



Improving emotional health and well being

Getting Pronouns Right:

How to be an ally to the gender diverse community

Co-presented by **Tammy Plunkett (she/her)** and **Mitchell Plunkett (he/him)**, Tammy's openly transgender son



Has your child asked you to use they/them pronouns? Or have you recently learned that a friend or family member is transgender?

This talk will address your biggest initial questions and, more importantly, how to best support a gender-diverse person.

You will learn:

- Why pronouns matter so much today
- That you don't need to be trans to introduce yourself with your pronouns
- What it means to be an ally
- How to support the transgender people in your life

And more!

**Monday
March 7 2022**

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