSE) manages all of the public health and social care services in Ireland. HSE services are delivered through:

- medical professionals like doctors, nurses and physiotherapists;
- hospitals;
- local health offices;
- health centres; and
- clinics at community level.

Hormone replacement therapy

Widely associated with menopausal treatment, hormone replacement therapy (HRT) is also used for trans healthcare. In gender-affirming healthcare, it refers to the medical use of hormones to change physical traits in a way that aligns with an individual's gender identity.

Intersex

Intersex refers to a person who was born with sex characteristics (like chromosomes, genitals, hormonal structure or any combination of these) that differ from what is typically considered male or female.

LGBTI+

This stands for lesbian, gay, bisexual, trans and intersex. The plus sign stands for the inclusion of other groups of people with minority sexual orientations and gender identities. There are several variations of the acronym, for example LGBT+, LGBTQIA+, LGBTQ+, etc.

National Gender Service

The National Gender Service (NGS) is a public service provided by the HSE and St John of God Services. It is currently the only public service providing endocrine, speech and language, and psychiatric services specifically for trans people.

Non-binary

Non-binary refers to a person who has a gender identity that is different to the typical male or female binary. It can come under the trans umbrella, though not all non-binary people identify as trans. People who are non-binary may use “they” or “them” pronouns. For example: “They are really nice. I have known them for a long time.”

Offence

An offence is an act, omission (meaning a failure to act) or behaviour that is against the law.

Ordinarily resident

Being “ordinarily resident” typically means that a person has their principal residence in Ireland, usually for at least 12 months or more. For the tax body, being ordinarily resident means three years’ continuous residence, whereas for the HSE, it is over 12 months.

Relationships and sexuality education

Relationships and sexuality education (RSE) refers to the curriculum in primary and post-primary schools. It teaches young people about relationships, sexuality and healthy development.

Statutory declaration

A statutory declaration is a written statement in which a person declares that the information contained in a statement is true or accurate. It is declared in accordance with or as required by legislation, and is legally binding, meaning that making a statutory declaration that you know is false or misleading is a criminal offence.

This document must be signed in the presence of and witnessed by a person authorised by law to do so. This includes a:

- a solicitor;
- a notary public; or
- a Commissioner for Oaths.

The declaration is signed by the person making the declaration and the person authorised by law to take and receive statutory declarations.

Trans

Short for transgender. This term is used for people whose gender identity differs from the sex assigned to them at birth.

While all trans identities are valid, legal rights are often framed through a binary lens and may only recognise individuals as either male or female.

“Transgender” or “trans” are currently considered the most inclusive and respectful terms for the variety of identities under this broad umbrella. However, some people may self-identify using other terms, and this should be respected.

Transition

Transition refers to the period of time in which a trans or non-binary individual begins to live in their true gender identity, rather than the one they were assigned at birth. An individual can transition:

- **personally:** acknowledging to themselves that they are trans;
- **socially:** changing name or pronouns or both, and adjusting their gender expression;
- **legally:** accessing legal gender recognition and documents in their true gender and name; or
- **medically:** which may involve hormones, surgical procedures or both.

Everyone has a different journey, and trans people are not obliged to take these steps.

Transphobia

Transphobia relates to prejudice, hate, or a lack of acceptance directed specifically at individuals who are trans, or who are perceived to be trans. Transphobia can also affect anyone who does not conform to traditional gender roles.

Workplace Relations Commission

The Workplace Relations Commission (WRC) is an independent statutory agency responsible for deciding on different employment, industrial relations and discrimination complaints in Ireland. The WRC deals with both employment, service and goods-related claims.

Abbreviations

You will see these abbreviations (short ways of referring to a longer name or description) and acronyms (abbreviations that sound like words) in the guide. Check back here to see what they mean.

DPP	Director of Public Prosecutions
ECHR	European Convention on Human Rights
EEA	European Economic Area
EU	European Union
FLAC	Free Legal Aid Centres
GDO	Garda Diversity Officer
GDPR	General Data Protection Regulation
GP	General Practitioner
HRT	Hormone replacement therapy
HSE	Health Service Executive
ICCL	Irish Council for Civil Liberties
IHREC	Irish Human Rights and Equality Commission
ISD	Immigration Service Delivery

IVF	In-Vitro Fertilisation
LGBTI+	Lesbian, Gay, Bisexual, Trans, Intersex
NGS	National Gender Service
NVB	National Vetting Bureau
PPS	Personal Public Service (number)
PSC	Public Services Card
RSE	Relationships and Sexuality Education
SAFE	Standard Authentication Framework Environment
TENI	Transgender Equality Network Ireland
UK	United Kingdom
UN	United Nations
WRC	Workplace Relations Commission

Key legislation underpinning your rights

Assisted Decision-Making (Capacity) Act 2015

This law sets up a legal framework in Ireland to help people make their own decisions. It lets people make legal agreements on how they can be supported to make decisions about their personal welfare, property and other important parts of their life. This law may help where a person may not have capacity to make a decision, either now or in the future.

Children and Family Relationships Act 2015

This law provides for some parental rights for individuals in same-sex relationships. This includes extending the right to apply for guardianship to non-biological parents, provided they have been parenting a child for more than two years and are:

- married;
- civilly partnered; or
- co-habiting with the child's other parent for over three years.

The right to apply to adopt was also extended to civil partners and co-habitants by the Act.



Criminal Justice (Hate Offences) Act 2024

This law provides for aggravated forms of certain criminal offences (for example, assault) where these are motivated by hatred, or where hatred is demonstrated, towards a person's real or presumed membership of a group defined by a protected characteristic. The law allows a court to give an increased sentence for any other crime where the crime was aggravated by hatred. One of the protected characteristics is gender (which includes gender identity and gender expression).

Employment Equality Acts 1998-2015

These laws ban discrimination in employment under nine grounds:

1. gender;
2. marital status;
3. family status;
4. age;
5. disability;
6. sexual orientation;
7. race;
8. religion; and
9. membership of the Traveller community.

They also ban sexual harassment or harassment on the basis of any of the nine grounds. In addition, they require employers to make reasonable accommodations for disabled employees. This means putting effective and practical measures in place to adapt their business place to an individual's disability.

Equal Status Acts 2000-2018

These laws ban discrimination when providing goods and services, accommodation and education on nine grounds:

1. gender;
2. marital status;
3. family status;
4. age;
5. disability;
6. sexual orientation;
7. race;
8. religion; and
9. membership of the Traveller community.

In addition, when providing housing or accommodation services, the Acts prohibit discrimination against individuals who are receiving certain forms of housing assistance (including housing assistance payment, rent supplement or other social welfare payments).

Gender Recognition Act 2015

Under this law, a trans person can have their gender recognised by the State.

An individual can apply for a Gender Recognition Certificate to have their gender officially changed on a birth certificate and other documents.

There is currently no option for non-binary people to have a gender-neutral marker on their legal documents. Ireland has had Gender Recognition based on self-determination since 2015, but this is only open to individuals who wish to change their legal gender to either male or female.

The law creates pathways for gender recognition for adults and 16- and 17-year olds.

General Data Protection Regulation

The General Data Protection Regulation (GDPR) is an EU law that applies to Ireland. It came into force in 2018. It regulates how individuals' (known as "data subjects") personal data is collected and processed within the EU, including by organisations in Ireland. It applies to all organisations, both public and private.

The GDPR gives you the right to:

- access your data;
- have it erased;
- have it corrected; and
- object to its processing.



Health (Assisted Human Reproduction) Act 2024

This law regulates a wide range of assisted human reproduction and surrogacy practices. It also provides for retrospective recognition of parents of children born through surrogacy in certain circumstances.

At the time of publication, the Act has not been fully commenced. This means that most of the changes made to the law by the Act have not come into force. The Act does not cover all types of LGBTI+ families, and gaps remain.

Online Safety Media Regulation Act 2022

The Online Safety Media Regulation Act 2022 is an Irish law that established Coimisiún na Meán. Coimisiún na Meán is a public body which is responsible for overseeing the regulation of broadcasting and video-on-demand services and the regulatory framework for online safety. The online safety framework is made up of the Online Safety and Media Regulation Act 2022, the EU Digital Services Act and the EU Terrorist Content Online Regulation.

Section 1

Legal recognition



Section 1

Legal recognition

Your rights to legal gender recognition and name change

What does it mean to transition?

You can transition:

- **personally:** acknowledging to yourself that you are trans;
- **socially:** changing your name or pronouns or both, and adjusting your gender expression;
- **legally:** accessing legal gender recognition and documents in your true name and gender; and
- **medically:** which may involve hormones or surgical procedures or both.

Do I have a right to legal gender recognition?

In Ireland, if you are a trans man or woman and at least 18 years old, you have a right to legal gender recognition through self-declaration. This is done through a Gender Recognition Certificate. Legal gender recognition means that your gender is legally recognised by the State.

If you're 16 or 17, you need approval from a court to do this ([see p. 113](#)).

Non-binary people and young people under 16 do not have the right to legal gender recognition. This does not affect your right to transition personally, socially or medically.

How do I change my legal name?

You do not need to change your name legally to change the name that people use for you in day-to-day life, or some parts of work or school. However, you will need to go through a legal name change or provide two years' evidence of use of a new name if you want to change your name on your:

- passport ([see procedure on p. 26 and 37](#));
- driving licence ([see procedure on p. 38](#));
- Public Services Card (PSC) ([see procedure on p. 26 and 38](#));
- other legal documents;
- bank account; and
- documents like contracts and university degrees.

There are three routes to changing your legal name using:

- “use and repute”;
- a Deed Poll; or
- a Gender Recognition Certificate.

Note: You can also change your surname via marriage or divorce.

The Deed Poll option allows you to change your legal name but not your gender marker, while a Gender Recognition Certificate allows you to change both your legal name and your gender marker.

Changing your name by “use and repute” and establishing proof of usage

To change your name by “use and repute” (sometimes called common usage) you simply begin using your new name in different areas of your life – such as with employers, landlords, educational institutions, utility providers, and other official bodies.

Using your name in this way allows you to establish proof of usage, which is required to change your name on certain documents such as your PSC and passport. Proof of usage can be shown by collecting official documentation from certain official bodies over a period of at least two years.

Proof of usage can be provided by:

- employers;
- educational institutions;
- utility providers (gas and electricity providers);
- banks; and
- government departments.

Documentation may include:

- government correspondence;
- payslips;
- lease agreements;
- bank statements; and
- utility bills.

To change your name on your PSC through “use and repute” (with proof of usage), you will need to attend a PSC/SAFE (Standard Authentication Framework Environment) Registration Centre in-person with your current PSC and documents from two different sources with your new name, dating back at least two years.

If you are changing your name on your passport through “use and repute” (with proof of usage), the Passport Service will need two documents from two different sources (which should date back at

least two years from the date you make the passport application) and a valid Government-issued photo ID in your new name.

At least one of these documents must be Government-issued correspondence (for example, from Revenue, the Department of Social Protection, etc., or official government correspondence from your country of residence if living outside of Ireland).

You can find more information on the Passport Service website: <https://www.ireland.ie/en/dfa/passports/documentary-requirements/adult/>. You can contact the Passport Service for further advice before applying ([see “Useful Contacts” section](#)).



Changing your name by Deed Poll

The Deed Poll option allows you to sign a legal document declaring your name change. This must be done in the presence of a witnessing solicitor, notary, Peace Commissioner or Commissioner for Oaths.

There is no requirement to enrol a Deed Poll, as it generally has the same effect as a Deed Poll which has not been enrolled. However, some institutions, like the National Driving Licence Service, will only accept an enrolled Deed Poll. Enrolment is with the Central Office of the High Court.

To enrol the Deed Poll, you will need:

1. a completed copy of the Change of Name by Deed Poll form;
2. an affidavit from an Attesting Witness (which is a special form) completed, signed and sworn by a person stating they witnessed you sign the Deed Poll form;
3. a certified copy of photographic identification (such as a passport or driver's licence). A certified copy is a copy which has been verified by an authorised person. This can be a member of An Garda Síochána, a practising solicitor or a Commissioner for Oaths;
4. a certified copy of your birth certificate;
5. evidence of your previous name (for example, a birth certificate, marriage certificate, previous name-change by Deed Poll, or a certificate of naturalisation);
6. a completed Request to Enrol a Deed Poll form; and
7. a "change of name licence" if you are a non-European Economic Area (EEA) citizen (see below).

Further details, all the forms and up-to-date information on where to send your application are available here: <https://services.courts.ie/taking-action/deedpoll>. Use the Courts Service checklist online to make sure you have all the documents you need.

You must pay stamp duty of €60 for a change of name by Deed Poll.

When a Deed Poll is enrolled, the previous name and new name are publicly listed on the website of the Courts Service: <https://services.courts.ie/taking-action/deedpoll/deed-poll-register>. There may be a variety of reasons why you do not want this, but it is obligatory.

The Passport Service will not accept a Deed Poll to change your name on your passport. If you are a minor (under 18), [see p. 109](#) for information on Deed Poll processes.

How do I change my legal name and gender?

Changing your name and gender with a Gender Recognition Certificate

The Gender Recognition Act 2015 allows you to change your gender legally by applying for a Gender Recognition Certificate. You can also change your name along with your gender marker through this process, if you want.

Important: Your gender can only be changed to and from male or female. There is no provision to have your legal gender changed to reflect a non-binary identity.

Who can apply? You can apply for a Gender Recognition Certificate if you are at least 18, or 16-17 with a court exemption ([see p. 113](#)), and you are either:

- registered in the Register of Births;
- registered in the Adopted Children Register;
- registered in the Register of Intercountry Adoptions;
- recorded in a Foreign Births Entry Book or in the Foreign Births Register; or
- born outside the State but are ordinarily resident in the State for at least 12 months before the date of application.

Evidence of your birth is required. If you were born outside of Ireland and your birth was not registered in your country of birth, you may

be able to provide evidence of your birth by completing a statutory declaration.

Irish citizens born in Northern Ireland are not eligible for Irish Gender Recognition Certificates, as their births are not registered in the Irish birth registry. See below for Irish citizens born in Northern Ireland.

How to apply: To apply for a Gender Recognition Certificate, you need to fill in and sign the GRC1 form. This form includes a statutory declaration declaring your plan to change your gender. You need to sign this form in the presence of one of the following:

- a solicitor;
- a notary;
- a Peace Commissioner; or
- a Commissioner for Oaths.

You can then post the form alongside the additional documents requested:

- a copy of your photo ID;
- a birth certificate, adoption certificate or Foreign Birth Register Certificate;
- proof of 12 months' residency in Ireland prior to the date of application, if you were not born in Ireland; and
- if you have had your preferred gender recognised in another jurisdiction and wish to have that recognition validated, include a copy of the relevant decision, order or certificate and proof of 12 months' residency in Ireland prior to the date of application.

The address is on the form.

Applications for a Gender Recognition Certificate are free of charge.

All forms, contacts and up-to-date details are available here:

- <https://www.gov.ie/en/department-of-social-protection/services/apply-for-a-gender-recognition-certificate-revised-birth-certificate/>; and
- <https://www.citizensinformation.ie/en/birth-family-relationships/legal-recognition-of-preferred-gender/>.

Can I change my name if I am not Irish, but am living in Ireland?

Yes, but the process depends on your country of citizenship. If you are a British or EEA citizen, you may apply to change your name by Deed Poll, “use and repute” (with proof of usage) or a Gender Recognition Certificate (if ordinarily resident in Ireland for at least 12 months).

If you are a citizen of any other country, you must apply for a Change of Name Licence from the Immigration Service Delivery (ISD) of the Department of Justice, and then you may change your name using the methods discussed in this guide.

To get an application form for a Change of Name licence, write to the Change of Name section in ISD. Once you have been granted a Change of Name Licence you must then fill in and sign a Deed Poll to legally change your name. Include the original Change of Name Licence with your Deed Poll documents. If your application is successful, there is a €13 fee for a Change of Name Licence. Your Change of Name Licence will be sent to you by registered post.

Can I get an Irish Gender Recognition Certificate if I was born in Northern Ireland, live in Northern Ireland, and am an Irish citizen?

No. If you were born in Northern Ireland, you must apply using the standard United Kingdom (UK) route using form T450.

Forms and details of how to apply are available at: www.gov.uk/apply-gender-recognition-certificate.

Can I get an Irish Gender Recognition Certificate if I am on the Foreign Births registry?

Yes. You can apply for a Gender Recognition Certificate as outlined above. Once you have your Gender Recognition Certificate, you can then apply to have your details updated on the Foreign Births Register.

Can I get an Irish Gender Recognition Certificate if I am an Irish citizen, was born and am living abroad, and am not eligible for the Foreign Births Register?

No. The eligibility criteria for an Irish Gender Recognition Certificate require that if you were born abroad, you must be either:

- on the Foreign Births Register;
- on the Register of Intercountry Adoptions; or
- ordinarily resident in Ireland for at least 12 months.

If you are an Irish citizen born abroad, whose parent was born on the island of Ireland, you cannot get an Irish Gender Recognition Certificate unless you become ordinarily resident for at least 12 months.

How can I get a revised birth certificate?

When you get your Gender Recognition Certificate, you can apply for a revised birth certificate if you are registered on one of the following:

- the Register of Births;
- the Adopted Children Register;
- the Register of Intercountry adoptions; or
- the Foreign Births Register.

If you are registered:

- on the Register of Births or the Adopted Children Register, you need to apply to the General Register Officer to be entered in the register of gender recognition. Your details will already have been sent to the General Registrar. There is no charge.
- on the Register of Intercountry adoptions, you need to apply to the Adoption Authority to be entered in the Register of Gender Recognition of Intercountry Adoptions. Your details will already have been sent to the Adoption Authority. You will also need to apply to the Department of Foreign Affairs and Trade to be entered in the Register of Gender Recognition of Foreign Births.

- on the Foreign Births Register, you need to apply to the Department of Foreign Affairs and Trade to be entered in the Register of Gender Recognition of Foreign Births.

To start your application to be entered into the Register of Gender Recognition of Foreign Births, contact the Department of Foreign Affairs and Trade's Foreign Births Registration Unit. Ask to speak to the staff responsible for Gender Recognition, if contacting the Department by phone.

For your application, you must send the following documents to the Department of Foreign Affairs:

- a Gender Recognition Certificate;
- details of your Foreign Births Registration (date, name, office it was issued from and number);
- a certified photocopy of Government-issued photo ID (i.e. passport);
- proof of address (utility bill, bank statement, letter from school/university/hospital/Government); and
- two up-to-date photographs of yourself.

A new Foreign Births Registration Certificate will then be issued to you with your updated gender (and name, if relevant) listed.

Up-to-date information can be found here: <https://www.ireland.ie/en/dfa/citizenship/born-abroad/gender-recognition/>.

All forms are available here: <https://www.citizensinformation.ie/en/birth-family-relationships/legal-recognition-of-preferred-gender/#ed-3fcf>.

When you fill in and return the form, you will be listed in the relevant Gender Recognition Register of that authority or department.

You can apply for a certified (stamped) copy of your entry in the register (your updated birth certificate) from the relevant authority. A certified copy of an entry costs €20.

What are the Deed Poll Register and the Register of Gender Recognition?

The Deed Poll Register is a publicly available list of name changes made by Deed Poll. This list is available on the Courts Service website. It includes:

- previous names;
- new names; and
- dates of name change.

The Register of Gender Recognition is a register of Gender Recognition Certificates. If you want to be included on the Register, you need to fill in another form, which is available here: <https://assets.gov.ie/static/documents/application-for-entry-in-the-register-of-gender-recognition.pdf>.

You also need to fill in this form to get an updated birth certificate. A certified copy of an entry costs €20. This register is not made public or available or otherwise published.

The Register is only accessible to the individual named on the Gender Recognition Certificate, by order of a court, and to the following people:

- your surviving spouse or civil partner if you have died;
- your child if there is no surviving spouse or civil partner;
- your parent if there is no surviving spouse, civil partner or child; or
- your brother or sister if there is no surviving spouse, civil partner, child or parent.

Can I fix a mistake on my Gender Recognition Certificate?

Yes, you can. To fix a mistake or amend details such as the spelling of your name on your Gender Recognition Certificate, you must fill in a GRC2 form. You can get this from the Department of Social Protection website: <https://www.gov.ie/en/department-of-social-protection/services/apply-for-a-gender-recognition-certificate-revised-birth-certificate/>.

Can I revoke (cancel) my Gender Recognition Certificate?

If you have a Gender Recognition Certificate and you want to go back to your previous gender, you can apply to do this under Section 15 of the Gender Recognition Act 2015. The process is similar to your initial application for legal recognition of your preferred gender ([see p. 29](#)).

Use the GRC3 form to apply to revoke your Gender Recognition Certificate. It is available on the Department of Social Protection website: <https://www.gov.ie/en/department-of-social-protection/services/apply-for-a-gender-recognition-certificate-revised-birth-certificate/>.

Can I apply for an Irish Gender Recognition Certificate if I am Irish but live abroad?

Yes, provided you are on either:

- the Register of Births;
- the Adopted Children Register;
- the Register of Intercountry adoptions; or
- the Foreign Births Register.

You will need to have a solicitor in your country of residence witness you signing a statutory declaration. If this is difficult to do, the Irish embassy in your country of residence may be able to offer advice.

If I have obtained a Gender Recognition Certificate in a different country, can I use that in Ireland?

Yes, you should include your foreign Gender Recognition Certificate (or equivalent) in your application for an Irish Gender Recognition Certificate.

How will obtaining an Irish Gender Recognition Certificate affect my existing documents from another state?

An Irish Gender Recognition Certificate will have no bearing on legal documents from other states. You cannot use an Irish Gender Recognition Certificate to update or change information on foreign documents, unless the certificate is accepted by the issuing authority in the relevant foreign country.

How will obtaining an Irish Gender Recognition Certificate affect my asylum application in Ireland?

Obtaining or applying for a Gender Recognition Certificate should have no impact on an application for asylum in Ireland. However, you may have to provide your Gender Recognition Certificate as well as your identification documents as part of the process.

What happens to my Personal Public Service (PPS) number when I get a Gender Recognition Certificate?

You can update the information attached to your PPS number through each individual Government department. The departments do not always share information on your gender with each other. The Department of Social Protection facilitates the gender recognition process, so your records within that Department will be updated. You may need to inform other Departments (for example, the Department of Education) yourself.

For any queries you can contact your local Department of Social Protection office: <https://www.revenue.ie/en/jobs-and-pensions/personal-public-service-number/index.aspx>.

How do I change my name, gender or both on my passport, driving license and Public Service Card?

Passport

You can change the name and gender (sex) marker on your passport by applying for a new passport and including relevant documentation. The documents you need are either:

- a Gender Recognition Certificate; or
- a statutory declaration of your intent to change gender, two years' proof of use of name (for example, bank statements, payslips, utility bills, etc., one of which must be Government-issued correspondence) and a Government-issued photo ID in your new name. With the statutory declaration, you declare that you plan to live in your new gender for the rest of your life and that you understand the consequences of the application.

If you change your name and gender using the Gender Recognition Certificate, you can apply to have your passport details updated immediately. You do not have to supply any additional proof of use.

If you do not qualify for a Gender Recognition Certificate, and you are over 18, you can still apply to have your name and gender updated on your passport. This can be done with the statutory declaration and two years of proof of usage.

Important: the Passport Service does not accept Deed Polls to change the name on your Irish passport. However, you can change your name through “use and repute” ([see p. 26](#)).

In Ireland, the only sex markers available are “M” (male) and “F” (female).

When you apply for a new passport, you need to send in your current passport as part of the application, so you will not have a passport while the application is processing.

You can find more information here: <https://www.ireland.ie/en/dfa/passports/documentary-requirements/adult/>.

Public Services Card (PSC)

To change your name on your PSC, you have to go to a PSC/SAFE Registration Centre in person, as they need a new signature. You will need to bring your PSC and evidence of your new name. You can change your name by:

- “Use and repute”: demonstrating two years usage of your new name. To do this, you must send at least two of the following documents, dating back for at least two years:
 1. an official communication with a government department;
 2. an educational certificate;
 3. a bank statement or card;
 4. a utility bill; or
 5. a student or employee identification card (or similar).
- Deed Poll: If you have changed your name by Deed Poll, you must submit a certified copy of your signed Deed Poll registered with the Irish High Court.

There is no gender (sex) marker on the PSC.

You can find more information here: <https://www.gov.ie/en/department-of-social-protection/publications/safe-registration-and-the-public-services-card-psc/#changing-your-name-on-your-psc>.

Driving licence

You can change the name on your driving licence by applying for a new PSC. You can then apply for a new driving licence. Irish driving licences do not have a gender or sex marker.

You can find more information here: <https://www.ndls.ie/index.php>.

Do I have a right to have my legal name and gender updated in records held by my workplace, bank, hospital and so on?

In certain circumstances, you can have your name and gender updated. Organisations may have their own internal rules that apply. For example, they may require proof of usage on other official documents or photo ID. In general, most organisations should permit you to update your records. Refusal to do so may constitute unlawful discrimination in certain circumstances.

If you have changed your name and gender and an organisation continues to process and use inaccurate personal data about you, such as failing or refusing to use your name and gender, you have a right to seek to rectify this under Article 16 of the General Data Protection Regulation (GDPR). This gives you the right to have accurate data stored about you, and to have inaccurate or incomplete personal data corrected. It can be used to require a data controller (an organisation holding your data) to update your information once you have changed your name and gender. The GDPR requires that data controllers respond to a request within one month. If they refuse or fail to do so, you can make a complaint to the Data Protection Commission. You can find more information on how to submit a complaint here: <https://www.dataprotection.ie/en/faqs/initial-contact-dpc/making-complaint-dpc>.

Organisations are not required to rectify personal data they hold on you retrospectively. This means they do not have to amend documents or records that were accurate at the time they were created. This right only applies in relation to personal data created after you changed your name or gender, and where the organisation is aware of this.

What documents can I be required to show to change my details at work, college, with my bank, on my medical records and so on?

You may be required to show a legal identification (passport, driving licence, etc.). It will depend on each organisation's policy. You can choose to produce your Gender Recognition Certificate or Deed Poll to support updating your details, but under Section 18(4) of the Gender Recognition Act 2015, you cannot be required to do so. Neither of these documents constitutes proof of identity.

Organisations cannot require you to show more identification to update your details than you were required to show when you registered or created an account. For example, if your electricity provider did not ask for proof of identification when you created your account, they cannot ask for proof of identification to update the name on your account.



Your rights as a parent

If I get a Gender Recognition Certificate, can I change my name and gender on my marriage certificate or my child's birth certificate?

No. When you obtain a Gender Recognition Certificate, your legal gender is changed as of the date of issuance of the certificate. It is not possible to retroactively change your marriage certificate or your child's birth certificate to reflect your new name or gender.

If I have a child, will my legal relationship to them change if I obtain a Gender Recognition Certificate?

If you are a child's legal parent, your legal relationship to your child/children is not affected by obtaining a Gender Recognition Certificate. You will still be considered your child's legal parent.

If I give birth to a child, how will my gender be recorded on the child's birth certificate?

The birth parent will be listed on the birth certificate and can be referred to as either "mother" or "parent".

If my partner gives birth to a child, how will my gender be recorded on the child's birth certificate?

If you are the non-birth parent, you may be recorded as the "father" or "parent" of the child. If you are the non-birth parent, and you and your partner are using a donor, see below.

Does it matter if I am listed as the mother or father of my child?

Yes. Free maternity care is granted to the mother/birth parent through the Maternity and Infant Care Scheme. Child Benefit payments are normally paid to the child's birth parent, mother or stepmother. These payments are only paid to a father or stepfather if the child does not live with their mother or stepmother. Where the birth parent is recorded as the "parent", this is unaffected and the payments will still be made to them.

If I (or my partner and I) have a child using a donor, how will that be registered?

The Children and Family Relationships Act 2015 regulates the following, based on whether a child was conceived before or after 4 May 2020:

- the use of donors;
- conception; and
- parental rights.

If the conception meets the criteria under the Child and Family Relationships Act 2015, the birthing parent will be registered as the "mother" or "parent" and the other intending parent will be registered as a "parent".

The Health (Assisted Human Reproduction) Act 2024 will regulate surrogacy, including the registration of children born through surrogacy. However, at the time of publication, this Act has not been fully commenced – meaning that the changes to the law the 2024 Act will make on surrogacy are not yet in force.

For more information, see LGBT Ireland and Equality for Children's guide *Legal recognition for donor conceived families*: <https://lgbt.ie/wp-content/uploads/2024/06/CFRA-Booklet-260624.pdf>.

If I have a child, how will their gender be recorded?

When your child is born, you will need to fill in the Birth Registration Form with either:

- hospital staff; or
- your home birth healthcare professional.

The Birth Registration Form only includes “boy” and “girl” as gender options, and this will be assumed based on the sex of your child at birth.



Section 2

Healthcare and wellbeing

2

Section 2

Healthcare and wellbeing

Your rights to general healthcare

What are my basic healthcare rights?

The Health Service Executive (HSE) must provide a range of services (for example, hospital services) for everyone who is ordinarily resident in Ireland. Other services (for example, psychological services) are available at the discretion of the HSE.

Important: For healthcare purposes, you are ordinarily resident if you have been living in Ireland for at least one year or you plan to live here for at least one year.

Do I have a right to free healthcare?

Everyone ordinarily resident in Ireland is entitled to a range of public health services either free of charge or at a reduced cost.

Depending on your health and income, you may also qualify for a medical card, or a General Practitioner (GP) visit card. A medical card entitles you to free:

- GP services;
- public hospital services;
- some dental, optical and hearing services;
- community care and personal social services;

- maternity and infant care;
- prescribed drugs and medicines (these may incur dispensing fees); and
- short-term counselling for mild to moderate psychological difficulties.

A GP visit card entitles you to free GP services. There are other forms of illness benefits you may be entitled to, such as the Long-Term Illness Scheme, the Health Amendment Act card and the Drugs Payment Scheme. The Drugs Payment Scheme caps the monthly cost of some medications from Irish or EU prescriptions.

If you do not qualify for these, you are still entitled to public hospital services free or at a reduced cost.

For more information, see Citizens Information on entitlement to health services: <https://www.citizensinformation.ie/en/health/health-system/entitlement-to-public-health-services/>.

Private healthcare services are also available in Ireland. These are provided by individual health professionals or healthcare companies. You usually pay for the full cost of these services. If you have private health insurance, you can use it to help meet the cost of private healthcare.

Do I have the right to make decisions about my healthcare?

Yes. This right is based on your right to bodily integrity, and your right to make decisions that impact your life – in this case about your health or wellbeing. All adults are presumed to have capacity to make decisions about their healthcare, unless proven otherwise.

Capacity can change. It is considered to be time- and decision-specific, meaning that your capacity to make decisions may change day to day. This is set out in the Assisted Decision-Making (Capacity) Act 2015. This law aims to maximise patients' capacity to make decisions, sets out how to assess capacity and establishes the

Decision Support Service. This service supports patients to exercise capacity and make decisions.

There are circumstances where a person's refusal to consent to certain healthcare measures can be disregarded. These relate to situations where the refusal to consent is likely to pose a threat to the individual themselves (where they lack capacity), to others, or to public health.

What is the Medical Council?

The Medical Council is the regulator for doctors in Ireland. It maintains the Register of Medical Practitioners. This is the list of all doctors who can practise medicine in Ireland. You can go to the Medical Council if you need to make a complaint against a doctor. You can find more information here: <https://medicalcouncil.ie/>.

The Medical Council is charged with promoting good medical practice. Its *Guide to Professional Conduct and Ethics* contains information on what medical practitioners:

- Must do, where there is an absolute duty on them to comply with the Medical Council guidance; and
- Should do, in line with best practices, accepting that it may not always be practical to follow the guidance or that another approach may be appropriate in particular circumstances. Doctors should exercise their judgement in such cases.

Exercising judgement means that doctors may reach different conclusions in dealing with the same situation. In applying the guidance, doctors should act in good faith in your interests and respect your will and preferences.

In the Guide, treatment includes assessment, investigation and treatment.

The Guide is available here: <https://www.medicalcouncil.ie/news-and-publications/publications/guide-to-professional-conduct-and-ethics-for-registered-medical-practitioners-2024.pdf>.

Do I have the right to request specific treatment?

You can request a specific treatment but based on the Medical Council's *Guide to Professional Conduct and Ethics*, doctors may decide not to provide it if they consider it is:

- not clinically indicated (in their opinion); or
- likely to be of more harm than benefit for you.

This is subject to “conscientious objection”. “Conscientious objection” to treatment means that the doctor refuses to provide, or to participate in carrying out, a lawful procedure, treatment or form of care which conflicts with their moral values.

What are my rights if I am denied treatment?

The Medical Council's *Guide to Professional Conduct and Ethics* states that if your doctor refuses to provide a specific form of treatment, they should:

- explain their reasons;
- offer to refer you for a second opinion; and
- document the grounds (reasons) for their refusal in your medical record.

If you are refused treatment based on a conscientious objection to a lawful treatment, your doctor must:

- inform you, their employer and colleagues as soon as possible;
- inform you that you have the right to seek this procedure, treatment or form of care from another doctor;
- give you enough information to allow you to transfer to another doctor to access the treatment;
- provide referrals or facilitate transferring you to another service or provider where you can access this care (this must be done in a safe, effective and timely way);
- when discussing the referral, transfer or both, be sensitive and respectful to minimise the distress their decision may cause you (in

an emergency, the doctor must provide the care and treatment you need);

- not mislead or obstruct your access to the treatment you requested; and
- provide care, support and follow-up for patients who have had a lawful treatment or procedure to which they have a conscientious objection.

Do I have the right to refuse treatment or a specific pathway?

Yes. Provided you have capacity, you have the right to refuse treatment or stop treatment, even if it means you will die. You also have the right to withdraw from treatment at any time.

If you are considered to not have capacity for decision-making, the Assisted Decision Making (Capacity) Act 2015 provides that your decision-making can be supported. This support can be through formal decision support arrangements, through enduring power of attorney or through an Advance Healthcare Directive.

You can find more information and resources here:

<https://decisionsupportservice.ie/>.

Do I have the right to seek a second opinion with regards to healthcare?

The Medical Council's *Guide to Professional Conduct and Ethics* states that if you refuse a recommended treatment, your doctor should offer you a second medical opinion. You should also be offered a second opinion if a doctor refuses to provide a specific treatment.

What are my rights to medical privacy?

As a patient, you have the right to medical privacy (confidentiality).

Your consent is needed to disclose your personal or health information to others. If you do not have decision-making capacity to consent, the Assisted Decision-Making (Capacity) Act 2015 applies.

The right to confidentiality is not absolute, meaning there are limited circumstances where doctors may share your information without your consent. They can do this if required by law or to protect other individuals and in the public interest.

Disclosure required by law includes disclosure that is ordered by a judge, or is required under legislation, or where a doctor knows or has reasonable grounds to believe that an assault or other form of violence has been committed against a child or other vulnerable person.

Disclosure to protect other individuals and in the public interest means that the benefits to another individual or society outweigh the risks to you as an individual patient.

If your doctor discloses information as required by law or in the public interest, they should inform you, unless this would undermine the purpose of the disclosure.

As an adult, your doctor or healthcare service should not disclose your health information to your family, friends or other people in your life without your consent.

Doctors are also legally required to protect the confidentiality of personal data under data protection legislation and freedom of information legislation.

You have the right to get copies of your medical records.

You can find more information in the Medical Council Guide.

If you are under 18, [see p. 116](#) for information about your right to confidentiality.

If I move to Ireland, can I continue healthcare started in my home country?

Continuity of care refers to the provision of healthcare with the involvement of different practitioners in different healthcare settings. If you are on medication that you would like to continue, this likely means you will have to ask your doctor to “transcribe” an existing prescription.

The Medical Council’s *Guide to Professional Conduct and Ethics* sets out that you should:

- give your new doctor a letter from your prescribing doctor. This letter needs to explain the treatment you are getting; and
- give your new doctor any other relevant documentation from your prescribing doctor and include contact information so they can contact each other and clarify points they may need to.

If you move to Ireland, you need to investigate to see if you can continue healthcare started elsewhere. You will need to check if prescriptions or treatment you are using are licensed in Ireland.

If I move abroad, can I continue healthcare started in Ireland?

If you move abroad, or travel abroad for healthcare, you need to investigate to see if you can continue healthcare started in Ireland. You will need to check if prescriptions or treatment you are using are licensed in the country you are moving to.

What are my rights when I am discharged from care?

According to the Medical Council's *Guide to Professional Conduct and Ethics*, a patient who is discharged from care to a GP must be given a discharge summary. This is a document which includes the following as a minimum:

- a summary of relevant medical and treatment history;
- medication and medication changes;
- any planned follow up action from the discharging service;
- action required by primary care or community services; and
- action required by the receiving GP.

When discharging you to the care of your GP, the doctor who has ordered diagnostic tests or investigations must follow up on the results. This is required to make sure appropriate action is taken.

If your doctor is reducing their waiting list or ending their practice, they should, with your consent, transfer you to another doctor or medical service. This will help make sure you get continuity of care.

How do I make complaints about my healthcare?

There are different complaint mechanisms. These depend on who you are making a complaint about. You may be making a complaint in relation to a HSE service or a service provided on behalf of the HSE, a private healthcare provider or an individual medical professional.

Complaints about HSE services or services provided on its behalf

You can make a complaint about an administrative practice. This means the way that decisions are made and how services operate. You cannot complain about:

- an issue that is or has been the subject of a court case;
- a medical decision or clinical judgment;

- action taken based on clinical judgment;
- the recruitment or employment of an individual within the HSE; or
- an issue that has been brought before any other statutory complaints procedure.

If you have a complaint, you can first bring it to the person in charge of the relevant service, as it may be possible to resolve the matter at this level.

You can also make a complaint through the formal HSE complaints system, which can be accessed by post, phone, email, online, or through advocacy or disability services.

You can find more information here: <https://www2.hse.ie/complaints-feedback/>.

The HSE must acknowledge written complaints within five working days and investigate a complaint within 30 days. If the investigation takes longer than 30 days, they must keep you updated on the progress of the investigation every 20 working days.

After the investigation, the HSE will issue a report and recommendation. If you are unhappy with this outcome, you can request an internal review of that recommendation.

You can also complain to the Office of the Ombudsman. The Office examines complaints in relation to any public body, but you must have made the complaint to the service provider first. You can find more information here: <https://www.ombudsman.ie/en/>.

The National Advocacy Service supports disabled people to make complaints, and the Patient Advocacy Service supports complaints in relation to experiences at a public hospital. You can find more information here: <https://advocacy.ie/>.

Complaints about private providers

If your complaint is about a private healthcare provider, you can make it to the provider directly, subject to their complaints procedure.

Complaints about individual medical professionals working in a public or private service

If your complaint is in relation to an individual medical professional, regardless of whether they work in a public or private service, you can make a complaint to their professional regulatory body. The regulatory bodies keep registers of professionals and, in certain circumstances, they can seek to have a healthcare professional removed from the register if they are found guilty of misconduct.

The relevant professional bodies are:

- Medical Council (medical doctors): <https://medicalcouncil.ie>
- Nursing and Midwifery Board: <https://www.nmbi.ie>
- Dental Council: <https://www.dentalcouncil.ie/>
- Pharmaceutical Society of Ireland: <https://www.psi.ie>
- Pre-Hospital Emergency Care Council (emergency care practitioners): <https://www.phecit.ie>
- CORU (various health and social care professions): <https://www.coru.ie/>

Some medical professions may not have statutory regulatory bodies – but the medical professional in question may be a member of a private professional body and you may be able to make a complaint through its complaints system.

You can find more information on how to make a complaint to the different bodies here: <https://www.citizensinformation.ie/en/consumer/how-to-complain/complain-about-medical-professionals/>.

Your rights to gender-affirming healthcare

What services provide gender-affirming healthcare in Ireland?

A mix of public and private services provide gender-affirming healthcare in Ireland. Public services are provided through the National Gender Service (NGS), some hospital endocrinologists and some GPs. Private services can include private clinical psychology or psychiatry services (for assessment and referral), private clinics, private practices of hospital consultants, and private online services. Some services require a referral from a clinical psychologist, psychiatrist or other medical professional, and some carry out their own assessment within the service. You have a choice in the service you use. You can find information on the different pathways to gender-affirming healthcare for people aged 17 and over here: <https://teni.ie>.

Ireland currently has no dedicated pathways for gender-affirming surgery, apart from certain procedures (such as hysterectomies) that may be offered through the mainstream health service for other medical reasons.

The NGS provides a list of options to access gender-affirming surgeries abroad: <https://nationalgenderserviceireland.com/surgery/>.



How can I access gender-affirming healthcare?

Through the National Gender Service

A doctor registered with the Irish Medical Council (usually a GP) can refer patients aged 17 and over to the National Gender Service (NGS). This service provides gender-affirming care. As part of its services, the NGS:

- carries out a psychiatric evaluation;
- provides endocrine services (services related to hormones); and
- can refer you for gender-affirming surgery as relevant.

Your GP can email or post a referral form to the NGS. The NGS should then send a letter to you and your GP confirming that you have been added to the waiting list.

You can see the referral pathway and the referral form here: <https://nationalgenderserviceireland.com/referral-pathway/>

There are currently long waiting lists (several years) to access gender-affirming healthcare with the NGS.

Through a hospital endocrinologist

Some hospital endocrinologists will accept trans patients for hormone replacement therapy (HRT) as part of their public or private clinics. In order to access gender-affirming care, endocrinologists may require a referral from a clinical psychologist or psychiatrist.

Through a private service

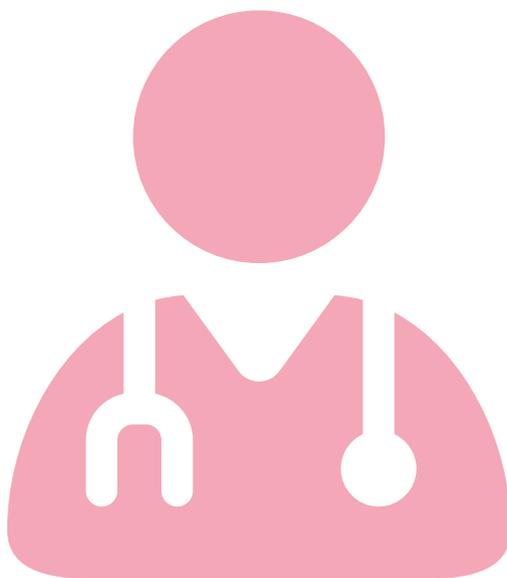
There are a range of private services operating in Ireland and online. Private providers specify their own referral pathways and criteria. Check with them directly. The most up-to-date information on this is available from Transgender Equality Network Ireland (TENI): www.teni.ie.

Through a GP

GPs prescribe HRT to menopausal cisgender women and to cisgender men with low testosterone. Some GPs will also prescribe HRT to trans people or offer bridging prescriptions (prescribing HRT to transition a self-medicating patient to a safer alternative) while you are on a waiting list for a gender service. Some GPs will work with public or private endocrinologists, or private services either in or outside of Ireland, to continue a prescription. This is called shared care and is at the discretion of the GP.

GPs have very little guidance or support in providing this treatment. This means there is limited provision from GP services. Some GPs do not provide this care as they consider it outside of their area of expertise or competency.

You can self-refer to your GP.



Do I have to come out or socially transition to access gender-affirming healthcare in Ireland?

There is no clear answer to this question. Service providers use their own criteria to assess who can access gender-affirming healthcare and there is limited public information about these criteria and how they are assessed.

The NGS' initial assessment takes at least one (but generally two) appointments before referral for HRT. The assessment is carried out by any member of the staff team, which could be a psychiatrist, nurse, psychologist, social worker, speech and language therapist, occupational therapist or doctor. The assessment covers:

- **Early life:** your mother's pregnancy, your birth, your early development;
- **Your personal story:** growing up, school, family life, social development;
- **General wellbeing:** how you are doing, what is going well, what is not going well;
- **Gender:** identity and development, transition to date, plans for further transition, any challenges identified;
- **Social health:** home life, work or study, social history;
- **Mental health:** any mental health challenges, mental health history;
- **Relationships and sexual health:** current and previous relationships, relationship to your body; and
- **Occupational function:** any challenges in engaging in day-to-day activities or work.

The inclusion of "transition to date" indicates that the Service expects you to have come out or socially transitioned to some extent.

You can find more information here: <https://nationalgenderserviceireland.com/what-to-expect-4/>.

Can I access gender-affirming care if I am autistic/neurodivergent?

Different service providers have different criteria. The NGS referral form completed by your GP does not ask for information about autism or neurodivergence. The initial assessment outlined above does not specifically reference autism. The 2018 Model of Care developed by the NGS references autism as a developmental disorder and states that “patients with a developmental disorder have reduced capacity to withstand the social adjustment involved in transitioning”.

Can I legally use international telemedicine services?

Telemedicine services offer healthcare delivered at a distance using electronic information and technology, such as videoconferencing.

Doctors based in the EU or EEA can provide telemedicine services in Ireland, provided they are registered with an appropriate professional body in their jurisdiction.

Beyond this, medical practitioners registered and regulated outside the EEA are not permitted to provide telemedicine to patients in Ireland.

What is the Treatment Abroad Scheme, and am I eligible?

The Treatment Abroad Scheme covers the cost of medical treatment in the EU, EEA, UK and Switzerland, if treatment is not available in Ireland.

To qualify for the Treatment Abroad Scheme, you must:

- be resident in Ireland; and
- be referred for the treatment by a public hospital consultant doctor.

The treatment you are seeking must be carried out in a public hospital, not by a private service.

Your application needs to be assessed and approved before you can travel for treatment. If your application is approved for the Scheme, the HSE will pay for the treatment upfront. The Scheme does not cover expenses for travel, accommodation or food.

You can find more information here: <https://www2.hse.ie/services/schemes-allowances/treatment-abroad-scheme/>.

Referrals for gender-affirming care can come from any public hospital consultant. However, in practice, the only consultants providing these referrals are with the NGS. This scheme can be used to cover the cost of some surgeries (for example, bottom surgery) not available in Ireland. You can find more information here: <https://nationalgenderserviceireland.com/surgery/>.

What is the Cross-Border Directive Scheme and am I eligible?

The Cross-Border Directive Scheme allows you to access public or private treatment in the EU or EEA, provided that treatment is publicly available in Ireland. To qualify, you must:

- be resident in Ireland;
- qualify for the healthcare as a public patient in Ireland; and
- have a valid referral letter.

If you are approved for the Cross-Border Directive, you will need to pay for the treatment abroad. You can then make a claim for reimbursement (payment back). You can find more information here: <https://www2.hse.ie/services/schemes-allowances/cross-border-directive/how-to-get/>.

This scheme can be used to cover some surgeries (for example, some forms of top surgery). You can find more information here: <https://nationalgenderserviceireland.com/surgery/>. The scheme may also cover private endocrinology services abroad if you are on a waitlist for those services in Ireland.

Can I use an EU, EEA or UK prescription in Ireland?

EU and EEA prescriptions are valid in Ireland, provided the medication is licensed for use in Ireland by the Health Products Regulatory Authority. Prescriptions must be issued on paper or email via the Healthmail secure clinical email service. This is a service that allows healthcare providers to send and receive clinical patient information in a secure manner.

EU or EEA prescriptions are covered under the Drugs Payment Scheme ([see p. 46](#)).

UK prescriptions are valid in Ireland, but prescriptions from a UK-based doctor using an online service are not.

Specific information must be included on the prescription, including:

- your details as a patient, such as:
 - your first name and surname written in full (not initials); and
 - your date of birth.
- the details of the health professional writing the prescription, including:
 - first name and surname written in full;
 - professional qualification;
 - contact details (email and telephone or fax including international prefix);
 - work address (including the country);
 - signature (written in ink in their handwriting or by electronic signature); and
 - date the prescription is issued.
- the details of the prescribed product, including:
 - common name instead of the brand name (if a specific brand is medically necessary the prescription should include a brief statement of the reason. In the case of biological medicinal products, brand names may be used);
 - format of the product (for example, tablets or solution);
 - quantity and strength; and
 - dosage or instructions for use.



In Ireland, doctors can email your prescription to your pharmacy. This system is not available if you are collecting your medication from a pharmacy outside Ireland.

If you need to get your prescription medicine dispensed in another country, or if you are given a prescription abroad that you need to fill in Ireland, you need to:

- ask your doctor for a paper copy of your prescription; and
- check that the doctor has included all the necessary information (see below).

You can find more information on international use of prescriptions here: <https://www.citizensinformation.ie/en/health/drugs-and-medicines/cross-border-prescriptions>.

Can I use an Irish prescription in the EU, EEA or UK?

If you have a medical prescription from a health professional (a doctor, dentist or nurse) registered in Ireland, it is valid in the UK and EU/EEA. It needs to contain the information listed above.

You can find more information here: <https://www.citizensinformation.ie/en/health/drugs-and-medicines/cross-border-prescriptions>.

Can I use prescriptions from doctors from outside the EEA and UK in Ireland?

No.

Do I need to show an identity document in pharmacies?

You do not need to show an identity document to collect a prescription.

Can I travel with medication?

Yes, you can. However, you should check regulations in the country you are travelling to. You should also bring your prescription with you.

Is it illegal to possess HRT if I do not have a prescription?

Illegal drugs, including those that are illegal to possess without a prescription, are listed at the end of the Misuse of Drugs Act 1977. Neither oestrogen nor testosterone are currently listed.

Can I access public contraception, menopause and in-vitro fertilisation (IVF) programmes if I am trans?

The HSE Free Contraception Scheme is open to any person with a uterus aged 17 - 35 living in Ireland.

Most menopause treatment is facilitated by GP services. There are also specialist clinics open to people with complex medical issues who are experiencing menopause. The free HRT scheme for menopause was introduced in June 2025. At the time of publication, it is unclear whether the scheme covers HRT for trans people.

To qualify for the public IVF programme, there are criteria that need to be met. These relate to:

- residency;
- age;
- relationship and family status;
- Body Mass Index;
- limitations around alcohol;
- lifestyle; and
- previous IVF treatment.

Currently, the criteria exclude same-sex couples and individuals who have had a sterilisation procedure, which may include some trans people. It is best to check the criteria with the HSE, as they change regularly. You can find more information and criteria here: <https://www2.hse.ie/pregnancy-birth/trying-for-a-baby/your-fertility/getting-ivf-icsi-iui-hse/>.

Can I access cervical and breast screening if I am trans?

Cervical screening

A cervical screening test looks to see if you might be at a greater risk of developing cervical cancer. CervicalCheck is Ireland's screening programme to prevent cervical cancer.

CervicalCheck puts together a list of women and people with a cervix aged 25 - 65 who are eligible for screening. The list is based on details from the Department of Social Protection, and from self-registration (when you register by phone or online).

If you have had a hysterectomy and wish to register for cervical screening, you should first contact your GP to talk about whether you need screening. Generally speaking, people who have had a full hysterectomy – including full removal of the cervix – do not need cervical screening.

If you have a Gender Recognition Certificate, CervicalCheck can check if you're on the cervical screening register, add you to it or update your details. Their freephone is: 1800 45 45 55.

Information **for trans women** on cervical screening is available here: <https://www2.hse.ie/conditions/cervical-screening/who-should-have-cervical-screening/when-screening-is-not-recommended/#if-you-are-a-trans-woman>.

Information **for trans men** on cervical screening is available here: <https://www2.hse.ie/conditions/cervical-screening/who-should-have-cervical-screening/who-should-have-screening/#trans-men-and-cervical-screening>.

Information for people with a Gender Recognition Certificate seeking to register for the CervicalCheck programme is available here: www.hse.ie/cervicalcheck.

Breast screening

Breast screening helps find cancer at an early stage when you are well and have no signs or symptoms. BreastCheck is Ireland's national breast screening programme.

BreastCheck puts together a list of women, trans, intersex and non-binary people aged 50 - 69 who are eligible for screening. The list is based on details from the Department of Social Protection, and from self-registration (when you register by phone or online).

If you have a Gender Recognition Certificate, BreastCheck can check if you're on the breast screening register, add you to it or update your details. Their freephone is: 1800 45 45 55.

You can find more information here: <https://www2.hse.ie/conditions/breast-screening/information/>.



Section 3

Equality, safety and daily life

3

Section 3

Equality, safety and daily life

Your rights in relation to the Gardaí

Do I have to give my name, date of birth and address to Gardaí if they ask for it?

This depends. There is no general requirement to give your name, date of birth and address to Gardaí. If the Gardaí demand this information without explaining the reasons for it, you are under no obligation to provide it. However, if the Gardaí have reasonable grounds for suspecting that you may have committed certain offences, they can ask for your name and address. In such circumstances, it is an offence to:

- not provide a Garda with your name and address; or
- give one that a Garda believes may be false or misleading.

In both cases, a Garda is allowed to arrest you without a warrant (a judge's written instruction to arrest you).

It is an offence not to give your name and address if a Garda believes that you have committed an offence under:

- the Criminal Justice (Public Order) Act 1994: They can ask for your personal information (name and address) after they have told you of the offence they believe you may have committed; or

- the Offences Against the State Acts 1939-1998: They can ask for your personal information (name and address) after they have told you they believe you have committed an offence under the Offences against the State Acts. They do not have to tell you what specific offence they think you have committed.

This may cause difficulties for trans people who have not legally changed their name or gender. If your current name differs from the name on your identity documents, you may have to provide both names and explain the reason for this. You should not feel obliged to identify yourself as trans unless you feel it is necessary in the circumstances.

At what point can the Gardaí ask to see my identification?

Gardaí can ask to see your identification at any time – however, you are under no obligation to comply unless they inform you that they suspect you of having committed particular offences, as explained above.

Do I have to give my former name or gender to the Gardaí?

You may have to disclose your personal information, including your former name and gender, to the Gardaí if they have a legal basis to require you to do so.

For example, under the National Vetting Bureau (Children and Vulnerable Persons) Act 2012, a person wishing to be vetted must provide any former name they might have had. The National Vetting Bureau has a responsibility to process this data sensitively, and without disclosing your trans status to your employer or vetting organisation.

If you have changed your legal name and gender through the Gender Recognition Act 2015, in most cases you cannot be required to

produce your Gender Recognition Certificate as proof of your gender or identity. However, if there is a legal basis that requires you to show this Certificate, then you must.

If you have changed your name by Deed Poll, you are not required to provide your former name. However, if it has been enrolled in the Office of the High Court, it will be publicly available through the Deed Poll register ([see p. 34](#)).

What are my rights in relation to Garda search powers?

Gardaí have a legal right to search you in the following circumstances:

- you are arrested and held in a Garda station;
- you are in a premises they are searching and they have a search warrant (this can happen without an arrest); or
- they have a reasonable suspicion that certain offences (for example, drug offences) have been committed.

Searches can take different forms. Some are frisks that go over clothing. Others involve the removal of clothing and underwear. A doctor should do any searches which involve the removal of underwear, but this is not always possible.

The regulations governing Garda searches use the language of sex instead of gender. The regulations say that you must be searched by a person of the same sex as yourself, unless that person is a doctor. If a Garda is unclear on how a search should be conducted, they should ask a doctor to do it. You should state your preference and ask that it be respected.

If a search involves the removal of more than outer layers of clothes, a person of the opposite sex should not be present unless they are a doctor, or the Garda in charge believes their presence is necessary for safety reasons.

Do I have a right to legal advice and legal aid?

If you are arrested, you have a right to consult a solicitor before you are interviewed by the Gardaí. The Gardaí may allow your solicitor to attend and, if they permit it, your solicitor can help you communicate with the Gardaí during a stressful situation. They are also allowed to refuse to allow your solicitor into your interview.

If you cannot afford to pay for a solicitor yourself, the criminal legal aid scheme will pay for a solicitor to give you advice if you are detained in a Garda station. Depending on your income and the severity of the charges, the scheme may pay for a solicitor to visit you in Garda custody. If you are arrested or you receive a court summons (a legal document that means you must attend court on a particular date and time to answer a criminal accusation), you are advised to get in contact with a local solicitor who does criminal defence work. Most criminal defence work is funded by the legal aid system.

You can find more information here: <https://www.citizensinformation.ie/en/justice/legal-aid-and-advice/criminal-legal-aid/>.

Is there a complaint system I can use?

If you feel a Garda has broken the law or has mistreated you in a way that amounts to a breach of discipline or poor performance, you have the right to make a complaint. You need to make this complaint to Fiosrú, the Office of the Police Ombudsman. This is an independent body that oversees the Gardaí and investigates allegations of lawbreaking or misconduct. You can find more information on Fiosrú's website: <https://www.fiosru.ie/complaints/submit-a-complaint/>.

Further information and resources on interactions with the Gardaí are available in the Irish Council for Civil Liberties (ICCL)'s:

- *Know Your Rights: Criminal Justice & Garda Powers* (2014); and
- *Know Your Rights: The Right to Protest* (2019).

They are both available here: <https://www.iccl.ie/your-rights/>.

Your rights to equality, non-discrimination and protection from violence

What are my rights to equality, non-discrimination and protection from violence under Irish law?

The Equal Status Acts 2000-2018, Employment Equality Acts 1998-2015, the Prohibition of Incitement to Hatred Act 1989 and the Criminal Justice (Hate Offences) Act 2024 all provide a framework for equality and protection from discrimination, harassment, violence and hatred in Ireland. These laws have different scopes, functions and aims, but all reference “protected characteristics” of people which might make them targets of discrimination, unequal treatment or violence.

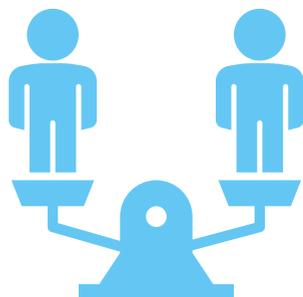
What are “protected characteristics” in Irish law?

“Protected characteristics” are characteristics that relate to a person’s status or identity. These are the grounds on which some forms of discrimination, hate speech and hate crimes are prohibited. They are different in different laws:

The Employment Equality Acts 1998-2015 and Equal Status Acts 2000-2018

These Acts promote equality and ban discrimination. The protected characteristics common to these pieces of legislation are:

- race;
- sexual orientation;
- membership of the Traveller community;
- gender;
- marital status;
- family status;
- age;
- disability; and
- religion.



In addition, if you are trying to access housing or accommodation, there is one additional protected ground: housing assistance. This means you cannot be discriminated against if you are receiving housing assistance payments (HAP), rent supplement or other social welfare payments.

Prohibition of Incitement to Hatred Act 1989

The protected characteristics set out in the Prohibition of Incitement to Hatred Act 1989, which protects against criminal hate speech, are:

- race;
- sexual orientation;
- membership of the Traveller community;
- colour;
- nationality;
- religion; and
- ethnic or national origin.

Criminal Justice (Hate Offences) Act 2024

The Criminal Justice (Hate Offences) Act 2024, which protects against hate crime, uses the same characteristics as the Prohibition of Incitement to Hatred Act 1989. It also includes:

- descent (an element of someone's background related to colour, race or other grounds);
- gender;
- sex characteristics; and
- disability.

How am I protected as a trans person?

Anti-discrimination legislation

Trans people are typically covered under the “gender” ground in the Employment Equality Acts 1998-2015 and Equal Status Acts 2000-2018. While these laws do not refer explicitly to trans people, under EU law a trans person who experiences discrimination arising from their gender reassignment or transition is protected under the gender ground.

The Employment Equality Acts 1998-2015 and Equal Status Acts 2000-2018 define gender-based discrimination as less favourable treatment between someone who is a woman and someone who is a man. This is irrespective of whether the man or woman is cisgender or trans.

The Irish Human Rights and Equality Commission (IHREC) provides guidance on your rights to be free from discrimination, and what to do if you experience it. For more information see IHREC’s “Your Rights” service: <https://www.ihrec.ie/your-rights/>. In its guidance, IHREC refers to gender as being inclusive of transgender.

Hate crime legislation

Trans people are explicitly protected under the gender ground in the Criminal Justice (Hate Offences) Act 2024. This is because the definition of gender includes transgender.

Criminal hate speech legislation

There is no protection from criminal (extreme) forms of hate speech on the ground of gender or gender identity in Irish legislation (Prohibition of Incitement to Hatred Act 1989).

How am I protected as a non-binary person?

Anti-discrimination legislation

Non-binary people are not expressly protected under the Equal Status Acts 2000-2018 and the Employment Equality Acts 1998-2015. However, in a case before the Workplace Relations Commission (WRC) in relation to a claim of discrimination made by a non-binary trans person, an Adjudication Officer found a non-binary trans person was protected against discrimination on the basis of their gender identity by the Employment Equality Acts 1998-2015.

There is no equivalent decision by the WRC in relation to a claim of discrimination in accessing goods and services by a non-binary person under the Equal Status Acts 2000-2018. However similar reasoning and findings could be envisaged in such a case.

IHREC provides guidance on your rights to be free from discrimination, and what to do if you experience it. For more information see IHREC's "Your Rights" service: <https://www.ihrec.ie/your-rights/>. In its guidance, IHREC refers to gender as inclusive of non-binary.

Hate crime legislation

Non-binary people are protected under the gender ground in hate crime legislation. While the Criminal Justice (Hate Offences) Act 2024 does not use the word "non-binary", it defines "gender" to include transgender and a "gender other than those of male and female".

Criminal hate speech legislation

There is no protection from criminal (extreme) forms of hate speech on the ground of gender or gender identity in Irish legislation (Prohibition of Incitement to Hatred Act 1989).

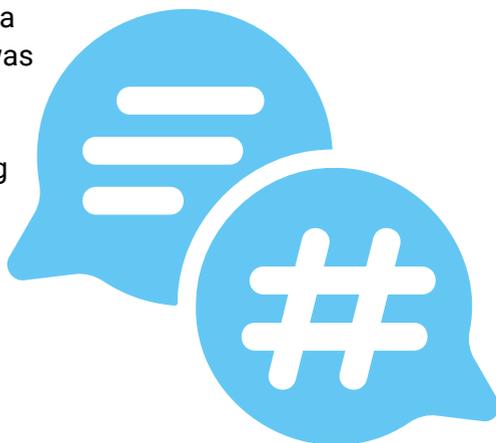
Are my rights impacted by the UK Supreme Court Ruling on the legal definition of a “woman”?

No. The decision of the UK Supreme Court in *For Women Scotland Ltd (Appellant) v The Scottish Ministers* does not apply to Ireland. At the time of publication, it is not clear to what extent the decision will apply in Northern Ireland.

What are hate crimes and hate-related incidents and what can I do if I have experienced them?

The Criminal Justice (Hate Offences) Act 2024 provides for aggravated forms of several existing crimes (for example, assault) where they are motivated (fully or partially) by hatred, or hatred is demonstrated towards a person’s actual or presumed “protected characteristic”. Where it is accepted that these offences were motivated by hatred, this can result in more serious punishments (for example, a larger fine or a longer prison sentence) than would be ordinarily imposed without this aggravating factor. The law also allows a court to give an increased sentence for any other crime if it was aggravated by hatred. Gender (including gender identity and gender expression) is a “protected characteristic” ([see p. 71](#)).

For example, if you have been a victim of an assault and this was motivated, at least in part, by you being trans or non-binary, this constitutes an aggravating factor which may result in a more severe punishment than would ordinarily be imposed.



Reporting hate crime and hate-related incidents to the Gardaí

If you have experienced an act of violence or intimidation because of who you are, you may have been the victim of a hate crime. You can report a hate crime to the Gardaí.

An Garda Síochána defines a hate crime as “any criminal offence which is aggravated by hatred, against a person or a group of persons, on account of their protected characteristics or any one of their characteristics.”

Offences include:

- assault; and
- criminal damage to your property.

The protected characteristics are race, colour, nationality, religion, national or ethnic origin, descent, gender, sex characteristics, sexual orientation and disability.

You can also report a “hate incident” to An Garda Síochána. These are incidents that may not be a crime but are still damaging and upsetting. They can include some forms of:

- verbal abuse; and
- offensive material.

Anyone can be a victim of a hate crime or incident, including:

- individuals who are members of a minority; and
- individuals who are not members of a minority but are perceived to be.

This can happen online and offline.

You can report a hate crime or incident:

- at your local Garda station. A full list is available at: <https://www.garda.ie/en/contact-us/station-directory/>;
- using the hate crime online reporting system: <https://www.garda.ie/en/reportahatecrime>;

- using the Garda Confidential line at 1800 666111;
- through organisations registered as “Third Parties” (the list of these organisations is not available online, but you can contact community organisations to enquire if they act as Third Parties); and
- in case of illegal content online, you can report it to the Irish Internet Hotline at www.hotline.ie.

You can ask to speak to the Garda Diversity Officer (GDO) in your local station, and they can assist you if you wish. You can find the list of GDOs here: <https://www.garda.ie/en/crime-prevention/community-engagement/community-engagement-offices/garda-national-diversity-unit/>.

If you do not want to go to your local Garda station, you can seek the services of the Garda National Diversity Unit. They will act as a liaison with your local Garda station or GDO.

You can find updated information, including contact details, here: <https://www.garda.ie/en/crime-prevention/community-engagement/community-engagement-offices/garda-national-diversity-unit/>.

In an emergency, you should call 999/112.

What can I expect after I report a hate crime to the Gardaí?

If you report a hate crime to the Gardaí, they must seek and preserve evidence of that crime. Gardaí prosecute minor offences themselves in the District Court. Serious offences are prosecuted by the Director of Public Prosecutions (DPP) in higher courts.

If the Gardaí succeed in collecting evidence of a serious offence, they will refer the case to the DPP. If the DPP decides to prosecute, the accused person will be sent forward for trial at the Circuit Court, Central Criminal Court or Special Criminal Court, depending on the alleged offence.

If the DPP decides against moving forward with a prosecution, you can ask for the reasons behind the decision using a form available here: <https://www.dppireland.ie/victims-witnesses/decisions-not-to-prosecute/>. You must request the reasons for the decision not to prosecute within 28 days of the decision being made.

If you are not satisfied with the DPP's decision you can request a review. The request must be made within 56 days (eight weeks) of the decision. These deadlines can be extended at the discretion of the DPP, but only if there is a good reason to do so and it is in the interests of justice.

If you request a review, a different DPP lawyer to the one who made the initial decision will review your case. You can find more information here: <https://www.dppireland.ie/victims-witnesses/decisions-not-to-prosecute/>.

If you are the victim of a violent crime and suffer costs associated with it, such as lost wages or medical expenses, you can apply for compensation from the Criminal Injuries Compensation Tribunal. You must apply within three months of the incident. You can find more information on the scheme here: <https://www.gov.ie/en/service/30dc8-criminal-injuries-compensation-scheme/>.

If a person is brought to trial and they plead not guilty, a judge or a jury will decide whether they are guilty or innocent under Irish law. A judge will decide in the District Court, whereas a jury will decide in higher courts.

Can I report content I see on social media?

Yes. Many social media platforms have their own content moderation rules (community guidelines) and reporting mechanisms that you can use if you are exposed to content such as:

- bullying; or
- hate speech or hateful behaviour against a protected group.

Platforms can remove content that is not in line with their community guidelines. You can find more information on what falls under community guidelines and how to submit a report on the different social media platforms' websites.

A mix of European and national laws are in place to reduce the risk of people being exposed to illegal or harmful content online. These are:

- the Digital Services Act (came into force in 2024);
- the Online Safety and Media Regulation Act 2022;
- the Online Safety Code (introduced in 2024), and;
- the EU Terrorist Content Online Regulation (came into force in 2022).

Under the different laws, companies (including social media platforms) have different obligations.

Illegal content is any media content that is prohibited by Irish or EU law. It is generally accepted that seeing such content could have a negative effect. It may include:

- threats;
- harassment (unwanted messages);
- sexual communications (sharing of intimate images of others without their permission);
- encouraging someone to attempt suicide; or
- content that is threatening, abusive or insulting and likely to stir up hatred against a group of people on account of their race, colour, nationality, religion, ethnic or national origins, membership of the Traveller community or sexual orientation.

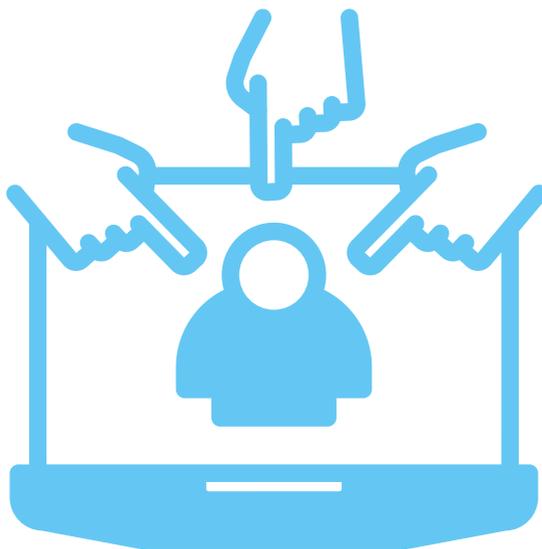
Harmful content is content that is harmful, but not illegal.

Examples include:

- self-harm; and
- cyberbullying.

If you come across illegal or harmful content on a platform, you should:

- 1 Report the content to the platform in question. Different social media companies have different reporting mechanisms. This can be done by an individual or an organisation (for example non-governmental organisations or networks). Some organisations are recognised as Trusted Flaggers, and their complaints are given priority.
- 2 If you have difficulties submitting a report to a platform or you're concerned that a platform did not follow the right procedures to handle your report, you can make a report to Coimisiún na Meán. This is the regulator of online safety in Ireland. You can find more information on how to make a complaint here: <https://www.cnam.ie/general-public/report-complain/>.



Platforms are not obliged to monitor users' content for illegal content, but they must act quickly to remove or disable access to illegal content after being made aware of it. They must also have easy-to-access, user-friendly ways for users to report illegal content, as well as a clear and accessible point of contact for users. Where Coimisiún na Meán identifies that these requirements are not upheld, it has the power to take action.

If you have concerns that the correct procedures for handling illegal or harmful content have not been followed by a platform, you can contact Coimisiún na Meán. Coimisiún na Meán does not have the power to remove illegal or harmful content from the internet. Their role is to make sure the online platforms that they regulate are following the rules under the Online Safety Framework.

You can also report concerns securely, anonymously and confidentially in respect of illegal content online on hotline.ie: <https://hotline.ie/>.

Important: if you fear for your immediate safety, you should contact An Garda Síochána on 999 or 112. You can also contact An Garda Síochána if you want to report a crime or suspected criminal activity.

You can find more information on complaints about online platforms and Coimisiún na Meán's role as regulator, including how to make a complaint, on Citizens Information: <https://www.citizensinformation.ie/en/consumer/how-to-complain/complain-about-online-platforms/>.

Your rights in the workplace

What are my rights to protection from harassment?

The Employment Equality Acts 1998-2015 require that employers prohibit harassment on nine grounds ([see p. 71](#)), including gender. Trans and non-binary people are typically covered under the gender ground ([see p. 73-74](#)).

What is harassment?

Harassment is “unwanted conduct” relating to any of the nine grounds of discrimination. Harassment violates your dignity and creates an intimidating, degrading, humiliating or offensive environment for you.

Some examples of harassment include:

- verbal harassment, such as making jokes or derogatory (offensive) comments, or repeated and deliberate misgendering or deadnaming;
- written harassment, such as graffiti, text messages, emails or social media posts;
- physical harassment, such as shoving or any other assault;
- intimidating behaviour, such as gestures or threatening poses;
- visual displays such as posters, emblems or badges;
- excessive monitoring of work;
- isolation or exclusion from social activities; and
- unreasonably changing your job content or targets.



What is sexual harassment?

Sexual harassment is “unwanted conduct of a sexual nature” that violates your dignity and creates an intimidating, degrading, humiliating or offensive environment for you.

Sexual harassment can include many behaviours, such as:

- physical conduct of a sexual nature, including unnecessary touching, brushing against another employee’s body, assault and coercive sexual intercourse;
- verbal conduct of a sexual nature, including propositions or pressure for sexual contact, continued requests for social contact outside the workplace after it has been made clear that such suggestions are unwelcome, and suggestive remarks, innuendos or lewd comments;
- written conduct of a sexual nature, including emails, text messages or social media posts;
- other conduct of a sexual nature, such as whistling, leering and the display of sexually suggestive pictures; and
- gender-based conduct, including degrading insults which are gender-based (this could include, for example, insulting an employee because they are trans or non-binary).

Does it matter where I am harassed?

Depending on the circumstances, the Acts may cover harassment:

- at work;
- on a training course;
- on a work trip;
- at a work social event; and
- any other occasion connected with your job.

Am I protected from harassment received by my boss and my colleagues?

Yes. You have the right to be protected from harassment by anyone who your employer might reasonably expect you to come into contact within the workplace or in the course of your work. This includes harassment by:

- your employer;
- fellow employees;
- clients; and
- other persons in your workplace such as cleaners, maintenance workers, students and volunteers.

Where you interact with the public as part of your work, your right to protection includes harassment from:

- customers; and
- service users.

What are my rights to protection from discrimination in the workplace?

The Employment Equality Acts 1998-2015 prohibit discrimination on nine grounds ([see p. 71](#)), including gender. Trans and non-binary people are typically covered under the gender ground ([see p. 73-74](#)).

What constitutes discrimination in the workplace?

Under the Employment Equality Acts 1998-2015, discrimination which is prohibited takes four forms:

- **Direct discrimination** is when a worker is treated less well than another worker in the same situation or circumstances under any of the nine grounds covered in the Acts. Direct discrimination can also be, for example, an order given by a manager to a worker to discriminate against another worker.
- **Indirect discrimination** can happen where a worker (or group of workers or job applicants) is treated less favourably as a result of

a requirement which appears to be neutral, but which they might find hard to satisfy.

- **Discrimination by association** happens when a person is treated less favourably simply because they are associated with or connected to another person who comes under the nine grounds. For example, if you are harassed because a member of your family is trans, you are facing discrimination by association.
- **Discrimination by imputation** happens when a person is treated less favourably because they are labelled (correctly or not) as belonging to one of the categories covered by the nine grounds ([see p. 71](#)). For example, if you are treated less favourably because you are believed to be trans or gay, this may be discrimination by imputation.

Do I have the right to transition in the workplace?

Yes. You have the right to be always treated fairly and respectfully by your employer, including during and after the time you transition. Being treated fairly and respectfully includes:

- accommodating your change of name and pronouns;
- granting you medical leave in line with the organisation's medical leave policy; and
- protecting you from abuse and harassment in the course of your employment.

Your employer cannot prevent you from transitioning.

Your employer cannot dismiss you (end your employment) just because you transitioned. Dismissing someone for transitioning is discriminatory and unfair.

Your employer may ask you to provide updated forms of identification, in line with any identification verification requirements they have, to update the legal name in their records. You cannot be required to provide your Gender Recognition Certificate as proof of identity or gender by your employer (or anyone else).

Do I have the right to have my correct name and pronoun used by my boss and colleagues?

Repeated and deliberate misgendering or deadnaming from your boss, colleagues or service users may be harassment. Your employer should follow best practice by having a complaints procedure in place to handle such instances of discrimination and harassment. If so, you can use that procedure.

What should I do if I am experiencing harassment, discrimination or barriers to transition at work?

Informal approach

If you want to make a complaint about harassment or discrimination, first tell the person concerned that you find their behaviour or conduct unacceptable and offensive.

If you find this uncomfortable or too difficult to do, you should ask a friend, manager, colleague, a designated person at work or a trade union representative to approach the person on your behalf. Often, an informal approach like this will resolve the issue.

Formal complaint to your employer

Sometimes, an informal approach is not enough to resolve an issue. If the harassment or discrimination continues, you may need to make a formal complaint.

Check your employer's policy on harassment and dignity at work to find out:

- what will happen when a formal complaint is made;
- how the complaint will be investigated;
- who will carry out the investigation; and
- how the investigation will address issues of confidentiality and the rights of both parties.

If your employer does not have a specific policy on harassment and dignity at work, you can ask that they handle your formal complaint in line with guidance available in Codes of Practice prepared by various State bodies. Codes of Practice contain general guidelines to help create working environments that are free of harassment and in which the dignity of everyone is respected. These include the:

- Code of Practice on Sexual Harassment and Harassment at Work: <https://www.ihrec.ie/publications/code-of-practice-on-sexual-harassment-and-harassment-at-work-2>
- Code of Practice on Grievance and Disciplinary Procedures: https://www.workplacerelations.ie/en/what_you_should_know/codes_practice/cop3/

Taking your complaint further

If you feel your employer has not dealt properly with your complaint of harassment or discrimination, you can make a complaint to the Workplace Relations Commission (WRC). You can make this complaint using their online complaint form: https://www.workplacerelations.ie/en/publications_forms/forms/complaint-forms/.

You must submit your complaint under the Employment Equality Acts 1998-2015 within six months of the last act of harassment or discrimination. This time limit can be extended by a further six months if there was a “reasonable cause” for a delay.

A claim for workplace discrimination on the grounds of gender can alternatively be brought to the Circuit Court.

A complaint to the WRC can be made by:

- yourself; or
- if you have an intellectual or psychological disability, by your parent or guardian.

You can read more about how to make a complaint to the WRC here: <https://www.ihrec.ie/your-rights/how-to-take-a-case-to-the-wrc-English>.

You can find more information on taking an employment equality case to the WRC or Circuit Court in Community Law & Mediation's *Guide to taking an Employment Equality Case*, available at:

https://communitylawandmediation.ie/wp-content/uploads/2021/04/CML-Employment-Guide_WEB_sngl.pdf.

Is there a cost for taking a complaint to the WRC?

There is no fee to take a complaint to the WRC.

How are complaints dealt with by the Workplace Relations Commission?

Mediation

In some cases, the WRC may refer your complaint for mediation. If this happens, a mediation officer will speak to both parties involved and help you come to an agreed resolution.

The mediation officer will record the resolution in writing in a document called a Mediation Agreement. The terms of the Mediation Agreement are confidential and legally binding for you and the other person.

Mediation will only take place if both parties agree to take part. If either or both parties refuse to go to mediation, the WRC will put the claim forward for adjudication.

Adjudication

The WRC will appoint an adjudication officer to hold a hearing where both parties are given an opportunity to be heard, to present any evidence relevant to the complaint and to present arguments in relation to the applicable law.

After the hearing, the adjudication officer will decide the matter and issue a written decision. The adjudication officer will inform both parties of the decision. They will declare whether the complaint is upheld or not. If it is upheld, the adjudication officer may:

- require the employer to comply with the relevant legislation; and/or
- require the employer to award compensation.

If a party is unhappy with the decision, they may choose to appeal it to:

- the Labour Court (where it is an issue related to employment); or
- the Circuit Court (where it is an issue related to the sale of goods or supply of services).

Do I have to disclose previous names in job applications?

You do not need to disclose your previous name in job applications. If you have a Gender Recognition Certificate or have changed your name by Deed Poll, your previous name should be confidential from prospective employers.

If you have not changed your name by these means, then your previous name may be linked to your Personal Public Service (PPS) number. This means it may be disclosed to your employer when registering your employment.

I've changed my name, but my job references are in my old name. What should I do?

You can write to your previous employers and ask them to update your records by rectifying any out-of-date or inaccurate information in certain circumstances. If you choose to write to your previous employers, they may wish to see proof of your new name, such as an identity document, your Gender Recognition Certificate, or proof of Deed Poll.

Your rights in accessing goods and services

Do I have a right to use bathrooms or changing rooms that match my gender identity?

There is no specific provision in Irish law concerning the use of bathrooms or changing rooms according to a person's gender identity. However, generally speaking, you should be able to use the bathroom and changing rooms that correspond with your gender identity in venues like:

- restaurants;
- gyms; and
- shops (including clothing shops).

If you are denied access to bathrooms or changing rooms that correspond to your gender identity, this could constitute a refusal of goods or services on the basis of your gender and may amount to discrimination under the Equal Status Acts 2000-2018 ([see p. 71](#)).

If I am non-binary, do I have the legal right to access gender-neutral spaces?

Non-binary identities are not currently recognised by Irish law and there are no express legal rights or obligations concerning the provision of gender-neutral spaces. You should be able to use gender-neutral spaces where those facilities exist, but there is no legal obligation to provide them in buildings and venues.

Do I have the right to access gendered services like a barber's or cosmetic services, as a trans man or trans woman?

Yes. Some barbers may refuse service to women on the basis of staff expertise and shop policy, but they are not permitted to discriminate against trans men. Likewise, a cosmetic service provider would be discriminating on the gender ground of the Equal Status Acts 2000-2018 if it denied trans women access to a service for women.

What should I do if I am experiencing harassment, discrimination or barriers when accessing goods or services?

Informal approach

If you want to make a complaint about harassment or discrimination, you should first tell the person or service provider concerned that you find their behaviour, conduct or material unacceptable, discriminatory or offensive. If you find this uncomfortable or too difficult to do, you can ask a friend, family member, support worker or an advocacy organisation to approach the person or service provider on your behalf. Often, an informal approach like this can resolve the issue.

Formal complaint

Sometimes, an informal approach is not enough to resolve an issue. If the harassment, discrimination or barrier continues, you may need to make a formal complaint directly to the business, organisation or public body involved. Larger businesses or organisations may have a formal complaints policy or procedure for customers or service users.

Check their complaints policy to find out:

- what will happen when a formal complaint is made;
- how the complaint will be investigated;
- who will carry out the investigation; and
- how issues of confidentiality and the rights of both parties will be handled.

Taking your complaint further

If you feel the service provider has not properly dealt with your complaint of harassment or discrimination, you can make a complaint to the WRC under the Equal Status Acts 2000-2018, which cover discrimination in the provision of goods and services.

You can make a complaint to the WRC using their online complaint form: https://www.workplacerelations.ie/en/publications_forms/forms/complaint-forms/.

You have two months from the last date of discrimination or harassment to tell the person or organisation you feel discriminated against or harassed you that you intend to make a complaint to the WRC. This time limit can be extended by two more months if there was a “reasonable cause” for the delay, subject to the approval of the WRC. You must then submit your complaint within six months of the last act of discrimination or harassment. This time limit can also be extended by six more months if there was a “reasonable cause” for a delay, subject to the approval of the WRC.

A complaint to the WRC can be made by:

- yourself; or
- if you have an intellectual or psychological disability, by your parent or guardian.

You can read more about how to make a complaint to the WRC here:

<https://www.ihrec.ie/your-rights/how-to-take-a-case-to-the-wrc> [English](#).

Is there a cost for taking a complaint to the WRC?

There is no fee to take a complaint to the WRC.

Can a bar or nightclub kick me out or turn me away if I am trans or non-binary?

If you have been denied entry, removed from, harassed or discriminated against, or otherwise treated less favourably in a bar or nightclub because of your gender identity, you may have experienced unlawful discrimination ([see p. 71](#)).

If you want to make a complaint of discrimination which took place at the point of entry to a bar or nightclub, it must be brought before the District Court – not the WRC.

If you think you have been discriminated against, organisations like Free Legal Advice Centres (FLAC) and IHREC may be able to guide you on your rights and your options for redress. For more information, visit <https://www.flac.ie/> and <https://www.ihrec.ie/>.

If the harassment constitutes criminal behaviour or aggression, you can report the incident to the Gardaí.

Am I protected from harassment and discrimination in accessing rental accommodation, supported housing or emergency accommodation?

Yes. Housing and accommodation providers are subject to the Equal Status Acts 2000-2018 so you cannot be discriminated against on the basis of your gender, which typically covers trans and non-binary people. This includes:

- private landlords;
- approved housing bodies and local authorities; and
- private providers of short-term accommodation (hostels and hotels).

These providers also have a responsibility to protect you from unlawful harassment and discrimination when accessing their services. If you are being harassed by other tenants or residents when accessing supported housing or emergency accommodation, this may violate the service provider's policies on anti-social behaviour. It may also violate direct or implied terms of your tenancy agreement. Where relevant, you should speak to a member of staff, a support worker or a housing officer. They will help you to make a complaint, which should be dealt with in accordance with the relevant complaints policy.

Otherwise, organisations like Mercy Law Resource Centre, Community Law and Mediation, FLAC and IHREC may be able to guide you on your rights and your options for redress ([see "Useful Contacts" section](#)). If the harassment constitutes criminal behaviour or aggression, you can report the incident to the Gardaí.

Your rights when volunteering

Do I have the right to be protected from discrimination in volunteer positions?

Volunteering typically falls outside the scope of the Employment Equality Acts 1998-2015 but may be covered by the Equal Status Acts 2000-2018. This means that if you feel that you have experienced discrimination while volunteering, you may be able to take a case to the WRC.

It may be difficult to legally challenge discrimination arising in volunteer positions. However, the WRC has found a volunteer organisation to have discriminated against a trans person contrary to the Equal Status Acts 2000-2018.

The organisation with which you volunteer should have a volunteer policy which outlines your responsibilities and theirs. This policy may include information on the process for raising a formal or informal complaint within the organisation, which you must follow before taking any case to the WRC.

The organisation may also have policies such as an equality, diversity and inclusion policy or a gender identity and expression policy, which may include volunteers in its scope. You should ask the relevant organisation if these policies are in place and refer to them in any complaint.



Do I have to disclose my former name if I am being Garda vetted?

The law requires that you disclose your previous names and addresses to the National Vetting Bureau (NVB) so that your application can be correctly processed.

However, there is a process that can make sure the NVB does not give your previous name or gender to the organisation that is vetting you. This is known as the “Sensitive Applications Process”. To use this process, you must contact the NVB’s Sensitive Applications Team.

A member of the team will be able to answer your questions about completing the application form. They will also record your details so that the NVB can track your application when it arrives. Once it arrives, they will monitor the application and check the content of the NVB disclosure before it is issued.

Your rights at college and university

Do I have a right to transition at college, an institute of further education or university?

Colleges, institutes of further education and universities cannot prevent you from transitioning during any course of study.

Do I have a right to have my name and gender marker updated on college or university records, like my email address, student ID, class lists and transcripts?

It depends. Colleges and universities may have differing policies regarding their records and how name or gender marker changes are facilitated or updated. If you have changed your name legally via a Gender Recognition Certificate, Deed Poll or through proof of use, your college is obliged to update your details to reflect these changes.

Some colleges or universities may allow you to change your name on some records without proof of a legal name change, subject to their policy.

If a college or university prevents you from changing your name or gender marker, this may be considered unlawful discrimination.

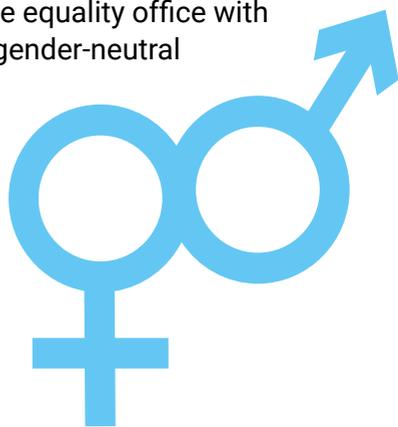


What can I do if I experience transphobic bullying, harassment or discrimination from staff or other students?

Under the Equal Status Acts 2000-2018, your college or university must take reasonable steps and practices to prevent harassment and sexual harassment on the basis of your gender. This may include anti-bullying policies and supports for students facing harassment or discrimination. You can report any instances of bullying, harassment or discrimination to the relevant office at your university or college. You can escalate to the Workplace Relations Commission (WRC) if you do not feel that your case has been handled fairly ([see p. 91](#)). Serious instances of threats, violence or harassment can be reported to the Gardaí.

Can I request gender-neutral facilities and is the university obliged to provide them?

You may request these facilities where available. Irish colleges and universities are not currently required by law to provide gender-neutral facilities, though many have begun to provide these facilities to promote accessibility and equality. You should contact your student representatives or college equality office with any queries that you may have about gender-neutral facilities at your institution.



For student accommodation, can I request housing in line with my gender identity?

Yes. Accommodation provision varies between colleges and universities. Some institutions provide housing for first-year students which may be single-gender or mixed-gender, with a mix of shared and single-occupancy rooms available for students. Under the Equal Status Acts 2000-2018, you cannot be discriminated against on the basis of your gender when renting from a private provider or housing body. You should contact your college or university's accommodation office for further information on what types of accommodation are available.

Does the student health service provide gender-affirming care, referrals or mental health support?

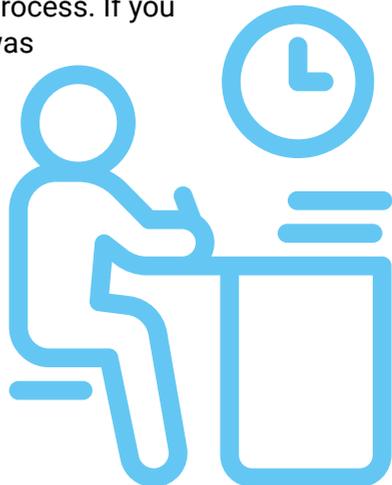
It depends. Not all colleges and universities provide a student health service or counselling service. Where these services are provided, they may include subsidised GP services, sexual health services, and mental health supports such as psychotherapy or counselling. Student GP services are subject to the same regulations as other GP services, meaning that the provision of gender-affirming care is at the discretion of the doctor ([see p. 55](#)). Your college GP may be able to provide a referral to the National Gender Service (NGS) at your request.

If your college or university does not have dedicated counselling or health services, you may be able to seek signposting and support from the students' union, Dean of Students or other relevant student services office.

Am I entitled to extensions, deferrals of exams or classes, or other accommodations if I need time off to undergo transition-related treatment?

It depends. Colleges and universities are required to provide reasonable accommodations to disabled people. This includes people who are required to access medical treatment. This means that they may have to provide extensions or allow deferrals of exams or classes where this is reasonably required and does not incur more than a nominal cost, depending on the circumstances.

Many universities will have policies allowing students to request extensions on assignments or deferrals of exams or certain courses, in the instance of a student requiring medical treatment. They may request documentation such as a medical certificate or letter from a medical provider confirming the duration of recovery. In order to gain your course credits, you may have to submit an assignment, take an exam or complete a class at a later date. If your request has been refused, you may be able to appeal this through your college or university's academic appeals process. If you feel that your university's refusal was discriminatory in nature, you can take a complaint to the WRC ([see p. 91](#)).



Will my health information be kept confidential?

Yes. Health information is considered one of the most sensitive types of personal data under the General Data Protection Regulation (GDPR). Special care must be taken to ensure the confidentiality of your records ([see p. 22](#)).

Can I request changes to my class lists, graduation records or transcripts after I have graduated?

Under the GDPR, your college or university is obliged to ensure that any records they hold on you are accurate and up to date. However, this does not extend to an entitlement to change existing documents that accurately reflected a previous name or gender marker ([see p. 39](#)). If you require updated transcripts or proof of study in light of a change of name, you should write to your university's registry office and request these documents.

Do these protections extend to internships, placements or study abroad programmes organised through the university?

It depends. Professional internships and placements in Ireland are subject to the Equal Status Acts 2000-2018 and Employment Equality Acts 1998-2015, which prohibit discrimination on the basis of gender ([see p. 71](#)).

If studying abroad, your host university is subject to relevant local laws. Universities within the EU, particularly placements on the Erasmus+ programme, are subject to EU equality law and the Erasmus+ equality policy. EU universities are prohibited from discriminating on the basis of gender identity. Universities outside of the EU may not have these protections, and laws will vary across countries, with differing levels of protection for LGBTI+ people. You may be able to seek advice from the local Irish consulate or embassy while studying abroad, but they cannot override local laws.

If you experience discrimination or harassment when undertaking an internship, placement or study abroad programme, you should report this in the first instance to your college, university or placement provider in Ireland so they can provide you with support and guidance.

If I am an international student in Ireland, do I have the same rights around gender recognition and non-discrimination?

As an international student, you have the same rights to protection from discrimination and harassment under the Equal Status Acts 2000-2018 and Employment Equality Acts 1998-2015, and to have accurate records kept about you, the same as any other student.

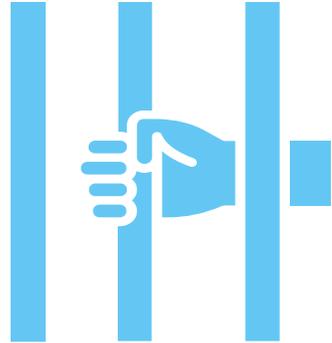
Depending on your citizenship and residency status, you may not be able to avail of legal gender recognition in Ireland. However, your college or university may have a trans inclusion or gender identity and expression policy which facilitates your transition and may recognise other forms of legal name or gender marker changes from your home country.



Your rights in prison

What are my rights in prison?

All of your basic human rights continue to be protected in prison. These include your rights to dignity, equality and bodily autonomy (the right to make decisions on your own body without fear, violence or coercion). More information on your rights can be found in *Know Your Rights: Your Rights as a Prisoner* (2020), a guide from ICCL and the Irish Penal Reform Trust: <https://www.iccl.ie/your-rights/>.



Will I be searched if I go to prison, or while I am in prison?

Yes. The Prison Rules 2007 stipulate that you may be searched by a prison officer of your own gender, but only if a prison officer or the governor has reason to believe that you:

- have banned items; or
- that a search is required for safety, security or “good government” reasons.

The search should not be performed where other people in prison can see you.

As part of a search, you may be asked to remove your outer clothing, but at no point in your search should you be completely naked. Any search involving the removal and examination of your clothing should be conducted by at least two prison officers of your own gender.

You may also be asked to sit on a Body Orifice Security Scanner, which is a metal detector that can detect items like mobile phones hidden inside your body.

Where will I be housed as a trans or non-binary person in prison?

The Irish Prison Service does not have a formal policy for housing trans people in prison. While there are male and female prisons, there are no non-binary facilities. Currently, people are accommodated in whichever prison is specified by the court sentencing them.

The Irish Prison Service has stated that all people in prison are accommodated in accordance with their legal gender, but with due consideration for the safety and wellbeing of the individual person and other people in the prison.

The Irish Prison Service undertakes a risk assessment for every person committed to prison to determine whether they might pose a risk to themselves or others. This informs the decision where to accommodate them.

The decision on how you are accommodated may include a regime of isolation from the rest of the prison population, but this is not an automatic decision and should be dealt with on a case-by-case basis.

Will I be able to continue to access hormone replacement therapy (HRT) or other forms of gender-affirming care in prison?

You should be provided with the same standard of healthcare in prison that you would receive outside of prison. This means that if you were receiving treatment before you entered prison, you should be able to continue that treatment in prison. If you want to start your medical transition while in the prison service, this should be subject to the same standards as in community healthcare. This may mean that you have to go through a psychiatric assessment, treatment recommendations and referral process.

For more information, see the Irish Prison Service Healthcare Standards: https://www.irishprisons.ie/images/pdf/hc_standards_2011.pdf.

Your rights in sports

Can I join a sports team that matches my gender identity?

This depends on a number of factors including the:

- sport you wish to play;
- policies of the club you would like to join; and
- level at which you want to compete.

A local club may permit you to join one of their teams if you would like to train or play casually, without entering national competition. If you want to play at elite or competitive level, you will need to determine your eligibility with the club and the National Governing Body.



There are a number of LGBTI+ inclusive sports teams and clubs across Ireland that encourage trans participation and inclusion. For details of these clubs, see: www.sportingpride.ie.

Can I compete in sports at elite level if I am trans or non-binary?

Your eligibility to compete in a male/female/non-binary category will be determined by national, and possibly international, policy for that sport. You should check the national policy for the sport you wish to play and contact the club you would like to join to clarify their policy.

Eligibility is often assessed differently for:

- trans men and non-binary people assigned female at birth; and
- trans women and non-binary people assigned male at birth.

Trans men and non-binary people assigned female at birth

Trans men and non-binary people who were assigned female at birth typically experience fewer restrictions on teams they can join than trans women and non-binary people who were assigned male at birth.

Trans men may be permitted to play in a men's category, subject to policy. They may be required to show an identified level of physical ability for their chosen sport. This is particularly so if the sport carries a heightened physical risk.

Trans men may be excluded from women's categories if they have begun taking testosterone.

Trans women and non-binary people assigned male at birth

Trans women may need to prove evidence of testosterone suppression in order to compete in a female category in certain sports, like cycling.

Other sports, like rugby, exclude trans women on the basis of assigned sex at birth.

Some sports, like swimming, will only consider trans women eligible if they have not undergone male puberty.

The Ladies Gaelic Football Association determines eligibility on a case-by-case basis as outlined in its Transgender Policy. This includes a risk assessment procedure.

Some international policies allow for full inclusion on the basis of self-identification, such as croquet.

Do “non-binary” categories exist in sports?

Yes, but not always. Few sports currently have a designated non-binary category. The Dublin Marathon recently introduced a category for non-binary runners. Other sports may ask non-binary athletes to compete in an “Open” category or may place non-binary athletes in men's or women's categories subject to policy requirements.

If I join a sports club, do I have to disclose my history as a trans or non-binary person to them?

No. You should not be required to disclose your trans or non-binary history to a sports club if you join. You will be asked to disclose your gender when you register, along with other details such as your age.

Your club may require proof of identity. You may be required to undergo hormone testing if competing at an elite level as part of competition rules or anti-doping policy requirements.

Your club will have a responsibility to confirm your eligibility to compete at a higher level. This might be affected by your sport's policy on trans and non-binary athletes.

Are sporting clubs exempt from equality legislation in Ireland?

No. Sporting clubs are considered membership clubs and must comply with the Equal Status Acts 2000-2018 ([see p. 71](#)).

A club may limit its provision of services if it is for a particular group of people protected under the Equal Status Acts 2000-2018. For example, it is not discriminatory to have a club for LGBTI+ people.

Male- or female-only activities

A club may legitimately offer certain services or activities (for example, training or tournaments) which are only for men, or only for women. It may do this for practical reasons but must also make the same, or equivalent arrangements for those who are excluded. Clubs should work to include trans and non-binary people in their services and activities to avoid discrimination on the basis of gender.

You can find a list of Sports National Governing Bodies' policies relating to trans people participating and competing in sports here: <https://teni.ie/>.

Section 4

Your rights as a young person

4

Section 4

Your rights as a young person

As a trans and non-binary minor (under 18), you may not be entitled to exercise every right set out in this guide in the same way as adults. This is because:

- there can be different laws and policies in place for adults and minors. For example, legal gender recognition as a male or a female is available for adults and for 16–17-year-olds ([see p. 113](#)) but is not available if you are under 16;
- your parent(s) or guardian(s) are often responsible for exercising rights on your behalf. They are responsible for your care and wellbeing and must always act in your best interests. This means that they must think about what is best for you when they are making decisions about you. As a result, your rights can be limited in some circumstances. For example, your doctor can share medical information with your parent(s) or guardian(s) if they feel it is in your best interests.

For this reason, this section gives you specific information on your rights as a trans or non-binary young person.

Your rights to legal gender recognition and name change

Do I need to change my name legally?

You can use a name of your choosing in social and informal settings without changing it under the law. Many schools or workplaces may be willing to update your name without an official name change.

Changing your name legally will mean that your preferred name can be recognised by the Passport Service, Revenue and other systems. You can change your name as part of the process of obtaining a Gender Recognition Certificate (if you are 16 or 17) or by Deed Poll (see below).

How old do I have to be to change my name by Deed Poll?

You may change your name at any age but there are some differences in the process based on your age.

If you are aged 13 or younger, one of your parents or guardians will need to carry out the change of name by Deed Poll for you, and your other parent or guardian will need to sign their consent ([see p. 110](#)).

If you are aged 14 – 17, you can fill in and sign your own change of name by Deed Poll, but your parent or guardians need to provide their consent as well. If one parent or guardian does not consent to the Deed Poll or is not available, it will be necessary to seek an order of the court to remove the need for the second parent or guardian's consent. To do so, your first parent or guardian should contact the Deed Poll Section of the Central Office of the High Court ([see p. 111](#)).

How do I change my name by Deed Poll?

If you are aged 13 or under

If you are 13 or under, the process your parents go through to change your name is:

Step One: One parent or guardian fills in the Deed Poll form, and the other parent or guardian signs their consent. This must be done in front of a witness who is at least 18 years old. If the second parent or guardian does not consent to the Deed Poll or is not available, you will need a court order to remove the need for the second parent or guardian's consent. To do so, your first parent or guardian should contact the Deed Poll Section of the Central Office of the High Court.

Step Two: Your parents or guardians get copies of:

- your birth certificate; and
 - a photo ID of the parent or guardian who filled in the Deed Poll form, certified (stamped) by either a Garda Síochána, a solicitor or a Commissioner for Oaths.
-

Step Three: The person who witnessed your parent(s) or guardian(s) signing the Deed Poll form must fill in and sign a form called an Affidavit of Attesting Witness in front of a witness (aged at least 18) and a solicitor or Commissioner for Oaths. The parent(s) or guardian(s) who filled in the Deed Poll form and gave their photo ID must fill in and sign a form called a Supplemental Affidavit in front of a solicitor or Commissioner for Oaths.

Step Four: Your parent(s) or guardian(s) will have to pay to have your Deed Poll recognised. The Deed Poll costs €60 and the Supplemental Affidavit costs €20.

Step Five: Enrol the Deed Poll. This means that it will be registered in the Central Office of the High Court and that details of your name change will be publicly available on the Deed Poll Register on the Courts Service website. There is no requirement to enrol a Deed Poll, but some institutions will only accept an enrolled Deed Poll. Your parent(s) or guardian(s) can make an appointment to enrol your Deed Poll here: <https://courts-ie-aut.sitefinity.cloud/taking-action/booking-an-appointment-online?county=All+Counties>.

The whole process is outlined step-by-step, with all the forms you need, here: <https://services.courts.ie/taking-action/deedpoll/legal-name-change-for-children-aged-13-and-under>.

If you are aged 14 - 17

Step One: You have to fill in and sign the Change of Name by Deed Poll 14 - 17 form. This needs to be filled in in front of a witness who must be at least 18 years old.

You can fill in and sign the Deed Poll yourself, but both of your parents or guardians need to sign their consent. If a second parent or guardian does not consent to the Deed Poll or is not available, you will need a court order to remove the need for the second parent or guardian's consent. To do so, your first parent or guardian should contact the Deed Poll Section of the Central Office of the High Court.

Step Two: You need photocopies of your birth certificate and a parent or guardian's photo ID. These documents need to be certified (stamped) by one of the following:

- a member of An Garda Síochána;
 - a practising solicitor; or
 - a Commissioner for Oaths.
-

Step Three: Your witness must swear the Affidavit of Attesting Witness before an additional witness and a practising solicitor or a Commissioner for Oaths. This means that an additional person needs to sign the form in front of one of these two professionals.

The parent(s) or guardian(s) providing their child's photographic identification for the application must swear a "Supplemental Affidavit" before a practising solicitor or Commissioner for Oaths. This means they must fill in this form in the presence of one of these two professionals.

Step Four: You/Your parent(s)/Your guardian(s) will have to pay to have your Deed Poll recognised. The Deed Poll costs €60 and the Supplemental Affidavit costs €20.

Step Four: Enrol the Deed Poll. This means that it will be registered in the Central Office of the High Court and that details of your name change will be publicly available on the Deed Poll Register on the Courts Service website. There is no requirement to enrol a Deed Poll, but some institutions will only accept an enrolled Deed Poll. You or your parent(s) or guardian(s) can make an appointment to enrol your Deed Poll here: <https://courts-ie-aut.sifinity.cloud/taking-action/booking-an-appointment-online?county=All+Counties>.

For more information on the process and forms, see here: <https://services.courts.ie/taking-action/deedpoll/deed-poll-for-minors-aged-14-17>.

How much does it cost to change my name by Deed Poll?

It depends. The fees associated with Deed Polls are called stamp duty. They are:

- Change of Name by Deed Poll: €60;
- Supplemental Affidavit: €20.

You can find the list of offices where you can pay these fees here:

<https://services.courts.ie/taking-action/deedpoll/list-of-stamping-offices>.

You will also need to pay fees to the Commissioner for Oaths or practicing solicitor witnessing your forms. There is no fixed rate for these fees, so ask for a quote before you hire them.

How old do I have to be to get a Gender Recognition Certificate?

You must be aged 16 or over to apply for a Gender Recognition Certificate. If you are under 16, you cannot apply.

The process is straightforward if you are over 18 ([see p. 29](#)). It is a little more complicated and will take longer if you are 16 or 17.

How do I get a Gender Recognition Certificate if I am 16 or 17?

If you are 16 or 17, you can ask your parent(s) or guardian(s) to apply for a Gender Recognition Certificate for you.

First, they will need to apply to the Circuit Court to exempt you from the over-18 age restriction. The Court can grant the exemption if you have:

- the consent of a parent or guardian;
- a form from your medical practitioner (available here: <https://procedures.courts.ie/guides/gender-recognition>) certifying that, in their professional medical opinion, you:

- have the maturity and understanding to make this decision for yourself;
 - are aware, have considered and fully understood the consequences of your decision;
 - made your decision independently and are free from another person's influence; and
 - have transitioned (or are currently transitioning) into your preferred gender.
- a form from a psychiatrist or endocrinologist certifying that they agree with the medical practitioner (the form is available here: <https://procedures.courts.ie/guides/gender-recognition>).

If you have all of these documents, you can apply to the court for an exemption. You and your parent(s) or guardian(s) will have to go to court to make the application.

Once the court grants the exemption, you or your parent(s) or guardian(s) can apply for a Gender Recognition Certificate on your behalf ([see p. 29](#)).

You can find more information here: <https://procedures.courts.ie/guides/gender-recognition>.

Can I revoke (cancel) my Gender Recognition Certificate?

If you hold a Gender Recognition Certificate and you want to revert to your original gender, you can apply to revoke your certificate. This is a similar process as your initial application for legal recognition of your preferred gender. Here again, there is a specific process if you are aged 16 and 17. You can find more information here: <https://procedures.courts.ie/guides/gender-recognition>.

Can I have my name and gender legally recognised in a passport if I do not qualify for a Gender Recognition Certificate?

If you do not qualify for a Gender Recognition Certificate, and you are aged 16-17, you can still apply to have your name and gender updated in your passport. To do this, you can apply to the Passport Office to have your new name and gender listed on your passport. You must provide:

- a statutory declaration declaring that you plan to live in your new gender for the rest of your life and that you understand the consequences of the application;
- two forms from medical practitioners ([see p. 113-114](#)); and
- evidence of use of your new name, if you are also changing your name.



Once the Passport Office is satisfied, it will send you a new passport.

You can find more information on the Passport Office website: <https://www.ireland.ie/en/dfa/passports/how-to-apply-for-a-passport/>. You can contact the Passport Office for further advice before applying.

Your rights to healthcare

Can I access gender-affirming healthcare as a young person?

At the time of publication:

- the National Gender Service (NGS) does not provide services to people under 18 years of age. Your GP can however refer you to the NGS if you are 17 and older. You cannot be referred if you are under 17. You can find more information here: <https://nationalgendervserviceireland.com/referral-form/>;
- there is no route to access puberty blockers in the public healthcare system; and
- there is no psychiatrist or clinical psychologist within the HSE who can provide gender assessments and referrals for under-18s.

Do I have a right to medical confidentiality?

If you are under 18, you have a right to confidential medical treatment as a patient. However, your doctor may disclose information to your parent(s) or guardian(s) without your consent if they feel it is necessary and in your best interests.

By law (the Freedom of Information Act 2014), your parent(s) or legal guardian(s) have a right to access your medical records until you are 18. Your doctor should inform you that as an under-18, your confidentiality cannot be guaranteed.

You can find more information in the Medical Council's *Guide to Professional Conduct and Ethics*: <https://www.medicalcouncil.ie/news-and-publications/publications/guide-to-professional-conduct-and-ethics-for-registered-medical-practitioners-2024.pdf>.

Can I access puberty blockers if I am under 18?

Before answering, let's understand puberty blockers. They are medications that suppress (reduce) the production of oestrogen and testosterone. This delays or pauses puberty. Puberty blockers are prescribed not only to trans people, but across the population for a variety of reasons, including to treat conditions such as endometriosis, as well as to delay puberty in children who are experiencing it at an unusually early age.

Right now, most trans and non-binary people under 18 who want puberty blockers can't get them in Ireland.

There is currently no dedicated youth gender clinic in Ireland.

Some specialists (called endocrinologists) who provide gender-affirming care may prescribe puberty blockers. This depends on what age criteria they set for patients.

While there is a paediatric endocrinology team at Children's Health Ireland for gender-related care, they require a mental health referral. There is currently no psychiatrist or clinical psychologist within the HSE who can provide gender assessments and referrals for under-18s.

If you cannot get puberty blockers in Ireland, you may be able to get them abroad and be entitled to a HSE reimbursement scheme ([see p. 60](#)).



Your rights in school

Do I have a right to education?

Yes. All children and young people in Ireland have the right to access free primary education up to the age of 18. This right is protected under the Constitution and the law.

The Government is required to make sure that everyone living in Ireland is guaranteed a certain standard and level of education that meets their needs and abilities. This right is generally defined as covering primary and second-level education.

Schools have a responsibility to prevent bullying, discrimination, harassment and sexual harassment under the Equal Status Acts 2000-2018 and Bí Cineálta Procedures to Prevent and Address Bullying Behaviour for Primary and Post-Primary Schools. This includes bullying, discrimination and harassment on the basis of gender identity or sexual orientation. Your school must make every effort to ensure you are not discriminated against or at risk of harassment when accessing education because you are trans or non-binary.

If I transition while studying at a single-sex school, will I have to leave my school?

You may only be expelled or suspended from school if you seriously breach your school's code of behaviour. Codes of behaviour ordinarily cover harassment, cheating, bullying or non-attendance – not transitioning. If your school seeks to suspend or expel you, they must follow certain procedures, and you must be given a say. Your parent(s) or guardian(s) may appeal your suspension or expulsion to the Department of Education: <https://www.section29appeals.gov.ie/>.

Are my rights different in an independent school?

Independent schools remain subject to the Equal Status Acts 2000-2018 and must protect students from discrimination and harassment. Independent schools are also subject to a number of provisions in the Education (Welfare) Act 2000, including the requirement to maintain a code of behaviour and to follow fair procedures in the event of suspension or expulsion from a school.

Independent schools are exempt from certain requirements, such as the requirement to follow a national curriculum.

There are a small number of independent primary and post-primary schools in Ireland. This includes, for example, international schools and sports programmes. The full list is available here: <https://www.tusla.ie/services/family-community-support/alternative-education-assessment-and-registration-service/independent-schools/details-of-independent-schools/>.

Can I move to a different school when I transition?

Yes, you can choose to move to a different school when you transition if you want to. You may be experiencing bullying, may want a fresh start or may feel more comfortable in a co-educational school. You may also want to consider options like Youthreach, which provides education and training to 16-20-year-olds outside of a traditional school setting. You can find more information here: <https://www.citizensinformation.ie/en/education/further-education-and-training/youthreach/>.

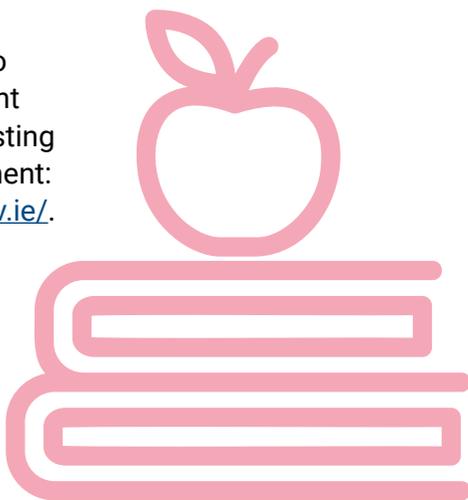
If you are considering moving schools, you can research local schools which might be a better fit for you. Talk to your parent(s) or guardian(s) about a potential move. You (or a parent or guardian) should contact the school directly to see if they have places available in your year group and arrange a meeting with the principal to discuss your application to attend.

If you move to a new school, try to meet the student support team. This will help you to access any supports you need and help to clarify your desires around confidentiality in relation to your trans or non-binary status while at that school.

Important: Schools (except for third-level institutions) that admit students of one gender only (single-sex schools) can refuse to admit students who are not of that gender. Therefore, if you are looking to move school and do not have a Gender Recognition Certificate, a single-sex school may refuse to recognise your gender.

If a new school is unable to enrol you for reasons other than oversubscription, your parent(s) or guardian(s) may appeal this decision. Before making an appeal, your parent(s) or guardian(s) may request a review of the decision by the board of management (although this is not a requirement). A review can be requested in writing or by submitting the “Review by Board of Management Request Form” on the Department of Education website. You can find it here: <https://www.gov.ie/en/department-of-education/forms/review-by-board-of-management-request-form/>.

Alternatively, your parent(s) or guardian(s) can proceed directly to submit an appeal to an independent appeals committee without requesting a review by the board of management: <https://www.section29appeals.gov.ie/>.



Do I have a right to share rooms with students of the same gender as me on school trips?

There is no official guidance on sharing rooms with other students on school trips. However, your school may have its own policy covering school trips and tours. This may include parental or guardian consent forms and the allocation of shared sleeping arrangements.

Your parent(s) or guardian(s) will be asked to consent to any overnight tour you go on and they should speak directly with the relevant teacher about your sleeping arrangements. Your school should support you to stay where you feel most comfortable and safe – with students of the same gender as yourself, or otherwise, depending on your needs.

Do I have a right to change my uniform to affirm my gender expression?

There is no law concerning uniform choice, so this is decided by individual schools and their policies.

The Department of Education has provided guidance to secondary schools stating that students who are trans (including non-binary people) or intersex should be permitted to wear a uniform that is consistent with their gender identity. This guidance, *'BEING LGBT IN SCHOOL: A Resource for Post-Primary Schools to Prevent Homophobic and Transphobic Bullying and Support LGBT Students*, can be found at: <https://assets.gov.ie/static/documents/being-lgbt-in-school.pdf>.

Your school may have gender-neutral options (for example, trousers in an all-girls school). If your school uniform code does not offer clothes which match your gender identity, you should discuss your options with the principal.

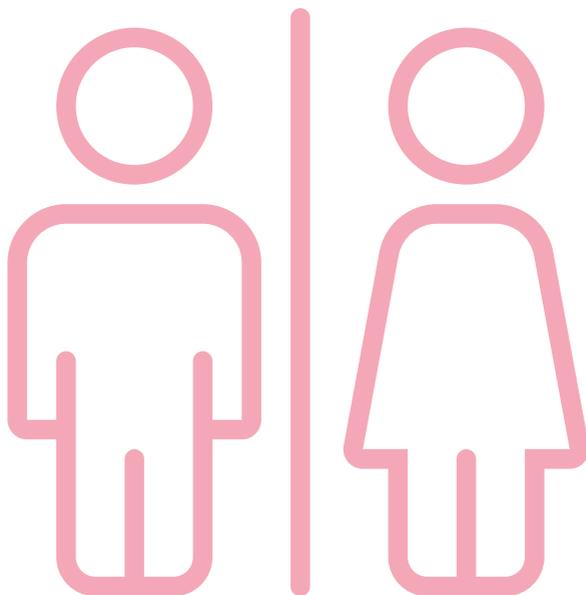
All students, including trans students, may be expected to follow the school uniform policy and to comply with policies on the use of make-up, appropriate dress, jewellery, etc.

Do I have a right to use bathrooms and changing facilities that match my gender identity?

There is no specific provision in Irish law concerning the use of bathrooms and changing rooms according to a person's gender identity. However, as a trans student you should be able to access toilets and changing facilities that correspond with your gender identity.

If you are told you are not allowed to use a bathroom matching your gender identity, this may constitute discrimination on the basis of gender ([see p. 73-74](#)).

If you would prefer to access a gender-neutral bathroom, your school may be able to assign an existing bathroom as gender-neutral. This should *not* be a staff toilet.



What can I do if I am being bullied at school?

Schools have a responsibility to tackle bullying, discrimination and harassment.

Bullying is unwanted negative behaviour, repeated over time. This includes physical and cyber-bullying, name-calling, threats, sexual harassment, damage to property, malicious gossip and identity-based bullying.

By law (the Education (Welfare) Act 2000) your school must have a Code of Behaviour, which should address bullying. The Department of Education requires that these policies directly address homophobic and transphobic bullying. This policy will explain who is responsible for investigating bullying reports, though you may report bullying to any teacher.

Your school is also responsible for ensuring that you do not suffer from harassment at school, including from teachers or other people in positions of authority. Harassment means any form of unwanted conduct related to any discriminatory grounds (including gender, sexual orientation and disability) which has the purpose or effect of:

- violating a person's dignity; and
- creating an intimidating, hostile, degrading, humiliating or offensive environment for the person.

This unwanted conduct includes acts, requests, spoken words, gestures or the production, display or sharing of written words, pictures or other materials.

Bullying and harassment should be investigated, and the school pastoral care team should support you throughout the process.

The investigation should be carried out sensitively and ensuring confidentiality as much as possible. You may be interviewed and/or asked to give a written account of what happened. Your parent(s) or guardian(s) may be contacted.

You may be offered the chance to meet with the pupil(s) responsible to share your perspective and resolve the issue, but you don't have to if you don't want to. The pupil(s) responsible for the bullying may be punished, but you may not be told how, as this may be confidential.

You should be offered support from the school's pastoral care team to recover from the impact of bullying. This may involve counselling or other supports.

The school has a responsibility to undertake a thorough investigation to make sure the bullying stops. If you and your parent(s) or guardian(s) do not feel that your school has adequately investigated the bullying or harassment, you can contact the Ombudsman for Children. This Office promotes the rights and welfare of children and young people under 18 living in Ireland. It investigates complaints made by children, or on their behalf, about services they receive from public organisations in Ireland, such as schools. You can find more information on this role and how to make a complaint here:

- <https://www.citizensinformation.ie/en/birth-family-relationships/children-s-rights-and-policy/the-ombudsman-for-children/>; and
- <https://www.oco.ie/>.

If you or your parent(s) or guardian(s) feel that your school has not done enough to protect you from transphobic bullying or harassment, you may make a complaint with your parent(s) or guardian(s) to the school's Board of Management and, if unsatisfied with their response, to the Workplace Relations Commission (WRC) ([see p. 91](#)).

Serious instances of bullying, harassment or violence may be reported to the Gardaí.

Do I have a right to have my correct name and pronoun used in school?

According to Department of Education guidelines, your school must make every effort to update your name and pronoun in relevant systems and documents. It must also use your correct name and pronoun in day-to-day interactions. You should clarify with the school what your preferences are for name and pronoun usage in written communications to your parent(s) or guardian(s).

Under the General Data Protection Regulation (GDPR), your school has a legal responsibility to maintain accurate records about you and to rectify inaccurate personal data if requested. The Equal Status Acts 2000-2018 prohibit discrimination on the ground of gender, which typically covers trans and non-binary people ([see p. 73-74](#)). If you feel that your school is discriminating against you because you are trans or non-binary, you and your parent(s) or guardian(s) may choose to take a complaint to the WRC ([see p. 91](#)).

Do I have a right to take part in sports/physical education in a way that matches my gender identity?

All students have the right to take part in sports and physical education. Schools are subject to the Equal Status Acts 2000-2018, meaning they must protect students from discrimination on the basis of gender in accessing any course, facility or benefit at the school. Your school should encourage and facilitate you to participate in sports according to your interests and without obstacles, in accordance with your gender identity.

If you are competing at a very high level, competing against other schools, or competing in sports which are “contact sports” such as rugby, your school may wish to consider participation on a case-by-case basis with due regard for player safety.

Do I have a right to learn about LGBTI+ inclusive sex education?

It depends. Most schools are required to teach all aspects of the national curriculum, including Relationships and Sexuality Education (RSE). RSE includes teaching about LGBTI+ identities and relationships.

Schools must not leave out or skip these aspects of the curriculum, though they may teach RSE in the context of a religious or other school ethos.

Under Department of Education guidelines, schools must have an RSE policy, which should directly address LGBTI+ inclusion.

Independent schools are exempt from the requirements to teach all aspects of the national curriculum.

Do I have a right to privacy if I am out in school but not at home?

The right to privacy includes the right to keep your gender identity private, if you wish.

All children are rights-holders and enjoy a right to privacy, which includes privacy from their own parent(s) or guardian(s). However, the right to privacy is not absolute and depends on:

- the age of a child; and
- the particular context.

The older you are, the stronger your right to privacy becomes. This extends to your gender identity while at school. Your parents or guardians have a right to be kept updated on your performance and behaviour at school, and matters relating to your wellbeing. School staff may wish to discuss your transition with your parent(s) or guardian(s), particularly if they are concerned for your wellbeing, but they are not required by law to tell your parent(s) or guardian(s) if

you come out to staff members or students as trans or non-binary.

A school should not disclose your trans identity to your parent(s) or guardian(s) if it would put you at risk of harm, and your welfare should be paramount. If you have concerns about your parent(s) or guardian(s) finding out that you are transitioning in school, if you are comfortable doing so, you should discuss this with your teacher or principal, so they are aware of your concerns. If your teacher, or any school staff member, believes you to be at serious risk of harm for any reason, by law (the Children First Act 2015) they must make a report to the Child and Family Agency (Tusla) disclosing the risk.

What can I do if I experience bullying, harassment or discrimination in school because I am trans or non-binary?

Informal approach

If you experience bullying, harassment or discrimination in school, you or your parent(s) or guardian(s) can let a teacher or other staff member know and ask for an informal intervention or conversation to be held with the person concerned.

Formal complaint to the school

If the problem continues, you and your parent(s) or guardian(s) may need to make a formal complaint. Each school has policies that explain how complaints are handled – such as an anti-bullying policy, code of behaviour or equality policy. These should outline:

- what happens when a formal complaint is made;
- how the complaint will be investigated;
- who will carry out an investigation; and
- how confidentiality and the rights of everyone involved will be respected.

Taking your complaint further

If you feel the school has not dealt properly with your complaint, you and your parent(s) or guardian(s) can take it further under the Equal Status Acts 2000-2018, which protect students from discrimination in education.

You can make a complaint to the WRC using their online complaint form: https://www.workplacelrelations.ie/en/publications_forms/forms/complaint-forms/ (see p. 91).

For bullying or harassment, you can also make a complaint to the Ombudsman for Children using their online complaint form: <https://www.oco.ie/online-complaint/>.

A parent, guardian or another person can make the complaint on your behalf.



Useful Contacts

There are many organisations and bodies that can provide you with useful information or assistance. They are grouped together by theme and listed below, along with a short description of what they do and how they can help you.

Complaints and redress (remedy) bodies

Workplace Relations Commission (WRC)

Deals with complaints about discrimination in the workplace and in the provision of goods and services, including on the basis of gender.

Website: www.workplacelrelations.ie

Phone (information and customer service): 0818 80 80 90;
059 917 8990

Enquiry form: https://www.workplacelrelations.ie/en/contact_us/workplace_relations_enquiry/

The Ombudsman for Children's Office

Investigates complaints about services provided to young people under 18 by public organisations.

Website: www.oco.ie

Phone: 01 865 6800 (for general inquiries); 1800 20 20 40
(for complaints)

Email: oco@oco.ie (for general enquiries);
ococomplaint@oco.ie (for complaints)

Data Protection Commission (DPC)

The national independent authority for data protection in Ireland. The DPC can assist you to have your personal data accessed, corrected, or deleted by organisations, and can investigate complaints of data misuse.

Website: www.dataprotection.ie

Phone: 01 765 0100 (9.30am - 1pm, Monday - Friday);
1800 437 737 (2pm - 5pm, Monday - Friday)

Online contact: <https://forms.dataprotection.ie/contact>

Fiosrú - Office of the Police Ombudsman

Deals with complaints from the public where they have concerns about Garda members (it replaced the Garda Síochána Ombudsman Commission, or GSOC).

Website: www.fiosru.ie

Phone: 0818 600 800; 01 871 6727

Email: info@fiosru.ie

Coimisiún na Meán

Ireland's media regulator. They check that broadcasters, video-on-demand providers and online platforms are following the rules and codes that are set for them. If online platforms are not complying with their legal obligations as regards illegal and harmful content online, you can report this to them.

Website: <https://www.cnam.ie/>

Phone: 01 963 7755 (8am – 6pm, Monday – Friday)

Email: usersupport@cnam.ie

Office of the Ombudsman

Undertakes investigations based on complaints from members of the public who believe they have been unfairly treated by public service providers.

Website: <https://www.ombudsman.ie/>

Phone: 01 639 5600

National Advocacy Service

Provides a free and independent representative advocacy service to adults with disabilities across Ireland.

Website: www.advocacy.ie

Phone: 0818 07 3000; 01 520 0863

Email: info@advocacy.ie

Decision Support Service

Provides support with decision-making.

Website: <https://decisionsupportservice.ie/>

Phone: 01 211 9750

Email: queries@decisionsupportservice.ie

Hotline.ie

The Irish national reporting centre where members of the public can securely, anonymously and confidentially report concerns in respect of illegal content online, especially child sexual abuse material.

Website: <https://hotline.ie/>

Phone: 086 811 6273 (report line)

Email: general.enquiries@hotline.ie

Legal organisations (including legal information and support)

Courts Service of Ireland

Provides information on legal proceedings, including name and gender marker changes.

Website: www.courts.ie

Email: ccco@courts.ie

Free Legal Advice Centres (FLAC)

Offers free legal advice on discrimination, gender recognition and human rights.

Website: www.flac.ie

Phone: 01 906 1010

Community Law & Mediation

An independent community-focused law centre. It provides free legal advice, mediation and education services in communities impacted by social exclusion, disadvantage and inequality. It also works to advance policy and law reform.

Website: <https://communitylawandmediation.ie/>

Phone: 01 847 7804 (Dublin); 061 536 100 (Limerick)

Email: info@communitylawandmediation.ie

Irish Human Rights and Equality Commission (IHREC)

Ireland's independent national human rights institution and national equality body. IHREC offers information on the laws that protect you against discrimination in Ireland and how to bring a case to the Workplace Relations Commission (WRC).

Website: www.ihrec.ie

Phone: 01 858 9601 (10.30am - 12.30pm, 1.45pm - 3.15pm, Mon– Fri)

Email: info@ihrec.ie

Mercy Law Resource Centre

Provides free legal advice and representation to people who are homeless, or at risk of homelessness in social housing, and related social welfare law.

Website: <https://mercylaw.ie/>

Phone: 01 453 7459

Email: info@mercylaw.ie

Legal Aid Board

Provides legal aid if you can't afford to pay for legal assistance. It provides legal aid in relation to civil matters (for example, family law).

Website: <https://www.legalaidboard.ie/>

Phone: 066 947 1000; 0818 615 200 (9am – 5pm, Monday – Friday)

The Bar of Ireland

The representative and regulatory body for barristers (a type of lawyer). You can contact them if you are looking for a barrister or have a complaint about your barrister.

Website: <http://www.lawlibrary.ie/>

Phone: 01 817 5000

Email: thebarofireland@lawlibrary.ie

Law Society of Ireland

The representative and regulatory body for solicitors (a type of lawyer). You can contact them if you are looking for a solicitor or have a complaint about your solicitor.

Website: <http://www.lawsociety.ie/>

Phone: 01 672 4800

Email: general@lawsociety.ie

Information on public services

Citizens Information Board

A public information service that provides detailed information about your rights, including in the areas of healthcare, housing, social welfare and education. You can consult their website or go to one of the many centres in Ireland.

Website: <https://www.citizensinformation.ie/en/>

Phone: The Citizens Information Phone Service can be reached on 0818 07 4000 (9am – 8pm), Monday – Friday

State agencies, bodies and government departments

An Garda Síochána

The national police service of Ireland. Their functions include investigating crimes, carrying out crime prevention work and working with victims.

Website: www.garda.ie

Phone: 01 666 0000; Garda Confidential Helpline: 1800 666 111; Emergencies: 999 / 112

An Garda Síochána National Diversity Unit / Garda Diversity Officers

Works on hate crime and hate-related incidents, including by monitoring and supporting investigations. Garda Diversity Officers are trained to actively engage with and attend to the concerns of minority, diverse and hard-to-reach communities.

Website: <https://www.garda.ie/en/crime-prevention/community-engagement/community-engagement-offices/garda-national-diversity-unit/>

Phone: 01 666 3150 (Garda National Diversity Unit)

Email: diversity@garda.ie

Department of Children, Disability and Equality

The government department in charge of issues related to children, disability and equality (including for trans and non-binary people).

Website: <https://www.gov.ie/DCDE>

Phone: 01 647 3000

Email: contact@dcde.gov.ie

Department of Health

The government department in charge of health (including for trans and non-binary people).

Website: <https://www.gov.ie/health>

Phone: 01 635 4000

Email: customerservices@health.gov.ie

Health Service Executive (HSE)

Provides all of Ireland's public health and personal social services, in hospitals and communities across the country.

Website: <http://www.hse.ie/>

Phone: 01 240 8787; 1800 700 700; 00 353 1 240 8787
(from outside Ireland)

Tusla - Child and Family Agency

The State agency responsible for improving children's wellbeing and outcomes. You can also report concerns to them.

Website: <http://www.tusla.ie/>

Phone: 01 771 8500 (general enquiries)

Email: info@tusla.ie

Department of Education and Youth

The government department in charge of education.

Website: <https://www.gov.ie/education/>

Phone: 01 889 6400

Email: info@education.gov.ie

Department of Social Protection

The government department in charge of social protection. It is relevant for legal gender recognition processes.

Website: <http://www.gov.ie/welfareandwork>

Phone: 01 704 3000

Email: info@welfare.ie

Passport Office at the Department of Foreign Affairs and Trade

The government office responsible for issuing passports.

Website: <https://www.ireland.ie/en/dfa/passports/>

Phone: 01 671 1633

Chat: You can contact them by webchat at <https://www.ireland.ie/en/dfa/passports/contact-us/#webchat> (9am - 4.30pm, Monday to Friday)

Irish Immigration Service at the Department of Justice

The government service providing information on migration and access to the Irish Immigration Service Online.

Website: <https://www.irishimmigration.ie/>

Contact: these are different on the basis of what you need and your status. All contacts are on the website.

Trans, non-binary and wider LGBTI+ organisations

Transgender Equality Network Ireland (TENI)

Offers support, advocacy and legal guidance for trans people and their families.

Website: www.teni.ie

Email: office@teni.ie

ShoutOut

Delivers educational workshops in schools, workplaces, and communities to promote LGBTI+ inclusion and allyship.

Website: www.shoutout.ie

Email: communications@shoutout.ie

LGBT Ireland

Provides a variety of services, including peer support, information and mental health resources.

Website: www.lgbt.ie

Phone: 01 685 9280 (office);

National LGBT+ Helpline: 1800 929 539, available Monday – Thursday (6.30pm – 10pm), Friday (4pm-10pm), Saturday and Sunday (4pm-6pm).

Email: info@lgbt.ie

Belong To

Supports LGBTI+ young people aged 14 - 23.

Website: www.belongto.org

Phone: 01 670 6223

Email: info@belongto.org

Intersex Ireland

Supports intersex individuals and their families, educates society and advocates for intersex rights across Ireland.

Website: <https://intersexireland.wordpress.com/>

Contact form: <https://intersexireland.wordpress.com/contact-us/>

Outhouse LGBTQ+ Centre

A community and resource centre for LGBTQ+ individuals, offering various services including information, support and social spaces.

Website: www.outhouse.ie

Phone: 01 873 4999

Email: hello@outhouse.ie

Equality for Children

A campaign driven by LGBTQ+ parents advocating for equality for their children.

Website: <https://equalityforchildren.ie/>

Contact form: <https://equalityforchildren.ie/contact>

Irish Gay Dads

Supports Irish gay dads and dads-to-be.

Website: <https://irishgaydads.ie/>

Email: info@irishgaydads.ie

Midlands LGBT+ Project

Offers adult support groups, including trans groups, book clubs and coffee meet-ups. They geographically cover Laois, Offaly, Westmeath and Kildare. Their aim is to reduce isolation, and provide support and a community to LGBT+ people across the Midlands.

Website: <https://www.midlandslgbtproject.com/>

Phone: 086 075 7985

Email: help@midlandslgbtproject.com

LINQ Ireland

Works exclusively with women (trans and non-binary inclusive) who identify as lesbian, bisexual or queer in Ireland. They provide services and resources, including on health.

Website: <https://www.linqireland.ie/>

Phone: 021 480 8600

Email: info@linquireland.ie

AMACH! LGBT Galway

A community development organisation based in Galway.

Website: <https://www.amachlgbt.com/>

Phone: 089 497 5162

Email: info@amachlgbt.com

Mammies for Trans Rights

Mammies of trans kids advocating for their children and the wider LGBTI+ community.

Email: mammiesfortransrights@gmail.com

Trans Healthcare Action

Grassroots group of trans and gender-diverse people working together to ensure that every person in Ireland can access the healthcare and resources they need to express their gender identity.

Website: <https://www.transhealthcare.ie/>

Email: action@transhealthcare.ie

Youth organisations / Organisations working with youth

Youth Work Ireland

Offers youth support and LGBTI+ inclusion programmes.

Website: www.youthworkireland.ie

Phone: 01 858 4500

SpunOut

Provides an online mental health and wellbeing resource for young people.

Website: www.spunout.ie

Phone: SpunOut provides the “Text About It” service. This is a free, anonymous, 24/7 messaging service providing mental health and emotional wellbeing support. Text the word ‘HELLO’ for free via [WhatsApp](#) or to 50808. 8, An Post & Clear Mobile customers should use [WhatsApp](#) for free or text ‘HELLO’ to 086 1800280.

National Youth Council of Ireland (NYCI)

The representative body for voluntary youth organisations in Ireland.

Website: <https://www.youth.ie/>

Phone: 01 478 4122

Children’s Rights Alliance

A network advocating for children’s wellbeing. They unite over 160 members.

Website: <https://childrensrights.ie/>

Phone: 01 662 9400

Email: info@childrensrights.ie

Other non-profit organisations and supports

Irish Council for Civil Liberties (ICCL)

Ireland's oldest independent human rights organisation. It advocates for legal and policy changes in the areas of equality and discrimination, administration of justice (including policing), democratic freedoms and digital rights.

Website: www.iccl.ie

Phone: 01 912 1640

Email: info@iccl.ie

Irish Penal Reform Trust (IPRT)

Campaigns for the rights of people in prison and the progressive reform of Irish penal policy.

Website: www.iprt.ie

Phone: 01 874 1400

Email: info@iprt.ie

Helplines

National LGBT Helpline

Free and Confidential non-judgmental listening and sign-posting service for LGBTI+ people. Open every day. Service is run by LGBT Ireland. Open on Monday – Thursday (6.30pm - 10pm), Friday (4pm – 10pm), Saturday – Sunday (4pm – 6pm).

Website: Online chat service on lgbt.ie

Phone: 1800 929 539 (Freephone)

Trans Family Support Line

Confidential non-judgmental listening and sign-posting service for family members of trans and gender nonconforming people. Open on Tuesday (10am - 12pm) and Sunday (6pm – 9pm).

Phone: 01 907 3707

Samaritans Ireland

24/7 crisis support for anyone struggling with mental health issues.

Website: <https://www.samaritans.org/ireland/samaritans-ireland/>

Phone: 116 123

Email: jo@samaritans.ie

Pieta

Supports individuals facing suicidal thoughts or self-harm.

Website: <https://www.pieta.ie/>

Phone and text services: 1800 247 247 (24-hour Crisis Helpline)
Text HELP to 51444 to text their therapists if you are in crisis
Call 0818 111126 to receive support on accessing their free therapy services and provide information about therapy.

Dublin Rape Crisis Centre National Helpline

Free, confidential, listening and support service for people who have been raped, sexually assaulted, sexually harassed or sexually abused at any time in their lives.

Website: <https://www.drcc.ie/>

Phone: 01 6614911; 1800 77 8888 (National 24-Hour Helpline)

Webchat: <https://www.drcc.ie/services/helpline/webchat/>

Email: info@rcc.ie

Healthcare services (general and gender-affirming healthcare)

National Gender Service (NGS)

Provides medical and psychological support for trans and non-binary individuals.

Website: www.nationalgenderserviceireland.com

Phone: 01 211 5045

Email: nationalgenderservice@hse.ie

Gay Men's Health Service

Ireland's only dedicated statutory sexual health and wellbeing service for gay and bisexual men, and trans people of all identities.

Website: <https://www.hse.ie/eng/services/list/5/sexhealth/gmhs/>

SH:24

Free at-home testing for sexually transmitted infections, provided by the HSE.

Website: www.sh24.ie

Email: ireland@sh24.ie

CervicalCheck

Ireland's screening programme to prevent cervical cancer.

Website: <https://www2.hse.ie/conditions/cervical-screening/>

Phone: 1800 45 45 55; 021 421 7612
(If calling from outside Ireland)

Email: info@cervicalcheck.ie

BreastCheck

Ireland's screening programme to prevent breast cancer.

Website: <https://www2.hse.ie/conditions/breast-screening/information/>

Phone: 1800 45 45 55; 021 421 7612
(if calling from outside Ireland).

Email: info@breastcheck.ie

Medical Council

Ireland's authority responsible for regulating doctors. You can make a complaint about a doctor and the Council offers guidance on how to do it.

Website: <https://www.medicalcouncil.ie/>

Email: info@mcirl.ie

Know Your Rights is a public information project of the Irish Council for Civil Liberties (ICCL), designed to inform people in clear and accessible language about their rights under various key areas of the law in Ireland.

This is the tenth guide in the Know Your Rights series. This and other Know Your Rights guides are available to download and print on our website: <https://www.iccl.ie/your-rights/>. This guide is also published on ShoutOut and TENI's websites.

This guide provides information about your rights as a trans or non-binary person in Ireland. We used Plain English Guidance as much as we could to help as many people as possible understand the information in this resource. We would like to thank Claire O'Riordan from the National Adult Literacy Agency for her assistance.

This guide was researched and written by Daire Dempsey (TENI) and Ruadhán Ó Críodáin (ShoutOut) with the support of members of the ICCL team: Luna Lara Liboni (project lead), Binta Kyuata Salam, Claire Mc Evoy, Emily Williams, Molly Kavanagh, Olga Cronin, Ruth McCourt and Seán Egan BL. ICCL would like to thank all those who contributed to the guide, especially the trans and non-binary people around Ireland who participated in community consultations in November and December 2024. ICCL would also like to acknowledge the deeply valuable support of lawyers at the FLAC LGBTQI+ Legal Advice Clinic, James Rooney BL and Cillian Bracken BL, and lawyers at A&L Goodbody, coordinated by Jack Gibson, for their legal review. We also thank colleagues from the Irish Penal Reform Trust, LGBT Ireland and Trans Healthcare Action for their comments and suggestions.

Statement of the law as of October 2025



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**Transgender Equality
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RCN 20206772



ShoutOut
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RCN 20141769