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Restricting passports to reflect only sex assigned at birth creates significant administrative, logistical, and human rights challenges. First, it ignores the reality that some individuals have legally changed their gender markers and lived accordingly for years. Reversing these changes would create confusion and legal inconsistencies, especially for those who have had their gender marker updated in other official documents like driver's licenses or social security records. This could lead to discrepancies that complicate identity verification, increasing processing delays and errors.

Additionally, enforcing such a rule amid staff reductions in government agencies will only exacerbate administrative burdens. Passport offices are already strained, and requiring additional documentation to verify or revert gender markers—especially for individuals who have detransitioned due to legal pressures—would add layers of bureaucracy. This could slow down processing times, increase appeal requests, and create more work for already understaffed agencies.

Beyond logistics, this policy would pose real dangers to individuals traveling abroad. Many countries have strict or even hostile attitudes toward transgender and non-binary people. If a person's passport does not align with their appearance or social identity, they could face harassment, detainment, or violence at border crossings and security checkpoints. Forcing a transgender woman, for example, to use a passport that lists them as male could out them in unsafe situations, increasing their vulnerability to discrimination and harm.

Overall, this policy is not only impractical but also harmful. It would create unnecessary bureaucratic challenges, burden passport agencies already struggling with staffing shortages, and put individuals at greater risk while traveling. Instead of restricting gender markers, governments should prioritize streamlined processes that reflect lived realities while ensuring safety and efficiency for all citizens.