Gender Neutral Pronoun Usage:

<table>
<thead>
<tr>
<th></th>
<th>Subject</th>
<th>Object</th>
<th>Possessive Adjective</th>
<th>Possessive Pronoun</th>
<th>Reflexive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>She</td>
<td>Her</td>
<td>Her</td>
<td>Hers</td>
<td>Herself</td>
</tr>
<tr>
<td>Male</td>
<td>He</td>
<td>Him</td>
<td>His</td>
<td>His</td>
<td>Himself</td>
</tr>
<tr>
<td>Gender Neutral</td>
<td>Ze</td>
<td>Hir</td>
<td>Hir</td>
<td>Hirs</td>
<td>Hirself</td>
</tr>
<tr>
<td>Spivak</td>
<td>E</td>
<td>Em</td>
<td>Eir</td>
<td>Eirs</td>
<td>Emself</td>
</tr>
</tbody>
</table>

How to pronounce gender neutral pronouns:

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Ze  /zee/  Hir  /her/  Hirs  /heres/  Hirself  /herself/  E  /ee/  Em  /em/  Eir  /air/  Eirs  /airs/  Emself  /emself/
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Examples of how to use these pronouns:

She went to her bedroom.
He went to his bedroom.
Ze went to hir bedroom.
E went to eir bedroom.

I am her sister.
I am his sister.
I am hir sister
I am eir sister.

She shaves herself.
He shaves himself.
Ze shaves hirself.
E shaves emself.