

# Gender-sensitive Communication

## Examples of common adjectives that carry a gender connotation and alternatives

| Gendered adjectives         | Alternatives                         |
|-----------------------------|--------------------------------------|
| Bossy or pushy              | Assertive                            |
| Emotional or hormonal       | Passionate, enthusiastic, empathetic |
| Ditsy                       | Silly                                |
| Frigid (no male equivalent) | Lacking sexual responsiveness        |
| Frumpy                      | Dowdy and old fashioned              |
| Shrill                      | High pitched, grating voice          |
| Loose (no male equivalent)  | Having sexual confidence             |
| Hysterical                  | Irrational                           |
| Mumsy                       | Dowdy and old fashioned              |
| Virile                      | Strong, energetic                    |