

GSA Leadership Forum 2019

Workshops

Wednesday, May 8th, 2019

10:45 – 12:15 Workshop Series 1: The Basics – Gender, Sexuality, and Allyship	
<p>Gender, Gender Expression & Sexuality 101</p> <p>With Sabrina Kayed</p> <p><i>The goal is to expose people to the infinite variations possible and normalize LGBTQ+ experiences/identities by explaining the following topics: gender identity, gender expression, sex, sexual orientation, and romantic orientation.</i></p> <p>Content/Trigger Warning: N/A Room 1</p>	<p>Bye Bye Binary: Moving Towards Gender Inclusivity</p> <p>With Ellis Furman</p> <p><i>This workshop will provide space for participants to move beyond the gender binary and expand their thinking to envision a world of gender inclusivity. The workshop content will take a think-learn-act approach in providing background context and history about trans and non-binary identities, provide practical exercises to learn about gender inclusive pronouns, and to think about ways that individuals can engage in social change.</i></p> <p>Content/Trigger Warning: transphobia, gender-based violence, and colonial history Room 2</p>
<p>Intersecting identities</p> <p>With Daniella Noël</p> <p><i>With a comprehensive, and ever-growing list of gender and sexual identities, the participants will be invited to engage in a discussion about: race, sex, gender, orientation, class, ability, ect. The group will discuss how we each hold a multitude of identities, and what it looks like when those intersect. We will also touch on labels and the many limitations and benefits that are associated with the use of labels in our society. Participants will be encouraged to abandon assumptions about gender and sexuality, and to learn, share and embrace their own identities, regardless of what they may be now or in the future.</i></p> <p>Content/Trigger Warning: N/A Room 3</p>	<p>Let's Talk About Sex (or not): Asexual and Aromantic Identities</p> <p>With Janani Suthan</p> <p><i>Janani Suthan is a staff member of the CCGSD and a student studying political science and gender studies; she's also asexual. She likes to talk about it, but has the undying urge to correct people when they ask her if she's "okay with dying a virgin." She has had decent success in teaching Gender and Sexuality 101 to youth and adults in the past, but felt that asexual and aromantic identities deserve their own special attention (definitely not because any certain biases). Come join her in de-bunking some common myths about sex and relationships, while deconstructing amatonormativity! (Don't know what that means? Come to the workshop and find out!)</i></p> <p>Content/Trigger Warning: sexual assault, suicide, trauma Room 4</p>

2:45 – 5:30

How to Build a Strong GSA

With Amanda Myerson

Over the course of 3 sessions you will join your mentors in learning about different aspects of the GSAs. You will learn about many different topics such as creating a mission statement, different ways to fundraise, how to facilitate a meeting and a whole lot more! You will also get a chance to hear how other GSAs work in schools all across Canada and share some tips on what works for you.

Content/Trigger Warning: N/A

Thursday, May 9th, 2019

10:00 – 11:25 | Workshop Series 2: Art as Activism

Singing and Solidarity

With Cameron Aitken

This workshop is meant to be a primer on queer media, specifically music, television or video, and theatre. Queer specific programming or artists create multi-layered stories that provide positive representation for queer youth and can challenge the oppressions our communities face. The workshop will consist of a brief overview of queer media and common themes, before ending with folks learning a quick song or practicing their protest chants.

Content/Trigger Warning: homophobia, transphobia, cissexism, antiquated language and discussion of systemic oppression

Room 1

Representation matters – Here's Why

With Serene Carter

LGBT2Q+ representation in media really can change lives. The positive representation of minority groups- (ie queer, BIPOC, disabled) in media is important to give people of different backgrounds and identities potential role models. But while this sounds nice in theory, it can be difficult to wrap your head around what, exactly, this means- this workshop aims to cover some of those questions.

Content/Trigger Warning: N/A

Room 2

Spoken Word

With Emily Carrigan

An introduction to the process and practice of spoken word poetry.

Graffiti: A tool to Activate With

With Mique Michelle

Come participate in the creation of a temporary mural. Lets discuss the origins of Hip Hop, Graffiti as a platforms for visible and invisible minorities by exploring past works. Lets creating our own

Content/Trigger Warning: poems may include some triggering topics.

Room 3

temporary piece to ensure we have the tools to get our rights heard and respected. Humanity first!

Content/Trigger Warning: N/A

Room 4

11:40 – 12:40

Stand Up, Speak Out Theatre Project Presents: Unsafe – a forum theatre play addressing homophobia and transphobia & Alternate Art Activity in Lounge

Our forum theatre play-co-created with students from Bell High School's Rainbow Alliance as part of the Stand Up, Speak Out Theatre project, a collaboration between Branch Out Theatre and CCGSD, presents you with a traumatic day in the life of a transgender student. After the play is finished, you will have the unique opportunity to get up on the stage and become a spect-actor: to take on the role of a character and address the issues of homophobia and transphobia and transform the story for our play's protagonist.

Content/Trigger Warning: Use of slurs, homophobia and transphobia in school and at home

An alternate craft program is available in the lounge for youth who do not wish to participate

2:30 – 3:15

Panel: Advocacy in Local Communities

TBD

Content/Trigger Warning: violence, poverty, discrimination, cyberbullying.

3:30 – 4:45 | Workshop Series 3: Queering Schools

Panel: Making Schools Gender Inclusive

Room 1

Pride Prom

With Heather Kelley
Give students the knowledge and skill set to get a district wide queer event going!

Content/Trigger Warning: N/A

Room 2

Gender Diversity, Sexual Orientation, and Sports!

With Garry Dart

This workshop will look at: History of Exclusion, Barriers LGBTQ2S+ Athletes Experience, Impact of Coming Out Or Choosing Not To, How to Address Homophobia and Transphobia in Sports, and How to Become an Ally

Content/Trigger Warning: death, stigmatic language, discrimination, disease

Room 3

Behind the Scenes: Events and Advocacy

With Cameron Aitken and Amanda Myerson
Go behind the scenes with the CCGSD conference team. Speaking from years of event management experience, this workshop will focus on: basic event logistics; events geared towards a GSA; and days of significance.

Content/Trigger Warning: N/A

Room 4

Friday, May 10th, 2019

9:30 – 10:00	Keynote – Youth Story Tellers With Warner & Lucas Content/Trigger Warning: N/A
10:00 – 10:30	Keynote – Sliding into Authenticity With Cael Wilson <i>We want to live in a world full of authenticity. We claim to want an authentic learning experience, an authentic meal, an authentic smile, or an authentic relationship. But in a world filled with 60 second snapchat and filtered Instagram pictures, is it possible to actually be truly authentic? The act of being "true to oneself" is a radical act of self-love. Letting go of who you think you "should" be is possible. Letting ourselves been seen and loving with our whole hearts is the road to authenticity.</i> Content/Trigger Warning: N/A

10:45 – 12:15 | Workshop Series 4: Health & Wellbeing

Queering Sex Ed and Consent

With Sabrina Kayed
Let's talk about sex! But first, we need to talk about talking about sex. Why is talking about sex important? How can you communicate your desires, needs, and boundaries with a partner? This workshop will focus sexual communication in LGBTQ2+ relationships - with an emphasis on decision making, consent, and safer sex.

Content/Trigger Warning: possible mention of sexual assault, harrassment, coercion, unhealthy relationships

Room 1

Healthy Relationships & Consent

With Adri bravo
This interactive workshop helps participants understand different types of relationships, what healthy relationships should look and feel like, consent, and improving communication in your relationships.

Content/Trigger Warning: N/A

Room 2

POZitivity: An introduction to HIV and Stigma

With Garry Dart
This workshop will cover: HIV 101 (transmission, the history of HIV, risks), PrEP, PEP and the U=U movement.

Content/Trigger Warning: death, stigmatic language, discrimination, disease

Room 3

Mental Health 101

With Ken Wright
Mental Health 101 will focus on mental health issues facing transgender youth and the broader 2SLGBTQ+ community. A mental health individual safety plan will be created in addition to a discussion on various topics such as homelessness, substance use, gender dysphoria, building alliances, leadership and identifying a mental health crisis.

Content/Trigger Warning: homelessness, mental health crisis, substance use

Room 4

1:45 – 3:00

Keynote – Cameron Aitken: Know your History

3:15 – 4:45 | Workshop Series 5: How to be a Leader

Understanding Compassion Fatigue: Caring for Yourself While Caring for Others

With Amanda Rocheleau

As a Helper, Advocate or Mentor, you are likely involved in supporting others in their hardships and personal stresses. Sometimes, it can be a very challenging role to be in and can impact your own sense of wellness. The goal of this workshop is to help you identify the warning signs of compassion fatigue, introduce techniques for self-regulation, and develop self-care methods to improve or maintain your own health and wellness.

Content/Trigger Warning: speaking about the indirect impact of being exposed to other people's suffering

Room 1

How to Effectively Engage your Peers

With Connor McKiggan
TBD

Content/Trigger Warning: N/A

Room 2

HERstory: Queer Women Creating Change

With Daniella Noël

Queer HERstory takes intersectional feminist look at the sometimes forgotten queer women of our community. The presentation is an exploration of the many femme-identified individuals in the past (Ancient times) all the way to present (2010s) and their impact on the ways in which we perceive femininity and queerness. This workshop looks to highlight the femmes who had the courage to be themselves and refused to be underestimated by a patriarchal and heteronormative world.

Content/Trigger Warning: patriarchy, transphobia

Room 3

Transgender & Resilient

With Cael Wilson

Being who you truly are is more than just saying words. It's action. It's every day action. It takes courage. It takes strength. It takes resilience. Our very existence is action. There is no single "way" to be transgender, but there are "ways" in which we express our gender through the transgender lens. This workshop gives participants, who identify as transgender, an opportunity to share "ways" in which we express our gender, explore what it means to be resilient, and safe ways to take action.

Content/Trigger Warning: N/A

Room 4