

HELLO

My Pronouns Are...

People use different pronouns, and you can't know someone's just by looking at them. The best way to find out is to ask.

While this guide doesn't list every pronoun, we recognize language evolves. It's up to all of us to respect pronouns and help everyone feel seen and included.

	Subjective	Objective	Possessive	Reflexive
She/Her	SHE	HER	HERS	HERSELF
He/Him	HE	HIM	HIS	HIMSELF
They/ Them	THEY	THEM	THEIRS	THEMSELVES
Ze/Zir*	ZE	ZIR	ZIRS	ZIRSELF
Ey/Em*	EY	EM	EIRS	EIRSELF

Ze/Zir is pronounced "zee/zeer," and Ey/Em is pronounced "ay/em."

WE BREATHE

🔍 How To Use Pronouns 🔍

- Q ASK people their pronouns when you meet them — it's just as easy and important as asking for their name.
- Q RESPECT each person's right to use the pronouns that reflect who they are.
- Q PRACTICE using pronouns correctly, and if you make a mistake, correct it and move on. We're all human — what matters is making it right.
- Q UNDERSTAND that pronouns are grammatically correct and essential to identity. Never assume someone's gender based on appearance.

It may feel awkward to use new pronouns at first, and mistakes are normal. Simply correct yourself or ask questions to get it right!

HELLO
My Pronouns Are

He/Him

HELLO
My Pronouns Are

Ze/Zir

HELLO
My Pronouns Are

She/They

HELLO
My Pronouns Are

They/Them



HELLO
My Pronouns Are

Ey/Em

HELLO
My Pronouns Are

She/Her

HELLO
My Pronouns Are

He/They

WE BREATHE

SUPPORTING TOBACCO-FREE LGBTQ COMMUNITIES