Cavanaugh Quick, 24, is a program manager at Dreams of Hope, a queer youth arts organization. Quick teaches workshops on gender pronouns. He identifies as a transgender man. "Traditional" male and female gender identities are set up as opposites. But some people identify as non-binary, genderqueer, or agender. The people that hold those gender identities have pronouns that resonate with them. Google gender identity, folks!

"It took me 25 years to understand who I was, and be OK with it, and then prepare myself to share that person with the world ..."

"... and then ask the world to also understand, and to be OK with it."

"That's why it's so important for me to help people understand normalizing asking for pronouns."

"It feels weird to ask someone what their pronouns are, but there was a point in time when it felt weird to ask a woman what her name was ..."

"So it's fine that it feels weird, but that's not a reason not to do it, because it's just part of changing, living breathing social contracts with one another!"

"It's hard to think that something as quote - simple could make me feel invalidated."