

# 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:

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

## 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](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](http://en.wikipedia.org/wiki/Gender-neutral_pronoun)

Written and compiled by JAC Stringer, (2011)

Heartland Trans\* Wellness Group  
<http://transwellness.org>