



Adjusting to new pronouns takes practice. Here are some suggestions:

- Write a letter about what you like about the person, or what you like to do with the person using new pronouns.
- Write sentences with the new pronoun (like we wrote sentences on a chalk board when we were kids).
- When you think about the person to yourself, practice using correct pronoun.
- Create a “pronoun jar”- like a swear jar – you put \$ into a jar for every time you make a mistake, perhaps the person gets to decide what to do with the \$, or donate it to a local LGBTQ+ organization.
- Talk about the person with friends or even strangers; speak fondly of the person using the new Pronoun.
- Practice the new pronouns with a close friend or family member, agree to support each other in using the new pronoun.
- Change the person’s name and add the correct pronouns in your phone.
- Look through photos from previous years before the person transitioned and, while looking through them, say the person’s correct name and pronouns to yourself as you look through the photos.  
(Note: Some transgender people are ok with folks keeping old photos of them around, others are not. Some are ok with family keeping them for private viewing, some are not.)

How will you practice this week?