KW Counselling SERVICES

Waterloo Region District School Board

Ontario Trillium Foundation
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That's The LEAP!

OK2BME.ca

2018 GSA Conference Program

"Take The Leap. Be Bold. Be Brave. Be You!"

TIME	Event
8:00-8:20	Registration
8:20-8:30	Welcome and Land Acknowledgement
8:30-8:35	Waterloo Regional District School Board Address
8:35-8:40	Leslie Josling Executive Director of KW Counselling Services Address
8:40-8:45	Keynote Spark Susan Gapka
8:45-9:00	Keynote Spark OK2BME Leadership Youth Group
9:00-9:20	Youth Awards Recipients: Leadership, Junior Leadership and Diversity
9:20-9:40	Announcement and Housekeeping

9:45-10:45	**10:50-11:50**	**1:05-2:05**
Life After High School Panel	Interfaith Panel	Building Qtopias
Yoga and You	Healthy Relationships: A Theartrical Experience	OutFest- Youth Company
LGBTQ+ Awareness in Sports	LOL - Stand Up Comedy 101	Disscussing 2 Spirit Allyship
The Asexual and Aromantic Spectrums	Bodies: From Anatomy to Autonomy	Great Sexpectations: A Play for Youth by Youth
Slam it!	LGBTQ+ History	LGBT Muslim: On Healing and Resilience
Inspiring Change! Broadening Our Perspective: Vietnam, South Africa, Canada	LGBTQ+ Community Leadership and Activism	LGBTQ 101 - Atelier de sensibilisation
Youth for Youth Grade 7-8	Youth for Youth Grade 9 -10	Youth for Youth Grade 11-12
What does OK2BME mean to you?	OutLook Study: Stats for Queers	GSA leaders

2:10-2:25	**Youth Open Mic Session**
2:25:--2:30	Closing Remarks
2:45-4:30	2018 GSA Dance *NEW*

9:45-10:45 Workshops

Life After High School, LGBTQ Work Life Panel
Theme: Leadership
This is a panel of LGBTQ+ adults from many different professions who will share what life what was like for them after high school. They will share how they choose get into their certain profession, whether or not they are “out of the closet” at work and why and why not. They will share their experiences on how they decided what they wanted to do after graduating.

Physical Activity None at all
Critical Discussion/ Learning: A major focus of the workshop
Group Activities None at all

Language: English with ability to respond to questions in French

Yoga and You
Theme: Wellness

Not sure your body is a "yoga body"? Curious about yoga but worried it means bending yourself into fancy shapes or standing on your head? Feel like you can't practice because you don't have "yoga clothes"?

In this workshop, we will talk about some of the myths surrounding yoga, including where and how it is practiced, and explain why yoga is actually for EVERY body. We will explore gentle ways to move and breathe while learning about how yoga can help you deal with stress, anxiety and other difficult situations and emotions. Come with an open mind and support yourself, and others, in trying something new! No pressure, no expectations and no previous experience needed. "Yoga clothes" and mats NOT required!

Presenters Bio: Natasha is a queer and fat-identified, mixed race (white settler and Latinx) womxn who is passionate about supporting young people, accessible yoga/mindfulness practices and radical self-care.

Physical Activity About half of the focus of the workshop
Critical Discussion/ Learning A small focus of the workshop
Group Activities A small focus of the workshop

Workshop Language: English

LGBTQ+ Awareness in Sports
Theme: Wellness

This workshop starts by introducing LGBTQ+ identities and covers key terms and basic terminology in order to build a foundation for further knowledge. Then we move into how experiences of queer people in sports often differ from straight/cisgender athletes, enlightening participants about these varying obstacles and issues related to LGBTQ+ inclusion in sports, t hat most are not aware of. We discuss how we can improve acceptance and strive to be more welcoming athletic individuals and organizations, for queer athletes but also all sportspeople.

Presenters Bio: My name is Stephanie Sapienza, I am the Sports Inclusion Coordinator at the Canadian Center for Sexual and Gender Diversity. I am a retired high level athlete who identifies as part of the LGBTQ+ community.

Physical Activity None at all
Critical Discussion/ Learning About half of the focus of the workshop
Group Activities A small focus of the workshop

Language: English

Slam It!
Theme: Creative Arts

Experienced slam poet Beth Murch will lead discussions on how to write and perform an effective slam poem, using examples from her own body of work, which includes themes of LGBTQ2S+ experiences, body image/body positivity, self-esteem, and social justice issues. Workshop attendees will leave with the skills to write and perform their own poems about concerns that matter most to them.

Physical Activity None at all
Critical Discussion/ Learning The entire focus of the workshop
Group Activities A small focus of the workshop

Bio: Beth is a queer writer, spoken word artist (slam poet), doula, and activist who is enthusiastic about learning with others
Language: English

The Asexual and Aromatic Spectrum
Theme: Gender and Sexuality

This workshop will use a combination of presentation and group discussion to increase awareness and improve understanding of asexual (ace) and aromantic (aro) identity. The presenters will draw on their individual experiences with these identities to contextualize the range and complexity of the ace/aro spectrums. The focus will be to normalize diverse experiences, or lack of experience, of sexual and romantic attraction to assist participants in understanding and accepting their identities and the identities of their peers.

Presenters Bio: Erin and Jennifer are two asexual queer folks who live together in KW.

Physical Activity None at all
Critical Discussion/ Learning The entire focus of the workshop
Group Activities A small focus of the workshop

Language: English

Inspiring Change! Broadening Our Perspectives: Vietnam, South Africa, Canada
Theme: Leadership

Through a participatory process participant will learn about exciting LGBTQ initiatives taking place in Vietnam and South Africa. A focus will be on Minh Ha's work in Vietnam with the organization that he co-founded, Thien Duyen. Throughout the workshop participants will be encouraged to consider questions such as, what can we learn from the work that is being done in other countries? How is racism felt, reflected and dealt with within the LGBTQ community? How can the work that we do in LGBTQ awareness be more reflective of all forms of diversity? It is our hope that participants leave with a greater sense of empowerment and a renewed inspiration
to create change.

Physical Activity A small focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Presenters Bio: Minh Ha, is the co-founder of the grassroots LGBTQ Vietnamese group, Thien Duyen. In collaboration with others Debbie Samson created one of the first Elementary School GSA's in the province. Karen Reid was instrumental in bringing LGBTQ issues to the fore in a Children's Mental Health Agency in rural Ontario. In all the work that they do, Minh, Karen and Debbie bring attention to the importance of recognizing the diversity within the LGBTQ community and the connections between all forms of oppression.

Workshop Language: English

What does OK2BME mean to you?
Theme: Leadership
This workshop will allow you to talk about what OK2BME services means to you, as a way to help OK2BME to see how they are doing and how they can improve services. In this workshop you will get a chance to share your ideas and opinions. If you are young person

with ideas and opinions that need to be heard this workshop is for you! This workshop is entirely confidential and will be run by a couple of cool folks from the Social Innovation Research Group at Wilfrid Laurier University.

Presenters Bio:
Islai is a MSW student at Laurier, who works with students with disabilities, and has a pet squirrel.

Physical Activity None at all
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Workshop Language: English with ability to respond to question in French.

Youth for Youth
Theme: Wellness

If you have ever come to the GSA Conference and wished, you could have met more people or had sometime just to play games and hang out then this workshop is for you! This is a workshop for Grade 7 and 8 to come together to play games, hang out and get to know each other facilitated by the OK2BME Youth leadership group.

Physical Activity A major focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Workshop time 10:50-11:50

Interfaith Panel
Theme: Wellness
In this workshop, a diverse range of rainbow community members will share their stories of their relationships to spirituality and faith. Students will hear from folks of differing ages and identities as they share a bit about their faith identities (past and present), the relationship between their faith and their sexual/gender identity, why they feel faith is important to them, etc.

Physical Activity None at all
Critical Discussion/ Learning: A major focus of the workshop
Group Activities None at all

Language: English

Healthy Relationships: A Theatrical Experience
Theme: Wellness

Our workshop will focus on healthy relationships, communication and consent using a theatre-based activity. Participants will be part of a dating game-style simulation that will explore healthy and supportive behaviours in relationships—both friendships and romantic partnerships. The workshop will allow opportunities for participation for those who are comfortable with improvisation, and scripted options for those who are not. Participants will be able to practice decision making, boundaries and self-expression, while learning strategies for identifying and addressing unhealthy behaviours.

Physical Activity A small focus of the workshop
Critical Discussion/ Learning About half of the focus of the workshop
Group Activities A major focus of the workshop

Bio: TK is excited to guide meaningful conversations with people of all ages about masculinity, healthy relationships, consent and more, using engaging activities and evidence based practices. He is passionate about queer and trans issues, intersectional feminism, body positivity, and ending gender based violence.

Language: English

LOL - Stand Up Comedy 101
Theme: Creative Arts

In this workshop students will have a brief lesson on the basics of stand up comedy including watching clips of famous queer stand up comedians to see how others have used humour to move through the often deep topics of gender, sexuality, politics and family. The workshop will conclude with a short writing activity so students have a chance to write a joke using the lessons learned and to perform them in front of the group.

Physical Activity A small focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities A major focus of the workshop

Presenters Bio:
The workshop will be lead by Kitchener based queer comedian, producer and feminist community organizer Suzie Taka.

Language: English

Bodies: From Anatomy to Autonomy
Theme: Gender and Sexuality
This workshop will use small and large group discussions to cover:
1. Loving your body (despite the binary)- (language, talking about bodies respectfully and why we don't have to gender bodies
2. Legal rights to your body (abortion, hormones, age of consent, medical consent, health care and emotional wellbeing)
3. Consent & bodies
5. Bodies & Attraction (challenging societal "ideals," unpacking "genital preference")
6. Taking care of your body (Listening to yourself in a world that tells you not to, how your mind and body work together)

Physical Activity None at all
Critical Discussion/ Learning The entire focus of the workshop
Group Activities A major focus of the workshop

Presenters Bio: YSHAG strives to create safer spaces that foster an open dialogue about relationships and sexual health, in particular for LGBTQ+ youth in Waterloo Region.

Language: English

Learning about LGBTQ+ History
Theme: Leadership

In this workshop you can learn about local and national LGBTQ+ history. If you want to know more about why our Prime Minister apology was so important this is the workshop for you! Cait and Jim will provide you with a local (and Canadian) LGBTQ+ historical perspective and share archives from the Grand River Rainbow Historical Project.

Physical Activity None at all
Critical Discussion/ Learning The entire focus of the workshop

Presenter Bios: Cait and Jim are queer elders in Waterloo Region. Cait is a mother, grandmother, lesbian, and trans woman. She's lived in Waterloo for 25 years. Jim has been activist for LGBTQ rights since he joined the Gay Liberation Movement on March 8, 1971 at the University of Waterloo and now is the president of Spectrum, a local LGBTQ+ resource center.

Language: English with ability to respond to questions in French

LGBTQ Community Leadership and Activism
Theme: Leadership

In this workshop, you'll have the chance to learn about common ways people create positive change, hear some examples of local activism, and some mistakes to avoid. Then, you'll choose a community or social justice issue that is important to you, and work in small groups to create a plan for taking action! I hope this workshop leaves you feeling empowered and knowledgeable about how to make\your school, neighbourhood, and community a better place for everyone.

Physical Activity A small focus of the workshop
Critical Discussion/ Learning The entire focus of the workshop
Group Activities A major focus of the workshop

Presenter Bio: Sue Weare has volunteered for over 20 years in service to the LGBTQ community, as a committee member, researcher, public educator, activist, community leader, and mentor.

Language: English

Youth for Youth
Theme: Wellness

If you have ever come to the GSA Conference and wished you could have met more people or had sometime just to play games and hang out then this workshop is for you! This is a workshop for Grade 9 and 10 to come together to play games, hang out and get to know each other facilitated by the OK2BME Youth leadership group.

Physical Activity A major focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Language: English

Stats for Queers: A workshop for nerds and nerd allies
Theme: Leadership

Do you want to know more about how LGBTQ+ people in Waterloo Region Feel? If yes, then this workshop is for you! The workshop will share information from a local study, the Outlook study that focused on LGBTQ+ people in Waterloo Region. You will learn about the community's common experiences of safety and well-being, family & community support, outness, sense of belonging, harassment & discrimination and much more! If you want data to back up your argument with a friend about LGBTQ+ issues or information to help you advocate for change in your school this presentation is for you. You will learn lots of new information and have a rich discussion with top notch researchers and your fellow peers. These statistics play important role in advocacy and social action.

Critical Discussion/ Learning The entire focus of the workshop

Presenter Bio: Elin Moorlag Silk is a lesbian statistician and researcher in the Waterloo Region and the principle analyst for the Outlook Study, which was an LGBTQ+ focused online community survey launched in the Waterloo Region in 2016.

Language: English with ability to respond to questions in French

Workshops 1:05 – 2:05

Building Qtopias
Theme: Creative Arts

In this workshop, we will explore a bit about what we hope to see in the future of LGBTQ+ media. Then, we will break into teams, and with a set of rules we decide together, teams will write a quick 1-2 minute script. Each team will then switch scripts, and with their phones or cameras film a video interpreting the other teams script. Our goal is to show youth how easy it can be to tell our stories and create new worlds, but also how different it can be to have other people interpret it for you. Participants are encouraged to bring a phone or camera.

Critical Discussion/ Learning A small focus of the workshop
Group Activities A major focus of the workshop

Presenter Bio: I'm Becca, a queer filmmaker from Kitchener, Ontario, and I make movies mostly about the experiences of people who are often silenced.

Workshop Language: English

OutFest - Youth Company

Sign up and join our Youth Company for the opportunity to create and perform an original story that's all about LGBTQ+ youth. You will get to work alongside professional theatre and movement instructors who will teach you about theatre, and movement (how to tell a story without talking). From there you will work together with everyone involved to create a unique story that will be performed on stage.

You don't need to have any previous acting, dancing, and or singing experience. Rehearsal's will be held in a safe and inclusive space where everyone is welcome to share their experience! The story will be created by the youth involved with guidance from the instructors. This is your opportunity to share your unique experience. Everyone is welcome to join!

Physical Activity A small focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities A small focus of the workshop

Language: English

Discussing 2-Spirit Allyship
Theme: Leadership

This interactive workshop includes conversation and history about 2-Spirit identity, and the complexity of identity. Participants will engage with historical exercises and group discussion to talk about providing allyship to 2-Spirit and other Lgbtq indigenous people.

Physical Activity About half of the focus of the workshop
Critical Discussion/ Learning About half of the focus of the workshop
Group Activities A major focus of the workshop

Facilitator Bios: Teddy Syrette (Ozhawa Anaung Kwe/Yellow Star Woman) is a 2-Spirit artist and LGBTQ activist from Batchewana First Nation. As a facilitator and storyteller they travel to many communities and classrooms, speaking words of awareness, inclusivity and allyship. They enjoy pugs, poetry and polyamory.

Great Sexpectations: A Play for Youth by Youth
Theme: Gender and Sexuality

Our play has been created for youth by youth, based on their real life experiences with relationships, sexuality and youth culture. This type of theatre gives everyone the opportunity to be heard by allowing the audience to interact with the actors and change the play to match their experiences and ideas. Using an interactive theatre format, the audience steps in to join the play as needed and explores various experiences and difficult situations in creative ways. In this play, our actors (and the audience) will explore topics such as understanding gender, sexuality and attraction, coming out, navigating tricky relationships and sexual health challenges.

Physical Activity A small focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities A major focus of the workshop

Language: English

LGBT Muslim: On Healing & Resilience
Theme: Wellness

A thoughtful dialogue on what it means to exist and navigate through life as an LGBT+ Muslim person, how a racialized identity and religion doesn't contradict your gender and/or sexual orientation, and how you can learn to heal and accept the intersections of such prominent aspects of your identity. This workshop aims to teach self-acceptance in relation to religion, race, and gender/sexuality and how to overcome the socialization that hinders the self-love and growth among LGBT Muslim youth. We also want to create recognition of the fact that LGBT Muslim youth often do not develop and/or relate to their gender/sexual identity the same way as their peers, that their own respective individual experiences are heavily ingrained in the many cultures that exist amongst Muslims, and how isolating this process can be for them. Essentially, we want to acknowledge the resilience among LGBT Muslims, the importance of bouncing back, and create a message of hope for youth that may feel isolated where they don't always have access to as many resources. We want LGBT Muslim youth to know they can find community and love amongst each other and within.

Physical Activity None at all
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Presenters Bio: Luma Farooqi: I'm a disabled South Asian Muslim lesbian and mental health advocate. / Laila El Mugammer: I'm a queer Black Muslim femme and mental health advocate.

Language: English

Youth for Youth
Theme: Wellness

If you have ever come to the GSA Conference and wished, you could have met more people or had sometime just to play games and hang out then this workshop is for you! This is a workshop for Grade 11 and 12 to come together to play games, hang out and get to know each other facilitated by the OK2BME Youth leadership group.

Physical Activity A major focus of the workshop
Critical Discussion/ Learning A major focus of the workshop
Group Activities About half of the focus of the workshop

Language: English

LGBTQ 101 - Atelier de sensibilisation
Thème : Leadership

Cet atelier vise à entamer des conversations entourant l'hétérosexisme (homophobie) et cissexisme (transphobie) dans les sports qui ont typiquement adopté des politiques d'exclusion et les défis professionnels entourant une sortie du placard. Nous allons

commencer par un survol de définitions, et de faits marquants de la culture et de l' histoire de la communauté avant de faciliter une discussion honnête autour des insultes du public, les défis dans les vestiaires et sur les défis spécifiques aux athlètes LGBTQ. Nous étudierons plus précisément l'histoire de l'exclusion (par exemple les tests de vérification du genre) qui ont confrontés les athlètes à des niveaux extrêmes de traumatismes émotionnels, à des humiliations publiques et médiatiques en plus de se faire retirer leur droit de participer. Enfin, les participants apprendront comment aborder l' homophobie et la transphobie dans le sport et les moyens de devenir un allié au sein de leurs organisations.

Presenters Bio: My name is Stephanie Sapienza, I am the Sports Inclusion Coordinator at the Canadian Center for Sexual and Gender Diversity. I am a retired high level athlete who identifies as part of the LGBTQ+ community.

Physical Activity None at all
Critical Discussion/ Learning About half of the focus of the workshop
Group Activities A small focus of the workshop

Language: French