AIFreeForever

The Nonbinary Name Guide, 2026

A name you use every day is worth choosing with care. This guide gives you the six name styles with examples, gender-neutral names across cultures, what research says about chosen names, a check list and a page for your shortlist.

Six name styles

Style	Examples
Nature-Inspired	River, Sage, Wren, Ash, Reed
Modern/Trendy	Avery, Quinn, Kai, Rowan, Harlow
Classic/Timeless	Morgan, Jordan, Taylor, Alex, Casey
Whimsical	soft, poetic names with an imaginative feel
Short and Simple	Kai, Ren, Ari, Sky, Eli
Unique/Uncommon	rare names from unusual roots

Names across cultures

- **Japanese:** Haru, Nao and Ren, used by all genders for centuries
- **Celtic:** Rowan, Morgan and Quinn
- **Scandinavian:** names rooted in nature and mythology
- **English:** names like Ashley and Leslie moved between genders
- **Word names:** nature, sky and seasons, in any language

What research says

- 1.6% of U.S. adults are transgender or nonbinary, including people who use terms such as gender fluid or agender.
- Young people frequently cited the use of their chosen name as affirming communication.
- Many felt euphoric when others used their pronouns correctly.

Source: Pew Research Center, 2022; The Trevor Project, Affirming Actions and Gender Euphoria.

Name check list

☐ It feels right when you say it out loud.

☐ It sounds natural with they/them.

☐ You like its meaning or origin.

☐ Trusted friends say it easily.

☐ You have used it for a while in a low-stakes place.

☐ It fits how you want to move through the world.

Your shortlist

Name 1 and its meaning: _____

Name 2 and its meaning: _____

Name 3 and its meaning: _____

The one I will try first: _____

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