

Overview

We've heard a lot of requests for more resources and education related to personal pronouns. We want to share a resource you can use for your own personal education and/or collegiate/alumnae chapter programming.

MyPronouns.org

[MyPronouns.org](https://www.myprouns.org), is dedicated to providing resources on personal pronouns. As stated on the website About tab, MyPronouns.org is a practical resource dedicated to the empowering and inclusive use of personal pronouns in the English language. This website will help you understand why and how to use the pronouns someone goes by. In particular, we are focusing on pronouns used to refer to a singular human in the third person. Want to learn more on what this website is about? Click [HERE](#) to learn more.

What else is available?

- What personal pronouns are and why they matter.
- How to use personal pronouns.
- Education on mistakes and real examples.
- How to share your pronouns.
- How to ask others about their pronouns.
- Inclusive language.
- Additional resources that contain external links and videos.

How can I use this?

There are many ways you can use the information and resources within this website. Here are some ideas:

- Widely share out the website link with the fellow alumnae, chapter members, or even friends and family for continued self-education.
- Call out a specific tab for review with a handful of self-reflection questions.
- Share out a link to a specific video and include self-reflection questions or provide follow up with reading more via an article, book, additional video etc.
- Collegiate Chapter Tip: Incorporate conversations about personal pronouns into recruitment, new member meetings, sisterhood events and more.
 - Consider sharing out resources with your Panhellenic and/or other organizations on campus. The more we can share resources with one another, the more we can learn.
- Collegiate Chapter Tip: Pick different topics or videos from the website to review during an informal chapter as your member development programming.
 - If a member of your chapter is comfortable and able to navigate difficult conversations, have them lead the chapter through a conversation after watching a video, reviewing specific information, etc. Create discussion questions to guide the conversation or consider breaking out into small groups with discussion questions.
 - Small groups will likely be very beneficial to use when having conversations.
 - Have a conversation to specifically discuss how to take the information and apply it.

What if I'm not comfortable facilitating and/or leading a conversation?

- Collegiate Chapter Tip: If you do not have a member that is comfortable, reach out to campus and/or community professionals.
 - Does your campus have a multicultural office? Office of diversity and inclusion? Unsure? Talk to your fraternity/sorority advisor to find out!
- Collegiate Chapter Tip: If you find a community professional, but need some financial assistance to pay the speaker, consider pairing up with a nearby chapter and applying for the Sigma Kappa Foundation DEIA Education Grant of up to \$500! More information can be found in The Learning Center within Resources for All Collegiate Officers > DEIA Resources.
 - You can also use the search feature on the top right-hand side to locate more information and a link to the form!
- Collegiate Chapter Tip: Your programming coordinator is also a great resource to talk through any needs or concerns. They are able to either provide direct support if it is related to programming and/or connect you with someone who can help with your need or concern.