



Using the right pronouns can help lift LGBTQIA people up.

LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, intersex and asexual) allyship and the use of correct pronouns are vital to creating a world where everyone feels like they belong. Feeling overwhelmed by pronouns? Below you'll find tips to help you use correct pronouns and build connections within the wider LGBTQIA+ community.

Finding a sense of connection and belonging are two important parts of well-being. For help improving every part of your health, visit [LlveWell.com](https://www.llivewell.com).

GET STARTED



Tips to use if you're getting tripped up on pronouns:

1. **Recognize that getting misgendered hurts.** It can be exhausting and demoralizing to constantly correct people. Imagine if people refused to call you by the right name.

2. **See people for who they are.** Educate yourself on the identities of people in your life so you can start to see them how they see themselves.
3. **Practice on your own.** Practice giving compliments to LGBTQIA+ people either in your head or aloud to reinforce the correct use of pronouns.
4. **Practice with a safe person.** Find someone who has more experience with pronouns. Tell stories about the person whose pronouns you are trying to get correct, and the other person can gently guide you.
5. **Educate yourself.** Read books by people who are transgender/non-binary so you can better understand the people in your life.

By respecting and supporting the LGBTQIA+ community, we can create a world where everyone can be their authentic self regardless of their gender identity or sexual orientation. To learn more about transgender allyship, read this short article from GLAAD.

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SOURCE
GLSEN: "Pronoun Guide"



Doctor Verified

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