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Sweden

National Report

**Good practices on legal & policy
interventions regarding LGBTQIA+ inclusion**

December 2024

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1. Aim of the National Reports

The aim of national reports is to map -starting from desk research- existing good practices and positive legal and/or political interventions in partners' countries in regard to the support given to the LGBTQIA+ communities, with emphasis to young people and the compliance with the EU standards, in order to identify problematic areas.

Desk research has been conducted by each partner organization for mapping the current situation and existing good practices at local/regional/national level. In particular, partners identified the following common criteria for the identification of good practices:

Identification of at least 10 good practices per country;

Emphasis on the mental health of LGBTQIA+ young people and their experiences;

Provision of a detailed description for each good practice, so as to inspire policy recommendations.

Partners analyzed the existing practices based on the following:

Typology of practice (legal, policy, action plan, etc.);

Level of the initiative (local, regional, national);

Sector (education, work, etc.);

Target group(s)/beneficiaries;

Promoter(s);

Responsible and contact person(s)/body.

2. Introduction to National report, Sensus,

In this report, we examine national good practices in Sweden that support LGBTIQ+ youth, focusing on legal and policy-driven initiatives aimed at fostering inclusion, combating discrimination, and ensuring equal rights. Our analysis primarily highlights the role of civil society in addressing challenges faced by young LGBTIQ+ individuals, alongside a review of key laws, policies, and institutional frameworks that influence their everyday experiences.

A particular emphasis has been placed on measures targeting professionals who interact with LGBTIQ+ youth, including educators, healthcare providers, and other institutional representatives, as these environments often play a critical role in shaping young people's well-being and sense of belonging. By assessing existing anti-discrimination strategies, inclusive policies, and best practices, we aim to identify not only the strengths of current initiatives but also areas for further development and improvement in their practical implementation.

This report presents a total of ten good practices, illustrating diverse approaches that have proven effective in supporting and empowering LGBTIQ+ youth. These examples highlight innovative strategies in advocacy, legal protections, policy interventions, and institutional reforms that contribute to a more inclusive society. Through this compilation, we seek to provide insights and recommendations that can inform future efforts to enhance the rights, safety, and well-being of young LGBTIQ+ individuals in Sweden.

3. Good Practices in Sweden

1. En strategi för lika rättigheter och möjligheter oavsett sexuell läggning, könsidentitet eller könsuttryck

Typology of practice:	En strategi för lika rättigheter och möjligheter oavsett sexuell läggning, könsidentitet eller könsuttryck
Level of the initiative	<i>National framework</i>
Sector:	<i>Public sector (Policy recommendations, government)</i>
Target group(s)/beneficiaries:	<i>All society</i>
Promoter(s):	<i>En strategi för lika rättigheter och möjligheter oavsett sexuell läggning, könsidentitet eller könsuttryck</i> <i>Developed by the Swedish government: Published 23 januari 2014 Uppdaterad 02 november 2022</i> Link: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.regeringen.se/contentassets/a9e6f17695204d5380edee25b1f069a8/en-strategi-for-lika-rattigheter.pdf

Responsible and contact person/body:	Regeringskansliet Växel: 08-405 10 00 Besöksadress: Departementens besöksadresser Postadress: 103 33 Stockholm
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En strategi för lika rättigheter och
möjligheter oavsett sexuell läggning,
könsidentitet eller könsuttryck



Description of the good practice:

Promoting Equal Rights and Mental Health for LGBTQIA+ Youth in Sweden

When it Started and How

Sweden's strategy to promote equal rights and improve the mental health of LGBTQIA+ individuals began in the early 2000s as part of the government's broader commitment to human rights. It was formalized through the **"LGBTQIA+ Equality Strategy"**, which was established by the Swedish government to ensure that everyone, regardless of sexual orientation, gender identity, or gender expression, could live freely without fear of discrimination. The strategy aims to enhance the well-being and social participation of LGBTQIA+ individuals, particularly focusing on marginalized groups and youth.

Connection with Local/Regional/National Initiatives

This initiative is deeply connected with Sweden's national equality and anti-discrimination policies and aligns with regional and international commitments, including those from the **European Union**. At the local level, the strategy is integrated into community outreach programs, healthcare policies, and

education initiatives, ensuring LGBTQIA+ rights are supported across multiple societal sectors.

Aims:

Promote equal rights and opportunities for LGBTQIA+ individuals in all spheres of life.

Reduce mental health disparities and provide better support services for LGBTQIA+ youth.

Increase awareness of the challenges faced by LGBTQIA+ individuals and reduce heteronormative barriers.

Create safer and more inclusive environments in education, healthcare, and employment.

Strengths:

Comprehensive and long-term strategy that addresses both immediate needs and systemic issues.

Strong focus on **collaboration with LGBTQIA+ organizations**, which enhances the initiative's relevance and effectiveness.

Integration with national policies ensures that the initiative has support across various sectors, such as education, health, and labor.

The involvement of local stakeholders, ensuring **community-centered actions** that reflect the lived experiences of LGBTQIA+ individuals.

Barriers and challenges:

Persistent stigma and discrimination against LGBTQIA+ individuals in certain regions, particularly in rural or conservative areas.

Mental health issues among LGBTQIA+ youth remain disproportionately high, requiring more targeted interventions.

Limited access to resources for marginalized LGBTQIA+ groups, such as trans and non-binary individuals.

Regional disparities in the availability and quality of LGBTQIA+ support services.

Results:

Increased **awareness and acceptance** of LGBTQIA+ issues in Swedish society, particularly in schools and workplaces.

Enhanced access to mental health services specifically tailored to the needs of LGBTQIA+ individuals.

Development of **policies that ensure LGBTQIA+ inclusion** in key areas, such as healthcare, education, and employment.

Improved **participation** of LGBTQIA+ individuals in social and political life.

Resources:

Funds: Swedish government allocation through the LGBTQIA+ Equality Strategy and ongoing funding for specialized programs.

Staff: Government agencies, LGBTQIA+ organizations, healthcare providers, and educators.

In-kind contributions: Local community centers, advocacy organizations, and volunteer networks.

External experts/organizations: Collaboration with national LGBTQIA+ advocacy groups, such as RFSL (the Swedish Federation for Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex Rights).

Additional resources:

<https://www.regeringen.se/informationmaterial/2021/05/en-strategi-for-lika-rattigheter-och-mojligheter-oavsett-sexuell-lagging-konsidentitet-eller-konsuttryck-kortversion/>

2. Transammans' School Training Initiative for Transgender Inclusion, Sweden

Typology of practice:	<i>Intervention to educate staff in schools about inclusion for HBTQI+ persons, from the NGO Transammans</i>
Level of the initiative	<i>Local</i>
Sector:	<i>NGO</i>
Target group(s)/beneficiaries:	<i>Teachers and school staff</i>
Promoter(s):	<i>Transammans is a Swedish non-governmental organization founded in 2008, dedicated to supporting transgender individuals. It focuses on raising awareness, providing resources, and advocating for transgender rights, particularly in education, healthcare, and social inclusion. Transammans promotes transgender inclusion through various initiatives, including their training program for school staff to create safer and more supportive environments for transgender students.</i>
Responsible and contact person/body:	https://transammans.se/english/

Description of the good practice:

Transammans' School Training Initiative for Transgender Inclusion

Transammans, a Swedish non-governmental organization focused on supporting transgender individuals, started its initiative to train school staff on creating inclusive environments for transgender students in 2018. This training aims to provide educators with the tools and knowledge needed to ensure that schools are safe, inclusive, and supportive spaces for all students, especially those who identify as transgender or gender non-conforming.

This initiative was created in response to the growing need for education and awareness regarding transgender issues within the school system. It is closely aligned with national educational policies, such as the Swedish Education Act (Lgr22), which mandates schools to promote equality, respect for human diversity, and provide a safe learning environment free from discrimination and bullying. The initiative also aligns with local and national LGBTQI+ rights frameworks, contributing to the ongoing effort to integrate these principles into public services.

Aims:

- Equip school staff with updated and relevant knowledge about transgender issues.
- Provide practical methods and tools for creating a safer and more inclusive school environment for all students, regardless of gender identity or expression.
- Suggest ways in which transgender topics can be integrated into the school curriculum and daily activities.

Strengths:

- **Comprehensive Knowledge Transfer:** The training is designed to provide school staff with a deep understanding of transgender issues in relation to the school's mission and educational values.
- **Practical Focus:** The emphasis on actionable tools and methods ensures that staff can directly apply what they learn to improve the school environment.
- **Short and Accessible Format:** The 2-hour duration allows educators to participate without significant disruption to their regular work schedules.
- **National Relevance:** The initiative aligns with Swedish education policies, reinforcing national efforts to promote equality and inclusion for LGBTQI+ students.

Barriers and Challenges:

- **Resistance to Change:** Some school staff may be resistant to addressing gender identity issues or feel uncomfortable discussing transgender topics.
- **Lack of Resources:** Some schools may struggle with limited time or staff resources to implement comprehensive inclusion strategies.
- **Ongoing Need for Follow-Up:** While the training provides an introduction, continuous support and follow-up may be needed to ensure lasting change and deep integration of inclusive practices.

Results:

Since its inception, Transammans has seen positive feedback from schools that have implemented the training. Educators report feeling more confident in addressing transgender issues, and students from transgender and gender-nonconforming backgrounds have reported feeling safer and more supported in schools. Some schools have also integrated the training content into their curricula, promoting long-term awareness among students.

Resources:

- **Funds:** The initiative is funded through Transammans' own organizational budget and occasionally through grants from LGBTQI+ rights organizations.
- **Staff:** The training is delivered by Transammans' experienced educators and experts in transgender issues.
- **External Experts/Organizations:** Transammans collaborates with LGBTQI+ advocacy groups and education-focused organizations to refine and improve the training content.

Sustainability of the Initiative:

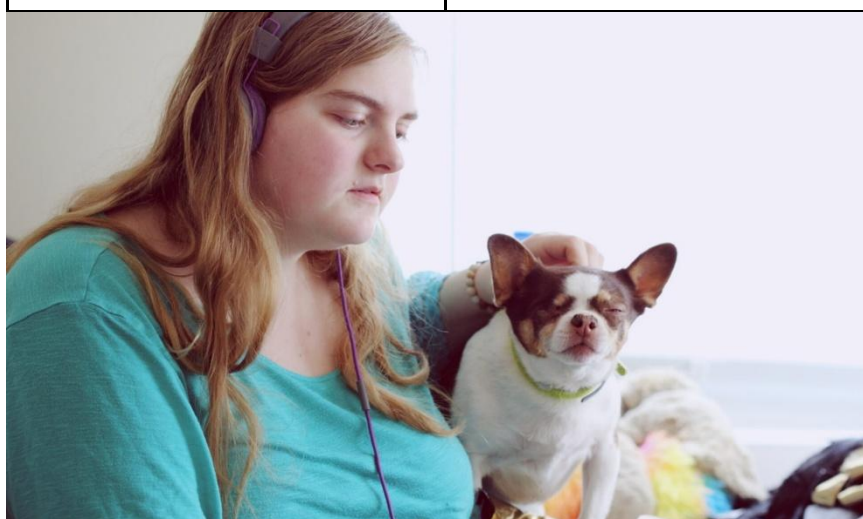
The initiative's sustainability is largely driven by the increasing national focus on LGBTQI+ rights and inclusive education, as well as the growing recognition of the need for transgender-inclusive practices in schools. The training program is designed to be scalable, and Transammans is working to expand its reach by collaborating with other educational institutions and LGBTQI+ organizations.

Additional Resources:

<https://transammans.se/vara-utbildningar/?transkompetens-i-skolans-varld>

1. Transammans samtalsmottagning, Sweden

Typology of practice:	A digital platform for supportive conversations with a social worker for individuals exploring or dealing with gender identity-related issues ...
Level of the initiative	<i>National</i>
Sector:	<i>NGO, for private persons</i>
Target group(s)/beneficiaries:	<i>Young persons that want to ask get support about their gender identity</i>
Promoter(s):	Transammans is a Swedish non-profit organization dedicated to supporting transgender and gender-diverse individuals. It promotes mental health, gender identity exploration, and access to gender-affirming care. Through its samtalsmottagning , Transammans offers free, confidential counseling for individuals navigating gender-related issues.
Responsible and contact person/body:	https://transammans.se/hitta-stod/samtalsmottagning/



Description of the Good Practice

Transammans samtalsmottagning provides a digital platform for supportive conversations with a social worker for individuals exploring or dealing with gender identity-related issues. Whether individuals are grappling with their gender identity, mental health, waiting times for gender-affirming care, past traumatic experiences, or relationships with friends, partners, or family, the service offers a safe and confidential space to address these concerns.

This service began as part of Transammans' broader mission to support the transgender community in Sweden and provide mental health care that is specifically tailored to the needs of transgender and gender-diverse individuals.

Connection with Local/Regional/National Initiatives

The samtalsmottagning aligns with Sweden's LGBTQIA+ equality strategy, particularly focusing on the mental health of transgender individuals. It also connects with national health policies that prioritize accessible, non-discriminatory care and mental health support, integrating efforts from both civil society and public health services to meet the needs of the **transgender community**.

Needs and Challenges Addressed. The service addresses the following key challenges:

- Mental health disparities within the transgender community, particularly those related to gender identity exploration and gender-affirming care.
- Barriers to accessing appropriate support due to long waiting times in the healthcare system.
- The lack of specialized mental health services for transgender individuals that address unique issues such as gender dysphoria and societal stigmas.
- Anonymity and accessibility for individuals who may feel uncomfortable seeking in-person support due to fear of discrimination or lack of privacy.

How it is Realized/Implemented: Transammans samtalsmottagning is realized through:

2. **Digital Format:** The service operates entirely online, allowing individuals to choose how they want to engage with a counselor—via video, phone, or chat. This flexibility ensures accessibility for people with varying needs.
3. **Confidentiality and Anonymity:** Sessions are free of charge, and individuals can choose to remain anonymous, providing a sense of security and privacy for those who may not be comfortable disclosing their identity.
4. **Experienced Counselors:** The counselor is a social worker with years of experience working with transgender individuals and those questioning

their gender identity, ensuring that individuals receive informed and empathetic support.

5. Support for Language Access: If needed, interpreters can be arranged to ensure communication in the individual's preferred language.

Sustainability

The initiative is sustainable due to its digital format, which reduces operational costs while increasing accessibility. It is supported by Transammans and integrates into Sweden's broader LGBTQIA+ mental health care framework. The ability to scale the service and the backing from established organizations ensures that it will continue to support transgender individuals in the long term.

Resources

- Staff: The service is staffed by experienced social workers with expertise in gender identity and mental health.
- External Organizations: Transammans collaborates with other LGBTQIA+ advocacy groups to ensure broad reach and support.
- Funding: The service is funded through a combination of public health funding and support from civil society organizations.

Additional Resources

<https://transammans.se/hitta-stod/samtalsmottagning/>

4. Metodbanken for Schools, RFSU Sweden

Typology of practice:	RFSU's Method Bank for Teaching about Sexuality, Consent, and Relationships
Level of the initiative	<i>National</i>
Sector:	<i>Educational</i>
Target group(s)/beneficiaries:	<i>Teachers and professionals within the Swedish schools</i>
Promoter(s):	RFSU (Swedish Association for Sexuality Education) – An organization dedicated to promoting sexual and reproductive health and rights through education, advocacy, and partnerships.
Responsible and contact person/body:	<i>PHAN VI PRATADE MED (SARA ERIKA) I</i>

RFSU:S METODBANK FÖR UNDERVISNING OM SEXUALITET, SAMTYCKE OCH RELATIONER

Description of the Good Practice

The RFSU Method Bank is a comprehensive resource for teachers to facilitate lessons on sexuality, consent, and relationships. Grounded in young people's

questions and reflections, the method bank covers topics such as the human body, relationships, laws, gender and sexuality, sexual identity, pleasure, and interpersonal interactions.

Launched to address the need for structured and engaging sexuality education, the method bank provides educators with tools tailored to various age groups. Teachers can select methods specific to grades 4-6, 7-9, or upper secondary school. These resources aim to inspire and empower educators to deliver inclusive and informative lessons, fostering understanding and respect among students.

Aims:

- Equip teachers with effective tools and methods for teaching sexuality education.
- Promote discussions about consent, relationships, and personal identity.
- Encourage inclusivity and respect for diversity among students.

Strengths:

- Age-specific resources tailored to different school levels.
- Comprehensive coverage of topics relevant to students' development.
- Developed by a trusted organization with expertise in sexuality education.

Barriers and challenges:

- Varying levels of comfort and experience among teachers delivering the content.
- Potential resistance to comprehensive sexuality education in certain contexts.

Results:

The method bank has been widely adopted across Sweden, enhancing the quality and accessibility of sexuality education in schools. Teachers report increased confidence in addressing sensitive topics, and students demonstrate improved understanding and respect for diversity.

Resources:

- Funding and expertise provided by RFSU.
- Digital and printable teaching materials.

Additional resources:

<https://www.rfsu.se/sex-och-relationer/for-pedagoger-och-yrkesverksamma/metodbanken/>

5. EKHO Safe Spaces on Facebook, Sweden

Typology of practice:	<i>Online intervention, create safe spaces for HBTQI+ persons online</i>
Level of the initiative	<i>Local/national</i>
Sector:	Faith-based support, LGBTQIA+ inclusion, social media engagement
Target group(s)/beneficiaries:	Christian LGBTQIA+ individuals, allies, and those curious about Christianity
Promoter(s):	EKHO – The Christian Rainbow Movement. A Swedish organization advocating for safe and inclusive environments for LGBTQIA+ individuals within churches and faith communities.
Responsible and contact person/body:	EKHO National Association Website: EKHO https://www.ekho.se/en/tryggarum



Description of the good practice:

EKHO's Safe Spaces on Facebook were launched in response to members' requests for dedicated online communities. These groups provide a secure and affirming environment where minorities within the LGBTQIA+ Christian community can connect, share experiences, and feel empowered as the norm, even if only for a while.

The initiative fosters open discussions about identity, sexuality, and faith in a space where participants can express themselves freely. It also serves as a platform for members to collaboratively shape the group's content, share knowledge, and learn from one another. Respect, curiosity, and constructive dialogue are core values upheld in these groups.

Key features of the initiative include:

- Dedicated groups for transgender individuals, ace/aro people, non-monogamous individuals, bi/pansexuals, allies, and kinksters.
- Clear group rules promoting respect, inclusivity, and confidentiality.
- Moderation to ensure a safe and constructive environment.
- Spaces for participants to explore and discuss complex topics without requiring fully formed conclusions.

Aims:

- Provide safe and inclusive online spaces for LGBTQIA+ Christians and their allies.
- Empower minorities within the community to connect and share experiences.
- Facilitate discussions that foster understanding and growth within faith-based contexts.
- Create opportunities for feedback to guide EKHO's advocacy and development efforts.

Strengths:

- Clear and collaboratively enforced group rules.
- A range of specialized groups catering to diverse identities and experiences.
- Strong emphasis on respect and confidentiality.
- Actively moderated to ensure constructive interactions.

Barriers and Challenges:

- Ensuring active and respectful participation from all members.
- Managing sensitive topics within a diverse group context.
- Navigating differing levels of openness about LGBTQIA+ identities in faith communities.

Results:

EKHO's Safe Spaces have created a unique and supportive online community for LGBTQIA+ Christians in Sweden. Participants report feeling empowered to share their journeys and explore faith and identity in a secure environment. These spaces also generate valuable insights and feedback to guide EKHO's broader work.

Resources:

- Volunteer moderators from EKHO's community.
- Digital platform (Facebook) for group management and interaction.

<https://www.ekho.se/tryggarum>

6. Health Inequities and Discrimination in Swedish Healthcare, Sweden

Typology of practice:	Policy development, advocacy, and healthcare equality initiatives
Level of the initiative	<i>National</i>
Sector:	Healthcare, public policy, human rights
Target group(s)/beneficiaries:	Patients facing discrimination, including transgender individuals, LGBTQIA+ individuals, migrants, and those with disabilities or mental health conditions
Promoter(s):	Discrimination Ombudsman (DO), Swedish National Board of Health and Welfare (Socialstyrelsen), Swedish Association of Local Authorities and Regions (SKL)
Responsible and contact person/body:	DO

Description of the Good Practice:

Swedish healthcare is generally of high quality but remains inequitable, with systemic discrimination affecting vulnerable groups. Studies and reports by the Discrimination Ombudsman (DO), Socialstyrelsen, and SKL highlight disparities in access to care and treatment quality. Groups such as transgender individuals, LGBTQIA+ persons, migrants, and individuals with disabilities or mental health issues experience substandard treatment and reduced access to appropriate care.

Discrimination manifests in various forms, including differential treatment, lack of cultural competence, and systemic barriers within healthcare structures. Research has shown that biases based on gender, sexual orientation, ethnicity, and socio-economic status significantly impact healthcare outcomes. For instance, migrants and individuals with low education levels experience higher mortality rates from treatable conditions compared to native-born, highly educated individuals. Similarly, LGBTQIA+ individuals often avoid seeking care due to prior negative experiences.

Key Recommendations from DO:

- Extend anti-discrimination protections in healthcare to include age.
- Analyze care programs to prevent the exclusion of specific groups.
- Reform healthcare structures, including reimbursement systems, to promote equity.
- Develop a national implementation plan for equitable healthcare access.
- Complement statistical analyses with qualitative evaluation methods.
- Promote research-based knowledge on discrimination and harassment in healthcare.
- Integrate health equity topics into the education and training of healthcare professionals.
- Abolish the sterilization requirement for individuals seeking legal gender recognition.
- Evaluate recent legislative changes regarding assisted reproduction.
- Address the disparity in care for individuals with mental health conditions.
- Mandate proactive measures in public healthcare to ensure equal rights and prevent discrimination.

Aims:

- Ensure equitable access to healthcare for all individuals, regardless of gender, gender identity, ethnicity, disability, sexual orientation, or age.
- Improve cultural competence and awareness among healthcare providers.
- Reduce health disparities among vulnerable populations.
- Promote accountability in public healthcare for upholding non-discriminatory practices.

Strengths:

- Comprehensive data collection and analysis of health disparities.
- Collaboration between national and regional healthcare authorities.

- Strong policy recommendations targeting systemic inequities.

Barriers and Challenges:

- Limited implementation of existing anti-discrimination policies.
- Resistance to systemic changes in healthcare structures.
- Insufficient awareness and training among healthcare professionals.

Results:

Ongoing efforts to address healthcare inequities have led to increased awareness and some policy adjustments. Initiatives such as inclusive certification programs, targeted healthcare access improvements, and educational campaigns for healthcare professionals show promise in mitigating discriminatory practices.

Resources:

- Reports by DO, Socialstyrelsen, and SKL.
- National healthcare databases for monitoring equity indicators.
- Funding for advocacy and educational programs.

Additional Resources:

Chrome

extension://efaidnbmnnnibpcajpcgltclefindmkej/https://www.do.se/download/18.277ff225178022473141e31/1618941270686/rapport-ratten-till-sjukvard-lika-villkor.pdf

7. Unga hbtqi-personers trygghet och utsatthet, MUCF report "Jag är inte ensam, det finns andra som jag" Sweden

Typology of practice:	<i>Action plan, based on survey results</i>
Level of the initiative	<i>National</i>
Sector:	<i>Policy recommendation, task given by the government 2022</i>
Target group(s)/beneficiaries:	<i>Young persons and persons working with young adults</i>
Promoter(s):	<i>MUCF, report based on initiative from government 2022, mapping the current situation and mental being of your HBTQI+ persons in Sweden</i>
Responsible and contact person/body:	<i>MUCF.</i>



Description of the good practice:

This initiative aims to assess and improve the safety and well-being of LGBTQI+ youth in Sweden. It started with the national youth survey conducted by MUCF, which collected data on the experiences of young LGBTQI+ individuals regarding safety, vulnerability, and discrimination. The survey was part of a broader effort to monitor the challenges faced by marginalized groups and inform policy development. The results highlight key areas for intervention, such as the need for targeted support for LGBTQI+ youth with disabilities or from rural areas. The initiative continues to gather data and inform ongoing policy work.

Aims:

- To assess the safety and vulnerability of young LGBTQI+ individuals.
- To inform national and local policy decisions.
- To raise awareness about the challenges faced by LGBTQI+ youth, especially in public spaces.

Strengths:

- Comprehensive data collection from a wide demographic of LGBTQI+ youth.
- Focus on intersectionality, highlighting the experiences of marginalized groups within the LGBTQI+ community.

Barriers and challenges:

- Low reporting rates for incidents of violence, harassment, and discrimination.
- Lack of trust in authorities and systems for reporting incidents.

Results:

- Identification of high-risk groups, such as LGBTQI+ youth with disabilities and those living in rural areas.
- Increased awareness of the challenges faced by young LGBTQI+ people in public spaces and social settings.

Resources:

- MUCF funding, staff, partnerships with LGBTQI+ organizations, and external experts in social inclusion and policy research.

Additional resources:

chrome-

extension://efaidnbmnnnibpcajpcgltclefindmkaj/https://www.mucf.se/sites/default/files/2023/09/Trygghet_webb.pdf



8. Legal advice for transgender persons (Transammans) Sweden

Typology of practice:	Legal advice, advocacy, support services, informational resource, ...
Level of the initiative	Local/national
Sector:	Human rights, social services, legal support, LGBTQIA+ rights
Target group(s)/beneficiaries:	Transgender individuals, with a focus on young people undergoing gender-confirming processes
Promoter(s):	Transammans, a Swedish non-profit organization that advocates for and supports transgender and gender-diverse people. Transammans works to increase visibility and rights for trans individuals, particularly focusing on creating safe environments, legal advice, and social support.
Responsible and contact person/body:	<i>Transammans</i> https://transammans.se/english/



Description of the good practice:

Transammans provides a comprehensive range of services aimed at supporting young trans people through gender-confirming processes, with a particular focus on navigating the legal aspects. These services include:

- **Legal advice on name changes:** Transammans offers guidance on how young trans individuals can legally change their names and ensure that their chosen name is reflected in all official documentation.

- **Gender confirmation legal process:** The organization assists individuals in understanding the legal process for gender confirmation in Sweden, including the steps required to amend gender on official documents such as ID cards, passports, and social security records.
- **Juridical support regarding gender identity recognition:** Transammans helps young people understand their rights to legal gender recognition, offering information about the application process and the importance of gender equality in legal documentation.

The initiative began in response to the need for more accessible, inclusive support for trans individuals seeking to confirm their gender legally. It complements broader efforts to ensure that trans youth can confidently navigate the challenges of gender recognition in both legal and social contexts. This support contributes to a more inclusive society and helps young people feel empowered in their gender identity journey.

Aims:

- To provide young trans people with the tools and information necessary to navigate the legal aspects of their gender confirmation process.
- To increase understanding of legal rights and gender recognition policies for trans youth, ensuring that they are treated fairly in both legal and social contexts.
- To create a supportive environment where young people can feel confident about making informed decisions regarding their legal identity.

Strengths:

- **Accessible and youth-focused:** The services are specifically tailored to young people, with resources and advice provided in an accessible and empathetic manner.
- **Holistic support:** Transammans offers not only legal advice but also emotional support through community-building efforts, helping individuals feel less isolated.
- **Expertise:** The service is led by experienced volunteers and legal professionals who specialize in trans rights, ensuring that the advice is accurate and up-to-date with current legal frameworks.

Barriers and challenges:

- **Complexity of legal processes:** The process of legally changing gender and names can be complex and difficult to navigate without expert guidance, especially for youth who may lack the resources to access legal services.

- **Lack of awareness:** Despite the availability of services, some young trans individuals may still be unaware of their legal rights or how to access Transammans' support.
- **Bureaucratic hurdles:** In some cases, there are delays or complications within bureaucratic systems that can create barriers to accessing legal gender confirmation or name changes.

Results:

- Increased number of young people successfully navigating the legal gender confirmation process.
- Higher levels of legal recognition and rights for trans youth in official documentation.
- Greater confidence and empowerment among young trans individuals, who feel supported throughout the legal processes.

Resources:

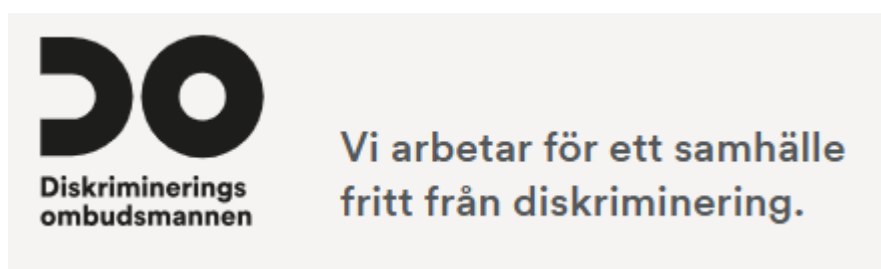
- Funds: The initiative is supported through donations and grants to Transammans, as well as funding from advocacy projects.
- Staff: The team includes trained legal experts, volunteers, and advisors who offer their services free of charge.
- External experts: Transammans collaborates with lawyers and legal advisors specializing in gender identity and human rights.

Additional resources:

Transammans.se

9. The Swedish Anti-Discrimination Act (Diskrimineringslagen) Sweden

Typology of practice:	Legal framework, anti-discrimination measures
Level of the initiative	National
Sector:	Human rights, employment, education
Target group(s)/beneficiaries:	Transgender individuals, gender-diverse individuals
Promoter(s):	The Swedish Government, Equality Ombudsman (Diskrimineringsombudsmannen)
Responsible and contact person/body:	https://www.do.se/choose-language/english/discrimination-act-2008567



Description of the good practice:

The Discrimination Act (Diskrimineringslagen) in Sweden was passed in 2008 and came into effect on January 1, 2009. The law aims to prevent and combat discrimination based on various grounds, including gender, gender identity, and gender expression, ensuring equal rights and opportunities for all individuals, regardless of these factors.

The law covers several grounds of discrimination, such as gender identity and gender expression, and applies in areas including employment, education, social services, and healthcare. The Equality Ombudsman (Diskrimineringsombudsmannen) is the authority responsible for overseeing and ensuring that the law is followed.

The Swedish Anti-Discrimination Act prohibits discrimination based on gender identity and gender expression in several sectors:

- **Workplace protection:** Transgender individuals are protected from discrimination in the workplace, ensuring equal access to employment and promotion opportunities.
- **Education:** Transgender and gender-diverse individuals are protected from discrimination in schools and educational settings.
- **Healthcare and services:** Public services, including healthcare, are required to treat transgender individuals with respect, and discrimination in these services is prohibited.

The Equality Ombudsman (Diskrimineringsombudsmannen) is tasked with monitoring and enforcing these laws, providing support and advocacy for victims of discrimination.

Aims:

To promote equality and protect individuals from discrimination based on gender identity and gender expression, ensuring that all people have equal access to opportunities and services in Sweden.

Strengths:

The Discrimination Act provides comprehensive protection across multiple sectors, including education, employment, and healthcare. It also empowers individuals through the Equality Ombudsman, who ensures accountability and offers support to victims of discrimination.

Barriers and challenges:

Despite the law, there are still challenges in fully implementing its provisions, particularly in smaller communities or sectors that may lack awareness or resources to address discrimination effectively. Cultural attitudes and lack of understanding may also hinder the full application of these protections.

Results:

The law has led to increased awareness and legal protections for transgender and gender-diverse individuals in Sweden. It has resulted in legal actions and improved practices in several sectors, contributing to a more inclusive society.

However, continued efforts are needed to ensure widespread compliance and support.

Resources:

The Equality Ombudsman, public funding, and collaborations with local, regional, and national initiatives have been essential in supporting the law's implementation. Various NGOs, legal experts, and advocacy groups also play a key role.

Additional resources:

For more information, visit the official website of the Equality Ombudsman:
www.do.se

10. Self-Identification and Gender Recognition Reform (2022) Sweden

Typology of practice:	Policy and legal interventions - Reform of the gender recognition law (Könstillhörighetslagen) to allow self-identification of gender without the need for a medical diagnosis or sterilization.
Level of the initiative	National
Sector:	Legislation and Human Rights
Target group(s)/beneficiaries:	Transgender individuals, non-binary individuals, and gender-diverse persons
Promoter(s):	The Swedish government, particularly the Ministry of Health and Social Affairs, which was responsible for drafting the new law.
Responsible and contact person/body:	Swedish Ministry of Health and Social Affairs (Socialdepartementet) - Contact: +46 8 405 10 00 (switchboard) - Website: Swedish Ministry of Health and Social Affairs



Government Offices of Sweden

Description of the Good Practice:

In **2022**, Sweden implemented a landmark reform of the **gender recognition law** (Könstillhörighetslagen), which allows individuals to self-identify their gender

without needing a medical diagnosis or undergoing sterilization. Prior to this reform, individuals wishing to change their legal gender were required to undergo a medical diagnosis and sterilization, which created significant barriers for many transgender individuals.

The reform simplified the process for **gender recognition**, aligning with the principles of personal autonomy and self-determination. Now, individuals can apply to change their legal gender by submitting a simple application to the Swedish Tax Agency (Skatteverket), ensuring that all individuals can assert their gender identity in official documents without unnecessary medical intervention.

However, the reform still **limits the recognition of only two gender categories**, male and female, and does not yet include a legal option for a **third gender** or a gender-neutral option. Discussions on introducing a third gender category continue, but as of now, Swedish law does not recognize non-binary or gender-fluid identities in legal terms.

Aims:

- To ensure that transgender and non-binary individuals can legally identify their gender based on personal choice.
- To remove barriers such as medical requirements (e.g., sterilization) that were previously a prerequisite for gender recognition.
- To promote human rights and equality for gender-diverse individuals in Sweden.

Strengths:

- **Self-identification:** The reform ensures individuals can define their gender without the need for medical intervention, promoting autonomy and personal rights.
- **Progressive approach:** It aligns Sweden with international human rights standards, recognizing the importance of respecting an individual's right to self-determination.
- **Accessibility:** Simplified the legal process for changing gender, making it more accessible to people who might not have had the financial or physical means to meet previous requirements.

Barriers and Challenges:

- **No third gender option:** The reform still only recognizes male and female genders, leaving non-binary individuals without an option to legally identify their gender.

- **Social and cultural acceptance:** Despite legal reform, non-binary and gender-diverse people may still face challenges in everyday social interactions, such as limited recognition by institutions or in public discourse.
- **Possible gaps in implementation:** While the law has changed, ongoing work is needed to ensure that it is fully implemented and that bureaucratic processes do not continue to hinder the rights of transgender individuals.

Results:

- **Improved legal recognition:** Transgender individuals now have easier access to gender recognition in Sweden.
- **Reduced medicalization of gender:** The need for sterilization and medical diagnoses was eliminated, empowering individuals to make their own choices about their gender identity.
- **Increased visibility:** Gender-diverse individuals are increasingly visible in Swedish society, with greater support from institutions for self-identification.

Resources:

- **Staff:** Government officials, legal experts, and LGBTQIA+ advocacy organizations have worked together to push for these reforms.
- **Funding:** No additional state funding is directly mentioned for the law change itself, but various support services for transgender individuals (e.g., legal support, advocacy) continue to operate with public funding.

Additional Resources:

<https://www.government.se/government-policy/gender-equality/>



Creating Space for LGBTQIA+ Youth to Thrive