

Name/gender: Declarations in accordance with the Self-Determination Act (SBGG)

I would like to change the gender information in my birth register and the first name.

Competent Department

- [Standesamt Bremen-Mitte](#)
- [Standesamt Bremen-Nord](#)

Basic information

The law on self-determination with regard to gender entry (Self-Determination Act - SBGG) comes into force on November 1, 2024.

This means that persons whose gender identity differs from their gender entry in the civil status register can declare to the registry office that the information on their gender is to be replaced by one of the details provided for in Section 22 (3) of the Civil Status Act (male, female, diverse) or deleted.

Requirements

Who may make a declaration at the registry office?

1. German nationals
2. foreign nationals, if they
 - have a permanent right of residence,
 - have a renewable residence permit and are legally resident in Germany or
 - hold an EU Blue Card.

By making a declaration to the registry office, you confirm that the chosen gender entry or the deletion of the gender entry best corresponds to your gender identity and that you are aware of the consequences of the declaration.

What gender information is possible?

The existing entry in your birth register can be changed to diverse, female or male, but can also be deleted without replacement.

Is the change of first name compulsory?

In principle, yes. The change of first name in the Self-Determination Act is not intended to make it easier to obtain a change of first name, but to have first names that correspond to the chosen gender.

Which first names can be chosen?

In principle, first names must correspond to the new gender designation:

1. Those who choose the male gender can have purely male first names or first names that are both male and female.
2. Anyone who chooses the female gender will in future have purely female first names or first names that are both female and male.
3. And anyone who chooses a diverse gender or deletes their gender designation will have a free choice of male and female first names.
4. For all genders, the chosen names must actually be first names.

How many first names can be chosen?

The principles generally applicable to the number of first names apply to the determination of first names in accordance with § 2 Para. 3 SBGG. This means a maximum limit of five first names.

What documents do I need?

- Valid identity card or passport required, if necessary the travel document
- Birth certificate
- if applicable, the marriage certificate and birth certificates of children
- If the registry office keeps the register of births and marriages itself, it is not necessary to submit the certificates.
- All certificates, documents and identity papers must always be presented in the original at the registry office.
- This list is not exhaustive. Further documents may be required in individual cases.

Procedure

The change takes place in 2 stages:

Stage 1: Registration of planned changes of gender and first names

- possible from August 01, 2024
- 3 months before the actual declaration (stage 2) at the German registry office where the subsequent declaration is to be made
- in writing using the form (please note: the written registration must be received by the registry office on August 1, 2024 at the earliest).
 - You can find the forms under "Further information" - "Forms"
- or in person (at the registry office by appointment)

The registration expires if the declaration (stage 2) has not been submitted within 6 months; the registration must then be submitted again.

Stage 2: Declaration of changes of gender and first names

- possible at the earliest 3 months after registration (stage 1)
- Mandatory in person at the registry office where the registration was made after making an appointment

When does your declaration take effect?

- The declaration becomes effective when it is received by the registry office.
- If you were born in the registry office district of Bremen-Mitte or Bremen-Nord and make the declaration there, it will take effect immediately.
- If you were born elsewhere and make the declaration in the registry office district of Bremen-Mitte or Bremen-Nord, the declaration only becomes effective when it is received by the registry office in your place of birth. It will be forwarded by the respective Bremen registry office.

If you:

- have any questions and/or
- are a minor or require information for the declaration for a minor child or a person under guardianship

please send an e-mail to

- the registry office Bremen-Mitte (name@inneres.bremen.de)
- the registry office Bremen-Nord (standesamt-bremen-nord@inneres.bremen.de)

Legal bases

- [§ 22 Personenstandsgesetz \(PStG\)](#)
- [Gesetz über die Selbstbestimmung in Bezug auf den Geschlechtseintrag \(SBGG\)](#)

More information

If necessary, please bring an interpreter with you for your visit to the registry office to avoid communication problems when receiving your requests.

What do foreign nationals need to bear in mind?

Not all countries recognize and accept the change of gender and name. It is therefore possible that the change will not be entered in your passport. Please check with your consulate before making the declaration.

What deadlines must be paid attention to?

Registration required 3 months before declaration.

Declaration must have been submitted and notarized within 6 months, otherwise a new application is required.

How long does it take to process

approx. 40 minutes.

What are the costs?

Notarization: 46,00 Euro

Certificate of change of name:

- if issued for the first time during or after notarization: free of charge
- if issued at a later date: 13.00 euros
- Further certificates, if they are applied for at the same time and issued in one go: 7.00 euros

Birth certificate: 13.00 Euro