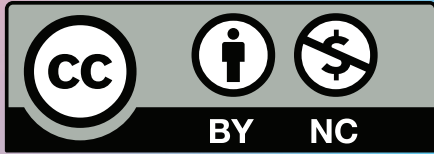


A COMMUNITY LIVING IN FEAR

LGBTQ+ people's responses to
the Supreme Court Ruling on
the Equality Act





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**Please note that this document contains
reference to:**

- mental ill health, self-harm, suicidal
ideation and suicide
- transphobia, misogyny and ableism
- verbal and physical abuse
- sexual harrassment, sexual assault
and rape

Executive Summary

Since the Supreme Court's ruling on the Equality Act in April 2025, TransActual have heard from hundreds of people (cis as well as trans) about their views on the Supreme Court ruling on *For Women Scotland Ltd v The Scottish Ministers* and their fears for the future.

Most of these responses were sent in in the immediate few days following the announcement, and capture a portrait of a community in crisis – facing the prospect of losing the hard-won civil rights they've enjoyed for many years.

There are many reports of:

- **plans to flee to safer countries,**
- **expectations of losing jobs and being driven out of public spaces by a constant stream of humiliation,**
- **of panic attacks and being afraid now to go outside,**
- **of this feeling like a culmination or breaking point for people after of a decade of growing hatred and persecution,**
- **frank discussion of suicidality directly linked to this ruling and the policies it will enable,**
- **anxiety from gender non-conforming people about being policed at every turn 'like it's the 1970s',**
- **sorrow and anger from cis women that this has been done in the name of protecting them from their sisters.**

Overall, the ruling magnified the communities' fear for their safety and that of their families, as well as the diminishing space to exist.

These fears are not just hypothetical – as you can see in the sibling report [Trans Segregation in Practice](#), which details how trans segregation policies are already playing out in the real world.

Many more shared how they feel that this is part of a broader pattern of the harm being done to trans people by the UK government and UK institutions, and how they are taking steps to protect themselves in the longer term from withdrawal of care by stockpiling medicines or by updating identification documents while they can.

The testimonials presented here are as they were told to TransActual, to provide a snapshot of how people have been impacted by the Supreme Court ruling on *The Scottish Ministers vs FWS*, which anti-scientifically redefined trans people for the purposes of the Equality Act, paving the way for widespread discrimination.

These are not the only reports TransActual received, many others requested not to be quoted. The confusion about what the ruling does or doesn't mean for people living in the UK, particularly trans and intersex people, is illustrated within these testimonials. As a result, not all of the information within the testimonials is accurate in relation to what is and isn't legal.

However, the testimonials reflect the understanding that people had at the time. The inaccuracies and discrepancies work to illustrate the confusion that surrounded the judgement in the first days and weeks after it was handed down. There is still confusion around the ruling and its implications. There are likely to be more changes in the coming months.

TransActual takes no responsibility for the accuracy of the information contained within testimonials sent to us.

For up to date information on the law please refer to TransActual's [Know Your Rights](#) guide or seek legal advice.

Spotlights

While all of the stories are deeply concerning, the following are a selection intended to be representative of the range of responses reported by the LGBTQ+ community to the ruling.

"When my best friend was having cancer treatment, she hated having to be admitted as an inpatient because of the uncertainty around how she'd be treated as a trans woman. She'd had some pretty awful transphobic experiences in healthcare. She had a number of serious infections during cancer treatment, and would refuse going to A&E until her partner begged her because if she didn't, it could be fatal. My friend should not have had to deal with that on top of multiple cancer diagnoses that left her disabled and in chronic pain.

She died two years ago, and I know if she was here today she'd be absolutely livid about this ruling. The ink on the papers was barely dry before anti-trans people were calling for the NHS to change their policy on single sex spaces. Do people understand what that actually means? This is not just 'trans women can't be on the women's ward' – this is all trans people being worried about getting the care they need, potentially being treated badly when they do seek care, and having worse health outcomes as a result. It also means any woman who doesn't look 'woman enough' being put in harms way when they're sick and in pain.

The work I do is around trans people's needs in end of life and funeral care. There are some fantastic people in hospitals and hospices who are committed to caring for us with dignity and compassion, but I am absolutely certain this ruling will be used by hostile anti-trans groups and individuals to bring harm to my community by attempting to change health policy. What kind of person does that? It's unforgivable."

QUEER PERSON

"I was meant to attend an academic conference in England in June, however, I've had to have the awkward conversation with my supervisor about possibly not being able to attend. Fortunately, my supervisor has known me since before my transition and is happy to leave the decision with me.

Still, if I were to attend, how am I meant to engage in any kind of activity in England without being able to use a public toilet? The guidance seems to indicate that it's unlawful for me to use the men's toilet as the law no longer defines me as a man, but equally unlawful for me to use the women's toilet as I look like a man. Yes, I do pass and have for several years, but I feel I cannot rely on that to protect me.

Additionally, as a non-citizen, should I be found out and charged with a crime for using a men's toilet, I could face deportation to the US. We all know what that means right now.

One cis man abused a cis woman decades ago and her trauma has become a crusade against an entire class of people, affecting multiple generations. I'm not the sub-human creature that she and her ilk imagine...I'm just a mental health researcher, husband, uncle, friend, and human being."

TRANS MAN (NON-UK CITIZEN) IN HIS MID-40S, LIVING AND WORKING IN NORTHERN IRELAND



“I am a Trans Woman and whole heartedly disagree with this ruling and its potential implications for my life. Over the last week I don’t believe there has been a day in which I haven’t cried from the worry and anxiety it has brought. I have felt I can’t go out in the same way I once did.

I only started social transitioning a few years ago and have been on hormones for just over 7 months now. My confidence had skyrocketed and finally felt I am the person I should be. I have a young family and a supportive wife. My life was ticking along in a happy joyous way, then this ruling happened.... I am now on edge, I’m back to judging the way everyone looks at me, I question if I should speak just in case my voice outs me and it may cause a scene.

I haven’t been to a toilet outside of the house since because now I am scared, is this my future?

It upsets me if my little boy needs the toilet that I’m unable to take him, just in case someone harasses me, I don’t want my 3-year-old exposed to that.

When I drop him off at school etc will the parents at the gate be different? Will my work change policies to make my day harder? Will I be forced to use the disabled loo? If I were to lose my job for any reason, would I be able to find another?

I didn’t have these worries until this ruling. Because I was seen as a woman as that is what I am, no matter what others say.”

**TRANS WOMAN,
MOTHER TO A 3-YEAR-OLD SON**

"I was the first one to read the news. And because I didn't want my wife to hear it from anyone else, I took her outside the office for a moment. Seeing her heart break and her face crumble wasn't on my 2025 bingo card. But somehow here we are. Ever since Trump won the elections in the US and UKGov banned puberty blockers, we knew this moment was coming: My trans wife isn't a woman by law. I just thought we had more time.

The rest of the day is a bit of a blur. We are not sure how this will affect us. But our first worries were: "Will my wife be able to use the female hospital wards?" and "Can we still go to the female-only gym together". Will they take it further, and is my wife's HRT at risk?

One thing is sure: People who hate trans people will feel encouraged to be more vocal about it. The harassment of trans people will go up. The "good faith" of the Supreme Court means nothing, if people feel justified to yell slurs to my wife or leave hate comments on social media. And that's the best case scenario. Physical violence will increase towards trans people.

And we won't be there to find out.

See, we got a ticket out. I am an EU-citizen. I hold an EU Passport. We started organising moving out of the UK. Back to a country where Non-Binary people can have X on their ID-card. To a country where we are guaranteed, my wife can come to the female-only gym and be welcomed there.

I am finally settled in the UK. Finally started to be less home sick, make friends, build a life here. And now we get to leave again.

Because of the Supreme Court ruling, we get to uproot our lives."

CIS WIFE, 29, OF TRANS WOMAN, 34, EMIGRATING

"I am an a intersex woman post operation with a GRC and my entire life I have suffered the most egregious hate crimes including violence from police and expulsion from universities after being sexually assaulted by other students. I am terrified to leave my flat and my fiancée and I both live in fear. I go outside and I get slurs thrown my way and I've been actively suicidal in the past and especially recently because of the recent ruling. The UK is awful to intersex and trans women and I want to run away to Canada or Estonia with my fiancée so we can just live peacefully, happily married. I can't stand the constant hate online and in person that's deemed acceptable because politicians are being actively hateful. The equality minister blatantly saying "we're discriminating to stop discrimination" what??? It's heartbreaking. What can we do?"

INTERSEX TRANS WOMAN



“As a Jew, there’s something there in my blood that senses the creeping rise of my dignity and humanity being taken away. It’s why I got a GRC in 2019. It’s why, the same day that I heard the Supreme Court announcement, I went straight out of work, to Timpsons for passport photos and completed an application for a new passport that day. I afforded to pay for it by cancelling some private therapy sessions. ‘I was thinking of you’, my counsellor said when I told him why I was getting a new passport as quickly as possible. I was getting 10 more years on an ID that shows me as I have been for most of my life: a man. I was seeing a worst case scenario future: the abolition of trans people’s correct gender markers on documents, outing us as trans and exposing us to violence. Some may call it overreacting. This Jew calls it getting my papers in order.

I am worried that I would need to become a criminal; a second class citizen if I were to keep ‘involved’ in male single sex spaces rather than scaring women or the rigmarole of asking for and taking up a disabled stall (which I never care to use as it’s simply easier to use men’s loos and changing rooms whenever I need to – as I said, it’s never been

an issue in 16 years). I’ve always been law abiding, but this thrusts me into a new space where trans people living our lives are now forced into choices we never wanted. I don’t want to advocate for neutral spaces, great though they may be. I want less hyper focus, less scrutiny and to be left alone to exist.

I’ve decided, ultimately, to go stealth. I explained this to my partner. I’ve taken down the fact that I am trans off of social media. I’ve asked my Jewish community’s website to remove a blog I wrote about celebrating getting my GRC. The rabbi agreed with me. Especially around Pesach, the similarities of preparedness, of community decision-making and discussion, of trying to live our lives in the face of danger, are all those things we know too well as Jews.

While the ruling’s impact is uncertain for now, I at least want a few things to be certain. My safety and the ability for me to ‘continue as normal’ is now up in the air, and I’m trying hard to fix things for me and my family before they become broken. We are standing on the edge of something. I hope we all fight back, whatever personal decisions trans people are making.”

TRANS JEWISH MAN

"I'm the cis parent of a trans teenager who has already been fighting with his (Ofsted 'Outstanding') school to be allowed to share a tent like any other kid for Duke of Edinburgh this year. School treat him not like he is a child with rights but like he is a risk to be managed (this seems to be insurer led) and are requiring him to out himself and ask permission of any peers he wants to share with (for one night, when no one will even get changed). This isn't lawful - school haven't even tried to establish that it's a proportionate means of achieving a legitimate aim - and we have just instructed lawyers. My fear is that now school, who already felt mystifyingly justified in this approach, will now feel completely emboldened by this ruling and even less concerned with safeguarding the real children involved. As a result my 13 year old child is being discriminated against, being made less safe by the institution responsible for safeguarding him, made to feel like he's not allowed in any shared space at all and all the other children involved risk being co-opted into a discriminatory process by the school, when they are in fact an inclusive and relaxed group. So this ruling is going to encourage an excellent school to actively harm my child and damage the inclusive environment he currently has around him as soon as term starts next week. This despite the fact that in theory (as he is under 18 and doesn't have a GRC) it shouldn't affect him."

CIS PARENT OF A TEENAGE TRANS SON

"I'm nonbinary, and I am six feet tall. My hands are bigger than every woman's I know. My shoulders are wide. There's fluff on my lip. I've been 'female' since I was born. If my biological sex defines me, I am both in a prison they won't let me out of, and a failure of the physicality that 'women' have.

People already ask if I am in the right bathroom. Allies congratulate me on transitioning so well because they think I am MtF. And I can't tell them I'm not THAT kind of trans; both for the pity they then give me for failing femininity, and for not having the same struggles that trans women go through.

When the UK Courts refused to let people like me have an X gender marker in 2020, I felt like I'd probably never live in a world where I was allowed to get away from my genitalia. Now, with this new ruling, I know it. Biological sex will be forced on me wherever I go and whatever I do and in the name of 'feminism'. I will continue to be slated by women for being a traitor to the vagina. I'm not a woman. Trans women are more woman than I will ever be, because they're women. I thought I grew up in the 90s and 2000s, where being more than just a vagina was an idea that could mean something. Now we've gone backwards, and we're supposed to behave as though this is a good thing. The weakest trans woman will always be better at everything than the strongest cis woman, because genitalia determine your worth in life, say women describing themselves as feminists and champions of women's rights.

And what about the intersex and the nonbinary, outside of the way they think vaginas and penises should rule us? They both don't want us near them and demand we fall in line. I can't live like this. Sure, the Equality Act says you can't fire me for asking to be they/them. Big Whoop. You'll also never let me be a real person, because you have the power for that and I don't. I don't want anything except existence, and an existence without everyone needing my genitals to do something. Wouldn't that be something?"

NONBINARY PERSON, 30



“The news of the court ruling hit us like a sledgehammer, me and my partner, both trans women, have been living our lives happily together and in love for the past year. We only ever put out joy and kindness into the world, or try to. We thought we had passed the times of sadness and desperation, but each morning since the ruling we have cried together. She never cries, I’ve never seen her this hurt or scared and it kills me every time I have to watch the person I love the most fear going to work. The company she works for has been great, but because it’s a part of a larger space, she shares the floor with a bunch of other companies. Just a moment ago, she texted me to tell me that someone she worked with was celebrating her loss of rights. I want so much to hug and hold her and tell her everything will be ok. But I can’t, I can’t lie about that. I don’t know. None of us know.

I work closely with the Trans Community as a Voice trainer. I wanted to ensure I was always giving something back to my community after some life altering experiences and traumas in the working world. I’m self employed and looking for part time work. I have to look these people from my community in the face every day and know that we have to care for each other, because it feels like the world won’t, I worry every day

what they’re going through, I have to show I’m strong and holding it together when I don’t think I am. I work with Charities and will be visiting businesses. I fear that every place I walk into I’ll have to ask “Where would you like me to go to the bathroom?” Who does that? Like, Yes “Where are the ladies?” but not “Which bathroom will you allow me to use?” That’s crazy.

My parents don’t understand, I’ve had no communication from my family to say, “We’re so sorry, we know you’re hurting.” It feels so broken. The world feels so broken. I’m 36 and I can’t leave the house for the fear that the people who hate us will be emboldened enough to hurt us. I only feel safe when I’m holding her hand, when we’re together. I won’t let anyone hurt her, and she won’t me. But who has to think like that? We will travel about 2 hours down the country in the next few days and I know we can’t stop at a rest room. Not for me. My partner has suggested getting an accessible toilet key so we can use those. I just can’t. I just don’t want to.

I wish there was some way to leave the country, to just go somewhere else, but neither of us are wealthy enough, we live in rented accommodation and neither of us make a lot of money.”

**TRANS WOMAN WITH TRANS WOMAN
PARTNER, BOTH CONSIDERING EMIGRATION**



“The first time I was mistaken for a boy I was playing on a roundabout, in a park. I remember it well. I would have been no older than 5 or 6 years old. I had long blonde hair and was wearing a pink dress. The little boy playing on the roundabout asked me why I was wearing a dress. I told him I was a girl. He insisted I wasn’t, I left the play park in tears running to my mother.

Throughout my childhood I continued to be misgendered, why was I playing with dolls? Why was I dressed like a girl? “Thank you young man”

At 17 I was physically assaulted in the street. It was a hate crime. I was mistaken for a gay man as I kissed my boyfriend goodbye in public.

I had breast augmentation, a boob job so my clothing fitted better so I wouldn’t be mistaken for a man. I also had jaw surgery which although not related, decreased “the masculine ratio” of my face. I’m tallish at 5’10” and my shoulders are two dress sizes broader than my hips. If you asked anyone who knows me they would be amazed I could ever be mistaken for a man and yet it continues to happen.

Now I am most often mistaken for a trans femme and you know what, if someone decides you are of a different gender to that which you are, there is no telling them.

Truthfully it should be none of their business – but sadly that’s why I feel the need to write this.

Yes I’ve been told I’m in the wrong toilets before with the outcome of merely feeling humiliated. – I just think this ruling will embolden transphobes and it’s frightening.

As a result of having breast cancer I am about to embark on 5 –10 years of oestrogen blocking drugs, in fact I have actively put off taking these potentially life saving drugs for several months. I am really not looking forwards to any of the side effects but in particular I am dreading looking any more masculine than I apparently already do.

Since this ruling I find myself terrified before I dress to go out in public. I’m unwilling to be an unauthentic version of me, but I keep thinking ‘well maybe if I wear this? maybe I’m less likely to be misgendered as a man.... and more likely to be left alone.’

I find myself feeling anxious every day as it seems that this ruling will make everyone a judge of whether you are “woman enough”

CIS WOMAN

**How
did the
Supreme
Court
ruling
make you
feel?**

Trans women & transfeminine people

“My transition has never been a choice made lightly. It was a necessary step toward living authentically—one that involved years of rigorous assessments, emotional strain, and significant personal loss. Throughout this process, I have faced not only deeply invasive questioning but also the breakdown of relationships with friends, family, and colleagues. These challenges were compounded by a system that often felt more punitive than supportive.

Despite these hardships, I have never ceased to uphold the dignity and rights of women. I hold both a Gender Recognition Certificate and have completed the Gender Reassignment Surgery pathway. I have consistently advocated for the empowerment of women, both in my professional role and in my personal life. I have created platforms for women to succeed, supported women’s leadership, and educated myself deeply on the historical and ongoing struggles for gender equality.

The judgment in question feels profoundly dehumanising. It not only invalidates the lived realities of trans women like myself but sends a broader message that we are to be excluded—further fuelling discrimination, isolation, and abuse that many of us already face daily.

This is not just a legal or political issue—it’s a human one. I urge decision-makers to consider the long-term emotional, social, and professional consequences that rulings like these have on trans individuals. We are not abstract issues or policy debates—we are people, deserving of dignity, safety, and inclusion.”

TRANS WOMAN

"This ruling has completely devastated me. On Tuesday I was legally a woman with the right to use women's loos, be admitted to women's hospital wards. I was just a married woman like 1000s of other married women.

Now? I have no idea even if my marriage is still legal? Am I going to get a letter that says it now counts as a civil partnership of husband and husband? Will it be allowed to stand as it is? Or will I just find it had been annulled with the swipe of a pen?

And when I am admitted to my over stretched hospital, are they going to have to put me in a possibly non-existent private room or leave me in a corridor somewhere? I have already told my family that under no circumstances am I going into a men's ward. I have lived as a woman. I fully intend to die as one.

To say the ruling has broken me is no exaggeration. Whilst I am trying to remain as positive as possible (it is well known that stress makes COPD worse) I am finding it nearly impossible."

MARRIED TRANS WOMAN, 62 TRANSITIONED IN 2000

"The news of the Supreme Court ruling was weird to me at first; ... I think I felt most or all of the stages of grief in a day and I've been through that cycle multiple times since.

The rest of that day was oddly numb. I'm still trying to understand what this means, as so many people are, but the crux of my fears is that this will legitimise, and give a legal precedence, to bigotry and discrimination. I fear that this opens the door to even worse discrimination against much, much more of the trans community - the ruling is on trans women and biological sex, but what's next? Trans men, non-binary people, intersex people - it's a slippery slope.

I'm angry that this level of hatred and intolerance has been given such a huge platform, and the certain backers who I will not name are gloating so brashly and platforming their hatred with renewed vigour. And I'm angry that this momentous decision was made with zero gender diverse people involved. It's a farce that the only trans judge in the country, Victoria McCloud, was barred from being part of it.

I'm scared that this will give hatred and bigotry against the trans community legal power.

And there's a final point, I think it speaks to a truth about the Labour government. It's probably fair to say that not many of us had high hopes for the new government, and that the best thing we could say was "at least it's not the Tories". But the transphobia the Labour government has demonstrated in so quickly celebrating this decision is sickening. They don't care about us. The government doesn't care if people like me are hurt, discriminated against, or die. What for?"

TRANS WOMAN, 33

"The ruling has left me feeling devastated and angry. I have put a lot of time and effort into my career. Time spent working hard to consistently achieve excellent standards, building networks with senior leaders in my free time, volunteering for extra duties to provide well being support to my colleagues and creating opportunities for them to succeed. The ruling strips me of the rights that make me who I am, a woman. I have fought hard against society's prejudice and discrimination in the NHS to be me; it has almost cost me my life several times. And a man, without ever hearing the voice of our struggle and with no consideration of the impact to our lives, ruled that I am not allowed to be me in equality law. That I am no longer protected at work and in Government policy decision making. It makes me feel like a second class citizen. It makes me worry that all of my hard work is now worthless because this ruling threatens to put me at odds with my employer. Instead of working hard to increase productivity and make my workplace a thriving place where everyone can do their absolute best, I am now placed in a position where I have to spend energy planning how to defend myself against my employer. It threatens to end my career ambitions and it really hurts to be working against an employer who I love instead of giving 100% to their success."

TRANS WOMAN

"As a trans woman who's followed British politics for years, my strategy is to hope for the best, but always expect the worst. So when the worst does happen, I won't be as mentally stressed.

Hence, I fully expected For Women Scotland to win in court this week. So when I found out they did, I wasn't surprised. Yet, I'm still scared. As I expect the worst, I fully expect organisations to formalise and vocalise transphobia, like the women's refuge that weaponised the Equality Act to bar me from accessing face-to-face support early in my transition in 2019, which put my life in danger.

As I expect the worst, I also expect the British state to eventually ban adult trans healthcare, and gender marker changes, alongside being more vocal about existing transphobic rollbacks, like those facing trans youth. It sounds irrational, but it's what many trans-Americans predicted would happen in the USA five years ago.

While I will still hope for the best, I must prepare for my worst fears to come true, and take action to protect myself. This is how I cope."

TRANS WOMAN

"I'm in disbelief. It feels so vindictive when there wasn't a problem to solve. DV [domestic violence] services and rape crisis centres were fine with trans women and asides from some controversy in sport, most of us have been living our lives happily and simply. Now being out in public becomes a dilemma over toilet access- ive used womens for years no issue but I don't want to get arrested so do I not eat and drink all day? The head of EHRC seems to suggest we use disabled facilities when gender neutral facilities are not available but I don't want to disadvantage someone with a genuine disability."

TRANS WOMAN

"This ruling has been such a massive system shock it's like my entire world has flipped.

My local community is hurting. All my trans friends including myself have been in constant tears, panic and anger since the ruling. We've struggled to work. To eat. The feeling of being hated by a country and its institutions over the years has brought us so much collective and chronic trauma and stress I really believe this ruling has acted like a breaking point.

Cis people I know seem to barely care or are even aware. None of them reached out to me. I've not been able to eat. I have barely been able to function at work. Struggled to eat. I've been having heart palpitations and on the verge of a full panic attack (a first for me!).

I hear the ruling but worst you hear so many people with power sound gleeful and eager to exclude us from society. I feel so much anger towards the government and feel like I'm not a UK citizen. They don't represent me.

I've never been in a situation before like this where I'll meet a trans woman at an event and we just need to look at each other and know exactly what the other is feeling. But the love and friendship is amazing.

I feel like this has finally opened my eyes to the truth of this

country. I feel broken but when I'm not crying I'm so angry. I want to make myself known. I never used to share the discourse and my feelings around trans people with my cisgender friends and family but now I know that's a mistake.

I've never seen a single issue unite the LGBTQ+ community so much. It's like you can feel this fire and power. We have a such a long road ahead of us. It's going to be hard especially when we are hurting so much right now and expecting more to come but we're united."

TRANS WOMAN IN HER 30S

"Before the high court ruling I was coping with the medical and political barriers for trans people. My mental health was good and it was stable. I was happy for the first time in many years. Even in the worst of my time in the closet and the worst spirals of dysphoria, I have never once considered self harm.

The high court ruling and subsequent promise by the EHEC to illegally remove trans rights has destroyed that mental stability. I am now terrified of a future where I will not be able to exist in public without constant humiliation and dehumanisation. If I am hospitalised for any reason I have the choice of suffering unimaginable mental trauma from being treated as a man, or dragging myself out of the ward and into a corridor to die as myself before the trauma destroys my identity, beyond recovery.

For the first time in my life I am constantly fighting suicidal impulses. I am literally fighting to stay alive. So far I am winning that fight.

As a direct result of this ruling I suffered the worst mental health crisis of my life. For an hour or two I could not think coherently, I could not speak. At one point I couldn't remember my own name. Just to make it very clear - I have never suffered from any mental health condition this serious before, I have fought through dysphoria and always remained safe and stable.

I am making it through this, but I am grieving for the future which has been taken from us. I am grieving for the many trans women who will not have survived this horrific trauma."

TRANS WOMAN, MIDDLE-AGED

"I was looking forward to my transition. I was planning on starting my medical transition this summer in fact... but then... this-

I'm honestly speechless, all in a blink my optimism left, my joy faded, I feel like I did when I first started to question my identity, sad, alone, afraid and confused.

I've even started to debate not transitioning.. I physically don't feel safe enough to. The transport police have apparently announced that male officers will strip search trans women and honestly I'm scared. My mental health was already at a low, and honestly, the thoughts I've been having are the worst I've ever had. I won't detail but they are extreme to say the least.

My family are all transphobic so I'm already pretty isolated from help, I'm trying to get through university. But honestly, I'm considering dropping out and leaving home.

I'm in NHS provided therapy but there is no training to understand trans identities, and when I was 15 the CAHMS service pushed me towards "specialised therapists who can help you move on from thinking that's what the problem is", I have 0 doubts that they were inferring some kind of conversion therapy or similar.

I want to make a difference, I'm a musician and love to make a scene, but I'm so scared I haven't left my bedroom since I heard the announcement, and I daren't even talk to people about it.

TRANSGENDER FEMALE MUSICIAN, 20

"After yesterday's court ruling, I woke up feeling both scared and enraged about what is happening to human rights, because trans rights are human rights.

This ruling is a massive step backwards. It will have profound implications for access to services, representation, and basic societal acceptance for people like me. It's already incredibly difficult to access the care we need. NHS wait times are years long, and private care is often financially out of reach, especially in this economy. I am also just getting increasingly scared to just simply go outside."

TRANS WOMAN

"As soon as I heard the news, I went into a spiral. I cancelled my plans for the day and felt compelled to scramble my documents together and come up with a plan to flee the UK if this meant laws will be impacted. I'm optimistic that LGBTQIA+ organisations, human rights groups and trans-friendly companies will help push back on this, not to mention the protests that are sure to come, but I genuinely don't feel safe or respected in my home country any more. I feel like this decision was a massive distraction from issues that the government are still neglecting to tackle, not to mention actual male violence against women and children, and did this to appease the fringe single-issue anti-trans groups who want to uphold patriarchal ideas of gender and reduce womanhood to biology. This also ignores all social and biological study of gender, favouring to listen to hate and not reason. Not to mention, this decision completely contradicts the Gender Recognition Act, which grants trans people protections based on their acquired gender. If the government doesn't do anything to protect and respect its trans citizens, I'm packing up and turning my back on this country."

TRANS WOMAN WITH PLANS ON EMIGRATING

"As a disabled trans woman, I have felt excluded from public life for a long time. Following the court ruling, I have never felt so ostracised and excluded from mainstream society.

This is not a win for feminism, this is a win for facism and the far-right!"

DISABLED TRANS WOMAN

"The ruling is like a target. Those moments of harassment I've faced, luckily didn't escalate but it is documented that acts of so-called "stochastic" terrorism escalate when bigoted ideology is emboldened by established authority. I'm scared. I feel myself watching how people watch me when I go to the park to just sit with the trees and be outside, I want to hide, I barely leave my room in my hostel, the prospect of going on HRT seems more and more unreachable, I feel like what's the point of even researching, I feel like there's maybe one corner of the world alone (Thailand) that I would actually feel safe in, but would it feel like home? I feel like my life is going to be a constant battle that few really understand or appreciate, I'm wondering if it's worth it, I feel like I haven't even started yet and they're stopping the race and dragging us out of the stadium, I feel like I'm going to get hurt soon and I don't know how bad it's going to be."

BLACK TRANSFEMME STUDENT IN LONDON

"I'm a fifty-something trans woman with a GRC and I had what used to be called a sex change ten weeks ago. I'm now in the ridiculous situation where, when I travel hundreds of miles to London for the follow-up appointment for my gender confirmation surgery, I will have a choice: I can use the correct public toilets for my legal and observable sex and risk being humiliated or assaulted, or I can use the gents and risk being humiliated or assaulted. For the Supreme Court to claim that this was the intention of the Equality Act is ludicrous."

TRANS WOMAN, 50S

"The day before the UKSC judgement which rolled back my rights, I was happy going about my day and making improvements to my life as best I could just like everyone else. Today, I am holding on as best I can in the fear for my future. I'm braced for far worse to come.

I've had two breakdowns during online meetings with my workplace managers who were very sympathetic but until then I don't think they understood the impact of this judgement on people like me.

The fear of gender police and the state authorities are taking a toll. I'm waiting to see if my workplace will ban me from toilets. This puts me in an ethical dilemma as well as a personal one. I will have my life and the financial support I provide to people under my care wiped away if I take the route of civil disobedience by breaking the law and going for a pee in the bathroom that best fits my presentation. An unethical law has destroyed my life. My hopes for international travel are gone as I expect gender markers on documentation to revert."

SCOTTISH TRANS WOMAN

"The new ruling has greatly affected me as I feel much more unsafe especially with women's spaces. I feel like I am going to be kicked out / attacked if I dare to go into a women's bathroom. Also I have felt unsafe in public due to the conversation being about trans people. People are feeling like they have licence to be hateful because of this and it's greatly upsetting. I am terrified that next it's going to be me being banned from presenting fem in public and then they will come after my medication. I am scared to exist right now."

TRANS WOMAN

"The recent ruling has made me worried for my safety in that it will embolden those who want to eradicate trans people. I have given up any idea of participation in the sports club I used to be a part of. As a longstanding NHS employee, I feel unable to continue in a public facing role and am looking to move into non-clinical work for another organisation. I am looking at the possibility of emigrating but this would be disruptive to my young family.

This ruling is more than the poor interpretation of law. It is about people living their lives in safety, free of fear of aggression. It is a human rights issue.

I am truly ashamed to be British and I am extremely saddened by the hostility being bred in society at present."

TRANS WOMAN WORKING FOR THE NHS, CONSIDERING EMIGRATION

"I swim several times a week and use the women's changing space at my local leisure centre. The showers are cubicles but the changing space is communal. I've used this space for years without hindrance because visually (and hormonally), I am a woman. I am concerned now that this activity will be taken away from me, that I will essentially be discriminated against because of something in my history, that I will not be allowed to use this space. I am concerned that even tho I may not be detected as having a trans history, that I will be breaking a law if I even attempt to enter the space. My fellow swimmers who I share this space with, and we are on first name terms as we see each other most days, know nothing of my history. So they will want to know why I'm no longer an avid swimmer, effectively forcing me to out myself.

Also, I'm in a job where I might find myself working in various offices. If laws are put in place around who can use which toilet, am I effectively going to have to out myself in each location I visit by not using the ladies? Or even if just guidelines are issued, am I going to have to ask the rules in each location, again having to out myself?

And finally...what about using toilets when out shopping? Is everyone entering the ladies at risk of scrutiny and challenge from other shoppers? Are we going to see more hate crimes perpetrated against butch looking women who don't fit the narrow view of what a woman should look like, because they're perceived to be trans women?"

TRANS WOMAN, 50S

"I'm a trans woman living in Scotland who started transitioning almost 20 years ago. When the Supreme Court delivered its decision, I was in the process of applying to train as a secondary maths teacher. I no longer feel safe taking my application forward as I am concerned about being harassed over my use of women's toilets in schools."

TRANS WOMAN, SCOTLAND

"I am a trans woman with hypermobility syndrome who has a prescription for medical cannabis for the chronic pain I experience. The recent policy update that the British transport police will be strip searching transgender women with male police officers puts me in particular risk... This makes me scared to use public transport, further I have a right to use medical cannabis where I need to as a medicine, your policy infringes on my right to consume medicine while making my community feel unsafe in the meantime. It feels like the transport police are institutionally transphobic, I am often stared at weirdly by the police. I now really don't feel safe around train stations."

TRANS WOMAN WITH HYPERMOBILITY SYNDROME

"The worst impact of this ruling on me, as a transgender woman, has been its effect on my mental health—making it much harder to manage my anxiety, OCD, and agoraphobia. Coping strategies like grounding in reality are difficult when that reality includes powerful anti-trans groups celebrating while institutions strip away my dignity. Anxiety feeds my conditions, yet in times like these, not feeling anxious would seem naive."

TRANS WOMAN WITH MENTAL HEALTH CONDITIONS

"I'm writing as a transgender woman who is feeling shaken, angry, and deeply hurt after the recent UK Supreme Court ruling on the definition of "woman" under the Equality Act.

This decision feels like a devastating step backward. Knowing that my legal recognition as a woman can now be overridden by a narrow definition of biological sex is not just disheartening—it's dangerous. It makes me, and so many others, feel less safe in public life, in healthcare settings, in support spaces, and even under the protection of the law.

The implications of this ruling go beyond legal semantics. Since the decision, new legislation has clarified that trans women can now be legally strip-searched by male police officers. That's not just horrifying—it feels like state-sanctioned sexual assault. The level of fear this creates in me is hard to put into words. It's not hypothetical. It's real, and it's terrifying.

I worry every day about the physical and emotional danger I now face simply for existing as myself. This ruling legitimizes discrimination under the guise of legal precision, and it makes our lives more precarious.

Although I don't claim to be an expert in feminism, I can't help but feel that this ruling harms all women—trans and cis alike. By reducing the definition of "woman" to something that can be narrowly policed, measured, and controlled, it hands even more power to patriarchal structures that have always sought to define women in limiting and dehumanizing ways."

TRANS WOMAN

"As a transfemme nonbinary Muslim, I am in particular concerned about how this policy accounts for individuals that share protected characteristics under the Equality Act particularly gender reassignment and religion or belief.

Suppose the following hypothetical situation:

A transgender woman, who also practices Islam and observes veiling (e.g., hijab) for religious reasons, is subject to a strip search. While her gender identity would typically suggest that she be searched by a female officer, the reviewed policy of the BTP indicates that a male officer should conduct the search.

However, this could seriously conflict with her religious convictions about modesty and being seen unveiled by men. I'm also concerned that if such an event were to occur, this could possibly also be seen as a contravention of Section 9 of the Human Rights Act enshrining the right of manifestation of religion or belief, if there is not a legitimate aim and reasonable accommodations cannot be provided."

TRANSFEMME NONBINARY MUSLIM (SHE/THEY)

"I am a trans woman in her fifties. The ruling has caused in me intense stress & anxiety. It has made me consider suicide as an option (don't worry, I am not saying I am imminently about to act on this or anything). It feels like the UK is moving into outright persecution of transgender people, particularly women like myself. I can't read newspapers or consume BBC news any more because of their constant transphobia. I find it too distressing. I find it hugely distressing how these media outlets are openly whipping up prejudice against us & are just allowed to do that. This does not feel like my home any more. I do not feel I am welcome in my own country. I feel frightened to go out. This is going to hugely impact my social life because I feel each time I need the toilet I'm going to run the risk of being attacked. So I feel like I'm going to have to stay at home & not go anywhere. I feel I will never be able to go into hospital ever, for any reason, because I absolutely refuse to submit to being segregated like I'm subhuman or to be treated as a man. I am appalled & disgusted at the way the Labour Party, who had been accelerating their transphobia towards us already, seem prepared to use this judgement to make our social existence impossible. I feel so appalled at how Labour has so rapidly turned into a party that is pursuing policies of extreme transphobia. I would leave the UK if it felt realistic to do so, but being a middle aged low paid worker I don't feel I have that option. I feel I am being persecuted just for who I am. I find it so hard to understand why human beings slide so easily into the persecution of minority groups. The UK right now feels like such a hateful place for trans people."

TRANS WOMAN, 50S

"Beginning transition gave me a hope and a sense of a future that had been lacking for a long time. I was beginning to feel that I could LIVE.

The last few days have been awful. I don't know what to do. The prospect of living a life in which I may not be able to take a pee at a motorway services, or while I'm out and about in town, horrifies me.

How is that a life worth living?

I could stop transitioning and there'd be very little in the way of obvious permanent changes. But that wouldn't be me. I'd still be trans.

This dilemma has caused the resurgence of suicidal ideation that I thought I'd conquered.

Let me be clear: I know I'm not the only one. And I'm sure some trans people will follow through, in desperation. Lives will be lost.

What the SC ruling does is licence state-sponsored segregation. It's the direct equivalent of allowing service providers to put up signs saying "no blacks, no gays, no Irish" – except for trans people (who are supposed to be protected in law). Expecting an already vilified community to cope with that is unjust, cruel, and – not a lawyer but I'm certain of this – entirely counter to the government's commitment to the principles of the ECHR.

I'm caught between a rock and a hard place. Stop transitioning and risk a slide into depression and suicide, or transition and become a third class citizen, put in the box marked "other".

TRANS WOMAN, 50S

"Just last summer I had my gender reassignment surgery. I was so happy that finally I finished my transition and would be able to close this chapter of my life made of sufferance and fight.

I moved to England from another country when I was 20. Now I am 30. I moved here as I was looking for freedom and I did see England as a really open country where everybody is free to be themselves.

What happened yesterday I believe it damaged my mental health.

Just last summer I finished my transition that lasted ten years, and now these people tell me I'm not a woman for the law.

I'm scared to be questioned if I need to go to the hospital, or to be denied access in some places if someone has access to my recognition certificate.

All my documents are changed following the gender reassignment judgment I had in my home country, but I am worried in the hospitals and other places they may be able to see if people have the recognition certificate, in this way finding out they are trans and deny us access.

I am worried to be treated differently.

This is why I am living since 3 years avoiding telling my story to anybody. As I know how much hate and exclusion I have suffered before. I'm petrified that this new law will increase the hate so much, and make people feel allowed to mistreat us or discriminate against us or abuse us.

I feel worried to not be recognised as a woman despite I went through the whole transition. I am worried they are trying to delete completely our whole existence.

I am panicking about the fact that this could be only a little first step. And more terrible things may happen in the future."

TRANS WOMAN, 30

"I am happily married. I have lived & worked as a senior nurse for over 25 years until leaving my work 2 years ago due to increased fear due to general bigotry, even though no colleagues know my history.

After this ruling I am likely to lose my nurse registration as I can't get work as I now have to tell any prospective employer my status. I am worried I will have to divorce again, not get the HRT I need to survive, be attacked by being forced to use male toilets. I am uncertain whether passport, driving licence, pension etc will be affected. I honestly thought we were evolved as a society beyond this. I will never trust any government again."

TRANS SENIOR NURSE, 55, WITH A GRC SINCE 2005

"I have never fit neatly into white Western beauty standards, but this decision has left me feeling more than just visibly out of place—it has left me unsafe.

The practical implications are distressing enough: as someone with Crohn's Disease, the sudden ambiguity over where I can use the restroom is not merely inconvenient—it is dehumanizing. But beyond that, the ruling feels like an open invitation for malice. Already, I've noticed an increase in deliberate misgendering, a small but pointed cruelty meant to remind me that my identity is now up for public debate.

This ruling does not exist in isolation. It feels like the latest in a sustained assault on transgender lives, and I am terrified of what comes next. The weight of this despair has become unbearable at times, dragging me into cycles of suicidal ideation that I am now addressing in therapy. I share this not for sympathy, but because silence is no longer an option.

I hope those with power and influence will consider the human cost of these decisions—not as abstract political consequences, but as lived realities. My reality."

TRANS WOMAN

"Prolonged uncertainty is bad for mental health. The MH of trans people, however confident and self-assured, is always vulnerable, and we are all vigilant or hypervigilant. We also look out for each other, which means anxiety inevitably rubs off.

For those less resilient, this is frequently voiced, and sets a context of anxiety.

Uncertainty where an outcome has deep consequences and likely is short but worse. Example: facing direct aggression when out at night.

The SC ruling in itself is uncertain because it raises more social, practical, political and legal questions. This will take a long time to resolve. Life should go on as normal.

BUT Kishwer Falkner intends to act swiftly and harshly, short cutting the necessary matters above. This makes the uncertainty a direct aggression.

I pass, I live in a kind place (mostly) and am therefore privileged. But I am 68 and hospitals present the worst outcomes. Will my birth certificate, revised, be rejected? What then? My right not to disclose versus some obligation to segregate me?

I will not comply, but I can't afford too many fines. If I can, I feel guilty either for passing privilege or means.

The news media and social media hate wear me down. I am preoccupied and distracted from living, and many around me either don't get it or don't really care - even if I explain how it affects them. I am unbalanced and rocked. This moment takes me back to the time I felt suicidal. I am not that now, but I know people who are.

This is a deep shock moment of profound and misplaced injustice, publicly celebrated to paint me as dangerous, perverted, mentally ill - or all three. This is a deliberate cruelty that eats at me. I have to work hard to stay on top, not to lose any of the authenticity I have gained.

I must not break."

TRANS WOMAN

"I am trans and have been all my life, although correcting this was when I got to my 40's. This was for fear of being ostracised, which is exactly how I feel today since the Supreme Court's decision. We are now going to be targets for wanting to use the toilets. There is no way I will feel safe anymore. This has taken all of our rights away. If I continue to use the ladies toilet and then I get called out for being trans who is going to protect me from hate. If they phone the police what will happen to me. Will I get strip searched by a male policeman? I have breasts and a vagina. Is this now ok to be sexually assaulted because I'm not a woman in the law's eyes?"

TRANS WOMAN

"[T]he recent decision by the supreme court will leave many people devastated, of which I am sure that those silly women celebrating outside of court will have no idea of the damage that they have done.

It has been a difficult week, with the attack of our PRIDE bench in Hitchin. The court verdict has left me wondering if I should keep going out dressed as [me].

I fear that this will open the floodgates. I no longer know my rights. Am I safe? How will businesses react? Will I now be deliberately misgendered when dressed?

I had someone call me Sir yesterday in Greggs."

TRANS WOMAN

"As a trans woman in the process of fleeing the US to come back to my home in the UK, this news has been devastating.

I am already dealing with the stress of leaving a country that is unsafe for me, and the grief of starting my life over and finding community again. But now I am unsure whether I will only be able to leave the house for as long as I can hold my bladder.

If I go swimming, my body is "woman enough" that it would be considered indecent if topless. Yet there are those who would have me change in the men's room. It feels like a double standard. How can it be both ways?

The whole thing feels thought out by people who know nothing of trans people's lives, whose only experience of trans people are fictional stereotypes. No consideration has gone into what this means in practice.

How am I meant to be a part of society if I'm not able to participate in it?"

TRANS WOMAN ALREADY MIGRATING ON ACCOUNT OF TRANSPHOBIA

"Currently been off work with stress since the day of the ruling, don't know when I'll feel well enough to return to work.

Severe strain on my relationship with my partner because I have strongly stated my wish to leave the UK.

Three phone calls to a mental health crisis team in response to media reports.

Not slept properly for a whole week.

From now on, will not contact or speak to police to report any crime, or volunteer to be a witness.

Planning to change my name to protect myself.

Will refuse to take part in jury service, if asked (would probably be excused on mental health grounds, anyway).

Very anxious about the possibility of needing hospital admission in case I end up on a men's ward.

That's it in a nutshell, really."

TRANS WOMAN, PEAK DISTRICT, 51, CONSIDERING EMIGRATION

"Following the ruling and Labour since doubling down in jubilous support, I as a trans woman am now barred from all women's spaces across the UK. This legislation in 1 stroke removes all our rights to the point where this country is no longer safe for us to express our gender identity. Transphobia and anti trans violence and murder, as well as suicide will go through the roof now. But this is what the powers that be want to achieve.

So I'm considering either emigrating or ending my life. I don't want to end my life but if I find myself unable to find a place where I can freely be myself I absolutely don't wish to exist. I'm not going back to repressing who I am, I'd rather die than do that."

TRANS WOMAN, CONSIDERING EMIGRATION

"I am deeply distressed by the ruling, and find it unforgivable that the judges involved refused trans groups a voice. This is not what British justice should be. The judges knew how this ruling would be interpreted and speaking afterwards about how this was not a victory for either side is a cowardly piece of selfish protectionism.

The trans community is under attack in the USA, from the rising European right wing, in Russia. This is a time when Britain should stand by its principles of Diversity, Inclusion and Equality, not undermine the core of our society and victimise a vulnerable community.

Nor is this a victory for women. This opens the door for any woman to be challenged to prove she is a woman. Yet again women and our looks are judged and if not considered feminine enough, found wanting.

There are a multitude of cis women who are horrified and appalled at this judgement. They understand that this undermines all women and hard fought rights. They also understand that this is a deliberate and vicious assault on the trans women community.

This judgement has induced fear, put back decades of progress, undermined women's rights and further alienated a vulnerable minority. Trans women are sick of being scapegoated to excuse patriarchal abuses and to deflect from real problems. All that we want is to live in peace as the women we have always been.

Lastly we need to be mindful that our support from some quarters is fragile. We must be careful not to antagonise or alienate through actions they are divisive or hostile. Above all else we must protect women, all women"

TRANS WOMAN

"I'm a trans woman with a GRC, married to a trans woman who also has a GRC. We have both completed medical transition.

We were both devastated by the Supreme Court decision itself, but even more so by the toxic rhetoric in Parliament and in the media following it, and by the heavy-handed EHRC "interim guidance" which goes way beyond the very limited scope of the Supreme Court judgement itself.

This has manifested itself in a huge increase in anxiety, and the worst insomnia I can recall. It has hit me even harder than the death of my late wife, back in the late 2010s.

I have a successful and long-standing career, which was not adversely impacted by my decision to transition in the early 2010s. I am thankful that my current employer is supportive of me, but fearful of the impact of any subsequent "statutory guidance" from the EHRC in due course, especially if it goes further than the interim guidance.

While my wife and I were looking forward to paying off our mortgage within the next few years, and remaining in our city of residence, where we have family and friends close by, and a great community, we are no longer certain how safe it will be for us to remain in the UK, and are actively investigating emigration options.

This is a seismic shift, which we are still coming to terms with, and we are both experiencing symptoms of bereavement – for the country which we once believed we could be safe to be ourselves in – and for all that we would be leaving behind should we need to leave these shores for our own safety."

TRANS WOMAN WITH TRANS PARTNER, CONSIDERING EMIGRATION

"I'm a transfemme teenager (age 18) and the supreme court ruling was the latest in a series of gut punches that is slowly killing me.

In 2023 the government blocked the Gender Recognition Reform Scotland Act from becoming law and deprived many young trans people the ability to have their gender recognised by law.

Then last year the government began banning trans healthcare which forced me to withdraw from my puberty blockers with no warning.

And now the supreme court of the UK has made a clearly biased and hateful ruling, seemingly with the express purpose of hurting trans people.

This is just another prime example of toxic atmosphere toward trans people in the UK that sent me into a depression spiral in 2022 and caused me to miss a year and a half of school and I don't know how I'm meant to finish my A levels when I keep getting punched in the gut by my own government."

TRANSFEMME, 18

"My first reaction was shock. I couldn't decide if I had woken in Lewis Carroll's world or George Orwell's. The ruling is such a Humpty Dumpty ruling: the five justices (injustices?) have decided to define the word 'woman' to mean exactly what they choose it to mean and expressly not what parliament intended it to mean at the time of the 2010 Act. Like others, including the authors of the Equality Act, I had assumed that the role of the Supreme Court was to interpret the will of parliament, not to change it. And yet the ruling has been welcomed by our present leaders as a 'clarification' when it should have been condemned as judicial overreach.

The simplistic definition of the word 'woman' is an attempt to control the language, to limit critical thought and expression. The state now clearly indulges in Newspeak.

After shock came anger. The ruling is biologically illiterate and such a ruling could only be arrived at through wilful ignorance: the wilful ignorance of a court which refused to hear the arguments of transgender people in a case so consequential for our daily existence. The ruling itself is framed in the hateful, so-called 'gender critical', language of those who brought the case. It reads like judicial violence against transgender people.

After anger came fear. The EHRC's extreme interpretation of the ruling and the similar response of other public bodies like the British Transport Police is likely to be 'catastrophic' for the physical safety of transgender people. Stir in the recklessly hateful coverage by our delightful 'free press' and we have a recipe for rising hate crime.

And here come the panic attacks. I was kinda expecting those. Fortunately it's Easter, so some therapeutic bread-making, gardening, and hillwalking may help to take the edge off the sense of existential threat.

I'm a little encouraged by the numbers who came out to protest - we need to keep doing this. And there are articulate advocates like Ellie Gomersall who make one smile. And a few good men and women in parliament seem to be 'plotting' on our behalf.

After the fear came gallows humour. My wife is very surprised to discover she's not a lesbian any more and wonders if we could have had the full Church wedding after all. And will they still speak to her down at Screwfix?"

TRANS WOMAN WITH CIS WIFE

"I am considering my options if trans women are told not to use women's bathrooms in pubs and service stations:

I could start acquiring a male-ish wardrobe and a binder so I can go back to being closeted when travelling so as to use men's loos at service stations. (This is about the most distressing option I can imagine, and perhaps I wouldn't be able to in practice, but I'm trying to think through everything.)

I could also start using accessible loos which aren't gendered, but that does feel like I'm pushing some impact onto disabled people. And of course accessible loos are few in number and often locked because ableism too.

I could ring up venues where I'm visiting or working (as a musician) in advance, ask their policies around trans inclusion, and if they have gender neutral loos. If some are not trans inclusive, that might mean I can't do as many gigs (unless I bind and re-closet myself). I'm already financially precarious.

I don't go to swimming pools or gyms anyway. Before my surgery and more or less "passing," that was too scary. The ongoing "discourse" around sports and swimming has maintained that fear. Wild swimming and cycling for me. Sometimes wild swimming there can be stalkers, creeps, and cops to navigate, so I go with other women for safety in numbers.

More generally:

I've already experienced being put on a men's ward in a hospital, I think, 16 months ago. It might have been a mixed ward with mostly men on it. I was in a private room off the main ward, which was a relief. I could probably survive being put on a men's ward in future, though it would be a stressful experience when I assume I'd be trying to heal.

I'm pretty worried about Wes Streeting coming for our HRT on the back of all this. I can't afford to go private, and my body can't produce its own hormones any more. Without HRT I would get very fatigued, depressed and be made close to non-functional with brain fog. I've experienced this when changes in HRT delivery have resulted in a collapse. It badly exacerbates my fatigue, ADD, and depression, which are all well managed normally. I would probably end up being signed off work and needing to apply for PIP.

The other day, I asked my youngest (20), who identifies as non-binary, how they navigate toilet stuff in pubs and clubs. They said at one pub where they're friends with the manager, they use the staff toilet. Otherwise they use the female loo, based on context (they are very femme, much of the time), if the place is quiet. If the place is busy, they try not to need to loo. My heart broke, honestly."

TRANS WOMAN

"I'm a non-passing trans woman and am terrified of what will happen next time I use a public toilet. I have been accosted already because of 'gender critical' talking points, and am scared that this judgement will embolden people into violent action."

TRANS WOMAN

"As a trans woman, I'm terrified for what this means. I struggled to get out of bed the day after to go to my volunteer role, trying to keep it together in front of everyone. This sets a very dangerous precedent for the future. What about my passport's F marker? All my other legal documents? My hormones? We're not hurting anyone, we're just existing, how is that too much for these people? I'm scared for my future, my right to just exist, to lose everything I've worked so hard to achieve. My happiness is not a threat to cis women."

TRANS WOMAN

"I worked in the NHS for 14 years then was made redundant due to a management restructure which somehow included my role.

I have since worked for companies supplying medical equipment to the NHS and am currently a project manager designing and managing installs of vital patient equipment.

In this role I have to visit multiple sites per week all over the country.

Even the supreme court says protections are still in place for trans women (that's what I know about) the EHRC driven by baroness falkner is already drawing up plans to exclude trans women from all "biological" women's spaces.

As a service user that would exclude me from women's wards.

I've got no issues having an NHS ensuite room that is available for all women including me but could not possibly be placed on a male ward. I look fully female and unless we get down to internal examinations then nobody would know my trans status.

To be outed as trans on a ward would very much be against my right to privacy, GP against the gender recognition act and most definitely put me in danger.

Now on to my job. I have to get changed to go in to theatres.

I always ask where the changing rooms are and am always directed to the female area.

To have to get naked in front of men would put me in danger and be a huge indignity.

I could never go back to living as a man.

The protected characteristic of gender reassignment is no longer valid. We are now routinely referred to as men in frocks.

I am now fearful when the EHRC start pursuing the NHS to exclude trans women from safe spaces I will lose my job and all that goes with that."

TRANS WOMAN WHO WORKS WITH THE NHS

Trans men and transmasculine people

“Firstly, how does this ruling coincide with the GRA, especially as the GRA states that someone with a GRC has the same rights of a person of the acquired gender. Therefore as I married as a man, does this mean my marriage is now null and void? What about those with children who have gone down as father? Are their children’s birth certificates void? What about access to fertility treatment? Is that now void?

If trans folk are excluded from single sex services, does this then contradict the equality act, as this would lead to trans people being outed when having to use services of their sex assigned at birth? So how are they going to preserve the equality act regarding gender reassignment?

The use of single sex spaces in public/work/etc, such as toilets and changing rooms, how does this function? Surely if you pass enough, you can continue to use your acquired gender spaces, would this be illegal? Again would you have to out yourself publicly by using the space of your assigned sex at birth? What about if you’ve had surgery? Are there going to be urinals in women’s bathrooms for trans men and more stalls in men’s bathrooms for trans women?

I’m still somewhat confused about where intersex falls into all of this, as they seem to be eradicated in the ruling. If a parent chooses the sex of an intersex individual and that choice was wrong, is that individual then trans when they change?

What about hospital wards, do I refuse treatment at the risk of my own health so I don’t have to share a ward with women? What about the impact on cis women seeing trans men in their spaces potentially causing triggering issues to seeing a man in their space?

What about safety? If a bearded/muscular trans man walks into a women only space, will he be attacked for being in women’s spaces despite his assigned sex at birth? Does it stop cis men from doing this and claiming to be trans? What about cis women who present more masculine, are they going to be attacked? And of course what about trans women and their right to safety and dignity?

Are the government going to provide trans only spaces/services for day to day needs? Who's going to fund this?

I suppose I don't have comments but more questions. The fear, confusion and questions are quite hefty, especially as I work for a government organisation, what is the impact on my work place and what facilities I can use? What's the impact on my right to privacy and dignity? I think like most trans folk, this is a scary and worrying time, with no clear direction, which only fosters more fear that there is persecution of the gender diverse community."

TRANS MAN

"I am concerned about the future. I am concerned about the effect it will have on the legality of a GRC, what that means for legal documents such as marriage certificates, passports, etc. I am concerned that this ruling will make it easier for anti-trans groups to discriminate and attack our rights to exist and even medically transition. This ruling has some real term effects and I am terrified for the future of myself and fellow trans people who are just trying to navigate the world as the people we are."

TRANS MAN

"I'm a trans man living in Scotland who has been greatly affected by the Supreme Court Ruling made on Wednesday 16th April. The ruling is a leap backwards for human rights and upholds archaic patriarchal models on the basis of demanding women be a "weaker" class.

On a personal level, I'm scared of an increased amount of hatred. I already get harassed in the men's bathroom (a fact that surprised me because you don't really expect that from the men's bathroom in the same way as the women's) and believe this ruling will encourage more hatred as unaccepting cis men love to terrorise those they see as lesser, and as a trans man I am certainly someone who falls into that category. As well as this, people who are exploring the fact they think they're trans often come to me to talk through their feelings. After the ruling, I was talking with someone who knows they are trans but is far too terrified to come out for their own safety after transphobia becoming so common place and more or less enshrined in law after the April 16th ruling."

TRANS MAN IN SCOTLAND

"I am non-binary trans masculine, and I am not recognised by law. When I heard about the recent UK Supreme Court ruling, I was so distressed that I was very seriously considering performing my own self-mastectomy. I am terrified for myself and for my community about the implications of this archaic legislation, and what it means for LGBTQ+ rights and feminism in this country. Transphobia hurts us all and is deeply misogynistic, sexist, racist and queerphobic by nature. I fear that we are following a similar trajectory to the US and not so slowly descending into fascist territory. I feel that those in power are trying to make it impossible to be trans, whether through inaccessible healthcare, removal of protections or through the active hindering of our ability to safely exist in public spaces. They are essentially attempting to push us into our graves. We can't let this happen."

NON-BINARY TRANS MASCULINE PERSON

"As a transgender man, I don't believe it makes anybody safer. If anything, it makes things more dangerous. If a trans man with a full beard comes into the ladies room, does that make you feel safe? I mean, he was BORN female, after all, that's all that matters, right? Trans men have effectively been banned from all single sex spaces. Where the hell are we supposed to pee?"

TRANSGENDER MAN

"I think the initial impact was shock, mostly. Admittedly, the UK (as an institution) has not been the most hospitable for transgender people for a long time, but I never really believed it would get to this point, where transgender people are being limited in terms of what we can do with our lives. In my daily life, the acceptance and frankly non-interest (as it should be) in my trans identity by those around me is almost complete. It's nobody's business really, and I've been really lucky to find myself surrounded by people who do mind their business on this. Then, for one of the most important courts in the country to essentially say that was all null and void and wrong anyway was a blow.

The ruling has created a hostile environment for us, who make up such a minor fraction of the UK population, that I just really am afraid how it'll get worse. Feels like the first step over the threshold has been taken. The ruling stings...

I'm young and like most young people, I had no idea what was going to happen in my future – let alone now, where it feels like any of it could be stripped away if someone lobbies a judge enough. I don't feel like I can trust the people we elected to look after us. I don't feel like they want to. At the base of it, I'm afraid, and more than an average guy in his 20s should be."

TRANSMAN, 20S

"I am a young trans guy living in Scotland, a place I find that is usually pretty safe and accepting of my identity. However, watching the backtracking of the Gender Recognition Reform, the ongoing NHS Fife case and now this Supreme Court decision, I continue to grow more and more concerned over the direction Trans Rights are going in. I was hopeful that the Supreme Court was going to come to an understanding outcome but was heavily disappointed to learn of the final decision that was made. It has been depressing to once again be reminded how easily trans people's identities can be invalidated and fear what this means for future discussions on Trans Issues. It's upsetting to watch people who don't even take the time to understand trans people almost constantly debate my identity and imply that my community is somehow a threat to society and/or women's rights. All we as trans people want to do is to live comfortably within our bodies and without fear of someone taking issue with our identity. I'm trying to stay positive but this has made me increasingly anxious over what other rights or protections might we lose next. I hope the rest of my community is staying strong, we will get through this, and I am keeping an eye out on opportunities to campaign for more support for trans people. Trans Rights will always be Human Rights."

TRANSMAN LIVING IN SCOTLAND

"As a trans masc person who is still waiting to medically transition, I don't pass particularly well, so I often still use women's facilities if no neutral toilet is available, because I feel more uncomfortable in the men's. However, in the wake of the Supreme Court's ruling, I'm scared that even if I try to 'follow' it, people will give me weird looks, or it may result in me being the victim of a hate crime. In short, in many situations, I may be left with nowhere to go, even just to use the toilet. I hate how I have to 'prove' my masculinity just to be worthy of protection, and even then, I know things wouldn't end well. For now, these are still largely hypothetical, as I do have a lot of privilege. But this ruling has directly made me and my friends, especially my transfem friends, more unsafe, for no reason than to appease misogyny. You're not protecting people, you're just seeking to control people's lives, to 'prevent' scenarios that never happen. The problem is not with me, or my friends, we're just university students who want to study, work and be ourselves. The problem is with the cis men who feel empowered to abuse people, and their violence should not be a justification for inflicting violence yourselves onto another group. You're better off looking at them, rather than removing people's human rights and dignity. This is no victory, this is an entirely preventable, and incredibly grim reality, that me and those I care about now have to navigate, just to take part in public life. However, we will do that, because we know our rights and what we deserve, and even if the system won't support us, we will never be erased, and we will be there for each other. We are more than your targets, and we are more than your hate ever could be."

TRANSMASC PERSON

"People assume trans folk live in a vacuum, that these hurtful and dangerous acts go from source to individual. I am a parent to teens and a younger child, I spent yesterday navigating questions about what they had read on social media. These angry and damaged groups that target trans people just living their lives make my children confused and fearful – that is something I cannot forgive. Their lies and violence seep into my home and make even that one sacred space feel unsafe."

TRANS MAN, FATHER OF TWO

"I feel deeply unsafe in public after this judgement, even more than before. I see people celebrating the removal of hard-fought-for recognitions for trans people and I feel sick. I don't know where I can go and what activities I will be able to take part in anymore. I know this ruling was aimed at trans women and I don't want to take away from the pain they are going through, but I feel the impacts of this on trans men are being overlooked. That is to say nothing of the continued erasure of non-binary and intersex people. Sex (and gender) are not binary; this is scientific fact and the words of the Supreme Court go against how the world really works.

They say this isn't about 'one side winning' over the other, but in the wake of the media and policy (e.g. British Transport Police body search changes) storm this has caused, it should have been obvious that this was always going to be the outcome. How can it not be a massive loss for us, when we have been stripped of the very recognition a GRC was meant to provide? The fact not a single trans voice was heard through this entire process is indicative of how we are seen as lesser.

I don't think I can use public bathrooms or changing rooms anymore. If they are supposedly sex-based spaces then I can't go in the men's. I have facial hair, an Adam's apple and a masculine presentation, so I'd get kicked out of the women's too. What's left for

us? Getting dignified healthcare is already a hassle, and now I could be booted out of spaces when I need to get cervical smears (because of my appearance), or when I'm seeking specific care and testing as a man who has sex with men.

As someone who has been living as a man for years, and as a survivor of abuse, according to this ruling I could enter into a female-only abuse survivors' space. If the aim of such spaces is to prevent additional trauma to victimised women, what is my presence going to do? Is there even a space left for us? Would I be forced to go to a mixed-gender survivors' space, even though I've also been abused by a (cis) man - For what it's worth, the abuse was from a man (an extreme-right misogynist) thinking he could 'fix' the 'problem' of my trans-ness and turn me into some kind of model tradwife. Take from that what you will. This is to say nothing of the fact that there's no equivalent solution or space for women abused by other women, yet I fear that's an argument for another day.

People like FWS would falsely include me in their definition of 'womanhood', the people they claim to protect. I've never in my life been attacked by or made to feel uncomfortable by a trans woman. Yet I have been berated, harassed and sexually abused by transphobes, and I wake up every day feeling like their target.

Cis women will lose out on integrity and privacy when they are subject to 'inspection' (physical or legal) to prove if they are 'woman enough' to join a sports club, use the bathroom or go on a hospital ward. This will disproportionately impact women of colour and anyone else who doesn't neatly fit into racialised Western standards of femininity. As someone who believes in real gender equality (and not just picking and choosing which women are 'good enough' to receive that), I don't have to identify as female to be horrified at what cis women will now be subjected to in the name of 'protecting' them."

TRANS MAN

"When I was 15, 4 years before I learned transgender men existed (section 28), I was confronted in a women's bathroom by an adult because I had short hair. I was dressed in girl's clothes. I was washing my hands and minding my own business. I was a child. Gender criticals are perverts obsessed with Transgender people's genitals. My experience confirms this. I would like them to be put on a list, banned from public toilets, and ordered to stay away from LGBT youth.

I am considering leaving the country. This ruling means I no longer have equal access to NHS services. I will experience delays because there will be less beds available for people like me if there are no wards I can use because I am a transgender man. This is incredibly serious and can only have negative outcomes. I do not want segregation. I will not accept rainbow segregated hospital wards because some bigoted people don't want to see that other people exist too. All the people advocating for third spaces are bigots or naive. Third spaces are segregated spaces.

It will be harder to get a job or participate in society because the government has just made discrimination against transgender people the default. They won't even need to justify it, even if it's completely unjust and I present no credible threat to anyone. Transgender legal protections are now so flimsy. People are going to get a green light to attack us. Because parliament is continuing to attack us, despite delivering one of the cruelest blows that have set our rights back to 2003. They are now attacking transgender youth again, autism diagnosis' are just going to be the next excuse to deny us health care. I am an autistic transgender adult. I was also an autistic transgender child. Autistic people are transgender too."

TRANS MAN CONSIDERING EMIGRATION

"I have been suffering much more severe anxiety than recently this week. My mental health is immediately suffering, thinking both about how this may potentially affect me as a trans man, but also trans-women everywhere, and non-binary people. So far the ruling says nothing about men, so we might not be as targeted. We are somehow not a threat. I'm assuming because only men are threats and we don't seem like men to them... But Cis men attacking and hurting women is not going to be stopped by humiliating and abusing trans women. As someone who had to live the first 20 years of life as a woman I have, (as almost everyone who has lived as a woman for any time) been hurt by cis men. There have always been people who were happy to take away your autonomy, because it interfered with what they wanted. This will not stop. It will simply be someone else's fault to blame next, when the targeting of trans women doesn't miraculously cure the problem.

I have been out twice in the last few days after the ruling. to pubs I go to regularly. where I know the staff and that I am safe there. I still couldn't use either bathroom. You never know who might take offense either way when you don't pass. and now, if someone decides i'm a trans woman and shouldnt be in the womens because i look too manly i could be targeted. I have never been manly enough to pass, and using the mens is always a risk anyway, but now I could be attacked either way. It only takes one person in a room full of 40 and the damage is done. This isn't just a problem for us, as trans/enbys, cis butch women will be hurt. They already are targeted for being mistaken for one of us.

The focus on protecting women is misogynistic from the start. Women have been protecting themselves for years. No one in power listens or cares when they are assaulted or murdered. They know who the people that are dangerous to them are. They've learned to assess that from a very young age, been warned about it by friends and family, exactly the same as I was. Exactly the same as trans people do now. The same way Gay and lesbian people did for years, and still sometimes

need to even today. Women have been responsible for their own safety and blamed for 'their failure' whenever a cis man has been a perpetrator. This is not about protecting women. Otherwise I would still get harrassed by cis men who think I am a woman.

Before coming out i was consistently suicidal. Transitioning has saved my life. Even self harming is rare nowadays. Transitioning is healthcare. It's more mental health care than I ever received when it was desperately needed.

This week has been rough with that. Keeping safe has been very hard."

TRANS MAN WHO TRANSITIONED AT 20

"I'm a forty-five year old trans man who has been living as a man for more than half my life. I have watched in despair as the rhetoric against trans people has been whipped up from bad to worse over the past 9 years or so. The current media and political environment, both here in the UK and in the USA, has already taken its toll on my mental health. Then came the Supreme Court ruling of the 16th of April.

This ruling will inevitably have far-reaching and damaging implications for all trans, non-binary, intersex and gender non-conforming people in the UK. I haven't slept properly for a week now. The other night I had a nightmare, but when I awoke the reality was worse.

The stress levels that my community are dealing with at the moment are huge and constant, this is having a terrible effect upon our mental and physical health.

I used to be out and proud in the workplace. This no longer feels safe.

I hate myself for being stealth in the job I have had since 2022, but honestly I just don't think I have the "spoons" to deal with the backlash of being open about my gender identity with colleagues – some of whom have said to my face that they hate trans people.

This will only get worse now. The Supreme Court ruling will surely embolden the bigots.

It is hard not to just give up on life altogether, especially knowing that the government doesn't care for us at all.

Our voices are not welcome, are not heard and are not invited to the table when our lives are up for debate.

I feel that transgender people are suffering an existential crisis.

They will not stop at misgendering us, removing healthcare for trans children and underfunding all adult healthcare.

My very real fear is soon the government will rule that adults can no longer receive NHS healthcare for transition needs at all, and that indeed they will force us to de-transition.

There will be an epidemic of suicide amongst the trans community if this should be allowed to happen.

It is difficult to find a ray of hope in these dark times. I can see our hard – fought – for rights slipping away, no, being stolen from us.

I am scared that we in the UK will soon be subjected to what is now happening in the USA. And I am scared that we may end up in death camps.

If I had said this even one year ago people would have called me a fantasist, but now it seems a very real possibility.

Our lives are rapidly becoming a nightmarish dystopia.

We trans people are amazing and resilient, we've been through hell before, and always stood side by side, fighting tooth and nail for our rights and the rights of others.

I hope with all my heart that our allies remember us now in our time of greatest need."

TRANS MAN, 45, TRANSITIONED OVER 20 YEARS AGO

"I must admit, seeing the results was disappointing. I somehow hoped that the UK judges and those feminism-appropriating reactionary transphobes would be less malicious and shortsighted than the ones in the US, Hungary, and Russia.

There are fewer trans women than the cis women who are tall, athletic, disabled, non-white, or gender non-conforming, and, by virtue of the numerical advantage, they are more likely to face transphobia and gender policing in casual settings, as Imane Khelif has proven. For trans women and other trans persons, unfortunately, the ruling is a gesture of exclusion, of showing that those transphobes think that we are less and worth less than the cisgender persons, and will affect access to crisis support and healthcare for our community. This ruling should also alarm the cisgender LGB people, as they are typically the next target of the far-right, who usually use "protecting children" or "traditional values" as a shield. One just needs to look to Hungary and Russia to see it.

This ruling has shown the ignorance of the judges who attempted to erase the non-binary identities and the lived experiences of the intersex (trans or cis) persons. Granted, nothing else could be expected with only transphobes being present (and Amnesty International).

I have seen the cowardly and malicious far-right and politicians using the LGBTQ+ community as scapegoats, and the last 3 UK governments demonstrated that they are the same, along with cutting the support for the disabled people in the UK and dropping the environmental protections.

We must stand against it now and we must stand together."

TRANS MAN, IMMIGRANT AND WEIGHTLIFTER

"Safe to say I am extremely worried, I am scared about what this means for my trans sisters and for any cisgendered women who will be targeted due to this supreme court ruling

What will come next? How far is the government planning on taking this? Will they further restrict our rights to simply exist in this world? it worries me to no end and the amount of hate and discrimination that has come up in the past couple of years is extremely concerning for our safety both physically and mentally

It feels like dark times are very much upon us now."

TRANS MAN, 24

"Nothing concrete has happened yet but everyone I know has been thrown into a state of panic and fear. My phone has been going off non-stop as everyone around me scrabbles to see exactly how this ruling will affect them (currently and in the future) and the consensus is very bleak.

Everyone is scared thinking about what precedent this is setting. Many including myself have started to stockpile HRT, and I personally have been reconsidering my transition not under the lens of what I want most but what will make me feel safest if this attack on trans people continues. There is this thick bleakness that I haven't seen in my community since I started my transition. This feeling that there is no way of stopping this wave of bigotry that (feels like it) will inevitably snowball- that has me checking in on my friends more frequently and fearing the worse might happen.

My mother cried on my bed when it was announced, because she was so scared that this could be the end of me. I've never seen her cry before."

TRANSMASC PERSON, STOCKPILING HRT

"I'm a trans man who lives a relatively ordinary life. I'm 31 and I rent a house in the Midlands. I work as a teacher in a secondary school and I have trans friends and colleagues.

The recent ruling claims to only define the terms men and women in the equality act, but it has been confusing and impossible to understand.

Trans experiences weren't taken into account, I'm scared. I like my ordinary life.

I've had top surgery, I have facial hair, my voice is deeper. I tend to pass well apart from my height. I've been using the men's toilets for years now. I've been doing nothing wrong.

I am a safe person for the students at my school who are lgbtq+. I feel that on return after Easter I will be asked my feelings and thoughts.

Will I be pulled into a meeting with HR and asked to use the staff accessible toilet only, which is in another building with frequent footfall and not particularly private?

Will I be unable to get my NHS number transferred or a GRC as I was in the process of both?

Will this ruling stop me from being able to do my job, for attending school trips to which staff need to be able to enter toilets or changing rooms in emergencies?

On Good Friday the unisex toilets at Victoria coach station were shut and I felt as though it was linked. It likely wasn't, but I felt panic and ringing in my ears. I used the male ones as I would normally but I began shaking and felt that everyone "knew".

I felt that I was wrong, and a problem, and that society wants to hurt me. I've not felt that in a very long time.

The ruling, despite clarifying wording in one law, appears to be actively changing policy elsewhere such as the police and the NHS.

As a minority I am wary of the police anyway, but this does feel degrading. The same with the NHS. I've put up with years of waiting lists, misgendering including from the gender services themselves, and ignorance. But this is harmful.

The ruling specifically stated that defining gender was not the point, but here we are.

I just want to live as I feel. The treatment for being trans is transitioning and being recognised in that way. Ignorant people saying to seek help for mental illness, well that's technically what I did.

For the first time in years I've cried, I've had suicidal ideation, I've felt terrified to leave the house. The gender critical voices are happy about this, celebrating our suffering.

They have made it so that trans women who they deem "men in dresses" are now at so much risk, while now making it so that any man could use women only spaces by declaring they are a trans man.

I am not harmful, I just exist, we always will exist. I don't want to feel afraid every day.

There is no way to legally check who uses what toilet. This will harm everyone. If you look too male or too female which toilet will you be able to use?

I feel so afraid for my future in society. I currently have no ID and I feel trapped. Will I still be able to exist? Will I have to hide?"

TRANS MAN IN THE MIDLANDS, 31

"I'm a trans man who moved here from America as a teen. One of the things I would often say is how much better England was than America... which is still true but only cause America is collapsing.

I would like to say that this is not about protecting women. This isn't even about defining what a woman is. If it was they wouldn't have added an addendum excluding trans men from women spaces after defining us as women.

This is entirely about policing gender. I know from my former home country what happens with legislation like this. multiple cis women were attacked and arrested due to trans panic.

There is plenty of legislation that could be changed to protect women. like better protections for victims of domestic violence, more funding into sexual assault support centers, or funding research into womens healthcare.

But I digress, what the government has done is turn me into a walking crime. A perfect example of this was when I went to get a smear test after the ruling. I, a large bearded man, walked into the clinic and waited. technically by waiting for my treatment I broke the law... and yet if i was denied service that would also be illegal.

this legislation puts me at risk and thus is antithetical to the legislation for lgbtqia+ people."

TRANS MAN FROM THE USA

"When I was 15, 4 years before I learned transgender men existed (section 28), I was confronted in a women's bathroom by an adult because I had short hair. I was dressed in girl's clothes. I was washing my hands and minding my own business. I was a child. Gender criticals are perverts obsessed with Transgender people's genitals. My experience confirms this. I would like them to be put on a list, banned from public toilets, and ordered to stay away from LGBT youth.

I am considering leaving the country. This ruling means I no longer have equal access to NHS services. I will experience delays because there will be less beds available for people like me if there are no wards I can use because I am a transgender man. This is incredibly serious and can only have negative outcomes. I do not want segregation. I will not accept rainbow segregated hospital wards because some bigoted people don't want to see that other people exist too. All the people advocating for third spaces are bigots or naive. Third spaces are segregated spaces.

It will be harder to get a job or participate in society because the government has just made discrimination against transgender people the default. They won't even need to justify it, even if it's completely unjust and I present no credible threat to anyone. Transgender legal protections are now so flimsy. People are going to get a green light to attack us. Because parliament is continuing to attack us, despite delivering one of the cruelest blows that have set our rights back to 2003. They are now attacking transgender youth again, autism diagnosis' are just going to be the next excuse to deny us health care. I am an autistic transgender adult. I was also an autistic transgender child. Autistic people are transgender too."

TRANS MAN CONSIDERING EMIGRATION

Nonbinary people and other trans+ people

“For having short hair, I have been glared at in public bathrooms before this ruling. I have no doubt that this ruling, and actions like it embolden these people to do much worse than glaring.

I am worried about getting any kind of test of my hormone levels or chromosomes because it could find that I am intersex, and then I would not be protected from sex-based discrimination. All because many laws and the Supreme Court refuse to acknowledge the existence of intersex and non-binary people (or anything outside of the binary sexes and genders).

I have had to make 8 years' worth of doctor's appointments for a gynaecological problem. Only after 8 years was I finally referred to a gynaecologist. I experience 8 out of 10 pain on a regular basis, and this was not enough for any doctor I saw at my GP surgery to take it seriously for 8 years. I am still waiting for surgery that was arranged by the gynaecologist. This ruling does not help me whatsoever. It does not help women or female people escape the daily persecution and disrespect shown by people and institutions.

I avoid going to the doctor like the plague, including for symptoms of cancer, because I have not been listened to countless times. I do not rely on them for anything, if I can help it. This supreme court ruling does nothing to help me, and only makes it less clear what my rights are when I am discriminated against.

I cannot freely live as my truthful authentic self because the Supreme Court, EHRC, and government (including the previous government) refuse to protect my rights as a human being who does not fit the binary genders or sexes. In spite of overwhelming evidence, they insist that gender and sex are the same, or that gender does not exist. They encourage people to lie about their sex and gender, but claim that people who are openly transgender are the liars. They encourage intersex people to lie in order to fit into the binary sexes and to keep their human rights. And they encourage transgender and non-binary people to lie about their gender in order to keep their human rights.

I am worried that I will be effectively forced to present myself more femininely in order to avoid legal discrimination. Some forms of discrimination are now legal.”

NONBINARY RESPONDENT

“The SC ruling filled me with such a physical weight. Reading the news at lunch time on a working from home day a lot of fear, sadness, pain and anger that arose in me.

The impact has been deeply physical and emotional. I feel exposed and shaken up and vulnerable. The more ‘queer’ I present, the more I embrace short hair and ‘unfeminine’ clothes and no makeup the more I am anxious about using gendered spaces like bathrooms, gym changing rooms, and a whole host of other spaces where I am having to fit into a binaried myth of gender expression. I present like this because it feels more like me and it makes me a beacon for other queer folks because I want to live and work and love queer folks. I am currently un-partnered and I want to nurture sweet partnership which means being myself, after years of fearfully masking as cis passing. My deeply natural queer self needs and wants to be its emerging self. This ruling brings fear and division. It punishes the wrong people. It does not see the systems from which this marginalisation is born.

I am also perimenopausal and know that I have a long road ahead of facing this as a gender nonconforming person navigating the experience myself in its challenging and often dysphoric way, and in the health care system. I feel supported by my family and my community, which is a good thing, but this ruling is currently adding a lot of heaviness and concern. It is Friday afternoon and I have things to do for work but I am writing this email to you because I just can’t quite work out how I’m supposed to move forward quite yet. Being out in my work means facing the possibility of people feeling justified in challenging me. It is also a very real concern that I will lose work because of this. I am already living in a financially unstable space because of the disability/neurodivergent/queer emergence – meaning that over the last 2 years I have

had to stop overworking and pushing really hard to survive because my body and brain couldn’t take it anymore. I have burned out and all I want to do is bring my skills and care and energy to the world in creative and supportive and good ways and this bio-essentialist hate is.... exhausting.

I also fear that this pushing apart of people by their gender, this infighting among cis-women and the trans and GNC community, just allows the colonial, male, white, patriarchal powers to keep raging. It is a smoke screen. I also fear that I now have to stay fixed. To contract. No movement. Double down. Make it rigid. I don’t want to be rigid. I am not rigid. I am fluid and becoming, always. This violence makes angles in all of us.

I am afraid that the more this fascistic, oppressive cruelty prevails, the more we all, all humans, contract and enact violence and division. This ruling serves no one. No one is safer.”

NONBINARY PERSON, 40

"We had to move cities a year ago for the safety of our family.

My teenage trans daughter sustained severe bullying in school, which turned into physical assault by a group of youths. They were expelled from school and charged by the police.

This did not stop a sustained attack on our home, with many bricks, repeatedly thrown through the windows at night, by the same children.

I am non-binary, but present as female.

My daughter is trans, and in the early stages of transition. Due to the cruel laws of this country, we did not manage to get her medication in time to prevent her height or voice breaking. This leaves me and her father in a permanent state of worry for the safety of our child in the UK.

This current ruling by the supreme court has had a grave effect on both my daughter and myself. I woke up the day after the ruling and it felt like the straw that broke the camel's back.

I had a full on panic attack with tears and uncontrollable screaming (that I had to muffle with bedding.) I am no stranger to panic, but I am no screamer. This is something I've never experienced before. It felt like all the worry and stress involving the police and my daughter's attack, the fighting for justice (that we never got), was all for nothing.

My days are spent doing controlled breathing and keeping busy. When I stop, the horror about my daughter's future sinks in.

My daughter rarely goes out because of her anxiety from her life in our old city. We are all still scared that they'll find us again.

She won't use a public toilet unless completely necessary, like when she is at a hospital appointment. Even then, I need to accompany her at 17 years of age.

There is no way I'd let her use the men's. She is very obviously vulnerable and men are predators. I have to be her body guard to allow her to achieve the most basic of

bodily functions. How is this right or fair?

Now, because of this ruling, she will not be leaving our house due to fear.

What kind of a life is that for anyone?

What impact is that going to have?

No education.

Impact on both physical and mental health.

No chance of employment, rendering her dependent on the state for survival.

Not one trans individual was included in this case, but plenty of organisations intent on our eradication were. Where is the justice in that?

Once again the UK law makers are talking about us, but not to us."

NONBINARY PARENT OF A TRANS DAUGHTER

"I am ashamed and appalled at the state of the world and this country especially. How people can be fuelled by so much hate I will never understand. This decision impacts everyone. Not just our trans sisters, brothers and everyone outside and in between, but cis people as well. It opens up various opportunities for hate and violence by further dividing people, when in reality we should be fighting for everyone's happiness and safety. This decision impacts my friends, who are just trying to live their lives as themselves. This decision impacts my family, who are having to fight for all of our basic human rights. This decision impacts me as a non binary person, as I am reluctant to start my transition properly due to rising healthcare costs, long waiting lists and anxiety about being hate crimed or assaulted. This decision impacts our understanding of humans as a species, our understanding of how we socialise, of human health, of how we build communities. I feel it is a direct attempt to erase our progress and break our spirits, but we will not give up. Why must we be divided? Why can people not understand that we're all human, and what people do with their bodies doesn't affect them in any way? Why is it so hard for us to accept people? If something makes someone more comfortable and feel at home in their own skin then why shouldn't it be encouraged? We are not hurting anyone by existing. We have always existed and always will. We have a right to be angry."

NONBINARY RESPONDENT

"The ruling has had quite a big impact on me and my community already. I am in a process of coming out as genderqueer as well as still questioning my gender identity. I feel scared and more likely to stay in the closet and continue to use she/her pronouns in certain settings, as I'm worried about losing access to certain privileges and services. I am worried about street violence, I feel more afraid about myself or people I am friends with being physically assaulted or harassed in the street, this is stopping me from attending mass demonstrations and protests in the city on my own. I feel less confident

to travel to the city on my own, as I live rurally. I feel worried about their being more "casual" transphobia in the small town I live in, I am already witnessing this in local women's groups that I am a part of online. I am worried that if I am sexually assaulted, as I have been in the past, that I would not be able to access women only support services, if I start using only they/them pronouns or if I tell them that I am gender queer. I am worried that UK Policy is following that of the USA Trump Administration and that is utterly terrifying. I'm worried that people I know will not be able to access the gender affirming care that they need, like hormones and steroids. I'm worried that Trans men will not be able to access health services, like abortion care or sexual health services. I'm worried that cis womens Abortion rights will be taken away. Im worried that Trans* people will not be able to use their preferred pronouns on documents, that they will be outed in workplace/ education settings and at risk of losing their jobs like what we are seeing in the US, or even worse that they will be arrested for using bathrooms or murdered in a hate crime. I am worried that there will be even less resources put into education in workplaces/ schools/ public services about Trans and non-binary folk and issues that affect them, meaning our lives will be negatively impacted: More bullying, worse mental and physical health, increased poverty, worse access to employment, higher rates of domestic and street violence. I'm worried that harmful and unethical practices like conversion therapy will increase in the UK."

GENDERQUEER PERSON

"I am a trans nonbinary person who is also undergoing medical transition. One unique consideration for nonbinary people is that we do not have the legal ability to get our gender recognised through a GRC. My passports, ID, birth certificate – none of those are able to explain my gender or how I look, even if I go into the space designated for my sex at birth. Before this ruling I already felt a bit anxious going into binary spaces as I know I don't look cis. Finding out a place has gender neutral toilets or changing rooms is always a huge sigh of relief for me. After this ruling and all the baggage that has come with the "trans debate", I feel that even if I use spaces aligned with my sex at birth, I risk being met with hostility and accusation. This hate is being normalised now. It deeply saddens me as I was hoping we, as a society, were moving into a time where seeing someone gender diverse in a bathroom would be understandable rather than a person with criminal intentions. If I wanted to commit a crime, I wouldn't need a transition to do it. As it stands, I want nothing more than to be ignored and left alone. I don't want this anxiety when going into toilets – I don't want to talk to people, look at people. I pick whichever toilets or changing rooms I will receive the least trouble or humiliation. In the future, we will consider this time to be a period of prejudice and discrimination. I just hope I will live long enough to enjoy even a few years in a society that respects me."

NONBINARY RESPONDENT ALSO UNDERGOING MEDICAL TRANSITION

"I have been very concerned and anxious since the UK supreme court judgement on Wednesday morning. The ruling that "sex is binary" and that all UK citizens must be either a man or a woman as determined by their birth certificate is scientifically inaccurate and feels as though it is dictating our identities. Sex is not binary, intersex people exist and can not be legislated out of existence. I am a UK citizen, I am not a man or a woman. I was assigned a gender when I was born, that assignment was given to an infant who did not yet know who they were. I have since grown up and come to understand myself. I am not a man or a woman, and the arbitrary marker on my birth certificate does not tell me who I am. The government cannot tell me who I am. Only I have the power to say who I am. It is dangerous for the government to start saying how a person is and isn't allowed to identify. Especially when it does not align with accurate scientific data. Sex is not binary."

NONBINARY RESPONDENT

"I quietly exist as a nonbinary entity and feel dismay when cisgendered decisionmakers force sex and gender into all kinds of situations where it has absolutely no place. Furthermore, I feel a great indignity at having my existence co-opted by women who claim to speak for me despite only acting for themselves.

As a person born into a female body, I feel less safe today in my home country than I did a week ago. That is a fact. These ignorant women who have – presumably – never suffered a single awkward instance of having their own gender identity doubted by others cannot imagine how it feels to be questioned, but even as a child I was frequently othered for not performing femininity in a way which society understood. Their 'victory' in court has validated all of the gatekeepers, misogynists and bullies who have ever told someone that they are not feminine enough to do something. It has validated the 'sports' fans who question cisgendered female athletes who don't look girly enough, and the enforcers who stop cisgendered women from using toilets for not looking feminine enough, and homophobes who cannot accept the existence of transgender people even if they have no personal interaction with them in the first place. It has placed the burden of proving gender on the person in the most vulnerable position – the person being confronted – and yet it does nothing to address the actual problem of keeping women safe.

And how do these women prove that they qualify under these new rules? Invasive physical examinations where none were required before? Sex markers on even more documents than before, even though sex markers are wholly irrelevant in social situations and can actively endanger our safety? Is this how an evolved society is to be, with women – and it does only seem to be women that these people wish to persecute, in spite of their claims to be doing the opposite – constantly forced to justify their status in society in a way that men are not? They do not want to protect women. I see no evidence of this. They want to protect cisgendered women who meet

conventional ideas of what a woman is, and to silence anyone else with false claims of perversion to rile up those who otherwise wouldn't even care.

We now have to justify, confront and prove our birth sex in order to access services to which we had access before, and that objectively makes me feel less safe, less respected and less welcome in society.

And that's not even starting on the other issues. Intersex people exist and – as always – have to suffer the indignity of being completely erased by ignorant people trying to score political points.

The lines between sex and gender are wilfully and ignorantly being conflated and twisted to push political agendas on topics that disproportionately affect people who aren't part of that debate. How dare they claim to do this in my name, as somebody whose birth status as a 'woman'. I do not accept them.

Because of them, I'm ashamed of women.

Because of them, I'm ashamed I was born a woman.

Because of them, I can no longer call myself a feminist because I don't want their twisted view of 'equality' to distort my own.

I'm embarrassed at how readily these women attack their own to perpetuate the lies of the establishment, foolishly thinking they're free.

There is no freedom for anyone if transgender people are not free.

There is no freedom for women if they have to behave a certain way and agree to certain things in order to exist.

Transgender women are people too. As are people born as women who do not wish to align themselves with a vocal minority. Excluding groups of people from the fight for equality is not feminism, nor equality, nor freedom for women. It's just the bullied becoming the bullies, and I will have no part of it."

NONBINARY PERSON

"The High Court ruling will affect me and other trans people in many ways, below are some examples.

1. It will become more difficult to find work, when a trans person applies for a job many employers will feel that they will have to provide different facilities, the employer will not want to do this because of the cost.
2. When in a restaurant, shop, train station, swimming pool, gym or other public space trans people will not be able to use the toilets or changing rooms appropriate to their identified gender. As a trans woman going into a male changing room in a gym would it be fraught with harassment and danger of being assaulted or worse.
3. Trans people will no longer be allowed to join groups, activities or classes that are labelled male or female. Even something as simple as a singing class will be off limits, which all means that trans people will become more isolated.
4. Being discriminated against affects my well being and it affects many other trans people in a similar way. This means trans people will experience more mental health issues which places a greater burden on the NHS, more doctor's time will be wasted and the queues for mental health services will get longer, not just for trans people but for everyone.
5. The suicide rate for trans people is already higher than for the general population and the High Court ruling has filled me with dread and fear; I cannot face a future with such fear, I would rather be dead."

TRANS PERSON

"Honestly I am scared. I've never conformed with gender norms and I look androgynous sometimes. I have been sexually assaulted by men, long before I ever began dressing androgynous or even masculine. This law will do nothing to protect women but instead give more power to harm them and the trans/non-binary community. I am frightened for my future. With violence against women already declared a national emergency, this will harm so many women who people deem "look trans". Trans people are everywhere – and they don't all conform to the stereotypes of femininity and masculinity. This ruling is heart wrenching and I am frightened for what this means for me and my future in the UK. Am I open to more harassment? More discrimination? Should I go back in the closet? Should I save to move countries immediately? All of these questions have raced through my mind. I'm scared and so disappointed that they have started to attack our LGBTQ+ community once again."

NONBINARY RESPONDENT

"The ruling of the Supreme Court this week, which I was unaware was even happening until the outcome was discussed, has shocked and appalled me. The way mainstream media has been responding to the news has been sickening too, with no consideration on how severely this would affect the mental health and safety of trans people. I felt a deep sense of despair and anger following the reports. I couldn't stop crying for hours, and completely lost my sense of focus or calm.

I am blessed to know several wonderful trans and non-binary people in my life, who I greatly care for and who have helped me to explore my own identity over the last few years. Events like this make me very worried for people in my community, and afraid for the future of the UK. As someone who already feels very isolated in society here, I currently feel even less safe interacting with the outside world.

I feel let down by the court's decision, which invites a blatant regression on women's rights, and fearful for how people will use it as an excuse to discriminate against, exclude or hurt women. There will undoubtedly be negative impacts on trans men, non-binary and intersex people too."

GENDERFLUID QUEER PERSON, MIXED RACE, AROMANTIC AND ASEXUAL

"I haven't had a proper night's sleep since the ruling, I'm dizzy with exhaustion and my head is absolutely pounding, but I just can't switch off. I'm terrified of what this ruling means and what might come next.

When I'm awake, I can't stop thinking about the future and I've never had less hope than I have right now. Between climate change and the potential for war on the horizon, the future already scared me, but I could still live my day to day. Now I can't. I haven't left my house since Wednesday, I've stopped looking for work. I'm scared to leave my house, since I don't dress or look in a stereotypically feminine or masculine way. I don't know if it would be legal or safe for me to use any public bathrooms (except gender neutral ones, but we don't have any of those in my area)

At night I can't bring myself to put my phone down and go to bed, until I physically can't stay awake anymore. I'm too afraid of what the morning news cycle will bring next. When I do manage to sleep, I suffer from stress dreams, which wake me up feeling more drained than the day before.

I was already struggling with my mental health. More than a decade of non-stop transphobia in the press is exhausting. Waking up every day wondering what the next article about people like me will say. Dreading the next court case they will bring. Dealing with all this extra pain, disappointment, and humiliation, just because I had the misfortune of being born trans. I'm so tired of everything being a fight.

I don't want to hide myself away from the world. I want to go to work, I want to see my friends, and go places with my partner. But, when all it would take to stop me from using a public bathroom is one cis person complaining, I can't do those things. The urinary leash is back for all trans people, intersex people, and gender non-conforming people."

TRANS PERSON

"[T]here was a miscarriage in not providing strong guidance on the protection of trans/ NB/intersex rights and that will be seen as a victory by hate groups across the country.

As one of the people this ruling is supposed to 'protect', I'm livid. Not only is it based on incredibly outdated science (never mind binary gender, we're well past the point where binary sex is even considered a truth), and meant only to hurt anyone not conforming, but it doesn't even achieve safety for cisgender women in any way. If anything, it's only going to drastically increase physical and sexual assault on any woman or girl who, for whatever reason, doesn't measure up to 'feminine standards' - in particular any woman who isn't white, and any girl in sports with competitive and nasty-minded parents.

While there are women out there who have legitimate reasons to need a women only space - either because of religion or because of severe trauma that really needs managing completely separately anyway - the majority of us don't care as long as everyone else is minding their own business. We'd be much better off strengthening assault laws (including in prisons!), improving the privacy in changing rooms, refuges, and wards, and other measures of that nature.

And that's not even thinking about the impacts on trans men, non-binary folk and anyone intersex. It's all just plain wrong, and I hate it so much."

AGENDER PERSON

"The supreme court ruling has first and foremost filled me with fear, fear for myself, for my wellbeing, my ability to access gender affirming care, fear for my trans friends, fear for my cis friends. I am scared and I am scared for everyone, this does not just affect trans people, this affects everyone. I am angry and I am disappointed. I am amazed at the supreme court's ability to overlook the intersex community within this ruling - I think it truly highlights the lack of knowledge, research or thought put into this decision that will change lives. The ignorance is astounding. My community around me puts on brave faces and smiles, organising protests and petitions, increasing aid and support to ourselves and other trans people, but I think behind all of this is just fear. We are scared. something we thought so hard for, our elders and our ancestors thought so hard for has been ripped from us. Our rights have been taken from us. and we are scared. I am scared. I endeavour to channel that fear and energy into the fight, to protect my trans sisters everywhere. to protect my close friends. but I am scared. I feel that if anything should be communicated to people, apart from the incredible ignorance shown by the supreme court and the terfs celebrating this, it should be that I am scared. I am scared for everyone. I am scared for the trans women and the cis men in my life cause this can hurt everyone. it gives space for invasive and abusive treatment of people. It is wrong."

GENDERFLUID PERSON, 18

"I don't agree with the supreme court ruling because I think it will lead to even more open harassment of both trans and cisgender people, and people who identify as non binary etc. I think people will feel justified in harassing, assaulting and potentially murdering people because they don't like their appearance. This current right wing climate is dangerous for people who don't conform to stupid beauty standards, or who dress as they wish. There has always been hostility toward that element of society, but now people think it's "the right thing to do," because they have been told everyone non conforming is dangerous, a predator, a pervert etc, when in reality they are just existing and have been here forever. To single trans women out particularly is flat out misogyny, and this ruling will lead to more restrictions on women under the guise of "protection." It's a move towards fascism and frankly it's frightening. I thought this country was better than that. No real move made to tackle the genuine problem of systemic misogyny, and in fact this will make it worse."

GENDERFLUID PERSON

"I'm very anxious about the ruling emboldening transphobes to enact their transphobia on systemic and personal levels. The British Transport Police have already announced that trans women (that is, presumably any woman who they deem to be trans) who are to undergo a strip search, will be searched by male officers from now on. This is horrifying, and only the first official change I've heard of since the ruling was announced, I've no doubt there will be others.

I'm frightened especially for my transfeminine and trans female friends; but I have no doubt that transphobic members of the public will feel emboldened to attack nonbinary people and trans men when they believe they've identified them (as well as cis women who they believe to be trans). I feel angry that moves have been made to make life even more difficult for an already struggling minority, and that it's being done under the pretence that it will protect cis women. The ruling upholds the notion that all trans women represent a threat to cis women, when this is patently not the case. It's scapegoating, and I believe that it's happening solely because it's easier to control and restrict trans women (a tiny and vulnerable minority group) than it is to tackle the real misogyny and violence of some cis men."

NONBINARY PERSON

"I am non-binary. I am a lesbian. I am autistic. Wednesday's ruling will put me in a triple-bind as I am forced to not only be subjected to lesbophobia and anti-autistic ableism, but also transphobia and cissexism. This can only signal signs of the fascism to come, as there's now no doubt that anti-gay lobby groups and pro-lifers will attempt to roll back gay and women's rights."

NONBINARY AUTISTIC LESBIAN

"I will never use the men's room in fear of being attacked and worse. Yes I had my operation over ten years ago and I have never had a problem using the lady rest room. I also fear a lot of trans people will now lock themselves away because of this thank god for online shopping.

I went out this weekend as it was Easter. I was told I would have to use the men's room. With regrets I did and there were a couple of men there. They turned around and they said to me that I do not belong in here. I walked out in fear not knowing what would happen if I stayed."

TRANS PERSON

"Not only did the hearing itself feel out of the blue, it also felt on par with the movements in the US. As a non-binary person working within the NHS I am absolutely terrified now. I am terrified that as a gender non-conforming person, I am not safe in any space. I am grieving the small amount of safety I felt, which I see the trust and service I work in working hard to assure me isn't going away. Decisions like these make me question whether working privately would be better, at least then I wouldn't feel complicit in this broken system.

I feel like I'm being harmed daily and my pain threshold has grown over the last 4 years. The Supreme Court ruling was one that symbolised exactly how we are not heard and not considered when a decision made by a judge who holds tremendous privilege and power. I feel that this decision is one of many that will erode what little protections I had around my existence. While boomer age cisgender women leap and cheer in their shared misconceptions around protecting women by harming less than 0.5% of the population, we're here wondering how much more harm we can sustain without protection. They haven't protected anyone, they're the aggressors and perpetrators of violent policing of what they think womanhood is which is just an idea.

I'm grieving for my trans friends, the beautiful trans women in my life whose womanhood can never be taken away. Knowing that particularly black trans women have the shortest life expectancy globally makes this decision feel like being hit by continuous waves of grief and ignorance."

A NONBINARY PERSON WORKING WITHIN THE NHS

"I first learnt of the Supreme Court ruling on Wednesday, about an hour before the verdict was to be announced. I spent that hour interchangeably reading news stories about the rulings potential impacts and outcomes, and sitting numbly imagining the worst. And an hour later, the worst was announced and I had to fight back the tears in the car so my transphobic mother, who was driving, didn't notice. It was another hour before I could read the full verdict without falling apart over the possibilities of what it could lead to. Because while the judges said protections were still present for trans women, allowing trans people to be excluded from the spaces they best fit in will only open us up to further discrimination from the loud opponents to our rights and lives. And on a more personal level, the ruling gives me protections under the equality act as a woman that I do not want, for while I am not a man, I am male, and my feminine body only causes me pain and distress. Why would I want to be legally classed as a woman? Why should I be? While I've not started HRT yet, once I have I would expect to be excluded from the definition of woman and policies aimed at female empowerment, not reassured of my rights to access them. And on Kier Starmer's claim of "clarity", what clarity has this ruling brought? What toilets should I, a trans-masc individual, use once my medical transition has commenced. My school and shops in my town do not have neutral toilet facilities, a trend I

imagine is repeated across the nation in non-city centre areas (the only gender neutral toilets I have encountered have been in cities). If I could possibly be barred both from men's and women's toilets where does that leave me, using the tree out back?

The lives of trans people has been made a 'societal issue' and a matter of politics rather than compassion and empathy, yet we were unable to represent ourselves in a ruling that likely will affect us for years. Every day, the rights of people who don't fit into the heteronormative view of male and female are being eroded, and I fear that I may live to see the dam burst and drown us all in hate and bigotry, forcing us to hide and die quietly rather than living openly as we should be able to. I worry about the hate I may experience by being openly trans, but for the moment I refuse to hide who I am."

TRANS-MASC NON-BINARY RESPONDENT, 18

"I am a non binary person and I have struggled with gender dysphoria all my life. Like most people that have this medical condition I have in the past considered suicide and if life is worth living. This is not something I have ever talked openly about.

With my councillor and Doctor I managed to find a balance by presenting as female when the dysphoria reaches a point where I cannot bear it. I have managed like this for many years.

These blanket toilet bans proposed in the draft guidelines from the Supreme Court Ruling will affect me very badly and they have already caused my dysphoria to spiral. It is not trans and non binary people that are the problem it is CIS MEN. A blanket toilet ban will solve nothing and raise suicide rates for people with gender dysphoria as the hate and attention makes life unbearable. I speak from experience.

I have been sexually assaulted when presenting as female at a concert by a cis man in the middle of the crowd. A ban on toilets would not have stopped that! This was at a large music venue which ironically has hardly any unisex facilities except the accessible toilets which cannot be reached from the main spectator area.

I am very resilient but a lot of people aren't and I am afraid for them as well as myself. Please help by injecting some common sense into this. Allow people to use the toilet in the gender they present and call attention to the problem Cis Men and their actions rather than the innocent trans community."

NONBINARY RESPONDENT

"I live overseas. I have dual citizenship. I have gender recognition in both countries. All of my family and many of my friends live in the UK, and if I don't visit the UK again soon, it feels increasingly likely that I will never see my family again. I simply don't feel safe in the UK after this ruling, and when the EHRC pushes (as it's promising to do) to politicise the ruling (against the judges express statements!) in an attempt to bar trans women from all single-sex spaces and facilities, travel further afield than a given toilet you know is safe to use (such as in your hotel room or home) simply becomes improbable. With the way America has gone following Trump's executive orders, and with America's demands that the UK scrap LGBT anti-hate protections in favour of them signing a trade deal, I have to worry about continuing to even be able to cross the border safely."

TRANS RESPONDENT WITH DUAL CITIZENSHIP

An intersex person

"I am an a intersex woman post operation with a GRC and my entire life I have suffered the most egregious hate crimes including violence from police and expulsion from universities after being sexually assaulted by other students. I am terrified to leave my flat and my fiancée and I both live in fear. I go outside and I get slurs thrown my way and ive been actively suicidal im the past and especially recently because of the recent ruling. The UK is awful to intersex and trans women and I want to run away to Canada or Estonia with my fiancée so we can just live peacefully happily married. I can't stand the constant hate online and in person that's deemed acceptable because politicians are being actively hateful. The equality minister blatantly saying "we're discriminating to stop discrimination" what??? It's heartbreaking. What can we do?"

INTERSEX TRANS WOMAN

Cis women

"I am a cis woman who disagrees with the ruling.

I am 23, and I am a lesbian who is in a committed long-term relationship with an amazing, strong, empathetic and beautiful trans woman! This relationship has been the happiest of my life. She possesses a level of self-reflection and bravery that is constantly astounding to me.

It is so clear to me that she IS a woman. It just seems to glow from inside her. Even when she sleeps, with no effort going into her presentation, the way she moves and breathes is so so feminine. She is a woman. We are two femme lesbians in an extremely healthy and happy relationship.

She does struggle with dysphoria which is exacerbated by transphobic rhetoric in the UK media. It is so heartbreaking to hold her with tears streaming down her face.

She didn't want to talk about the ruling when it first came out. She was so deeply hurt and scared that it was hard for her to verbalise it.

The ruling is completely transphobic and is genuinely terrifying. It is patently clear that this ruling is made to deny trans women's place as women.

If she is ever in hospital, in a vulnerable position, it breaks my heart to think that she could be placed into a MALE ward.

If she is ever detained for any reason, it is horrifying to think that she could be placed into a MALE prison or detainment sector.

If she even wants to use a bathroom in public, it is so dehumanising to imagine that she could LEGALLY be denied that.

The ruling was done without any input from trans women or trans activism groups, which makes it a completely transphobic action. Due process and fair proceeding was violated.

If transphobes ever want to deny her right to female spaces, they will have to go through me first. The transphobic UK media and public will have blood on their hands if this ruling is not overturned.

CIS LESBIAN PARTNER OF TRANS WOMAN, 23

"My 19 year old daughter is trans. She's recently had her 1st appointment with the NHS CMAGIC. She's the kindest, sweetest, compassionate person you could ever meet. She hates any kind of injustice, for anyone.

She is terrified that she is being stripped of all of her rights. At the moment, the ruling itself won't be something that affects her day-to-day life. She won't use women's spaces because she doesn't feel comfortable. She doesn't use men's spaces either. Because she doesn't feel safe.

As for me, as the mother of a young trans woman, I am absolutely livid about this ruling.

Firstly, I will not be defined by my vagina and other internal organs. There is more to being a woman than that.

Secondly, this lawsuit was never about women's rights. It was purely and simply about transphobia. Nothing more. Nothing less.

You only have to glance at the comment sections of news articles on social media. The comments are absolutely disgusting. And right now I am disgusted with this country, the legal system, and this, and previous, governments. Because they fed into this madness. They have actively encouraged it. All to deflect from everything they have done to ruin this country.

Trans people are NOT what is wrong with this country. No-one is being attacked in the toilets, or changing rooms, or in the streets, by trans women. It's the other way round. Trans women are being attacked, and killed, by cis people.

This country should be ashamed of itself."

CIS MOTHER OF 19-YEAR OLD TRANS DAUGHTER

"Firstly above all else I am devastated and terrified for the trans people in my life. Despite the judges warnings, this ruling has already and will continue to embolden bigotry, hatred and violence.

None of what is happening makes me feel more safe as a cis woman. I am feeling increasingly unsafe as I watch policy changes and an increasing demand on us to 'prove our femaleness'.

How on earth can any cis woman prove to British transport police officers that they are not trans? How many women (of course including trans women) will have this ruling weaponised against them and be forced into degrading strip searches with male officers?

The police force is already racist, homophobic and misogynistic. This gives all women even fewer protections against abuses of power."

CIS WOMAN

"Both my daughter and I are masc lesbians (AFAB cisgender) and for a number of years have been challenged by women when entering public toilets relatively regularly. This has definitely increased over the last 12 months.

I have learned to point at my breasts and challenge back but my (18 year old) daughter has always found this intimidating and embarrassing. She has had to deal with this since she was about 15 and often won't visit public toilets without me or her older sister with her.

The thought of people feeling even more empowered to make my daughter feel uncomfortable when meeting a basic human need since the ruling makes my blood boil.

I am married to a transmasculine person. I do not understand how laws that would mean that he should use the female toilets, with his beard, will make women feel safer in single sex spaces. This law and the way that it is already being reported and implemented is targeting the wrong people - a marginalised already discriminated against community rather than the group that statistically cause harm (cis gender men)."

CIS MASC LESBIAN WOMAN WITH MASC LESBIAN DAUGHTER AND TRANSMASC SPOUSE

"Mostly, I'm terrified about what this means for the trans community and particularly trans women. I fear that forcing women into men's spaces puts them at massive risk of assault –

I listened to a newscast yesterday and they said it would mean that trans women would have to be patted down by men in airports etc. The suggestion that trans people should ask for gender neutral toilets at their workplace is also ridiculous. I've sat in consultation groups and asked for gender neutral toilets in the near past and was told it could not be done because of regulations about having single sex toilets – I know that organisations are not going to do renovations so they have three sets of toilets on every floor so their trans employees can use the toilet. And of course, enforcing segregation of a marginalised group has historically never been good.

On a personal level, the ruling feels reductive and dehumanising. I am a woman because of who I am, not because of my body. If womanhood is not inclusive and uplifting then it isn't something I want to be a part of. The ruling has put me in a box, according to the imaginary idea of a "biological woman". Sex is just as much of a construct as gender, and has much less value to the way I live my life day to day.

I am also very aware that if trans people's legal protections can be rolled back, so can the protections of the rest of the queer community and women. Combined with the stripping back of support for disabled people in the UK, I fear that protections for many marginalised people may be up for debate in the future."

CIS WOMAN

"The recent ruling by the Supreme Court, excluding my trans sisters from women's spaces is abhorrent, terrifying, and outdated. It is a step backwards into a past I do not wish to repeat and opens the doors for further and even more damaging 'laws'.

This is purely a step to dehumanise a minority group, when the real culprit who IS a danger to women (cis or trans) is still cis men.

It falls in line with the policing of women's bodies because it will allow those who are feminine enough to not be abused for which space they use, and those of us who do not fit the western beauty standards questioned put at risk – all regardless of the person's gender or 'biological sex'.

I fear the country has just become less safe as those who share the same views as those who have caused the Supreme Court ruling will feel emboldened to act upon their disgusting views.

I am worried and concerned with where this country is headed."

CIS WOMAN

"I am horrified, terrified and upset by the supreme court ruling and the repercussions which are snowballing.

This is not a victory for women's rights or feminism. It reduces us to being judged by the genitals we were born with (which raises all kinds of issues for intersex people) and defines us as not equal to those with different genitals. It is a step backwards into a patriarchal misogynistic society. It is saying that 'women' need to look feminine and 'men' need to look masculine – otherwise you will be challenged. That is a real difficulty for non-binary humans.

Are we going to have to be scanned or flash as we enter toilets? Or show a birth certificate? What about people who have had gender reassignment surgery? I know of 'women' (women as defined by the supreme court) who have been challenged in toilets because they look masculine – simply by being genetically tall and broad shouldered.

These people also haven't considered the implications for trans men so they might find a bearded man in their 'women only' ward next time they are admitted to a hospital.

If trans women are not allowed to use ladies facilities like public toilets and they can't go in the men's toilets because they would look out of place and feel unsafe – how are they supposed to be able to go out anywhere?

I feel frightened we are turning into a right wing extension of the USA – we have to challenge this decision in any way we can."

CIS PARENT OF TRANS DAUGHTER

"My 15-year-old trans son has already received the message that he is not accepted or welcome in this country when Rishi Sunak used his platform to say, "We shouldn't get bullied into believing that people can be any sex they want to be."

My son is not a bully. He is a brave young person who, from the age of three, knew he was born in the wrong body and told us so. Since then, we have faced overwhelming challenges – endless waiting lists, shifting government policies, cruel headlines, and most painfully, watching our child struggle daily with suicidal thoughts as he just wants to be a boy. All the while, the support he needs has become harder and harder to access.

My husband and I knew nothing about what it meant to be transgender until we had our son. I imagine the Supreme Court judges who made this recent decision do not have trans children of their own – because if they did, they might better understand the very real consequences of their ruling. Surely, no one who truly grasped the lived experiences of trans people would make a decision that deepens the exclusion and isolation of such a small, already marginalised group."

CIS PARENT OF A TEENAGE TRANS SON

"I'm a cis woman and I feel that defining women based on their biology is a harmful, reductive and misogynistic practice that only serves to limit the rights of all women be they cis or trans. It's clear from the ruling that they were only referring to how a woman is defined within the legislation that is the equality act, which shows that this needs to be revisited and brought up to date to include trans women fully. It should also be noted that the anti trans groups that are celebrating this are clearly not understanding it and will sadly be emboldened by it.....which goes against the spirit of the equalities act. And additionally the lack of mention of the fact that this means trans men will be sent into spaces that are designated for women seems not to be getting much attention so this will clearly have an impact on every trans person"

CIS WOMAN

"I am a cis woman in my 70s and am heartbroken at this travesty of a 'ruling'. I am despairing at the prevailing ignorance of the general public and have been furious about the persecution and demonisation of trans people over the past decade, with the complicity of media and major institutions. How dare those individuals in hate groups like For Women Scotland and Sex Matters say they speak for me. I would rather share a space with hundreds of trans people rather than a single so called term- self loathing middle class bigots. Why aren't they addressing the real threat of cis male violence: why isn't the fraud Rowling who presented as a poor Scottish woman investing in challenging the patriarchy? I weep for trans adults and children and wish I had the legal skills to assist. ...

These anti-trans group have no interest in women's safety - it's a class war, they are privileged, middle class individuals who want to flatter the patriarchy...I am positive the majority of women feel as I do but the media will not allow our voices to be heard."

CIS WOMAN IN HER 70S

"I am a woman by birth and will always be a woman. But I have PCOS. So I have high testosterone. If you saw pictures of me growing up you would see I have excess facial hair. Because of this I was bullied at school. I was called a man. It really affected me.

This ruling will not only affect Trans women. It will affect me and I will go onto that soon. And I fear for trans people. It will now be the case that people could abuse trans people! Trans have had abuse before the ruling as well.

And I fear I could go back to the days in school when people could call me a man as I don't look like a typical woman. The abuse if I went to the women's bathroom could be real.

I truly fear that this ruling has been confused by the media and will cause many problems."

CIS WOMAN IN NORTH WALES, IN HER 50S

"As the aunt of a trans woman I'm terrified for my niece. That girl is human and had to fight to be who she is, it's not an easy road – why make it harder."

CIS AUNT OF TRANS NIECE

"I am a cis woman and strongly disagree with this ruling. I am angry and upset that it is being portrayed as a win for women and feminism when it is neither. This is an example of patriarchy. Five men have ruled that they get to decide if I am a lesbian and if my trans sisters are women. And other than referencing excluding them from support services for any gender, they seem to have forgotten that trans men exist. That is not feminism. Our womanhood is not determined by men; we are more than walking vaginas. This will do nothing to make women safer. Instead women who do not rigorously meet white western feminine ideals of womanhood will face increased harassment and questioning.

My trans friends, family and colleagues who are already scared, tired, angry and facing a hostile climate with increasing hate crimes have been placed at even greater risk. Some are looking at their options for relocating (two friends have already left England due to the increasing transphobia) others are avoiding leaving the house alone.

The small group of 'gender-critical' anti-trans activists who brought this case do not represent the majority of women or lesbians. They certainly don't represent me. The sheer cruelty of seeing them singing and swigging champagne as they celebrated inflicting increased suffering on an already marginalised community made me feel sick to my stomach."

CIS WOMAN

"I am increasingly worried for my daughter's safety and fear her being attacked verbally and physically when using toilets and changing rooms in public. I do not have any confidence in the authorities to defend her right to feel safe in public. I feel that she is neither safe from the general public nor the police and other authorities because of the prevalent anti-trans propaganda portraying trans women as predatory men. This feeling of not being safe causes her to avoid going out and socialising and so this causes me to be concerned about her mental health and I fear that bouts of depression (and all the negative symptoms of that) will return. Even though I understand the legal implications, most people do not and will not try to understand it, relying on impressions gained from mainstream media. Personally, I strongly disagree and am disturbed by the narrative that the presence of a penis is a threat to women and that all cis gender women are safe. I feel increasingly powerless and want to retreat from society a little myself."

CIS MOTHER OF TRANS DAUGHTER

"I am a cis woman who strongly disagrees with Wednesday's ruling and is incensed by the injustice, especially as no trans representation was allowed.

I grieve and fear for my trans friends and everyone affected.

I am curious to see if I attract more attention as I have never met White western standards of beauty but I'm aware of my privilege being cis and het.

This also feels like the thin end of the wedge – a test case almost."

CIS WOMAN

"I am dismayed at the recent Supreme Court ruling and now fear more than ever for the safety of my trans friends and community

The fact that trans people had so little input into the process is a further example of how they are being more and more excluded from public life and debate on issues that affect them

Now the question of whether they can even be seen in public is brought into sharp focus around which public toilets they are allowed to use

How can a trans person enjoy a trip to a shopping centre, art gallery, train station like anyone else if they are prevented from accessing a public toilet with out fear?

In the past excluding black people, Jewish people, physically disabled & mentally ill people from certain places or positions was deemed acceptable – we know better now – or do we?

So why is it apparently OK to exclude trans people – PLEASE will those passing judgements take account of the past and learn from experience

We are going backwards very fast if we allow this ruling to go unchallenged"

CIS WOMAN

"As a cis woman I don't lose anything from trans women being included in women only spaces and even if I did, I'd still support it as a caring human being who can see what horrors face trans women in male spaces where they don't belong. Trans women are women full stop. This ruling is ignorant and ill-informed and is now being taken in wider context and will have much further reaching consequences than it seems to have been intended. We are heading towards a less inclusive society in general and that greatly saddens me."

CIS WOMAN

"I wholeheartedly disagree with the Supreme Court Ruling.

I am beyond disgusted that trans voices were not heard in court and believe the ruling is entirely complicit in promoting patriarchal control of what women "should" look and behave like."

CIS LESBIAN ENGAGED TO A TRANS FIANCÉE

"I am cis-woman and I am deeply angered by the ruling. When I saw those middle-aged women cheering on the steps of the courthouse I was incensed with rage. I am in the same age bracket as many of those bigoted women and I want to say that they do not represent me. They do not stand for me.

I am very sorry that I did not see this coming and take action beforehand. I will not be silent now.

I see the ruling for what it is – a dismantling of the rights of trans women. It does nothing to protect women's rights. In fact it sets us back."

CIS WOMAN

"As a tall, fairly broad-shouldered cis woman who dresses in a fairly androgynous way and has been called "sir" by shop assistants on multiple occasions, this Supreme Court decision is a huge concern for me, even just on a purely selfish level. How exactly is the process of excluding trans women from women only spaces going to be carried out? Are the "we can always tell" crowd going to just look at people and guess? (To anyone reading this who is sure that you, personally, can always tell: even if you can, I can assure you from my own experience that not everyone has your magic chromosome-reading eyes.)

Am I going to have to start carrying my birth certificate around to make sure I don't get prevented from using the women's toilet? To be honest, I think that's the most likely result if people start trying to keep trans women out of women-only spaces in general: a lot of cis women who don't look delicate and traditionally feminine will end up getting excluded from services that they need. Imagine a woman trying to get into a women's shelter after fleeing her abuser and being turned away because she doesn't have her birth certificate with her.

Even if your concerns are purely with the protection of cis women and you don't care about trans women being made unsafe, this is counterproductive and will almost certainly lead to more women (regardless of whether you are defining that word to exclude trans women or not) being kept out of safe spaces that they really need to access."

CIS WOMAN

"I am not okay with the Supreme Court gender ruling (as a cis woman). I believe it excludes intersex and non-binary people from participating in any kind of gendered space, and that the ruling functions as an excuse to discriminate actively against transgender people of all demographics. In particular, it creates a loophole in the law whereby trans people may be excluded from hospital treatment, legal services or even employment unless a third space is provided. Such "third spaces" are also discriminatory, as they are designed to other trans people and forcibly out them to employers, government workers and general members of the public who wish them harm. The ruling is also, contrary to what supposed "women's rights" anti-trans groups have reasoned in court, actively harmful to the rights of women, as the ruling means that trans women, or indeed any woman who "looks" trans or does not fit niche white-British heteronormative standards of beauty, may be strip-searched by male officials, even as a "mistake". This creates a threat to all women, cisgender or otherwise, as well as creating an environment in which transgender people are dehumanised and othered."

CIS WOMAN

"I am a cis woman writing to say how horrified I am at the UK Supreme Court's new gender ruling and its consequences.

Firstly, those consequences are the blatant erosion of trans rights, despite the judge saying this should not be taken as a win for one group over another. Trans people are an already vulnerable and scared community. Now they have to fear being forced to use single sex spaces according to their birth gender, which will put them at an even higher risk of abuse and assault.

Secondly, this decision also has far-reaching consequences for all girls and women, whether they are trans or cis.

What happens to children whose gender is questioned in schools or any other public setting, when they want to use the bathroom of their gender whether it is biological or adopted? Are they going to be strip searched too?

Do I now need to carry around my birth certificate at all times in case a member of the public or a police officer questions my gender when I want to use a single sex space? All girls and women are now at risk of being strip-searched by male police officers, who either have a genuine suspicion that they are a trans woman or use it as a guise to do so.

This ruling simply enables predatory behaviour. With the reputation of the police force already in tatters in the eyes of women after recent criminal cases that have received widespread publicity, this will do nothing to appease our fears. I certainly will trust male police officers even less than I did before now. The government often makes a lot of noise about driving down violence against women and girls. This will increase it as it encourages boys and men already predisposed to violence against people generally.

Am I also expected to share single sex spaces with trans men? While I personally do not care about who I share a public bathroom with as the cubicles are private anyway, this is a ludicrous concept that is at odds with the intention of the women who took their concerns to court and the ruling itself.

All women are now more in danger than ever before, thanks to a minority of cis women who fear and vilify trans women (a tiny percentage of the population, who are no threat to cis girls or women) taking their battle to court.

The intense focus on their concerns over a tiny community is akin to taking a sledge hammer to crack a walnut.

Cis men are overwhelmingly the threat to both cis and trans girls and women. I have never feared trans women, but I do now fear people and police officers policing my body more than ever as perception of one's gender is always going to be highly subjective.

The ruling is simply upholding misogynistic views of how a girl or woman should look."

CIS WOMAN

"The news of this Supreme Court ruling has sent shockwaves through the neurodivergent community, many who identify as trans or are ally's. Personally as someone who has a transgender teenager who is already significantly marginalised and discriminated against for being transgender, I am fearful.

We are having to go private for her transgender assessment as she has been feeling very stuck on the 5-6 year NHS waitlist, this will be a positive step for her, but with the ruling it is now not as positive a step as it could be, as her true gender will not be recognised.

My daughter has been really affected by this awful decision, it has significantly worsened feelings of dysphoria.

I am even more fearful for her safety being that she has already experienced transphobic bullying in school and out in the community. She is at an age she is trying to become more independent and these are goals as part of her Educational Health Care Plan (she is autistic), however it is not emotionally safe for her to use public transport and be in spaces alone and I fear this will now only worsen and she could be at risk of physical harm.

The trans related hate both online and in the wider community is growing everyday and has gone to a new level since Wednesday. Transphobic's are using this ruling almost as justification to speak and act hatefully toward trans people."

NEURODIVERSE CIS MOTHER TO TRANS TEENAGER

"I'm a cis lesbian in a long term, loving relationship with a trans woman. Twice so far during our relationship, my partner has had to be hospitalised because of complications connected to her asthma. On those occasions she was allowed a private room in the hospital, I think because they weren't sure about what ward to put her in. They were also, for the most part, considerate to her as a trans woman (though one person, either intentionally or not, misrepresented her name on the door plate). I'm worried about what will happen if she has to be hospitalised in the future. She also has always avoided public toilets since transitioning, because she's not sure how people would respond to her. This obviously limits her ability to be out and about.

She also had to fight to keep her hormone prescription, because one doctor decided that she should just be cut off from it, despite this being a dangerous thing to do suddenly, quite apart from the impact to her mental health. We were able to go above the doctor's head to the practice head, who reinstated her prescription. But with decisions like this being made 'legal', it will be all the easier for other doctors to be just as dismissive of her health and rights.

On a much smaller scale, the fact that I am a lesbian who is attracted to both trans and cis women means that the Supreme Court ruling officially invalidates my own identity. Obviously this is nowhere near what my partner and other trans people are facing, but it's just another level of infuriating added to it all."

CIS LESBIAN WITH A TRANS WOMAN PARTNER

"In my 50 years on this planet, my safety and that of my friends and family, has never, ever been compromised or threatened by anyone from our trans community in any public or female only safe space.

I am also the mother of a young adult who was finally, after 10 years of fear, questioning, hiding and masking, in the process of starting to access gender health care and support to discover their authentic self. However, this ruling has set them back so much that I don't know if they will be able to continue their journey. They are living with such poor mental health and fear due to the anti trans rhetoric that I don't know what will happen now. There is a real threat of them deciding it's all too much to continue.

So this ruling has not only traumatised and hurt my young adult, it has also harmed our whole family; male, female, non-binary and trans.

I believe in feminism and fight for equal rights for women, and that includes all women and those who identify as women. However, this supposed 'feminist' ruling has not improved my existence, should not have been made in the name of feminism and is no success for me. Rather it has made my life much, harder, more terrifying and exhausting. And I know I am not alone, I have read so many rants, accounts and outcries from cis gender mama bears across the country on social media platforms that support parents of trans adults."

CIS MOTHER, 50, OF TRANS CHILD

"I'm writing as a cisgender woman who is deeply concerned about the impact of the recent Supreme Court ruling. While I know this doesn't directly affect my legal rights as a cis woman, it absolutely affects me emotionally and morally — because I care about the trans women in my life.

I'm frightened for them. This ruling feels like it opens the door to more exclusion, more public scrutiny, and more justification for cruelty — all under the guise of "truth" or "protection." I don't feel threatened by trans women. I feel safer in a world where we all look out for each other, and where no one has to justify their existence or identity to feel safe.

It breaks my heart to think that people I care about could be denied dignity, space, or safety because of who they are. And I know there are people who claim to speak for all women when they defend this judgment — but they do not speak for me."

CIS WOMAN

"I am horrified by this week's ruling and its implications.

1. One of my concerns is that a lot of opposition to having areas where all women can access (including non-cis gendered women) seems to be on the basis of it not being safe. The arguments I've seen are around men abusing the space and using trans status as a way of infiltrating and then causing a risk to women's safety. The women that seem to oppose trans women sharing their space are doing so because of concerns about male violence. If this is the case, it is this issue that should be at the heart of their protests, not singling out trans women as if they are to blame.

2. I am a teacher and I have grave concerns for children that are trans gender, are gender questioning etc. This ruling and all the implications around it add to an already challenging time/future. A trans woman is a woman and should be treated as one. I worry about the impact on our young people and their safety.

3. This feeds into the movement towards right-wing policy and extreme views. If trans women are losing their rights, what is the implication for other people who are not white, middle class, cis gendered, straight? It feels like fascism is becoming a normal part of my world. Who will they come for next? I am so worried for my teenage son and his generation.

4. How is this rule going to be 'policed'? Will we have vigilante groups checking those entering women's toilets have a vulva and vagina? Will those entering male spaces have to show a penis? Where are trans women actually supposed to use the toilet? Where are trans women supposed to shop/ try on clothes/ get changed at the gym/ live/ work/ go to prison/ access healthcare?

I am so sick and tired of violence against women and this feels like another tool for that purpose."

CIS WOMAN

"My heart is absolutely broken by the supreme court ruling. As a cis woman who is about to be married to a trans woman, this attack on trans rights hits incredibly close to home. To watch my fiancée be so afraid for her safety and her future, my world has been completely rocked. It really is a rug pull from under the feet of trans people everywhere, and it will be harmful to everyone going forward.

I also reject the insinuation from some that I am any less of a lesbian for loving a trans woman. Trans women are women, trans men are men, and I am angrier than I have ever been in my life."

CIS WOMAN ENGAGED TO TRANS FIANCÉE

"Until Wednesday, although we knew there were people who detested the decisions [my spouse] had made, we thought that our family's life was so much better, and my spouse was thriving, her bravery in coming out and taking control had all been worthwhile.

Our son and I read in disbelief as the Supreme Court decision emerged on Wednesday. Our son had never seen me weep as I did then. My spouse has been made suicidal by this decision. If she were to detransition, which is obviously what a few misguided characters want, she would be dead soon after.

If I can stay married to her, and our son accepts and supports her, if the vast majority of the people we know and those who have met her since accept and support her, how can a court condemn her (and everyone who knows her) to misery for the rest of her life? Especially when every court below had said it was a baseless argument."

CIS WIFE OF A TRANS WOMAN

"I'm an assigned at birth woman and found The Supreme court ruling absolutely devastating.

My daughter is soon to marry her trans girlfriend so the subject is very close to my heart and I could probably write an essay length email to be honest.

The can of worms this decision opens is terrifying and really leaves all women at risk instead of safer. Trans people are not the problem and picking on such a small vulnerable minority is unacceptable. It will have dangerous repercussions for trans, non binary, intersex people. Also who deems who looks "feminine enough"? Cis women, who are tall or masc presenting or just get challenged because a bigot just feels like it is so dangerous and is not a community I want to live in.

And today's news that Trans people under arrest will be strip search by men is abhorrent and puts every woman at risk. Who defines who "looks" trans?

This decision was made without any input from any trans people or organisation, so is completely one sided.

My soon to be daughter in law has worked so hard for her career in the NHS and to be her authentic self and I've never seen her so devastated and utterly terrified as I have this week. They have even looked into leaving the country.

Every single person deserves the right to live freely and in peace and this is a slippery slope into very dark times indeed."

CIS MOTHER OF CIS WOMAN WITH TRANS FIANCÉE

"I am a white middle class, over educated, heterosexual, married woman over forty with a mortgage and children. I imagine I look and sound like a lot of the 'gender criticals'

So I think it's important to say loudly at every opportunity that I am absolutely outraged by the disregard that these campaigners and this Court have shown for equality, for well established systems of human rights and for our constitution. Everyone in the country is impacted by this overturning of established principle, and if they can do it to the Equalities Act they can do it to anything.

Trans women are women, trans men are men and non-binary people exist, I couldn't care less if they 'pass' or if bigots feel uncomfortable in their presence. That problem belongs to said bigots and they can rethink or suffer as they wish.

When we decide that the proper reaction to bigotry is to erase the minority they dislike, then we've lost sight of our humanity and frankly as a society we deserve what we get."

CIS WOMAN

"These days I have medical issues that require me to have a urinary catheter. I use a disabled loo as I need the space but also because looking like a male and emptying a catheter bag which sounds like you are peeing standing up is not a great combination in a female toilet. Before Wednesday it was part worry about getting funny looks and part worry about making others feel uncomfortable. Now it's completely different as I am genuinely concerned as there is a legal basis to ask me to leave that toilet and other than getting my genitalia out I cannot 'prove' I am biologically female (like that is proof anyway!). I use the disabled toilets wherever I can but if there is one not available or filthy (more often this) I have to use the female toilets so this ruling has put me at risk.

Do I grow my hair which is crap when it's longer or wear more feminine clothing which is not suitable for my lifestyle or my disability? I am of course doing neither things but I am worried."

DISABLED CIS WOMAN, 46

"[T]he new Supreme Court ruling on the definition of woman has horrified me. My main concern is for the safety of trans people following this ruling, however it is worth noting that this will affect cis women as well. What defines a woman is an unnecessary debate, which has stirred up even more attention and abuse for a marginalised community and the ruling creates an environment where transphobes will feel empowered to assess whether a person is trans and attempt to remove them from spaces. There are also ramifications for cis women. This debate about what defines a woman empowers even more scrutiny on all women, cis or trans, as to whether we are feminine enough. All women already face enough policing of our bodies and presentation, the last thing we need is for people to now feel empowered to decide if we are feminine enough to be in certain spaces. Some cis women do not fit the traditional feminine beauty standard, and they will suffer as a result of this ruling, we all will."

CIS WOMAN

"In all the years of crimes committed has there ever been such a far reaching decision made to protect a victim against potential perpetrators?"

It feels like the blanket banning of use of public toilets is excessive in its nature. When a rapist, murderer or sex offender walks the streets we don't ban them from entering our public toilets. But we now ban trans women from entering those spaces. This is a massive leap in judgement based perceptions of the trans community that is going to make people very vulnerable and easily discriminated against.

Yes women are at risk every day of being targeted but compared with percentages of attacks made by cis men there is no comparison. How can such a judgement have been enforced with such a failure to recognise the need for wider protection in general for cis women from violence.

My biggest concern is the long term impact on our young people. They do not currently have a service to support them in their mental health. They are at high risk of mental health and depression and are being alienated when they account for such a small percentage of the population.

If a decision has to be made then an equivalent decision needs to protect our trans community, not ostracise and ostensibly spread discrimination. How have we not been involved in consultation? What systems have been put in place to protect our trans community?

This decision will now spread fear and will not enable us to protect our young trans gender population but instead will marginalise and act as a subtle way to further discriminate.

How on earth is the decision going to be policed and enforced? It allows for social disintegration and a rejection of all of the good work that has been put into place via the equality act. How can the equality act protect individuals when a decision like this has been made?

It places such fear in the thought of potential violence that could be directed at our 15 year old just trying to be his best self."

CIS MOTHER OF TEENAGE TRANS SON

"As a parent, my heart aches with worry for my child—a vibrant, academic and courageous young trans woman navigating a world that often struggles to see her for the incredible person she is. The recent Supreme Court ruling and also controversies surrounding Isla Bryson have left me feeling unsettled, not because of who my daughter is, but because of how cases like these may overshadow the truth of the transgender community—a truth grounded in authenticity, resilience, and humanity.

I worry about the stereotypes these actions reinforce, the misconceptions they ignite, and the way society may unjustly judge my daughter and others like her. My adult child is not a statistic or a headline; she is a person with hopes, dreams, and the desire to simply live as her authentic self.

It pains me to think that isolated actions could make her journey harder, that she might face prejudice or mistrust because of something completely unrelated to her own path.

A path that could lead to great benefits for science and the climate.

My fears are compounded by the possibility of her being misunderstood or treated unfairly. Yet, amid these fears, I see her strength—a determination to rise above the noise and the courage to be herself in a world that can be unkind. That courage inspires me every day to do better, to love harder, and to stand by her unwaveringly.

As a parent, I hope society sees past sensational headlines and learns to embrace the complexities of humanity. My daughter deserves acceptance, love, and the opportunity to thrive—not despite who she is but because of the beautiful person she is."

PARENT OF TRANS DAUGHTER

"My son is trans (FTM) ... His body dysphoria is a constant daily battle, even now he is on T (nearly 3 years now). He has struggled with self-harm in a variety of ways and has had suicidal thoughts on several occasions.

At the moment, he is doing as well as he possibly can. Going to Uni, working to pay his bills, socialising in places where he feels safe. Trying to meet a partner, no luck on that front yet unfortunately!

I worry so much about this Supreme Court decision, partly about the practicalities of how things will be enforced in the longer term, but the effect on his and his friends' mental health. Young people who have already struggled so much to get themselves to where they are today, who face constant physical and emotional battles with their bodies, who just want to live happy, normal lives like the rest of us.

I worry, are Trans Men going to be forced to use women's public toilets in the future, or be looked after on women's hospital wards? My son looks very masculine now but has not had any surgery. What would be the reaction of the general public if he tried to use a public toilet whose sign on the door 'matched' his genitalia?

I worry constantly about him and his friends, his community, that this decision will be a 'tipping point' for someone he knows, maybe someone who doesn't have the supportive parents that my son has, maybe someone who sees so little value in their own life that this decision is the final straw for them?"

CIS MOTHER OF A TRANS SON

"I am a CIS Woman and I am appalled by it. I do not feel that it protects me as a woman or protects my rights. They have taken rights away from women. Because trans women are just that, women. To be told they are not or that they don't exist is unacceptable. I truly do not believe that you can say 'we are protecting women and their rights' in one breath and then turn around and say 'oh, but not you though' and say that is what you are doing.

Instead what has happened is a court has decided what it means to be a woman. I don't need someone in a court room to decide what does and does not make someone a woman. Is it the fact that I have a womb? That I could carry a child if I wished? In which case how do we define someone who cannot do that but was born biologically female? Are they not a woman? Is it what's between my legs? Is that all being a woman is? No. It isn't. Being a woman is complex, it's how you feel.

I feel like the definition of a woman is being narrowed to its most binary. It is ignoring all research that clearly shows that biological sex and gender are not the same. It is implying that being trans is a choice, it isn't. Why would anyone choose to be vilified by a small-minded society?

I am deeply upset that the supreme court, which claims to protect people, has tried to erase a whole group of people. That isn't protection. There was no consideration as to how this would make people feel, the implications for the individual, community and the hate it would legitimise. It is shameful.

As for making women feel safe, how does this make women feel safe? Women have just been defined by a court room. Women have had rights stripped away. Women now have to prove their own womanhood.

I am fearful for my Trans Friends safety, because, as women they are not only likely to be victims of abuse, but they are more likely because they are trans. I do not accept the argument that trans women are a threat to other women, I have never

been scared of a trans woman, I have never been attacked by a trans woman. I have been both scared and assaulted by a man. This is not protection, it is vilifying a whole community because of the behaviour of men. There are bad people in every community, but if we constantly hear 'not all men' then why is every trans woman a threat?"

CIS WOMAN

"I have a beautiful trans fiancée who was already (rightly) very scared about navigating the world as a trans woman even before the ruling. The ruling has made that fear so much greater. She is currently looking for employment, and I am worried that the ruling will make getting a job even harder.

As a cis woman I do not feel safer because of this ruling. I feel less safe, and incredibly angry."

QUEER CIS WOMAN WITH TRANS FIANCÉE

"I totally disagree with the ruling. Trans people are being further discriminated against by this ruling and I think the bigger problem of safety for ALL, regardless of sex/gender/sexuality/race is being totally missed here. The way trans people are being treated reminds me how HIV/AIDS was perceived in the 80s and that saddens and disgusts me. I don't think anyone that has experienced gender incongruence or gender dysphoria, or seen someone close to them experience this is in a position to be involved in such decision making. Having seen the pain and suffering that comes with gender dysphoria, it really can feel like life or death at times. I really don't understand why so much negative energy is being channelled at such a small percentage of the population who just want to live their lives as their authentic selves."

CIS MOTHER OF A TRANS SON

"I am deeply troubled by the Supreme Court ruling on the legal definition of a 'woman'. I feel sickened that decades of changes fought for by feminist activism (which has always included, and at times, been led by, transgender women & gender diverse allies) are being rolled backwards. It has taken decades to move away from biological essentialism which men justified to keep women quiet, and without the rights we have today. Now we have a new wave of anti-trans bigots who seek to roll back protections and re-introduce biological essentialism and justify it. My womanhood is and contains more than just my fucking vagina. It's a huge, scary ruling and I'm deeply concerned about the potential reach it may have. In an article on the Guardian, it is discussed that new 'practice guidance' will soon be released, indicating that soon trans women will no longer be included in essential service provision."

CIS QUEER WOMAN IN WEST YORKSHIRE

"I disagree with the ruling on a number of levels, on a very surface level it is not any advantage to me to define gender in this way, whereas I see so many problems resulting from the ruling. I see the ruling as a disadvantage for me because I see the way already there is a lot of fear in the LGBTQ+ community resulting from it and there are already so many abuses of power that relate to trans, non-binary and gender non-conforming people. I can see ways in which the ruling doesn't take into account the scientific and natural difficulties of a gender that is binary – it doesn't account for biological differences such as those who are intersex or who have genes and genitalia that do not match, or that have other biological experiences that do not conform to a gender binary. It also doesn't account for people who have lived experience of growing up feeling that their gender does not match with the gender they have been assigned, or that feel that the gender they have been assigned does not adequately express the full range of their gender expression. On a much deeper and political level, it seems regressive and whilst on the surface seems to be presented as a neutral decision, already we are seeing gender critical and anti-trans groups celebrating and starting to put pressure on e.g. the NHS to then take this further and create policies that do not reflect the supposed neutrality of such a legal decision."

QUEER CIS WOMAN

"I am a cis woman and I am very unhappy with this ruling. Even if the Supreme Court were only interpreting the Equality Act, then the can of worms that has been opened up can only be interpreted by any rational and compassionate human being as meaning that the Act needs to be changed and clarified. Instead, it is being touted as some kind of definitive end point."

"Biological woman" as a term is meaningless. I can only assume that no biologists were consulted, as there are many different biological components of sex, from the genetic through the anatomical to secondary sexual characteristics to hormones to... the brain itself? Biology doesn't divide anything into rigid categories, so we cannot use it to excuse our choosing to do so."

I have friends who are trans. My girlfriend is trans. I enjoy swimming, but I've never been able to go swimming with her due to fears of harassment; if organisations are able to force her into using a male changing room, where I would not be able to accompany her and help defend her from any harassment, probably I never will. She was initially nervous of even starting a relationship with me, knowing we might face bigotry; given the way this ruling has encouraged prejudice, I expect we will face more."

The ruling may not affect me directly, but it affects people I care about. It affects my ability to go out with a group of female friends and for us *all* to use female spaces. As a cis women I know the value of female spaces; so how could I deny them to trans women who are even more at risk?"

I see my trans loved ones scared and unhappy and it hurts me, because I don't have a way to make it better."

CIS WOMAN WITH TRANS GIRLFRIEND

"I am a cis woman who does not agree with the ruling. My partner is a trans woman and this ruling has left her world reeling.

It took a lot for her to transition in the first place and decisions like this feel so backwards and not at all inclusive. She feels afraid to go to the gym, use toilets, use public transport, go abroad.

As a cis woman I would not at all feel comfortable with a trans man using the same spaces as me. This ruling is going to cause hate, abuse and unnecessary backlash to the trans community who just want to be recognised and appreciated as their chosen gender."

CIS WOMAN WITH TRANS PARTNER

"I am deeply concerned about my trans friends and the impact that recent events will have had upon them.

As a lawyer, I am ashamed to be part of a justice system that would reach a decision without hearing from a single trans person, whilst simultaneously denying trans people vital rights. The court has handed down a judgment that fails to define core elements (including a definition of 'biological' womanhood, perhaps with consideration of – for example – intersex people) or considering the wider legal and social ramifications.

As a person, I am horrified by the stance of so many women's groups supporting this movement. Trans people harm nobody. They are not a threat, either to my physical safety or to my 'identity'. The arguments used against trans people are baseless. There is a small minority of people within every single segment of the UK's population who commit crime or have mental health problems; that is never an argument to draw a correlation between their actions and those of an entire, blameless group.

I grew up knowing that trans women are women, and I still know it now. This has strengthened my resolve to play my part as an ally until you regain your existing rights, and more."

CIS WOMAN

"First off, how has the Supreme Court ruling impacted me, personally? I am a cisgender woman engaged to a trans woman. Even before the ruling, I've always asked my partner if she's comfortable using a public toilet, or if she wants me there with her. It's no longer a question, I will always go with her now. She's not going to stop using the women's facilities. I don't think anyone should. Trans women are not a threat in public spaces and their access to public life should not be limited. She's always been uncomfortable with public toilets though, constantly vigilant for perceived judgements on her appearance. She purposely dehydrates herself on road trips or when we're out shopping, and I hate it.

I try to think a lot, policy wise, on harm reduction. It's something I agreed with immediately when I first heard someone use it to frame an argument. And some would argue this ruling is about harm reduction; that (some) cis women feel unsafe in public toilets, changing rooms, or hospital wards, when they know they can also be accessed by trans women. The argument seems to go that if trans women can access a space, so can a predatory man purporting to be a trans woman. So the ruling comes in and says only biological women (undefined) may have access to those spaces, ostensibly to reduce this harm. However, this fails on a number of counts, and causes disproportionate harm.

Restricting legal access requires enforcement, and defining "biological woman". If a biological woman is someone with a vulva, enforcement would require genital inspection by some third party, which is a huge violation of privacy simply for the privilege exist in public, and harms all people who wish to access the space (similar for biological = chromosomes = blood test, etc)

An alternative is not to clearly enforce the ruling. This would lead to vigilance in some women, looking out for potential violators, and is unlikely to make them feel safe (goal missed). It would also lead to harassment of anyone who does not conform to typical gender expression or falls outside of Western beauty standards, not to mention

trans women, intersex folks, and enbies without access to unisex facilities who do not want to use the men's. Harm across the board.

For women who choose to abide by the ruling and use the men's facilities, they would incur the harm of outing themselves as trans, which can be at best uncomfortable and at worst lead to transphobic violence against them. An alternative would be to detransition or go back in the closet, harm harm harm. In the case of hospital wards and those who have medically transitioned, I feel like this could incur some violation of privacy rights in health care.

For women who choose to abide by the ruling but will not use the mens, that means purposely dehydrating when out in public (harm) or holding it (leading to UTIs, cystitis, sepsis, harm) in the case of toilets, avoiding seeing a doctor or going to hospital (potential harm), or avoiding public life in general.

At no point does the ruling prevent predatory or abusive people from entering these facilities! The door is not magic, you can literally just walk in. Also penises aren't magically evil or harmful and neither are men (boys will be boys got a new facelift), masculinity is neutral and femininity is not victimhood."

CIS WOMAN WITH TRANS FIANCÉE

"I am a cis woman. My sister is a trans woman. I am utterly disgusted by some of what has been said by ministers today and am in shock. I am shocked by the silence of my workplace which is perfectly happy to virtue signal for pride weeks etc but where are they now. Where is the empathy and support and consideration for our trans colleagues. For employees whose family members are trans. The media and politicians are creating an imaginary threat that I do not know any cis woman in real life has ever experienced. If there is the threat of violence in shared spaces it comes from cis men and that problem should be addressed accordingly. These people do not speak for me. I will stand with our trans community and I will not be silenced. I am disgusted by some elements of our society. We will not abandon the trans community."

CIS WOMAN WITH TRANS SISTER

"As a Cis woman I am more concerned about going to the toilet now than I ever have been in the past. I have to worry about whether or not I fit some imagined standard of what it is to be a woman."

CIS WOMAN

"The ruling defines 'sex' in relation to the Equality Act 2010 as meaning biological sex. However, it fails to provide a definition of biological sex thus leaving a great deal of room for confusion and inconsistency. If we are to assume biological sex means the sex someone is assigned at birth as evidenced on their birth certificate, there are problems with this.

Firstly, we shouldn't have to 'assume' anything, especially in a decision that allegedly provides 'clarity.'

Secondly, as we know, biological sex is usually assigned at birth after a quick glance at the genitalia on display. Sometimes this is ambiguous. [<https://www.genomicseducation.hee.nhs.uk/genotes/in-the-clinic/presentation-neonate-with-ambiguous-genitalia>]

Sadly on occasions people have received 'surgical management' i.e. corrective and non-consensual surgery which can confuse things further. Additionally there can be anomalies both in terms of genitalia and chromosomes which show up later in life and lead to on-going physical and mental health issues. That being so, where do such people fit into the SC's very binary view of biological sex? I foresee lots of legal challenges over this.

Thirdly, I am curious to know how any statutory bans on non-biological women using single-sex spaces might be enforced. The prospect of having to prove you are a biological woman when using a single-sex facility is simply ludicrous. Trans women who have had gender reassignment surgery may be superficially indistinguishable from biological females and if they have acquired a GRC and changed their birth certificate, how will it be possible to prove they are biologically male without a complex, costly and intrusive process? And of course, how can a biological woman who may look 'unfeminine', for want of a better word, prove to anyone challenging her that she IS a biological female and NOT trans?

Fourthly, I am convinced the ruling will be interpreted gleefully by many as allowing 'open season' on trans people and/or anyone who is deemed socially

unconventional in terms of gender identity or expression. Women perceived as being 'unfeminine' in their dress or appearance will be harassed even more frequently than they already are. I personally have been challenged on several occasions. In the past I have brushed this off as simply annoying but in the current climate, I will be taking appropriate action to pursue the person(s) harassing me, whether that means reporting it to the Police or taking legal action.

And finally, if a trans person defies these restrictions if/when they become statutory, what might the penalties be? A fine, a jail sentence, a criminal record, their name added to the Sex Offenders Register with the potential for people to lose their job or their home as a result? Is this really what our society needs right now?

This isn't clarity and it isn't 'common sense'. It's madness."

CIS WOMAN

"I'm a cis woman who disagrees with the ruling. It impacts me because I have trans friends, non binary friends, friends of all genders and backgrounds.

One of the first things I said was, it'll be like Brexit when people thought it gave them permission to be racist with their hate. This will make people think they will have permission to express their hate, and carry out hate crimes towards trans people.

One main question I have, will they (whoever they are!?) create stronger protections and rules? Safe spaces? Actual laws to show trans people are supported?

Will there be anything happening involving men and man, to clarify their biological sex?! Why are women always targeted?! Why aren't these people targeting men with their campaigns?! Why can't they be educated?! How far will it go?!"

CIS WOMAN

"This ruling, which dictates that the protected characteristic of "sex" within the Equality Act 2010 refers exclusively to biological sex, represents a dangerous step backwards for the rights, dignity, and safety of transgender people in the UK. Furthermore, it will negatively impact the day-to-day lives of non-binary and intersex people, and people who are perceived as not conforming to 'typical' gender norms such as masculine women, butch lesbians, and Black and Brown people.

This judgment has significant real-world consequences. It provides legal cover for the exclusion of trans people from single-sex spaces and services that are essential for participation in public life, especially toilets, domestic violence refuges and healthcare settings. The interim guidelines issued by the EHRC today suggest that trans women should not be permitted to use the women's facilities and trans men should not be permitted to use the men's facilities – and goes even further to suggest that in some circumstances the law also allows trans women not to be permitted to use the men's facilities, and trans men not to be permitted to use the women's facilities. This is absolutely shocking – in setting out these recommendations the EHRC are essentially advocating for removing trans people from public life. The EHRC has suggested that third spaces may be introduced, which is also unacceptable – forcing trans people to either use spaces conforming to their birth sex, or an allocated third space, will be denying them their right respect for private life and 'outing' them to everyone. This would make trans people even more vulnerable to hate crimes and social stigma.

Wholesale forcing 0.5% of our society – one of the most marginalised groups in our society – out of mainstream spaces and into 'special/third' spaces, or providing no spaces at all, is wrong. We have seen other societies do this again and again, through segregation and even elimination. It is as if transgender people are being considered a dangerous enemy, when they are perfectly normal people like you and me. When you go to a coffee shop you might be served by

a trans person. When you go to a bookshop you might be served by a non-binary person. When you visit an art gallery or museum you might be cheerfully greeted and helped by a trans person. I run a poetry group – some of them are trans, and were so nervous about joining in and what people would think. I work with students and young people – some of whom are trans, and frightened. Some of their parents are trans. I work with trans and non-binary people. My best friends are trans and non-binary people. I am in an outdoors group – I go hiking and running and swimming and to book clubs and craft nights with trans and non-binary people.

Cumbria is a vibrant county filled with all kinds of people who all do our best to make it a kind and inclusive space, whether advocating for anti-racism, for trans rights, or for disability rights. This is a critical moment, and the risk of harm to the trans, intersex and gender non-conforming communities is profound. I feel so filled with despair and worry not just for the trans and non-binary people that I love, but as a woman who knows the ways that using biology to justify political decisions is deeply dangerous."

CIS WOMAN IN CUMBRIA

"My partner of 22 years is a trans man who transitioned almost 20 years ago and has lived and worked as a man ever since. As the partner of a trans person, I have supported trans people and their families and partners for many years. I spoke at the Equality Network's parliamentary reception in November 2013, asking for the spousal veto to be removed from the forthcoming equal marriage legislation in Scotland. I have provided peer support to partners and families of trans people through Depend, an online support organisation, and through an in person support group I facilitated for several years. As a queer woman, I have attended pride events and other LGBT events to fight for equality for the whole community, of which trans people are the most vulnerable group.

Over that time, the LGBT community and the trans community have seen many improvements to our quality of life, both through legal changes and through societal change. I have observed trans people go from mostly living in fear on the fringes of society or going 'stealth' and keeping their trans status secret, to being fully involved members of life in the UK and able to be open about their trans status where appropriate. What I have seen in the last couple of weeks is a return to a state of absolute fear of being allowed to exist, not just from trans people themselves but from their families and partners. In particular I have noticed that the parents of young trans people are extremely concerned about the mental and physical wellbeing of their children. This feels like a huge backward step and a threat to the existence of not just trans people, but to the wider LGBT community and ultimately to all women.

As a cis woman and a feminist, I am shocked and horrified that this change is supposedly for my benefit. It can never be for the benefit of women to be defined by our reproductive organs or genitals. In fact it is a very dangerous idea which is connected with all sorts of right wing ideologies such as denial of reproductive rights. It's also a huge distraction from real issues facing women. Women and girls are in danger from male violence in

our homes, our workplaces, our schools and universities. We are being assaulted, murdered and raped by our husbands, boyfriends and male relatives. Not by trans women using toilets. Further policing of women's bodies is unwelcome and puts us at further risk of abuse. I believe that many cis women share my feelings and even more would if they were fully aware of the implications of such an outlook on women's rights. I myself have felt scared and anxious ever since the news broke, both because of the personal implications and because of what it signifies in terms of the rise of fascist policies. Another cis female friend of mine was crying at my kitchen table saying she didn't know how to live in this world any more.

My partner has already had to reveal his trans status to several people in his workplace in order to check which toilets and changing areas he should use. He has already lost his right to a private life and his right not to have his gender status disclosed, as someone who holds a gender recognition certificate. It is ridiculous to think that someone who is known in the workplace as male, looks and sounds male, should now use the women's toilets. It would upset and disturb his female colleagues and force him to disclose his trans status to even more people. Equally, he could find himself working long shifts in a building which doesn't provide any appropriate facilities. He is relatively privileged both by being a trans man rather than a trans woman and also being fairly high up in his organisation he is able to have conversations that others may not be able to have. We have also argued about whether it was right for him to do this as I felt complying in advance could be dangerous in the long term, whereas he felt that he was raising the profile of existing unisex facilities for those who might need it. I don't know what is the right thing to do except to keep writing letters, keep protesting and not give up."

QUEER CIS WOMAN WITH TRANS PARTNER

Mental health support

This resource will have been emotionally challenging to read for most people. If you or anybody you know is struggling with your mental health, please reach out for support.

Trans specific services:



MindLine Trans+ 0300 330 5468
(Friday only, 8pm – midnight)
www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/



TRUK Listens 0800 009 6640
(Daily, 8am – midnight) truklistens.org

LGBTQ+ specific services:

Black and Brown Rainbow – 0800 054 1097 (open 6pm–8pm on Mondays and Wednesdays),
info@blackandbrownrainbow.com

LGBT Foundation Helpline – 0345 3 30 30 30
(open 9am–8:30pm Monday to Friday, 10am–5:30pm at the weekend)

LGBT+ Helpline Scotland – 0800 464 7000
(open 12pm–9pm on Tuesdays, Wednesdays and Thursdays, 1pm–6pm on Sundays)

LGBT+ Switchboard 0800 0119 100
(10am – 10pm, 7 days a week) switchboard.lgbt

Other services:

Mindline – 0800 138 1692
(open 24hrs, 7 days a week)

SANeline – 0300 304 7000
(4pm–10pm, 7 days a week)

Samaritans – 116 123 (open 24hrs, 7 days a week)

Shout – text 85258 (open 24hrs, 7 days a week)

A COMMUNITY LIVING IN FEAR

LGBTQ+ people's responses
to the Supreme Court
Ruling on the Equality Act



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