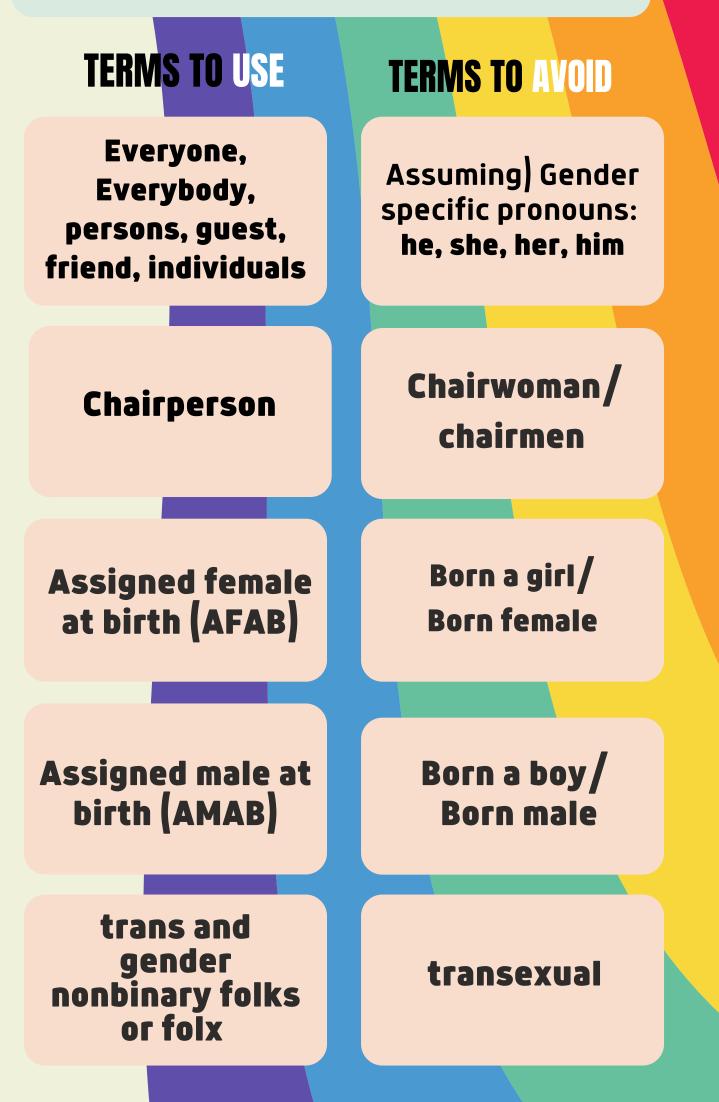# Gender-Inclusive Language to *USE* and *AVOID*

GENDER-INCLUSIVE LANGUAGE

Gender-inclusive language is a powerful way to promote gender equality and lessen gender bias. Normalizing the use of gender inclusive nouns in everyday conversations can help describe people who may be of any gender and avoid hurting people based off gender assumptions.

TERMS TO USE	TERMS TO AVOID
Everyone, Everybody, persons, guest, friend, individuals	Assuming) Gender specific pronouns: he, she, her, him
Chairperson	Chairwoman/ chairmen
Assigned female at birth (AFAB)	Born a girl/ Born female
Assigned male at birth (AMAB)	Born a boy/ Born male
trans and gender nonbinary folks or folx	transexual

Check out these helpful resources to learn more about anxiety and depression in the LGBTQ+ community and other inclusive resources. For more information, visit www.adaa.org.

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