

Your Trans Friend's guide to changing your name:

In this document, you'll find government advice (and links to the relevant sources) on how to change your name, both by enrolled and unenrolled Deed Poll. In addition, we've also added some advice on choosing a new name. Choosing a new name can often be daunting and people don't always know where to start so we've added some things that have helped people we know, for you to try out and get started.

Changing your name by Deed Poll—Unenrolled:

Information in this section sourced from the 'make your own Deed Poll' section on: <https://www.gov.uk/change-name-deed-poll/make-an-adult-deed-poll>

You need to be over 16 to make your own Deed Poll.

Write the following out using this wording:

"I [full old name] of [your address] have given up my name [old name] and have adopted for all purposes the name [new name].

"Signed as a deed on [date] as [full old name] and [full new name] in the presence of [witness 1 name] of [witness 1 address], and [witness 2 name] of [witness 2 address].

"[your new signature], [your old signature]

"[witness 1 signature], [witness 2 signature]"

A specialist agency or a solicitor can make the Deed Poll for you instead—they may charge a fee.

After you've made it, you can use your Deed Poll as proof of your new name.

Changing your name by Deed Poll—Enrolled:

Information in this section was sourced from the 'enrol a deed poll with the courts' section at: <https://www.gov.uk/change-name-deed-poll/make-an-adult-deed-poll>.

You can put your new name on public record by 'enrolling' it at the Royal Courts of Justice if you're 18 or over. This costs £42.44 and cheques should be made payable to HMCTS.

If you're under 18, follow the process for [changing a child's name](#) to enrol.

Download [the guidance and forms for changing an adult's name](#)—this includes the notification form for [The Gazette](#).

Send your forms and documents to the Queen's Bench Division:

Queen's Bench Division
Enforcement Section
Room E15
The Royal Courts of Justice
Strand
London
WC2A 2LL

Guidance on choosing a new name:

The information in this section is entirely based on the experiences of the people behind Your Trans Friend and people who have volunteered advice based on their own experiences.

Choosing a new name is often a long process and is a completely personal experience, so you may not find any of the advice works for you and that's fine: you're not doing it wrong if you disregard it.

First, we would suggest trialling names for a bit, as the first one you pick may not be the name you settle on. Often, hearing others refer to you by your chosen name can help you feel out if it fits in with your identity and testing these out with people who are supportive of your transition can also act as a reminder that there are people who care about your wants and needs in regard to your transition.

This brings us to our next point: workshoping names. Trans people who come out to their parents can sometimes want or feel pressured to involve their parents in choosing a new name. This can really help you to feel supported by your family in what can sometimes feel a bit ungrounding and stressful. However, it can also be a situation that creates friction, as parents can feel like they have rights in deciding your name and can be overbearing. This can sometimes mean people have to make concessions to their parents' wants in a process that is largely meant to be about claiming your own identity. With regard to involving family, we would say approach with caution: you don't have to involve anyone you don't want in the process of choosing a new name, even if that is usually easier said than done.

Finally, don't feel like you need to make your name conform too much to whichever gender you're socially transitioning to; be that choosing an extremely femme name if you're a trans woman, choosing a very gender neutral one if you're non-binary or an extremely masculine name for trans men. The name that's right for you is one you feel comfortable in and doesn't have to match anyone's expectations of what someone of your gender should be called.