

# Respecting Personal Pronouns Can Save Lives

Pronouns are a common way to communicate one's gender. Honoring a person's pronouns shows **respect** and **acknowledgment** of their gender and identity.

Respecting the language people use to self-identify their gender not only fosters an inclusive, supportive environment that affirms a person's gender identity, but **it can save lives**.

STUDIES HAVE SHOWN THAT AFFIRMING A PERSON'S PRONOUNS CAN LOWER DEPRESSION AND RAISE SELF-ESTEEM. BY CORRECTLY USING A PERSON'S PRONOUNS, PEOPLE CAN REDUCE THE HARMFUL EFFECTS OF SOCIAL OPPRESSION.

## Binary, or gender conforming pronouns:

**she her her hers herself**

**he him his his himself**

## Nonbinary, or gender non-conforming pronouns

**they them their theirs themselves**

**ze/zie hir hir hirs hirself**

**xe xem xyx xyrs xemself**

**ve ver vis vis verself**

THE BEST WAY TO CONFIRM A PERSON'S PRONOUNS IS BY ASKING OR BY INTRODUCING YOURSELF WITH YOUR PRONOUNS AND TO GIVE THE PERSON AN OPPORTUNITY TO SHARE THEIRS.

Source: *The Trevor Project Research Brief: Gender-Affirming Care for Youth*

## Maine LGBTQ+ Resources

Compass – New England Transmasculine Resources:  
[compassftm.org/resources.html](http://compassftm.org/resources.html)

EqualityMaine: [equalitymaine.org](http://equalitymaine.org)

GLSEN- Gay, Lesbian & Straight Education Network:  
[glsen.org/chapter/southern-maine](http://glsen.org/chapter/southern-maine)

Hallowell Pride Alliance: [facebook.com/hallowellpridealliance](https://facebook.com/hallowellpridealliance)

Maine Health Equity Alliance: [mainehealthequity.org](http://mainehealthequity.org)

MaineTransNet: [mainetrans.net](http://mainetrans.net)

New Beginnings: [newbeginmaine.org](http://newbeginmaine.org)

OUT Maine: [outmaine.org](http://outmaine.org)

The Trans Youth Equality Foundation: [transyouthequality.org](http://transyouthequality.org)

## National LGBTQ+ Resources

The LGBT National Help Center: [glbtnationalhelpcenter.org](http://glbtnationalhelpcenter.org)

The Trevor Project: [thetrevorproject.org](http://thetrevorproject.org)

Trans Lifeline: [translifeline.org](http://translifeline.org)

Find LGBTQI-inclusive health care resource links at:  
[nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI](http://nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI)



Scan to access  
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National  
LGBTQ+  
Resources**