# 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



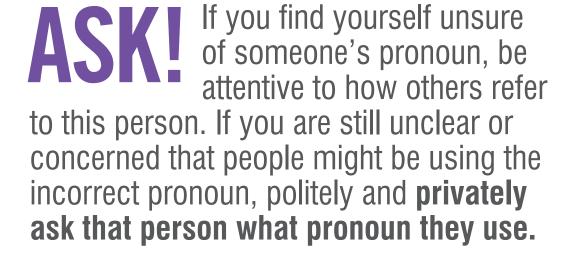
If someone takes the time to let you know their name and pronoun, use and respect it. It's not up to you to decide someone else's identity.

# **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.





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

