

The Language Guide: PRONOUNS

What is a pronoun?

A **pronoun** is a word that replaces a noun in a sentence, to eliminate the awkwardness of repeating the same noun over and over again. There are many different types of pronouns, each serving a different purpose.

Personal or Gender Pronouns are used as a substitute for a person's name.

How do I know what personal/gender pronouns someone uses?

By asking them.

How do I ask?

What pronouns do you use?

Hi, my name is _____. My pronouns are _____. What's your name? And what pronouns do you use?

Why is it important to use the correct pronoun?

Using the correct pronoun creates safer and more inclusive spaces for people to be themselves knowing that others are going to respect their identity. Referring to someone with the wrong pronoun can make them feel disrespected, invalidated, dismissed, alienated and/or dysphoric.

While it may **seem** obvious what someone's pronouns maybe, you **CANNOT** know what pronouns someone uses by just looking at them. Asking **AND** correctly using someone's pronoun is mere basics when it comes to respecting gender and gender identity.

What if I make a mistake?

We **ALL** make mistakes. Apologize genuinely, correct yourself and move on. If you only stay in apology mode, you are making the situation about you, and that's not ok. Acknowledge the mistake **AND** adjust your language.



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|-------------------------------|-------------------------------|--------------------------------|---------------------------------|-------------------------------------|
| She (pronounced shee) | Her (pronounced hur) | Her (pronounced hur) | Hers (pronounced hurs) | Herself (pronounced hursself) |
| She wants a pet | Give her the book | Her favorite color is red | That pen is hers | She is looking at herself |
| He (pronounced hee) | Him (pronounced as it looks) | His (pronounced as it looks) | His (pronounced as it looks) | Himself (pronounced as it looks) |
| He wants a pet | Give him the book | His favorite color is red | That pen is his | He is looking at himself |
| They (pronounced as it looks) | Them (pronounced as it looks) | Their (pronounced as it looks) | Theirs (pronounced as it looks) | Themselves (pronounced as it looks) |
| They want a pet | Give them the book | Their favorite color is red | That pen is theirs | They are looking at themselves |
| Sie/Zie (pronounced zee) | Hir (pronounced heer) | Hir (pronounced heer) | Hirs (pronounced heers) | Hirself (pronounced heersself) |
| Sie wants a pet | Give hir the book | Hir favorite color is red | That pen is hers | Sie is looking at hirself |
| Xe (pronounced zee) | Xem (pronounced zem) | Xyr (pronounced zeer) | Xyrs (pronounced zeers) | Xyrself (pronounced zeersself) |
| Xe wants a pet | Give xem the book | Xyr favorite color is red | That pen is xyrs | Xe is Looking at xyrsself |

This is not a comprehensive list of personal and gender pronouns



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| Ze (pronounced zee) | Zim (pronounced as it looks) | Zir (pronounced zeer) | Zirs (pronounced zeer) | Zirself (pronounced zeerself) |
| Ze wants a pet | Give zim the book | Zir favorite color is red | That pen is zirs | Ze is looking at zirself |
| Ey (pronounced A) | Em (pronounced M) | Eir (pronounced ear) | Eirs (pronounced ears) | Eirself (pronounced earsself) |
| Ey wants a pet | Give em the book | Eir favorite color is red | That pen is eirs | Ey is looking at eirself |
| Per (pronounced pur) | Per (pronounced pur) | Per (pronounced purs) | Pers (pronounced purs) | Perself (pronounced pursself) |
| Per wants a pet | Give per the book | Per favorite color is red | That pen is pers | Per is looking at perself |
| Fae (pronounced fay) | Faer (pronounced fair) | Faer (pronounced fair) | Faers (pronounced fairs) | Faerself (pronounced fairself) |
| Fae wants a pet | Give faer the book | Faer favorite color is red | That pen is faers | Fae is looking at faerself |
| Ve (pronounced vee) | Ver (pronounced vur) | Vis (pronounced as it looks) | Vers (pronounced vurs) | Verself (pronounced vursself) |
| Ve wants a pet | Give ver the book | Vis favorite color is red | That pen is vers | Ver is looking at verself |
| Name (pronounced the way the person pronounces their own name) | Name (pronounced the way the person pronounces their own name) | Name (pronounced the way the person pronounces their own name) | Name's (pronounced the way the person pronounces their own name) | Name (pronounced the way the person pronounces their own name) |

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