

A GUIDE TO USING SINGULAR THEY/THEM PRONOUNS



WHAT ARE SINGULAR THEY/THEM PRONOUNS?

Pronouns are words that are used in place of nouns. Third person pronouns are used to refer to other people. In English, she/her and he/him are common third person singular pronouns. They/them can also be used as third person singular pronouns that do not specify the gender of the person being discussed.

WHEN DO WE USE THEY/THEM PRONOUNS?

They/them pronouns are often used as a gender neutral alternative to she/her and he/him pronouns. They are often preferred by nonbinary people who do not identify as men or women. If someone has expressed that they use they/them pronouns, you should respect that (See "A Guide to Not Misgendering Trans People"). If you don't know what pronouns someone uses, you can use they/them pronouns until you find out.



ARE THEY/THEM PRONOUNS UNGRAMMATICAL?

Nope! Most people already use they/them pronouns when they do not know someone's gender or when their gender is irrelevant. For example: "I accidentally cut someone off in traffic, I hope **they** aren't mad!"

HOW TO USE 3RD PERSON SINGULAR PRONOUNS

He

Him

His

Himself

He is talking. I hear **him**. That bag is **his**. He made it **himself**.

She

Her

Her

Herself

She is talking. I hear **her**. That bag is **hers**. She made it **herself**.

They

Them

Their

Themselves

They are talking. I hear **them**. That bag is **theirs**. They made it **themselves**.