This graphic, provided by Transgender Student Educational Resources, helps to provide a visual representation of the complexity of gender and sexuality.

Pronoun Guide
Pronouns can seem tricky, but once you see them in use, it’s easy to get the hang of. The following are some of the most commonly used pronouns:

<table>
<thead>
<tr>
<th>Pronoun</th>
<th>Nominative (subject)</th>
<th>Possessive</th>
<th>Objective (object)</th>
<th>Reflexive</th>
</tr>
</thead>
<tbody>
<tr>
<td>he</td>
<td>he ran</td>
<td>his shoe</td>
<td>I love him</td>
<td>He likes himself</td>
</tr>
<tr>
<td>she</td>
<td>she ran</td>
<td>her shoe</td>
<td>I love her</td>
<td>She likes herself</td>
</tr>
<tr>
<td>they</td>
<td>they ran</td>
<td>their shoe</td>
<td>I love them</td>
<td>They like themselves</td>
</tr>
<tr>
<td>ze</td>
<td>ze ran</td>
<td>zir/hir shoe</td>
<td>I love zir/hir</td>
<td>Ze likes zirself/hirself</td>
</tr>
</tbody>
</table>

Have more pronoun questions? Check out mypronouns.org.

Additional Resources
- National Center for Trans Equality
  www.transequality.org
- GLAAD
  www.glaad.org/transgender/allies
- Transgender Student Educational Resources (TSER)
  www.transstudent.org/gender
- TransWhat?
  transwhat.org/allyship/
- UNL’s LGBTQA+ Resource Center Trans Guide
  https://lgbtqa.unl.edu/education#downloadable-resources

Cover art by Ryan McManaman
Do...

When someone comes out,

• Ask trans people when they first come out how they want you to refer to them in different situations. They may not have come out to everyone.
• Keep a person’s sexual/romantic orientation & gender identity private, unless told otherwise.
• Apologize and correct yourself if you accidentally use the wrong name/pronouns.
• Treat trans people fairly, like you would anyone else.
• Be patient if someone is questioning their gender identity. This may involve experimentation with clothing, names, and pronouns.

Become an advocate!

• Stay up-to-date with issues impacting the trans community.
• Correct transphobic statements.
• Advocate for trans equality and accessibility (ex: petitioning for gender inclusive restrooms and changing facilities, contacting legislators to express support/disapproval of bills that affect trans people).
• Create a visibly welcoming environment for trans people (ex: put a Safe Space or Ally card up on your door/window, introduce yourself with your pronouns).
• Listen to and support trans people & their stories.

Don’t...

• Out someone without their permission, it may put them at risk.
• Ask someone why they are or are not transitioning. Not all trans people can or want to transition, but their gender is still valid.
• Assume that all trans people experience the same things or think the same way.
• Use the term “transsexual” (which is largely outdated) unless someone says they identify with it.
• Assume gender presentation and gender identity must align. People don’t always dress in the stereotypical manner of their gender.

Vocabulary

This is not a comprehensive list of terms you should know, but enough to get you started:

• Trans: short for transgender. An umbrella term for anyone who does not identify with their gender assigned at birth.
• Cis: short for cisgender. Someone who identifies with their gender assigned at birth.
• Gender identity: the gender someone feels they are.
• Gender expression/presentation: how someone expresses their gender (may not align with stereotypes). This is clothes, speech patterns, body language.
• DFAB/AFAB: Designated/Assigned Female at Birth.
• DMAB/AMAB: Designated/Assigned Male at Birth.
• Trans man/FTM: AFAB person who identifies as male.
• Trans woman/MTF: AMAB person who identifies as female.
• Non-binary/Genderqueer: someone who does not identify with the binary male or female.
• Gender-fluid: someone whose gender identity is fluid and changes over time.
• Agender: someone who does not identify with a gender.
• Transitioning: the medical and social process of being perceived as a certain gender and making oneself comfortable in their body; which may include hormones or surgery, dressing differently, or legal name or gender change.