

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