

Pronouns and their meanings



What is a pronoun?

A pronoun is a word that means the people who are talking (like 'I' or 'you').

It is also a word for someone or something that is being talked about (like 'she', 'it', 'them', and 'this').



Gender pronouns are words that mean the people you are talking about like he, she, and they.



We use pronouns to help us talk about gender like when we talk about trans and non-binary people.



Trans is a word that means people whose gender is not the same as, or does not feel like, the sex they were given at birth.





A Non-binary person is someone who does not feel their gender is a man or a woman.

Non-binary people like to use the gender pronouns 'they' and 'them' to describe their gender.



At Mencap we use pronouns in our email signatures so people do not get someone's gender wrong when they talk or write to them.



Using pronouns is an important part of being an LGBTQ+ ally.

An LGBTQ+ ally is someone who supports equal rights , gender equality and LGBTQ+ social groups and communities.



To find out more [watch our video about identity, gender and sexuality.](#)



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