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.

<table>
<thead>
<tr>
<th>Commonly Used Pronouns</th>
<th>Example</th>
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| She, her, her/hers, herself                   | She is speaking  
I listened to her  
She recorded herself  
The speech was hers |
| He, him, his, himself                         | He is speaking  
I listened to him  
He recorded himself  
The speech was his |
| They, them, their/theirs, themself            | They are speaking  
I listened to them  
They recorded themself  
The speech was theirs |
| Xe, xem, xyr/xyrs, xemself                    | Xe is speaking  
I listened to xem  
Xe recorded xemself  
The speech was xyrs |
| Ze, hir, hir/hirs, hirself                    | Ze is speaking  
I listened to hir  
She recorded hirself  
The speech was hirs |

For many people, their pronouns are reflected in their gender expression; for others, this may not be the case. Our “pronoun generators,” or the way that we decide what pronouns to use for another person, is instantaneous. 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?”

Adapted from Trans Student Educational Resources