

Pronouns 101

The most common pronouns are he/him/his and she/her/hers when you are talking about one person (e.g., Butch went to Ferdinand's. He bought a grabber.) and they/them/theirs when talking either about one person or a group of people (e.g., Matthew and Butch went to the store. They bought milkshakes.).

In our society, we automatically assume pronouns, which are based on our guess of someone's gender identity. Rather than guess, it is better to either ask or use the person's name instead of assuming their correct pronouns. One way to learn another person's pronouns is when you introduce yourself, you can include your pronouns for the other person. For example, I am Matthew and I use he/him/his pronouns. Below are the most common pronouns that people use. If you encounter a pronoun that you are unfamiliar with, we recommend searching the internet for more information.

He/Him/His

- He enjoyed a trip to Ferdinand's.
- Butch tried to convince him to try every flavor of ice cream.
- His ice cream cone is melting.
- That Grabber is his.
- He spilled ice cream on himself.

She/Her/Hers

- She enjoyed a trip to Ferdinand's.
- Butch tried to convince her to try every flavor of ice cream.
- Her ice cream cone is melting.
- That Grabber is hers.
- She spilled ice cream on himself.

They/Them/Theirs

- They enjoyed a trip to Ferdinand's.
- Butch tried to convince them to try every flavor of ice cream.
- Their ice cream cone is melting.
- That Grabber is theirs.
- They spilled ice cream on themselves.

How to Ask About Pronouns

Worried about misgendering someone? Ask their pronouns! It's always better to ask than to assume someone's pronouns.

"Hi my name is Melissa, I use she/her/hers pronouns. What's your name and what pronouns do you use?"

If/When You Make a Mistake

1. Apologize
2. Correct
3. Move forward

