

GENDER IDENTITIES

MORE THAN JUST MALE/FEMALE



Cis-

You identify as the gender assigned to you at birth- male or female.



Trans-

You identify as a gender other than the one you were designated as- Trans male/female, etc.



Gender-fluid

You fluctuate between different genders, such as female, male, agender, etc.



Demi-

You identify partially with a gender. Demiboy/girl/fluid /etc.



Agender

You do not have gender; identify as being without gender, though may present themselves as masc. fem. or andro.



Non-Binary

An umbrella term for not identifying with your assigned gender. Genderqueer is both male & female or a mix but remains at that point on the spectrum

GENDER-SPECIFIC & GENDER-NEUTRAL PRONOUNS

GENDER-SPECIFIC PRONOUNS

are the ways we refer to each other in the third person. People who are transitioning in some way might choose to change their pronouns.

SHE

HIS

HE

HERS

GENDER-NEUTRAL PRONOUNS

THEY
THEM
THEIR



I saw Lauren come to work today and **they** seemed really happy. I wonder if it has anything to do with **their** weekend. I hope I see **them** soon to hear all about it!

ZE [ZEE]
SIE [SEE]
ZIE [ZEE]
HIR [HEAR]



I saw Lauren come to work today and **ze** seemed really happy. I wonder if it has anything to do with **hir** weekend. I hope I see **hir** soon to hear all about it!

ASK



You cannot tell someone's name or pronoun just by looking at them.

RESPECT



If someone takes the time to let you know their name and pronoun, use and respect it. It's not up to you to decide someone else's identity.

PRACTICE



If you have difficulty using someone's pronoun and name, practice. Ask co-workers, peers, and friends to point out when you've made a mistake.

Hi everyone, my name is Lauren. My pronouns are she and her.



Start meetings with everyone introducing themselves and stating their pronoun.

ASK! If you find yourself unsure of someone's pronoun, be attentive to how others refer to this person. If you are still unclear or concerned that people might be using the incorrect pronoun, politely and **privately** ask that person what pronoun they use.

All name tags and name plates can also have a spot to show someone's pronouns.

HELLO
my name is

LAUREN

PRONOUNS: She & Her

#TRANSINCLUSION

INFOGRAPHIC DESIGN BY:
LIGHTUPTHESKY.CA

HEAR STOP
IT! IT!
#NOBYSTANDERS

THE 519
SPACE FOR CHANGE