All About Pronouns

Pronouns are words we use to describe ourselves and refer to others. Most often, a person's pronoun is aligned with their gender identity (whether they identify as a man, woman, both, or neither). There are **Gendered Pronouns**, like he and she, and **Gender Neutral Pronouns** (gender free) or **All-Gender Pronouns** (includes all genders). Sometimes pronouns are abbreviated as **GP** (Gender Pronoun) or **PGP** (Preferred Gender Pronoun).

Learning new pronouns can be hard, but it is a lot easier that you think!

Tips for Learning Pronouns:

- **Don't assume:** Sometimes you can guess pronouns based on how someone looks, but there is no way to be sure.
- **Ask:** *"Nice to meet you. What pronoun do you go by?"* OR *"What pronoun does Dan use?"* OR *"What's your GP?"*
- **Use names or descriptions:** *"Hillary went to the store & Hillary forgot milk."* OR *"The person in the red hat said…"*
- **Use all gender language:** Replace *"ladies,"* or *"young man,"* with *"everyone,"* or *"this person."*
- **Ask for pronouns in programs and meetings:** *"Let's introduce ourselves with our name, pronoun, and age."*
- **Think about safety:** If the place is crowded or might be unaccepting, ask in private or wait until later.
- **Mistakes can happen:** If you make a mistake, correct yourself. Try not to draw a lot of attention to the mistake.
- **Ask for patience, be patient:** Let people know you're trying and understand if someone reacts to your mistake.
- **Make it a personal priority:** Correct pronouns increase safety & acceptance. Be diligent and attentive.
- **Practice, practice, practice!:** The more you think about pronouns, the easier it is to learn them.

Common Pronouns:

Gendered Pronouns					
She	*She* laughed	I called *her*	*Her* hair	That is *hers*	She likes *herself*
He	*He* laughed	I called *him*	*His* hair	That is *his*	He likes *himself*
All Gender/Gender Neutral Pronouns					
They	*They* laughed	I called *them*	*Their* hair	That is *theirs*	They like *themselves*
Spivak	*Ey* laughed	I called *em*	*Eir* hair	That is *eirs*	Ey likes *emself*
Ze	*Ze* laughed	I called *ze*	*Ze's* hair	That is *zes*	Ze likes *ze*self
Ze & Hir	*Ze* laughed	I called *hir*	*Hir* hair	That is *hirs*	Ze likes *hirself*
Xe	*Xe* laughed	I called *xem*	*Xyr* hair	That is *xyrs*	Xe likes *xemself*
Yo	*Yo* laughed	I called *yon*	*Yos* hair	That is *yos*	Yo likes *yoself*

Useful Links

- **Gender Neutral Pronoun FAQ:** http://aetherlumina.com/gnp/
- **T-Vox Gender Neutral Pronouns:** http://www.t-vox.org/index.php?title=Gender-neutral_pronouns
- **Gender Sensitive Language:** http://www.unc.edu/depts/wcweb/handouts/gender.html
- **Gender Neutral Pronouns Wiki:** http://en.wikipedia.org/wiki/Gender-neutral_pronoun