WHAT ARE PRONOUNS?

PRONOUNS:
A pronoun is a word that takes place of a noun. (Examples: he, she, we, they, someone, everyone). Everyone has pronouns, but you cannot always tell what pronouns someone uses just by looking at them.

WHO USES WHAT PRONOUNS?
ASK! It is always better to ask what pronouns someone uses than to assume and get it wrong. SHARE YOURS FIRST! It can be easily normalized as a part of your introductions to others. "Hi my name is Becky. I use she\her\hers pronouns."

WHY IS THIS IMPORTANT?
Learning and knowing a person's pronouns is an easy way to be a supportive and affirming ally. Using a young person's correct name and pronouns also predicts a 29% decrease in suicidal ideation and a 56% decrease in suicidal behaviors (1). Repetitive and\or intentional misgendering and dead-naming is harassment!

WHAT IF I MESS UP?
Apologize, promise to do better, and move on. Do not make the situation a dramatic episode where the trans, non-binary, or two-spirit person ends up feeling an obligation to console you. Don't make it about you!

WHAT ELSE CAN I DO?
Do your research! It is not the sole responsibility of the trans, non-binary, and two-spirit community to educate you! Work on removing gendered language from your vocabulary! Do you say "guys" to refer to a group of peers? Try "friends" or "you all." Do you say "Mom and Dad" when asking questions about family? Try "Parents" or "Guardians." And SO much more!

Trans VISIBLE MONTANA

(1) Russell et al. 2018