

A Guide to Gender

by Sam Killermann

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Share Your Pronouns**

In introductions, meetings, or casual conversations, share your pronouns first. This creates space for others to share theirs without being put on the spot.

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⁰² **Practice, Then Ask**

When you meet someone, don't demand their pronouns. Share yours, create a safe space, and let them volunteer theirs. If you're unsure, use their name or they/them until told otherwise.

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⁰³ **Correct Yourself Quickly**

If you misgender someone, apologize briefly ('sorry, she') and move on. Don't make it about your guilt. Make it about correcting the record and getting it right next time.

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⁰⁴ **Educate Yourself**

Google is free. Before asking trans people to explain their existence, do your own research. They're not educators on demand. Respect their time and emotional labor.

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⁰⁵ **Speak Up When They're Not Around**

Allyship isn't just performative support to someone's face. It's correcting misgendering behind their back. It's confronting transphobia in spaces where trans people aren't present.

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⁰⁶ **Support Gender-Inclusive Policies**

Advocate for gender-neutral bathrooms, inclusive forms, and policies that protect trans people from discrimination. Systemic change matters as much as individual behavior.