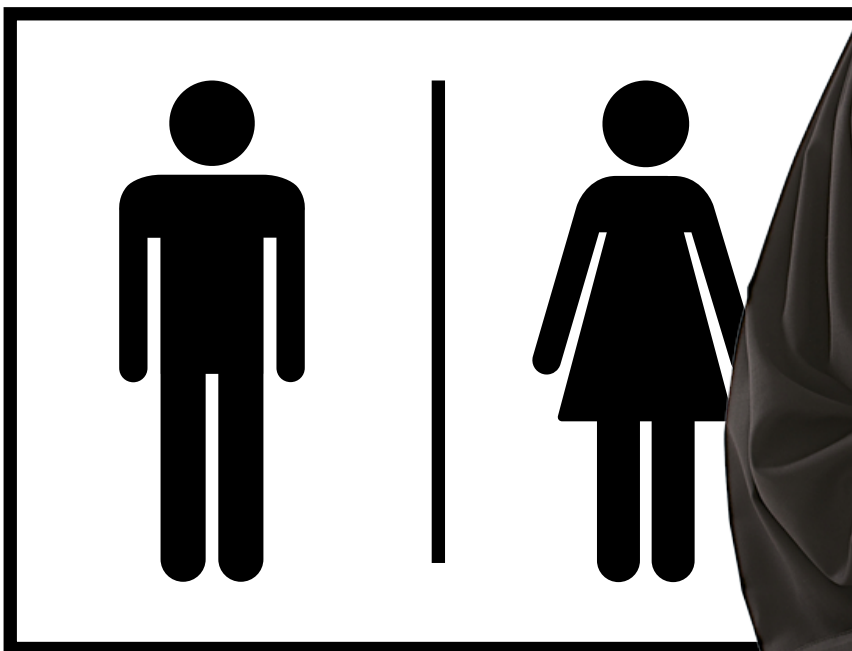


**Easy  
Read**

# **Toilets, showers and changing rooms**

What the law says



# About this booklet

This Easy Read booklet will tell you:



- What the law says about a person's **sex**, meaning whether you are female or male.



- How workplaces and services must follow the law when they provide facilities like toilets, changing rooms, and showers.

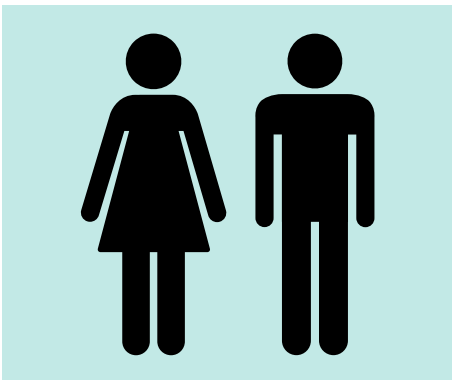
# What the law says



The **Equality Act 2010** is a law about how everyone must be treated fairly.



The Equality Act says a person's **sex** means the body they were born with.



Your **sex** means whether you are female or male.



If you are born with a female body, you are a woman. If you are born with a male body, you are a man.

# How workplaces and services must follow the law



Workplaces must provide toilets for their staff.



Sometimes they should provide other facilities too, like showers and changing rooms.



Places like sports centres, shops and hospitals also provide toilets, changing and washing facilities.



Workplaces and services should provide separate facilities for men and women.



Or they can provide **mixed-sex facilities** in individual lockable rooms, like your bathroom at home.



**Mixed-sex facilities** can be used by both men and women.



But it may not be fair to women if there are only mixed-sex toilets available.



Workplaces and services that have separate facilities for men and women should not let **trans women** use the women's or **trans men** use the men's.



**Trans women** are men who say they are women.



**Trans men** are women who say they are men.

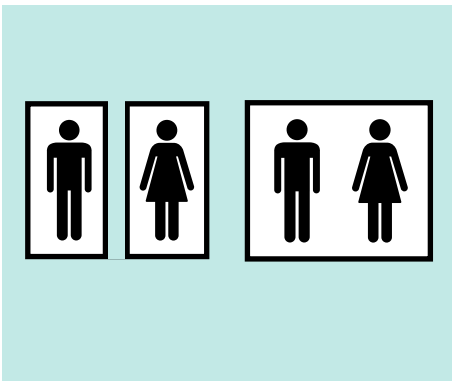


Sometimes, trans women may not be allowed to use the men's facilities either.

And trans men may not be allowed to use the women's.



But places that provide facilities should try to make sure there is somewhere trans people can go.



Where possible, separate facilities for men and women should be provided, as well as mixed-sex facilities.

# Find out more

The logo for 'sexmatters' is displayed within a light blue square border. The word 'sex' is in a dark blue font with a stylized 'x' that has a blue outline, and 'matters' is in a black font.

This booklet was produced for Sex Matters. It is based on the EHRC Interim Update from April 2025.



You can find out more about the EHRC Interim Update on this website:

[bit.ly/4tIQaEN](https://bit.ly/4tIQaEN)