



Pronouns: Tip Sheet

Using someone's correct, self-determined name, pronouns and gender-markers at their request is a way of validating that we all have the right to live our truth, to share our truth, and to be granted safety, respect and dignity in doing so. This involves knowledge about personal pronoun options beyond she/her/hers and he/him/his, when referring to someone in the third person. One of the most inclusive steps we can take is to allow folks to express their own pronouns as well as provide a space for them to do so rather than assuming how someone identifies.

Below are examples of pronouns that are used within our society. While some of the terms below may be new to you, it's important to note that we should familiarize ourselves with hearing someone introduce their individual pronouns as Zi or They as easily as we do, She or He.

