

Share Your Pronouns!

Why We Use Pronouns

When we are surrounded by people who affirm our gender, normalize pronoun usage, and use our correct pronouns, we avoid a great deal of psychological harm. Referring to individuals with the correct pronouns and introducing yourself with your own is one of many ways we communicate respect and warmth to everyone across the gender spectrum.

When you [use pronouns], I feel more comfortable being visibly out as nonbinary. When we're doing the socializing part of whatever event we're at, and we are introduced, I automatically feel warmer toward you – regardless of your gender or presentation. I feel much more comfortable talking to you, because you already tell me you know a little about gender.

– Sinclair Sexsmith (they/them)

Pronoun FAQs

• WHAT ARE THIRD-PERSON GENDER PRONOUNS?

Third-person gender pronouns are words that take the place of gendered nouns (i.e., “she/he/they”). For example, assuming Sarah uses they/them/theirs pronouns, we can say, “Sarah works at their job until 5:00pm.”

• SOME OF THE MOST COMMONLY USED THIRD-PERSON PRONOUNS:

- she/her/hers (feminine, “she series”)
- he/him/his (masculine, “he series”)
- they/them/theirs (gender-inclusive, “they series”)
- ze/hir/hirs (or ze/zir/zirs) is another set of gender-inclusive pronouns
- Some individuals may use pronouns that aren’t listed here or choose to not utilize pronouns altogether and use their name instead

• WHAT HAPPENS IF I ACCIDENTALLY USE THE INCORRECT PRONOUN?

If you inadvertently misgender someone, simply apologize, use the correct pronoun, and move on. For example: “I met her – sorry, them – at Shabbat last week”. Rather than profusely apologizing or talking about how remembering pronouns is difficult for you, simply use the correct pronoun in the future.