



Trans rights – Myth buster

We know that there is a polarised debate around trans rights across the country at the moment. However, we believe no minority group should have to debate their right to exist in a free and equal society that treats them fairly.

LGBT+ Labour want to dispel some of the myths about trans people being used to stir up division and hatred. We hope you find this information useful, however if you have any more questions please drop us an email on lgbtlabouruk@gmail.com

Myth “Trans rights and women’s rights fundamentally contradict”

Buster: No, they don’t. Women’s rights should also protect trans women, and the rights trans women seek do not infringe on the existing protections for women. We believe that by working together, the feminist and trans rights causes can ensure quicker progress towards a more equal society.

Myth “Trans women are men who just want to invade women’s spaces”

Buster: That’s not true. At the moment, most women’s services do support trans women and don’t require them to present a Gender Recognition Certificate. No service wants to see a vulnerable survivor left with no support. And trans people are at real risk. 41 per cent of trans people have experienced a hate crime in the past year, and more than a quarter of trans people in a relationship have faced domestic abuse from an abusive partner. Trans women are women who have just had a different experience to you. This argument is particularly painful for the transgender community as it suggests they want to cause harm, when in reality trans women sometimes just want the same safe space away from men and problems the patriarchy can cause.

Myth “Trans people are mentally ill”

Buster: The World Health Organisation have publically stated that being transgender is not a mental health disorder. Often trans people suffer from gender dysphoria which is a state of emotional distress caused by how someone’s body conflicts with their gender identity.

Trans women on all women shortlists: Trans women have always been able to stand on all women shortlists. Making sure all elections are open and accessible to all different types of women is hugely important in the bid for a free, fair and liberated society and is something we should all be fighting for.



The Gender Recognition Act or GRA

What is it?

The GRA is a piece of legislation, brought into law in 2004. It currently serves to allow people to change their legal gender by acquiring a Gender Recognition Certificate. However, the current process for obtaining a Gender Recognition Certificate is slow, stigmatising, humiliating, complicated and expensive, taking between 2-5 years. A person needs to have a psychiatric report from a gender specialist, even though being transgender is not a psychiatric condition. A person is required to live in their gender identity role for a further two years. The forms and evidence required are very complicated and expensive to obtain.

Myth “Reforming the GRA will allow trans people to use women’s bathrooms and will put women at risk”

Buster: Transgender people can already use any bathroom they choose and they generally prefer using the bathroom that matches their gender identity – who wouldn’t? There is no evidence to suggest the use of violence is any larger amongst the trans community. Not only does this myth feed into the stereotype that trans people are somehow deviant, but it can actually lead to bills and laws that discriminate against trans people.

Myth “The extension of trans rights will lead to other people’s healthcare being infringed”

Buster: Reforming the GRA will not affect the medical process of obtaining hormones and surgery. That means our NHS will be just as under pressure as it already is – that’s a separate issue and one we need a Labour government to fix. Reform to the GRA will not interfere with the NHS providing cervix, breast and prostate exams either.

Myth “Criminals will abuse the system to hide their identity”

Buster: There is no evidence to suggest that simplified procedures would lead to increased abuse. Given the high emotional costs and social burdens associated with the change of legal documents, it is unlikely that a gender-recognition law will be abused systematically. In other countries that have a statutory declaration-based process, like the Republic of Ireland, there is no evidence to suggest that a simpler administrative process for trans people harms anyone else.

Trans Ally Network

LGBT+ Labour have launched a new Trans Allies Network, open to anyone who wants to show their support and solidarity with the trans community.



If you would be interested in joining our Trans Allies Network and receiving information and updates via our mailing list, then please email us at lgbtlabourtransallies@gmail.com

