

THE PREVENTION POST

from Centennial Mental Health Center's Prevention Team

***How good are you with
Pronouns.. ?***

**SO good you
could TEST it ?!**



OR

go to..

pronouns.minus18.org.au/

Pronouns are the way that we refer to people in place of their name or in third person. Often, pronouns have an implied gender and assumptions are typically made about the gender of a person based upon their appearance, style or name. Being considerate and respectful of pronouns in our workplaces, schools, and communities, can boost relationships and promote collaboration.

When you use someone's correct pronouns, it serves to create an inclusive environment where you demonstrate that you care for and respect them. Pronouns are the words you may like others to use for you in place of your proper name. Some examples include "she/her," "he/him," or gender-neutral pronouns, such as "ze/hir," or "they/them". Using singular "they" pronouns have been used in the English language for centuries.

You may have noticed people sharing pronouns in their introductions, name tags or zoom tags. This gives everyone in the room the opportunity to self-identify instead of assuming someone's identity or which pronouns they use. Including pronouns is a first step toward respecting people's identities and creating a more welcoming space for people of all genders. Part of allyship includes setting the example.