

# STUDENT BREAKOUT SESSION SELECTION

Slot 1 (12:30 – 1:30)	Slot 2 (1:45 – 2:45)
Self-Care and Stress Management <i>Klinik</i>	Self-Care and Stress Management <i>Klinik</i>
Assertive Communication Tools for GSAs <i>Teen Talk</i>	Assertive Communication Tools for GSAs <i>Teen Talk</i>
Appreciating Diversity <i>Teen Talk</i>	Queer Sex Ed <i>Teen Talk</i>
Live Your Rights <i>Manitoba Association for Rights and Liberties</i>	Affirming Bi, Pan and Fluid Identities <i>Rainbow Resource Centre</i>
Barriers for Queers in Sport <i>Out There Winnipeg Sports &amp; Recreation</i>	Barriers for Queers in Sport <i>Out There Winnipeg Sports &amp; Recreation</i>
Under my Umbrella: Lesbian Space in the Community <i>Rainbow Resource Centre</i>	On Being/Seeing Queers Online <i>Rainbow Resource Centre</i>
Developing Youth Calls to Action <i>SERC - Brandon</i>	Developing Youth Calls to Action <i>SERC- Brandon</i>
Advocating When it's not Popular <i>Michelle McHale</i>	Advocating When it's not Popular <i>Michelle McHale</i>
GSA 101: Creating, Maintaining and Sustaining your GSA <i>Rainbow Resource Centre</i>	GSA 101: Creating, Maintaining and Sustaining your GSA <i>Rainbow Resource Centre</i>
Love, Disability and Taking Up Space <i>Sexuality and Disability Manitoba</i>	Being Femme: Femininity and Queer Identity <i>Hailey Primrose and Jana Elazar</i>

## BREAKOUT SESSION SLOT 1 CHOICES

### (1A) Self-Care and Stress Management – *Klinik*

Let's face it, there are many reasons why we may not always take care of ourselves. Dealing with homophobia, biphobia, transphobia, as well as other forms of oppression can really take its toll. This workshop is designed to help us take more space in our lives and reflect on our own self-care. By learning about mindfulness, self-compassion, as well as protective factors and strategies, we will explore different ways strategies we can use to care for ourselves. Activities are incorporated into the workshop, including self-reflection, small group discussion, and mindfulness practices.

### (1B) Assertive Communication Tools for GSAs – *Teen Talk*

We will explore how you can use assertive communication and effective listening skills to take up space in your school while still setting good boundaries and supporting one another. We will also share planning tools you can use to identify and respond to pressing issues in your GSA, school and community

### (1C) Appreciating Diversity – *Teen Talk*

This workshop will look at how discrimination manifests itself in our daily lives and will consider the connections between different types of discrimination. We will discuss that significance, beauty and strength of diversity and action plan around experiencing discrimination and taking up space.

### (1D) Live Your Rights – *Manitoba Association for Rights and Liberties*

This workshop is focused on equipping LGBT2SQ+ youth with the tools and knowledge required to live their rights and enjoy them to their fullest potential. Youth will gain knowledge about their rights under the Canadian Charter of Rights and Freedoms, the Canadian Human Rights Act, as well as under the Manitoba Human Rights Act. They will learn how to harness their rights and protections in order to empower their lives and identify spaces where more work for rights is required. Finally, they will utilize this knowledge as a framework for taking up space in daily life through taking action and challenging norms.

**(1E) Barriers for Queers in Sport – *Out There Winnipeg Sports & Recreation***

This workshop will discuss the barriers for LGBT2SQ+ community in sport, and how to address them. This is a discussion-based workshop, with opportunity to share our experiences, and work together to navigate how we can take up space in sport.

**(1F) Under My Umbrella: Lesbian Space in the Community – *Rainbow Resource Centre***

This is a workshop for lesbians to talk about taking up space both inside and outside of the LGBT2SQ+ community. We will also discuss the strength and resiliency lesbian folks foster.

**(1G) Developing Youth Calls to Action – *SERC Brandon***

The modern LGBT2SQ+ movement is often said to have accomplished a lot in a short period of time. Often people think that ‘full equality’ has been achieved with marriage and discrimination laws; however, we all know this to not be true. This workshop will review a quick timeline of LGBT2SQ+ history to explore how youth voices haven’t always been present. GSAs didn’t arrive in Canada until 1998 and as recently as 2013 in Manitoba, a law had to be passed to get GSAs into many schools. While touching on intersecting identities this workshop will focus on youth as a group taking up space. Different activities will facilitate a discussion about how different identities can affect how we are treated in society. We will also identify institutions and situations where LGBT2SQ+ discrimination occurs. In smaller groups students will brainstorm changes they want to see in their world and hopefully develop some calls to action that they can take back to their schools and communities.

**(1H) Advocating when it’s not Popular – *Michelle McHale***

This workshop will walk participants through what took place to create Steinbach Pride, as well as the struggle for students in the school division that covers Steinbach. It subsequently will discuss and explore the ways that activism can take its toll, and how to deal with those unique challenges.

**(1I) GSA 101: Creating, Maintaining, and Sustaining a GSA – *Rainbow Resource Centre***

Is your school beginning to create your own GSA? Are you finding your GSA membership isn’t where it used to be? Are people losing interest in your school’s GSA? Are the core members of your GSA graduating this year and you’re worried about the sustainability of your GSA? If you answered YES! to any of these questions, this workshop is for you! We will explore the common set-backs and hurdles GSAs in Manitoban schools are facing today, as well as brainstorm some solutions. We will explore how to create SMART goals to help maintain and sustain the success of your school’s GSAs.

**(1J) Love, Disability and Taking Up Space – *Sexuality and Disability Manitoba***

This workshop will talk about how we can take up space as a disabled LGBT2SQ+ individual. This workshop will explore how we can own our queer sexuality, disability, mental health and crip rights. Discussions will also include the unique experiences of dating as a disabled person, or dating a person who is disabled.

## **BREAKOUT SESSION SLOT 2 CHOICES**

**(2A) Self-Care and Stress Management – *Klinik***

Let’s face it, there are many reasons why we may not always take care of ourselves. Dealing with homophobia, biphobia, transphobia, as well as other forms of oppression can really take its toll. This workshop is designed to help us take more space in our lives and reflect on our own self-care. By learning about mindfulness, self-compassion, as well as protective factors and strategies, we will explore different ways strategies we can use to care for ourselves. Activities are incorporated into the workshop, including self-reflection, small group discussion, and mindfulness practices.

**(2B) Assertive Communication Tools for GSAs – *Teen Talk***

We will explore how you can use assertive communication and effective listening skills to take up space in your school while still setting good boundaries and supporting one another. We will also share planning tools you can use to identify and respond to pressing issues in your GSA, school and community

**(2C) Queer Sex Ed – Teen Talk**

An open, non-judgemental workshop that breaks down stigma so you can get the information you want and need about sex, bodies and sexual health.

**(2D) Affirming Bi, Pan and Fluid Identities – Rainbow Resource Centre**

A workshop for people who identify as bisexual, pansexual, fluid, and other non-monosexual (not straight or gay) identities, and for those who want to support them. This workshop will highlight diversity and commonalities within these identities. We will explore some of the positive and negative experiences of these identities and identify how we can best affirm the identities of bi, pan and fluid people. Participants will leave with knowledge and skills they can use in their own GSAs or other groups.

**(2E) Barriers for Queers in Sport – Out There Winnipeg Sports & Recreation**

This workshop will discuss the barriers for LGBT2SQ+ community in sport, and how to address them. This is a discussion-based workshop, with opportunity to share our experiences, and work together to navigate how we can take up space in sport.

**(2F) On Being/Seeing Queers Online- Rainbow Resource Centre**

In this workshop, we will talk about what it is like to be a queer person online. We will discuss the impact of social media on our identity, and well as observing how LGBT2SQ+ folks are represented in the media.

**(2G) Developing Youth Calls to Action – SERC Brandon**

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**(2J) Being Femme: Femininity and Queer Identity – Hailey Primrose and Jana Elazar**

This workshop will encourage youth to think about how being feminine and LGBT2SQ+ can sometimes mean fighting to take up space. This workshop will talk about how femme identity relates to other aspects of identity like race, faith and gender identity. This workshop involves an interactive discussion where youth can talk through their own experiences with taking up space in heteronormative environments, as well as in the LGBT2SQ+ community.

# TEACHER BREAKOUT SESSION SELECTION

Educators and service providers will have the choice between **one** of the two following PD opportunities in the afternoon of the StandOUT! GSA Conference while students are in their breakout sessions. Breakout session selection is on a first come, first served basis.

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## **(3A) Understanding Intersectionality and Privilege – Fundamentals for Taking up Space**

*Presented by Muhammad Ahsan from Rainbow Resource Centre (RRC)*

In this session service providers and those involved in education systems will examine how social identity is constructed through a process of stereotyping, and the impact that this can have on service users. We will look at how our classrooms inadvertently create barriers for different groups of people, and will situate LGBT2SQ+ experiences within a continuum. We will further challenge common assumptions that frame our work and explore how our individual social conditioning may interact with our professional experience.

Learning Objectives include:

- Understand power and social privilege from an individual perspective.
- Become aware of how social power can be and has been used by institutions to marginalize particular groups, and how this impacts LGBT2SQ+ community's experiences
- Assess how we use our power as individual service providers, and begin to learn more equitable ways of working with all our clients/students

## **(3B) Sexuality Education in Gay/Straight Alliances: Inclusive Programming for LGBT2SQ+ Youth**

*Presented by Jared Star from Sexual Education Resource Centre (SERC)*

Effective sexuality education not only provides knowledge and opportunities for skill development, it addresses attitudes and environmental factors that affect decision-making to influence behavior and promote healthy sexuality in the lives of the youth we support. Unfortunately, sexual and gender diverse experiences can be excluded from the curriculum leaving LGBT2SQ+ youth asking the question: "What about me and the kinds of relationships I have?" This session will provide teachers and school professionals who organize and support GSAs with approaches and tools for facilitating discussions around sexuality and healthy relationships for sexual and gender diverse youth. Participants will also have the opportunity to explore why it's important for these topics to "take up space" in our school communities.