

In the sentence '**This is the girl who helps out on the weekends.**', we can identify the pronouns and understand what a pronoun is.

**What is a pronoun?** A pronoun is a word that takes the place of a noun to avoid repetition. Common examples of pronouns include 'he', 'she', 'it', 'they', 'this', and 'who'.

Now let's analyze your sentence:

- '**This**' is a demonstrative pronoun, referring to a specific girl.
- '**who**' is a relative pronoun, used to introduce additional information about 'the girl.'

Therefore, in this sentence, the pronouns are '**this**' and '**who**'.