

Donor Conception Register Dos and Don'ts: your guide to personal biographical information

This short guide provides some writing ideas, plus top tips to remember and avoid when uploading personal biographical information to the Donor Conception Register (DCR).

This guide is designed to be read in conjunction with the detailed DCR fact sheet 'Adding personal biographical information'.

Tips for uploading information to the DCR

DO

- ✓ Read the DCR Terms and Conditions of use in the DCR that you have agreed to as a DCR user.
- ✓ Include only general information about yourself and keep it simple and short. (Remember: all your connections will be able to access this personal biographic information regardless of your contact preferences.)
- ✓ Consider how the information you add, might impact your connections, remembering they may not share the same culture, social values, likes and dislikes as you.
- ✓ Share medical information in the Medical information screen only, including the name of the condition, and the date and details of the diagnoses.
- ✓ Take your time writing your information – there's no rush – and consider asking someone you trust to review this before adding it to the DCR.
- ✓ Set your preferred notification contact method (i.e. mobile phone or email), so you know when your connections access your information.
- ✓ Reach out to the DCR Support Service. They can help guide you through the writing process and help support you if you feel distressed.
- ✓ Update your information when it changes.

DO NOT

- ✗ Disclose more information than you are comfortable with.
- ✗ Add information or images that identify your location (or where your family live), including where you went to school, the town you were born in, local landmarks, a letter box, or a licence plate.
- ✗ Add any information about other people that could be used to identify them or locations they reside, work or visit.
- ✗ Use unacceptable language or content (refer to the DCR Terms and Conditions of use and the DCR fact sheet 'Adding personal biographical information').
- ✗ Wear identifying clothing such as for your sporting club or business in a photo or video you upload to the DCR.
- ✗ Wear clothing that contains political statements in a photo or video you upload to the DCR.
- ✗ Add music to personal videos (to avoid breach of copyright, unnecessary distraction and potentially offensive language).

Writing personal biographical information

Guide for donors writing for donor-conceived offspring

Content Ideas	Examples
Why are you sharing this information?	<ul style="list-style-type: none">I am sharing some information about myself because <i>it is important to me ... / I think it is important for you to know...</i>
What motivated you to donate?	<ul style="list-style-type: none">I was [insert age] when I donated. The reason I donated was [insert reason].When I was [insert age] I became aware of [insert reason] and this is what inspired me to donate.
How do you feel about having been a donor?	<ul style="list-style-type: none">At the time I felt [insert original feelings], now I feel [insert changed feelings].I have often wondered if any children were born from my donation(s) and I'm curious to know if we are similar.I am <i>happy/surprised/excited</i> to find out that my donation resulted in you being born.
What are your biographical highlights?	<ul style="list-style-type: none">I grew up in a <i>large/small</i> family with [insert number of] siblings.I finished school in [insert date] and I <i>work/study</i> in the [insert type of] industry.I am married/have a partner and have [insert number of] son(s)/daughter(s) born [insert date(s)].In my free time I like to ...My favourite <i>food/animal/sport/book</i> is...I have a particular interest in ...
How do you feel about connecting with someone?	<ul style="list-style-type: none">It would mean a lot to me to be able to connect with you because [insert reason].I don't wish to have contact for my own reasons, and I hope you will respect my decision.I am thinking about whether I wish to have contact and what this might mean for me, for you, and for those around us. I am not ready to make this decision yet.

Guide for donor-conceived people writing for their donor-conceived siblings or their parent's donor(s)

Content Ideas	Examples
What were you told about your conception?	<ul style="list-style-type: none">I have always known I am donor-conceived...I only recently discovered I was donor-conceived when ...I was a teenager when I found out I was donor-conceived and ...
How do you feel about being donor-conceived?	<ul style="list-style-type: none">It was a shock to me but I am grateful that I know because ...My <i>parent(s)/mum/dad</i> will always be my <i>parent(s)/mum/dad</i> but I do wish to know more about <i>their donor(s)/my sibling(s)</i>.I know I have donor-conceived siblings and hope to...
Why are you uploading information?	<ul style="list-style-type: none">I am sharing some information about myself because <i>it is important to me .../I think it is important for you to know...</i>
What are your biographical highlights?	<ul style="list-style-type: none">I grew up in a <i>large/small</i> family.I finished school in [insert date] and I <i>work/study</i> in the [insert type of] industry.I am <i>married/have a partner</i> and have [number of] son(s)/daughter(s) born [insert date(s)].In my free time I like to ...My favourite <i>food/animal/sport/book</i> is...I have a particular interest in ...
How do you feel about connecting with someone?	<ul style="list-style-type: none">It would mean a lot to me to be able to connect with my <i>parent's/mum's/dad's donor(s)/sibling(s)</i> as I'm curious about any similarities we might share.I don't wish to have contact for my own reasons, and I hope that you will respect my decision.I am thinking about whether I wish to have contact and what this might mean for me, for you, and for those around us. I am not ready to make a decision yet and ask that you give me time to think about this more.I really want to connect with my sibling(s) to learn more about them.