# Pronouns in Microsoft 365 Applications

Currently, it is not possible to set a list of pre-determined pronouns that users must select from, as Microsoft does not provide an official list of available pronouns. The pronoun field allows for open text input, meaning users can enter their preferred pronouns freely. This approach is designed to ensure that individuals can express their identity accurately without limitations imposed by a predefined list.

1. Select your profile picture in the upper right corner of Teams, then select your name/email address.
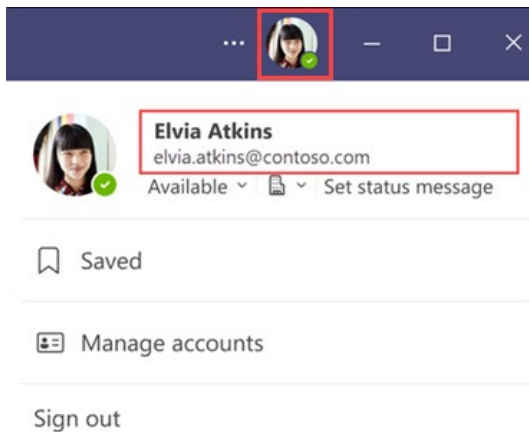
2. On your profile card, select **+ Pronouns** or the pronouns listed below your name.

3. To add or change your pronouns, select from the examples (only available in English), **or enter your own**. To delete, remove your pronouns.

    Note: Pronouns must be 60 characters or less, including spaces.

4. Select **Save** to update your profile. Select **Cancel** if you don't want to save your changes. In the example below, Elvia Atkins has chosen **She/Her** as her pronouns. Changes are updated and reflected on your profile card immediately after you select **Save.**

5. Select **Got it** to exit the confirmation dialog.

For more details: [Pronouns on your profile in Microsoft 365 - Microsoft Support](#)