

# Showing the person behind the donation

## Your message to future donor-conceived families

When you register as a sperm or egg donor, the clinic will ask you to give information about yourself. This includes a personal description and a goodwill message for any children born from your donation.

Your personal description and goodwill message are an important way of letting potential parents and any children born from your donation know more about you as a person. This leaflet gives you some ideas to help you decide what to say about yourself and what message to give to a future person.



**lifecycle**

working together for donor conception





## Your personal description

Your personal description should give the person reading it a feel for 'you' as a person. It's helpful for potential parents to get an idea of who you are and what you are like as a person, and can be helpful when parents have to explain to their child that they are donor-conceived. Many parents and donor-conceived people have commented on how valuable and important this information is to them.

### Some questions which may help you think about what you could write:

- If you had to describe yourself in a few words, what would you say? How would your best friend describe you?
- How would you describe what you look like? What are your most distinctive features?
- What is your personality like? For example, are you easy-going or strong-minded? Are you creative? Are you practical? Are you sporty?
- How would you describe your family?
- What is your earliest memory?
- What did you like most or least at school?
- What do you do in life? What is your ideal career?
- What do you like to do in your spare time?
- What would be your ideal holiday?
- Do you like music? What sort of music do you listen to?
- Do you have pets? If not, would you like to have one?
- What are your particular likes (e.g. favourite food, films)? Any dislikes?
- What are your passions or aspirations? What is your outlook on life? What is really important to you in life?

**Don't worry, these are just suggestions – you don't have to answer them all.**



## Your goodwill message

Your goodwill message is a personal message for any children born from your donation. Your message can be short and sweet or more detailed – there is no right way to share your thoughts or hopes.

You may want to share why you wanted to give someone else the opportunity to become a parent. You could even include some words of wisdom or advice and hopes for them or the world they live in. These words will hopefully convey a sense of you as a person.

## Things to bear in mind

Your personal description and goodwill message can be shared with donor conception patients from the time they begin choosing a donor. So, whilst the goodwill message is designed for the children born from your donation, it will also be read by their parents.

You are an identifiable donor, but remember that any children born from your donation will not be given your name before they turn 18. When you are writing about yourself in your personal description and goodwill message, try not to include any specific information about yourself (such as names of people, places or schools, addresses, dates of births) as these will have to be removed to make sure that your identity is not revealed.

**If you have any further questions speak to a member of your clinic's staff.**



## Find out more

If you want to find out what information donor-conceived people can access about you or what information you can access in the future please contact the:

Human Fertilisation and Embryology  
Authority (HFEA)

[www.hfea.gov.uk/donor-information.html](http://www.hfea.gov.uk/donor-information.html)



**Thank you for being a donor  
and taking the time to write  
about yourself – you are  
doing a wonderful thing.**