



What are your pronouns?

The pronouns we use to describe ourselves are an important part of who we are. Using the correct pronouns when talking to or about someone shows that we accept them.

We all worry about making mistakes. If this happens, just apologise and move on.

Do:



- volunteer your own pronouns when you meet someone (if you want to and it feels safe)
- ask someone's pronouns if you don't know them
- correct yourself and move on if you make a mistake
- remember: it's okay not to be sure of your own pronouns

Don't:



- avoid the topic because you feel uncomfortable or unsure
- assume someone's gender based on the pronouns they use
- overly apologise or make it about you if you make a mistake