



## **Safe Zone: Trans 101**

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# Pronouns and Language

The Trans Literacy Project

<https://youtu.be/5xwKcDuH-cQ>



# What Are Personal Pronouns & Why They Matter

## Some common pronouns!\*

they	them	their	theirs	themselves
she	her	her	hers	her
he	him	his	his	himself
ze	hir	hir	hirs	hirsself
ze	zim	zir	zirs	zirsself

\*This pronoun list is not exhaustive.

- Pronouns replace a person's name when speaking about them.
- It is good practice to ask which pronouns a person uses. It is **not** good practice to assume someone's pronouns.
- If you do not know/have not asked someone's pronouns, try to use "they/them" pronouns or their name..
- **RESPECT!**

## Central New York Resources

- ACR Health
- CNY HIV Care Network
- CNY Pride
- The Cortland LGBTQ Resource Center
- Friends of Dorothy
- The New York State Division of Human Rights
- PEACE Inc.
- Planned Parenthood
- Pride and Joy Families
- The Q Center
- SAGE Upstate
- The Syracuse Gay and Lesbian Chorus
- Transgender Alliance of CNY
- The Transgender Health Services Network of CNY
- Vera House