



Gender Pronouns

Our **gender pronouns** are the way we are identified based on our own identified gender. Using the appropriate gender pronouns for the person you are speaking to, or about, is an important way to respect and affirm that person’s identified gender. The list below is not exhaustive and there are many other pronouns individuals may choose to use, or not use.

Commonly Used Pronouns	Example
She, her, her/hers, herself	She is speaking I listened to her She recorded herself
He, him, his, himself	He is speaking I listened to him He recorded himself
They, them, their/theirs, themselves	They are speaking I listened to them They recorded themselves
Xe, xem, xyr/xyrs, xemself	Xe is speaking I listened to xem Xe recorded xemself
Ze, hir, hir/hirs, hirself	Ze is speaking I listened to hir She recorded hirself

Adapted from Trans Student Educational Resources

For many people, their pronouns are reflected in their gender expression; for others, this may not be the case. It is important that we allow for people to identify their own pronouns; you can establish this practice in a number of ways.

- Lead by example:
“Hi, my name is ___ and my pronouns are _____”
- Provide space for people to write them on their nametag
- Adopt forms with the ability to identify pronouns
- Practice asking pronouns:
“Hi, what’s your name and pronouns?”

