



# Introduction to Pronouns

## What are pronouns?

Pronouns such as **she/her**, **he/him** and **they/them** are commonly used as a way for a person to share their gender identity.



Some people will introduce themselves with their name and their pronouns.



For example, someone may say “Hi my name is Shivani. My pronouns are she/her.”



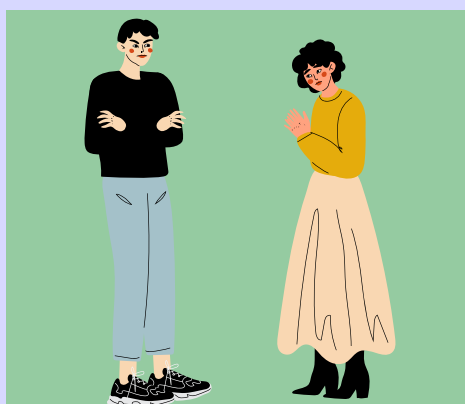
# Introduction to Pronouns

## Why are pronouns important?

Learning about pronouns is important because it helps to create safer spaces for everyone to express their gender.



Using the wrong pronouns for a person whether it is on purpose or not, can be disrespectful and hurtful to that person.



It is important to never assume someone's gender or their pronouns. Even if a person appears as a particular gender, you don't know a person's pronouns until they tell you.



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## When you do not know someone's pronouns

If you don't know someone's pronouns, refer to that person by using their name or gender-neutral pronouns, such as "they" until you ask them their pronouns.

Not everyone is comfortable with they/them pronouns for various reasons so it is best to ask the person what pronouns they use. Even if you have already met but still are not sure what pronouns the person uses.

## How to ask someone what their pronouns are





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## Ways to introduce yourself with your pronouns

"Hey! I'm Sarah, I go by they/them. What are your pronouns?"



"Hey! I'm Jo and my pronouns are he/him"



## Ways to ask someone for their pronouns

"Can I ask what pronouns you use?"



"Thank you for asking. I use he/they. What are your pronouns?"



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### What to do when we make mistakes?

If you use the wrong pronouns for someone by mistake, it's okay. The best thing to do is to quickly correct yourself by using the person's correct pronouns and move on.



What time did she say? -- Oops, what time did **they** say?

### What to do when others make mistakes?

If you notice someone you know use the wrong pronouns, you can quickly correct them. It's important to remember sometimes people make mistakes, so when we correct people we should be kind if it was an honest mistake the person made.

"What time did Sarah say she was meeting us at the movies?"



"Oops. Thank you. What time did **they** say **they** were meeting us at the movies?"



"Sarah's pronouns are **they/them**."





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## Examples of pronouns people may use:

These are some examples of pronouns people may use. There are many other pronouns that are not listed here.

### She/Her/Hers

She  
(She is here)

Her  
(I called her)

Her  
(Her hands are wet)

Hers  
(That is hers)

Herself

### He/Him/His

He  
(He is here)

Him  
(I called him)

His  
(His hands are wet)

His  
(That is his)

Himself

### They/Them/Theirs

They  
(They are here)

Them  
(I called them)

Their  
(Their hands are wet)

Theirs  
(That is theirs)

Themselves

If you are unsure how to use someone's pronouns in a sentence, you can ask them how to correctly use and say their pronouns.



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## Gender neutral terms to use for a group

Friends

Lovelies

Everyone

Folks

Team

Humans

Pals

People

Family

Beautiful  
People

Movers and  
Shakers

Amazing  
People

