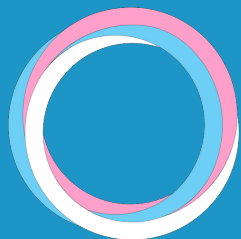


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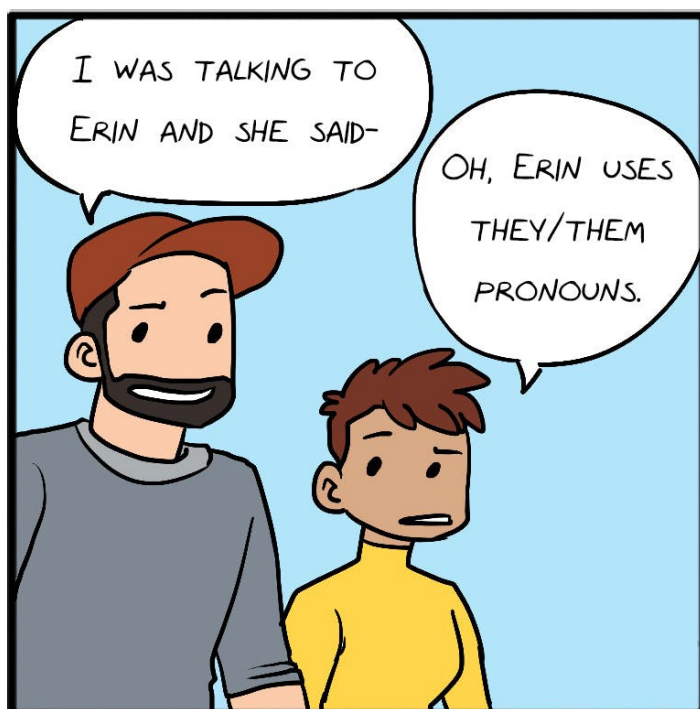


INTERNATIONAL PRONOUNS DAY



WHAT IS A PRONOUN, & WHY IS THERE A WHOLE DAY ABOUT THEM?

A Pronoun, in this context, is a word we use to talk about someone instead of always using their name. In our language, the word we use hints at someone's gender, which is not always what we would assume! This day is dedicated to talking about pronouns so we can become more comfortable addressing people around us the way they would like to be, which is something everyone has a right to!



LET'S BREAK IT DOWN TOGETHER

DO YOU GUESS SOMEONE'S NAME WHEN YOU MEET?

Typically, we allow people the space to tell someone who they are. The same thing must be said about pronouns. Even if you're unfamiliar with what pronouns are, the number one way to learn is to listen, ask, and go forward together!

SO HOW CAN WE ASK?

Introducing yourself and sharing your own pronouns is a great way to provide a chance for them to do so, too. It's best to do this one on one. In group settings, you can do so as a group-- someone may not want to share and that's okay, too. The neutral 'they' can be used for them, or just their name as well!

WHAT IF WE MESS UP?

When, not if, there is a slip, know it is normal and it happens. You're not a bad person. If you caught yourself, correct yourself, apologize, and move on. If someone else corrects you, correct it, apologize, and move on. It's not a big deal as long as it's not repeated and done on purpose!

WHAT IF SOMEONE ELSE DOESN'T RESPECT PRONOUNS?

Some people don't understand, and some people choose not to. Either way, you should focus on the person being addressed and repeat a statement with their proper pronoun so they know you have their back. If it's repeated on purpose, the person affected should decide when and if to take action.

Options & Resources are on the back!

FROM THE CENTER OF THE FINGER LAKES THROUGH FCSFL, INC.



BUT 'THEY' IS FOR MORE THAN ONE PERSON!

Let's talk history!

The use of "they" as a singular term actually dates back to 1375! One of the first known uses was in a medieval play called *William and the Werewolf*. In 1792, a Scottish economist named James Anderson tried to create a term, "ou" that would serve in place of he or she. Literature such as *Mansfield Park*, *Hamlet*, and *The Canterbury Tales* also uses the singular "they!"

All of this is to say that people use "they" in the singular form more than they know. Have you ever walked into a room, seen that someone has left a jacket behind, and said, "Oh no! Someone left *their* jacket! I hope *they* get it back!"? That's singular "they!" It seems like it doesn't make sense when someone specifically asks you to use "they/them/theirs" as their pronouns, but it happens much more than we realize. In fact, in 2015, They was named Word of the Year by the American Dialect Society; in 2019, Merriam-Webster's Dictionary also named it as Word of the Year!

BOTTOM LINE IS THIS: IT'S EASY AND IMPORTANT TO RESPECTFULLY REFER TO THE PEOPLE IN OUR COMMUNITY THE WAY THEY'D LIKE TO BE-- WE ALL DESERVE THAT BASIC DIGNITY, EVERY DAY.

If you're not sure where to turn, or where to send someone who may be looking for community, Family Counseling Service of the Finger Lakes, INC. provides one-on-one advocacy services, training, and a bi-weekly group for Transgender and Gender Expansive people adults. For children ages 10-17, a weekly support group called YANA (You Are Not Alone) is available.

Nationally, crisis hotlines can be accessed.

Trans Lifeline: 877-565-8860

The Trevor Project (specifically for youth): 866-488-7386

HOW CAN WE LEARN MORE?

Here are some resources for getting more comfortable using new pronouns and making your school a safe place for everyone!

PRACTICE WITH PRONOUNS

You can build sentences with new pronouns and a name you fill in yourself at www.practicewithpronouns.com

MINUS18

Another awesome app for practicing pronouns can be found at <https://pronouns.minus18.org.au/>

GLSEN

This organization has focused on making K-12 schools safe spaces for 30 years! You can learn more about them at www.glsen.org/resources/student-and-gsa-resources

YOUR LOCAL LIBRARY/APP

There are so many great pieces of literature talking about gender. Though they deal with heavy topics and sometimes-outdated language, they tell important stories about important people. Some of these titles are:

Fiction:

Written on the Body by Jeanette Winterson

Middlesex by Jeffrey Eugenides

Annabel by Kathleen Winter

For Parents:

Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and

Nonbinary Teens by Stephanie Brill and Lisa Kenney

Gender Outlaw by Kate Bornstein

Non-Fiction:

Trans+ by Kathryn Gonzales

Stone Butch Blues by Leslie Feinberg

Gender Outlaw by Kate Bornstein

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