GENDER-SPECIFIC & GENDER-NEUTRAL PRONOUNS

GENDER-SPECIFIC PRONOUNS

are the ways we refer to each other in the third person. People who are transitioning in some way might choose to change their pronouns.



GENDER-NEUTRAL PRONOUNS

THEY THEM THEIR



I saw Lauren come to work today and **they** seemed really happy. I wonder if it has anything to do with **their** weekend. I hope I see **them** soon to hear all about it!

ZE [ZEE] SIE [SEE] ZIE [ZEE] HIR [HEAR]



I saw Lauren come to work today and ze seemed really happy. I wonder if it has anything to do with hir weekend. I hope I see hir soon to hear all about it!

ASK



You cannot tell someone's name or pronoun just by looking at them.

RESPECT



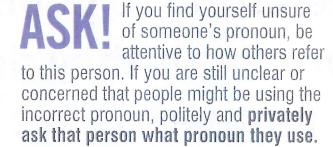
If someone takes the time to let you know their name and pronoun, use and respect it. It's not up to you to decide someone else's identity.

PRACTICE



If you have difficulty using someone's pronoun and name, practice. Ask co-workers, peers, and friends to point out when you've made a mistake.

Hi everyone, my name is Lauren. My pronouns are she and her.



0

Start meetings with everyone introducing themselves and stating their pronoun.

All name tags and name plates can also have a spot to show someone's pronouns.

HELLO my name is

LAUREN

PRONOUNS: She & Her

