



Hi, I'm Jo, I use
they/them
pronouns.

Hey! I'm Scarlet,
and I use xe/xem
pronouns.

a quick guide to pronouns.

What are gender pronouns?

Gender pronouns are a way of addressing someone aside from using their name. The easiest way to present gender pronouns is by stating one's subject and object gender pronouns. For example, listing them as she/her, he/him, they/them, or xe/xem.

It's important to note that we should not assume that all "masculine" presenting folks use he/him pronouns, and that all "feminine" presenting folks use she/her pronouns. Using someone's proper pronouns is the easiest way to affirm and validate their gender identity.

How do I use the right pronouns?


It's important to never assume people's pronouns. Regardless of gender expression, you may use gender neutral pronouns (they/them) for a person whose pronouns you don't know. If you don't feel comfortable asking for a person's pronouns in a conversation, you can offer yours as a "soft ask," and tell the person your pronouns. They might tell you theirs as an exchange. If you feel comfortable asking, you may do so politely. Ensure you phrase it as, "What are your pronouns?" as opposed to, "Are your pronouns ____ [or ____]?" as to not make assumptions, which can trigger someone's dysphoria.

What if I use the wrong pronouns?

Accidents happen; if you mess up someone's pronouns, just apologize and correct yourself!

The important thing to do is not make a big deal out of it; try to avoid making an excuse for why you made that mistake (for example, "I'm tired" or "it's just really hard sometimes," or "I'm not used to using those pronouns"); phrases like these can often be hurtful to someone who is trying to assert new pronouns, or ones that differ from those assigned at birth.



 She- I mean they... ugh, sorry, it's just so difficult to remember!

 She- sorry, they..

What if I hear someone mess up another person's pronouns?

The best thing to do in this case is politely correct the person, even if the misgendered party isn't present. Doing something like this makes you an ally; it asserts that you wish to affirm and validate a person's pronouns, and are ensuring that other people do the same. You can be polite about it. Make sure you know if the person uses their pronouns publicly. If they aren't out or are using different pronouns with different people, you might risk outing them if you don't consult the person first.



Just so you know, Jo's pronouns are they'them.

FOR MORE RESOURCES ON GENDER AND SEXUALITY, PLEASE VISIT ccgsd-ccdgs.org/campaigns/

FOLLOW OUR SOCIAL MEDIA:



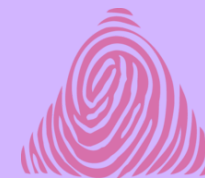
ccgsd_ccdgs



CCGSD_CCDGS



The Canadian Centre for Gender and Sexual Diversity



THE CANADIAN CENTRE FOR
**GENDER+SEXUAL
DIVERSITY**

For a world free of discrimination.