

What if I mess up someone's **PRONOUNS?**

1. Apologize!

Apologizing is the best first step. Even if it was quick, and if you're not sure if anyone heard, apologize as soon as you can. Keep apologies appropriately brief and genuine.

2. Correct yourself.

Use the person's pronouns and name correctly right away.

3. Commit yourself to doing better.

Practice using the person's pronouns correctly. Use pronouns correctly in all situations -- not only when the person can hear you.

4. Keep growing.

Growth can be uncomfortable. If you feel awkward about using people's pronouns, or you have difficulty catching on, be kind to yourself and keep learning and practicing.

A Quick Tip:

Remember, apologies should be unequivocal and honest. If you feel compelled to explain yourself or give excuses during an apology, ask yourself: *Does this serve me or the person I'm trying to apologize to?*

