

Gender Pronouns

Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language. Always ask someone for their pronouns.

Subjective	Objective	Possessive	Reflexive	Example
She	Her	Hers	Herself	She is speaking. I listened to her. The backpack is hers.
He	Him	His	Himself	He is speaking. I listened to him. The backpack is his.
They	Them	Theirs	Themselves	They are speaking. I listened to them. The backpack is theirs.
Ze	Hir/zir	Hirs/zirs	Hirself/ Zirself	Ze is speaking. I listened to hir. The backpack is zirs.

 [transstudent.tumblr.com](https://www.transstudent.org/transstudent)

 [facebook.com/transstudent](https://www.facebook.com/transstudent)

 twitter.com/transstudent

Design by Landyn Pan

<http://www.transstudent.org/pronounsgraphic.jpg>

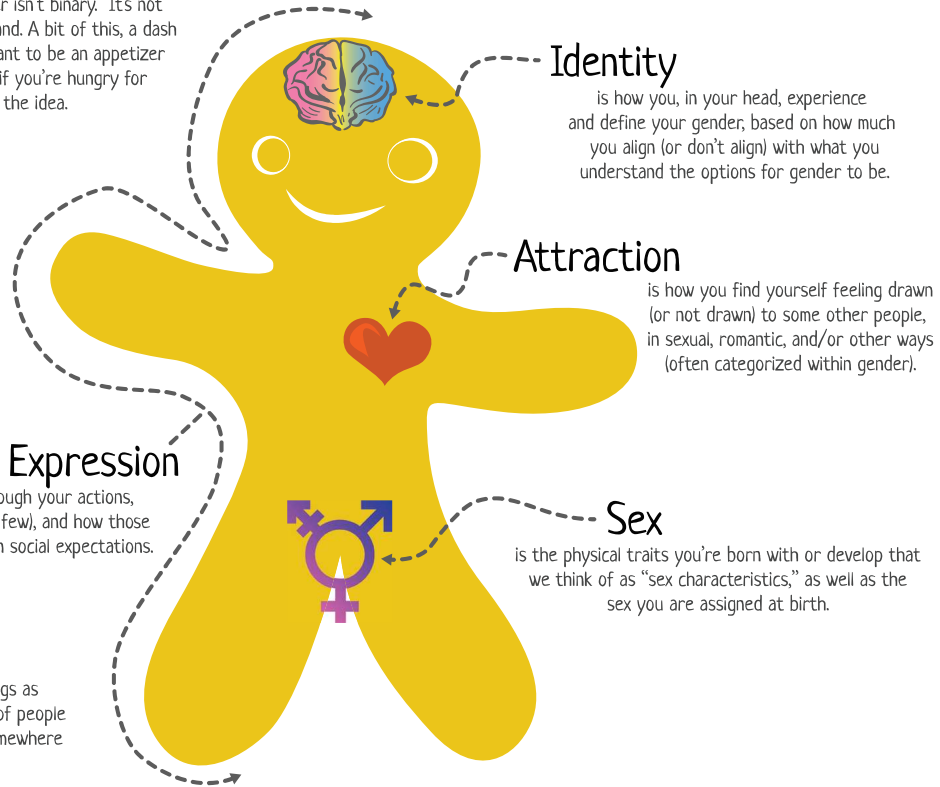
For more information,
go to transstudent.org/graphics

 TSER

The Genderbread Person

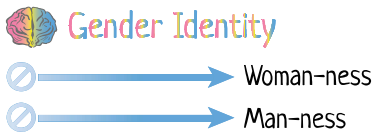
by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.



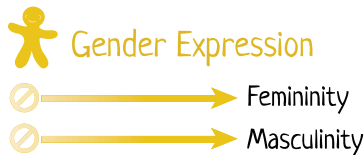
We can think about all these things as existing on continuums, where a lot of people might see themselves as existing somewhere between 0 and 100 on each

⊖ means a lack of what's on the right side



personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things



style, grooming, clothing, mannerisms, affect, appearance, hair, make-up

common GENDER EXPRESSION things



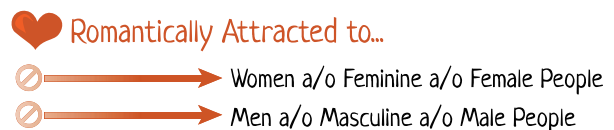
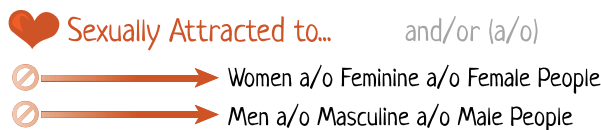
body hair, chest, hips, shoulders, hormones, penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
 Female Intersex Male

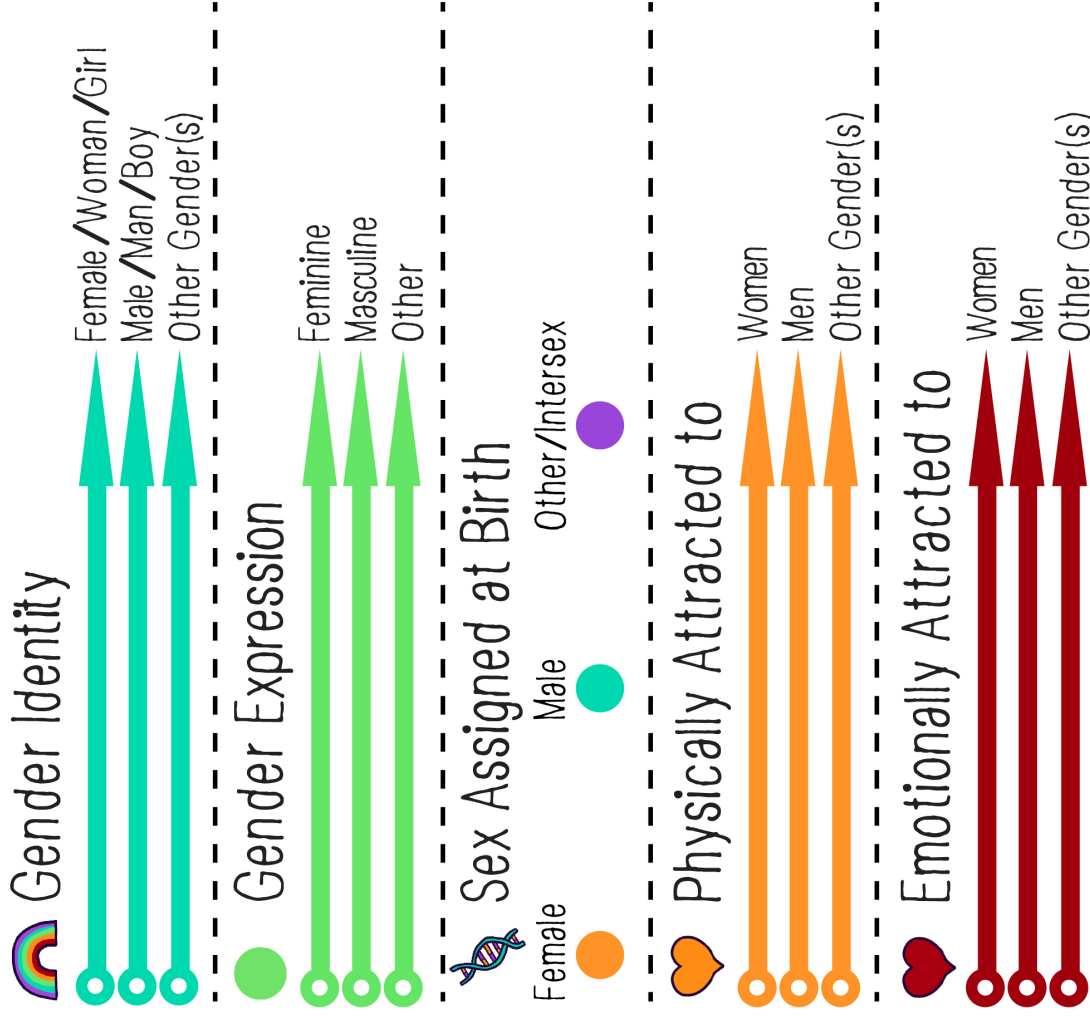
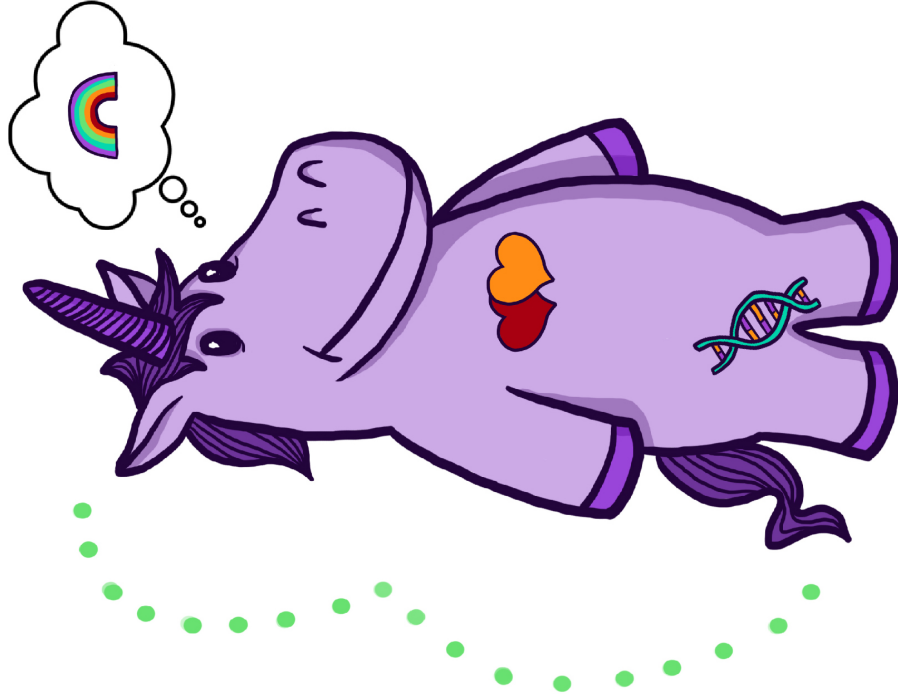
Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life), Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (when SAAB aligns with gender identity) and "transgender" (when it doesn't).



The Gender Unicorn

Graphic by:

TSER
Trans Student Educational Resources



To learn more, go to:

www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



LOS ANGELES LGBT CENTER

TRANSGENDER ECONOMIC EMPOWERMENT PROJECT

Trans Tips Sheet:

Do:

1. Transgender should always be used as an adjective. For example, "Susan is a transgender woman."
2. When you are not sure what pronoun to use stick to the person's first name or use gender-neutral pronouns such as "they went to work."
3. When relevant, it's ok to ask a person's preferred name and pronoun. Never use "real name."
4. If you make a mistake: first acknowledge the mistake, then apologize, finally let the person know that moving forward you will use their preferred name and pronoun.
5. PEOPLE ARE WHO THEY SAY THEY ARE - It is important to trust that someone's decision to present themselves as gender diverse is not made lightly or without due consideration.
6. Validate people's gender expression. It is important to refer to a trans person by the pronoun appropriate to that person's gender identity.
7. Use non-gender specific language: "Are you seeing anyone", instead of: "Do you have a boyfriend/girlfriend."
8. California law states that trans people can use the bathroom that is in alignment with their identity - NO ONE HAS THE RIGHT TO PREVENT SOMEONE FROM USING THE BATHROOM.
9. Educate yourself and others about transgender experiences and concerns.
10. Ensure privacy – when a trans person discloses their status to you, respect their privacy and honor their vulnerability with absolute confidentiality.

Don't:

1. Avoid "Susan was born a man."
2. Do not make assumptions about someone's identity or sexual orientation.
3. Do not assume that someone who is transgender is also lesbian, gay, or bisexual.
4. Do not say "she wants to be called," "she calls herself," "she goes by Susan," or other phrases that cast doubt on the transgender person's identity.
5. Never ask transgender people about how they have sex or what their genitals look like. This is inappropriate for anyone regardless of the situation.
6. Never use words such as "it" or "whatever" when referring to someone who is transgender.

For more info contact:

Transgender Economic Empowerment Project

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Gender Identity Worksheet

Choose one of the following words to match each definition below:

Cross-dressing	A	A term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth.
Drag (Queens/Kings/Club Kids)	B	A term used for people who are born with a reproductive or sexual anatomy and/or chromosome pattern that does not seem to fit typical definitions of male or female.
Transgender Man (FTM)	C	The act or activity of dressing in articles of clothing usually associated with another sex or gender. Not a gender identity, but may be a form of gender expression for many different kinds of people. The reasons vary from person to person. This term may be seen as outdated and problematic by some.
Transgender Woman (MTF)	D	A person who transitions from “female-to-male,” meaning a person who was assigned female at birth, but identifies and lives as a male.
Gender Expression	E	How a person represents or expresses one’s gender identity to others, often through behavior, clothing, hairstyles, voice and body characteristics.
Transsexual	F	Refers to the biological, chromosomal designation of the differences between men and women.
Intersex	G	The act or activity of performing a certain persona, primarily for entertainment and artistic expression. Usually men but not always, who will present as women on stage. Not a gender identity, but may be an avenue for self-discovery for some trans people. In the same way some people discover their femininity through ballet, some people discover their gender identity through performing in this manner.
Sex	H	A term typically used to describe people whose gender identity is different from their assigned sex at birth who seek to transition from male to female or female to male.
Transgender	I	A term used to describe the gender to which one is attracted to. Including, but not limited to, homosexual, heterosexual and bisexual.
Gender Identity	J	A term for individuals whose gender expression is different from societal expectations related to gender.
Sexual Orientation	K	A person who transitions from “male-to-female,” meaning a person who was assigned male at birth, but identifies and lives as a female.
Gender Non-conforming	L	An individual’s internal sense of being male, female, or something else.

These charts are resources that were generated by the Los Angeles LGBT Center in 2021.
Thank you!