



# Personal Pronouns

# What Are Pronouns?

**Pronouns replace nouns (that's people, places and things).**

**We use pronouns every single day in our spoken and written language without thinking much about it.**

**They help our speech or writing to flow better and if we didn't use them, we'd really notice how odd our language sounded.**

**Let's take a look at this school report and see how it would read without the use of any pronouns.**

# What Are Pronouns?

**Callie has made good progress this year in all subjects.**

**Callie is hard-working and contributes well to class discussions. Callie works well independently and with others in a team.**

**Callie has made particularly super progress in maths, which Callie felt less confident with at the start of the school year. Callie's determination and growth mindset, however, have enabled Callie to rise to any challenge set and Callie got a fantastic score in our latest assessment.**

**Callie is a good friend and Callie is mature and responsible. Callie has made an excellent class captain this year and Callie has been a valued member of our school rounders team.**

**If Callie is a girl, we would expect this report to use the pronouns 'her' and 'she' instead of using her name throughout the entire report - and it would sound a lot better!**



# How We Think and Feel about Ourselves

As human beings, we are all different.

We can choose what we wear, what sort of music we listen to and which sports we enjoy playing.

Who we are, our likes and dislikes, our hobbies and our personalities all make up our identity, which is how we think and feel about ourselves.

As individuals, we all have our own identity - and the right to identify in a way that feels right for us - and that can include our gender identity.

How do you identify?

What are you like?

What makes you, you?



**I'm an animal-loving football fan, whose favourite food is mashed potato.**

**I'm a girl and like to wear sports clothes and trainers. My favourite colour is orange.**

# Our Identities

**Some people identify as male.**

**Some people identify as female.**

**Some people identify as non-binary - that means they don't see themselves as either male or female; they identify as gender-neutral.**

**Some people identify as gender-fluid - that means their gender identity isn't fixed and may change over time.**

**The word fluid means having no fixed shape and can easily flow. So gender-fluid means flowing, moving or changing between genders.**

**The word binary means two. Traditionally, people have been grouped into two gender groups - male or female. So non-binary means not belonging to one of those two groups.**

# Pronoun Problems

**People who identify as male can comfortably use the male pronouns - he, him and his.**

**People who identify as female can comfortably use the female pronouns - she, her and hers.**

**But what about people who are non-binary or gender-fluid?**

**As you can imagine, pronouns cause difficulties.**

**People who don't feel comfortable using male or female pronouns can use the gender-neutral pronouns - they, them, their and theirs.**

# Which Pronoun?

**We all have the right to choose what we wear, what we eat and what we do for fun. We also have the right to choose how we identify and which pronouns we prefer to use.**

**Sometimes when we meet someone for the first time, we might not know how they identify. We can't always know from looking at someone if they identify as male, female or something else.**

**If we receive an email from someone - or we're playing an online game with someone - and all we know is their name, we might not be able to tell which gender they identify with**

**So what can we do?**



# My Pronouns

**A lot of people introduce themselves with their name and then the pronouns they use.**

**Many people sign their emails or letters with their name and then their pronouns.**

**This is a great way to make sure that everyone can show respect for each other by knowing and using other people's preferred pronouns.**

**When you call someone by their name, you are showing that you respect and acknowledge what they want to be called. In the same way, you can show someone respect by using their preferred pronouns.**

**When someone calls you by the wrong name, this can be upsetting - in the same way, being called the wrong pronoun can be upsetting.**

**If you make a mistake with someone's gender or pronouns the best strategy is to apologise, correct yourself and move on with the conversation.**

**Just like you would endeavour to get someone's name right the next time, make sure to get their pronouns right as well.**

# Introduce Yourself!

**Practice introducing yourself by sharing your name, your pronoun and a random fact about you.**

**Your random fact can be as wonderful and wacky as you like!**

**Even if you think you know everyone pretty well, you might learn something new about them today.**

**Have fun!**

