

# GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.

The use of correct name and pronouns is associated with decreased depressive symptoms, suicidal ideation, and suicidal behavior in trans youth.

*Used incorrectly*, a pronoun may cause a patient to feel you don't understand or accept their gender identity and aren't capable of providing them competent care.

*Used correctly*, they show respect and affirm the gender identity of your clients.

**Ask your patients about pronouns.**

**Ask every patient. Ask every time.**

## When should I ask?

Any time you interact with a new patient, as a regularly part of your introduction.

## How should I ask?

"Do you use pronouns, for example he, she, or they? Which pronouns do you use?"

Note: Some patients may not be familiar with this question or with parts of speech. To explain, use yourself as an example – "I use she/ her pronouns. What pronouns do you use?"

The English language, including its pronouns, are part of the forced assimilation Indigenous people experience. We know that Indigenous people have always taken great care in how we refer to one another which is why we have ceremonies for gifting names.

Identity	Subjective	Objective	Possessive	Reflexive	Title
Feminine/ Femme	She laughed.	I called her.	The book is hers.	She loves herself.	Ms. So-and-So
Masculine	He laughed.	I called him.	The book is his.	He loves himself.	Mr. So-and-So
Nonbinary	They laughed.	I called them.	The book is theirs.	They love themselves.	Mx. So-and-So
None	Zoe laughed.	I called Zoe.	The book is Zoe's.	Zoe loves Zoe.	Zoe

*How do I use a singular they pronoun?  
You already know. We do it all the time:*

**"Hey, someone left their phone."  
"Oh no, I hope they come back for it."**

**How should you refer to someone? However they refer to themselves.**

**Not sure? Ask.**

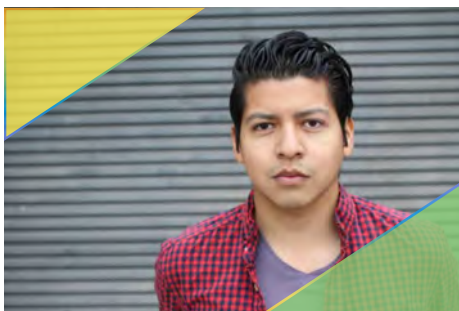


# Lets meet some gender-diverse people.

Each person's gender identity is unique. These are just three examples.



**Zeke identifies as Two Spirit**, which means they express their gender identity and spiritual identity in indigenous, non-Western ways. They were assigned female at birth, and they're happy with their body. They're a sculpture artist, which requires them to work with machinery. They might come to you for a work-related injury or a regular check-up.



**El is indigiqueer**, which means El is both indigenous and LGBTQ+. El identifies as genderfluid. Sometimes, El uses she/her pronouns. Sometimes, El uses he/him pronouns. El is in graduate school and may come to you for help dealing with school-related stress. When El is in a clinic, El prefers no pronouns.



**Ari is trans and nonbinary**. Ari wears both masculine and feminine clothing. At times, they present more masculine. At other times, they present more feminine. They also change presentation based on the group they're in. Ari may come to you for hormones and would prefer that you use they/them pronouns.

**Ask them, "Do you use pronouns, for example he, she, or they? Which pronouns do you use?"**

## Want to go the extra mile?

*Put your pronouns in your signature:*

Project Manager  
888-8888 | oo@gmail.com  
My pronouns are she/her/hers.  
Feel free to share your pronouns with me.

*Let patients know your pronoun preference when introducing yourself:*

"Hi, I'm Lizzy, and I don't use pronouns. How about you?"

*Have pronouns on the onstage at your events.*

