

## Law on Gender Self-Determination in Portugal



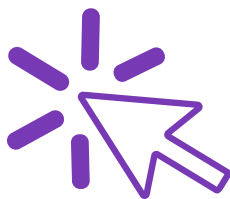
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In 2018, Portugal passed a law allowing individuals to self-determine their gender identity and expression, enabling transgender and non-binary people to change their legal gender without medical or psychological requirements.

The law, promulgated by President Marcelo Rebelo de Sousa, also protected intersex individuals' bodily autonomy. It introduced the right to change one's legal name and gender marker from age 16, with appropriate support, reducing bureaucratic and discriminatory barriers. The legislation was widely recognised as one of the most progressive in Europe, reflecting growing public and political support for gender diversity.

Significance: This progressive legislation marked a significant advance in transgender and intersex rights, aligning Portugal with international human rights standards. It strengthened legal dignity, autonomy and protection for gender-diverse and intersex people, and set an important precedent for other countries seeking to modernise their gender recognition laws.

**For more information click here!**



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