

## PrideWorks 2020 Workshops

Session Title	Session Description
<p><b>A Non-Binary Person's Guide to OWNING SPACE</b></p> <p><b>Shepard Verbas</b> they/them/their</p> <p><b>Session 1 (Beginner)</b></p>	<p>This is a presentation that will encompass a brief introduction to non-binary identities, but is primarily focused on empowerment for non-binary and trans community members. We will discuss owning space, self-confidence, coming out, how to address haters and not let them get you down, and where to find community and support.</p>
<p><b>Advocacy</b></p> <p><b>Kristen Browde</b></p> <p><b>Session 1 &amp; 2 (Beginner)</b></p>	<p>With everything that is going on today, it's hard to know when and where to step up or step back. Knowing where to get information, support, and the ways to say things, not to mention how successful they have been in other places can really help with the decision to fight,</p>
<p><b>Ask a Doctor: LGBTQA Family Doctors Answer Your Medical Questions about LGBTQA Health</b></p> <p><b>Dr. Robbins Gottlock</b> he/him/his</p> <p><b>Dr. Miriam Langer</b></p> <p><b>Dr. Nancy Ulrich</b> xhe/her/hers</p> <p><b>Session 1 (Intermediate)</b></p>	<p>Two medical doctors and a clinical psychologist will lead a Q&amp;A on a wide range of medical questions teens may have, including medical treatment of transgender adolescents. (Suggested 9<sup>th</sup> grade or older)</p>
<p><b>Be Your Own Advocate: Navigating Tough Conversations</b></p> <p><b>Marisa Fernandez</b></p> <p><b>Session 3 (Intermediate)</b></p>	<p>In this workshop, participants will leave having learned and practiced essential tools for conflict resolution. Tools and conversation will be targeted on how to have tough talks about LGBTQ+ topics with authority figures and peers. Participants will go through a variety of real-life examples and what might be the appropriate responses</p>
<p><b>Bisexuals, Pansexuals, and Other Non-Monosexualities</b></p> <p><b>Pace Students</b></p> <p><b>Session 3 (Beginner)</b></p>	<p>This workshop will focus on our friendships and relationships during the process of coming out. Whom do we tell, when do we do it and how do we tell them? How can we safely come out to friends and family who may not be supportive of our decisions? Will relationships and friendships change as we come out? Through discussion and role-play, we will explore the often tricky process of coming out, and how to navigate that within existing relationships.</p>

<p><b>Coming Out</b></p> <p><b>Ryan Kirrane</b> he/him/his</p> <p><b>Shepard Verbas</b> they/them/theirs</p> <p><b>Session 2 (Beginner)</b></p>	<p>This workshop will focus on our friendships and relationships during the process of coming out. Whom do we tell, when do we do it and how do we tell them? How can we safely come out to friends and family who may not be supportive of our identities? Will relationships and friendships change as we come out? Through discussion and role-play, we will explore the often tricky process of coming out, and how to navigate that within existing relationships.</p>
<p><b>Creating an LGBTQ+ Friendly Health Care Experience</b></p> <p><b>Randi Teplow-Phipps, MD</b> she/her/hers</p> <p><b>Session 3 (Adult)</b></p>	<p>Participants will: 1. Learn about the process of creating this health care information form and the various factors that went into the wording, other examples of forms, and the challenges encountered while implementing this change. 2. Understand how LGBTQ+ allies can help to support and provide equal health care in the college health setting. 3. Provide suggestions for this STI history form and discuss how to adapt this form for other health care settings. 4. Discuss how to advocate for gender neutral wording, inclusion, and non-judgmental healthcare for all individuals.</p>
<p><b>Creating Kindness through Creatures</b></p> <p><b>Chris Ewers</b></p> <p><b>Session 1 (Beginner)</b></p>	<p>Come learn about how Animal Embassy encourages the acceptance of difference and defeating stereotypes through their exotic animal program. Meet a soft shell turtle, an African bullfrog, an exotic bird, chinchillas, a monkey-tailed skink, a snake, and more!</p>
<p><b>Draw That Gender!</b></p> <p><b>Merlin Slade</b> he/him/his</p> <p><b>Sessions 1 &amp; 2 (Beginner)</b></p>	<p>Let's use arts and crafts to explore gender. Considering how everyone's understanding of gender (especially their own gender) is unique, often we don't know how to explain things using words. Using images can be an awesome way to convey all sorts of stuff. For instance, what does your dream gendered/agendered self look like vs. what does society say you're "supposed" to look like? If you made a power bracelet to combat dysphoria, what would you put into it? Let's take the ideas and images that have been forced onto us and make 'em our own.</p>
<p><b>Energize Your GSA</b></p> <p><b>Lisa Scott</b> she/her/hers</p> <p><b>Session 2 (Adults)</b> <b>Session 3 (Youth) (Beginner)</b></p>	<p>Want the spirit of PrideWorks to last year round? Come to Center Lane, where LGBTQ+ youth create community, connect with culture, and contribute to the world! Be in the room where it happens! What happens? Our plan on how to take our PrideWorks energy and make strategies and plans for your GSA or Social Justice group, Center Lane, and our best queer lives! We really need to hear your voice!</p>

<p><b>Flirting or Hurting?</b></p> <p><b>Brintha Jeyalingam</b> she/her/hers</p> <p><b>Sessions 2 &amp; 3 (Beginner)</b></p>	<p>Flirting can be fun, but it can also be confusing and scary, especially when emojis, Snapchat, and a high school hallway are involved. On top of that, it's even harder to flirt when you don't know if the person who caught your eye will understand what you're trying to say, be happy and reciprocate, or be oblivious, awkward, or even scary. In this workshop, we'll talk about the differences between flirting and sexual harassment, healthy ways to connect with others, as well as how to set your personal boundaries and recognize and respect someone else's.</p>
<p><b>Gender Inside the Box, Outside the Box and What is this Box Thing Anyway?</b></p> <p><b>Laura Jacobs</b> she/he/they/none</p> <p><b>Session 2 (Intermediate)</b></p>	<p>Western society relies on a binary system of gender in which there are two distinct options – male and female – each carrying discrete stereotypes and meanings. Care has been around transitioning from one to the other, but increasing numbers are identifying outside traditional gender norms. How do we understand the gender binary, heteronormativity, nontraditional genders, and the impact of the categorization of identity?</p> <p>This workshop covers an overview of the history of transgender care, including binary and nonbinary gender identity and terminology, identity versus expression, and various motivations why an individual might explore nonbinary identity. Finally, it will offer a trans-positive and client-centered perspective on gender and the social forces involved in the categorization of gender.</p>
<p><b>GSA Roundtable – STUDENTS ONLY</b></p> <p><b>Andy Nichols</b></p> <p><b>Session 1 (Beginner)</b></p>	<p>How can your GSA be more visible in your school? How can you attract new members? Don't sit around waiting for the Day of Silence! Start helping your GSA now. What makes an effective and exciting meeting? Meet members of GSAs from other schools and get new ideas for activities, events, and advocacy. (Suggested 9<sup>th</sup> grade or older)</p>
<p><b>How to Choose a College that's Right for You!</b></p> <p><b>Sue Maxam</b> she/her/hers</p> <p><b>Alec Koehler</b> he/him/his</p> <p><b>Nasreen Hussain</b> she/her/hers</p> <p><b>Session 1 (Adults)</b> <b>Session 2 (General) (Beginner)</b></p>	<p>All prospective students, regardless of gender, sexual orientation, race, religion, age or affiliation, need to find a college where they will thrive. This workshop will guide students on how to select the institution that will allow them to succeed and flourish, and will focus on what, specifically, the LGBTQA community should look for when they begin their process. At the end of this session, students will be armed with the tools and resources they will need to embark on their inclusive college search.</p>

<p><b>Intersectionality: Understanding a Balance</b></p> <p><b>Wynn Heyward</b> they/them</p> <p><b>Session 2 (Beginner)</b></p>	<p>Intersectionality is the belief that all oppressive institutions overlap and cannot be dismantled individually. In this presentation, we will explore and discuss how intersectionality affects our lives as LGBTQ identified people. We will examine our own identities, who holds privilege, who is in a position of power and representation in media. We will also explore the intersections of sexual orientation, gender identity, gender expression, race, class, ability, and religion, as well as learning about the experiences of those most marginalized in our community. In unpacking the burden placed upon these people, we will learn how to be a better ally to our friends and community and make our own needs known in LGBTQ space.</p>
<p><b>Know Your Rights: An Introduction to LGBTQ Legal Advocacy</b></p> <p><b>Antonio Smith</b> he/him/his</p> <p><b>Session 2 &amp; 3 (Beginner)</b></p>	<p>The Know Your Rights presentation is designed as an initial framework to educate and empower LGBTQIA attendees regarding their rights at school, the workplace, and within their relationships. Frequently asked questions regarding name changes, bullying, and intimate-partner violence will be addressed. Both national and state-specific gains and losses, will also be discussed. In 2019, legal advocates tracked numerous changes to laws affecting LGBTQIA people. These changes impact some of the most crucial aspects of a person's life. Therefore, this presentation can serve as both an introductory course and a refresher to attendees.</p> <p>The goals for workshop attendees will be to understand their rights specific to sexual orientation, gender identity, and gender expression in a wide variety of contexts, with special attention paid to schools, names, and relationships.</p>
<p><b>LGBTQ For Beginners - Understanding the Basics</b></p> <p><b>CANDLE</b></p> <p><b>Sessions 1 &amp; 2 (Beginner)</b></p>	<p>This introductory session is designed to help people learn the vocabulary, enhance their knowledge, and correct any misconceptions that might exist by presenting an overview of the LGBTQ community. Once you are prepared with the facts, you can speak and speak out with confidence!</p>
<p><b>LGBTQ in Athletics</b></p> <p><b>Anthony Nicodemo</b> he/him/his</p> <p><b>Sessions 2 &amp; 3 (Beginner)</b></p>	<p>A panel of LGBTQ athletes will discuss the various aspects of the athletic space. Physical education and interscholastic athletics tend to be intimidating to many LGBTQ youth. The panel will discuss their stories and experiences in athletics followed by a question and answer session. Learn how to not feel so alone, and figure out where you fit in the sports/recreation landscape</p>

<p><b>LGBTQ Life Before Stonewall</b></p> <p><b>Jim Stenerson</b> they/them/their</p> <p><b>Session 1 (Beginner)</b></p>	<p>The Stonewall Riots in New York City in 1969 have been identified as the beginning of the LGBTQ revolution in America. Yet, if we look at history, we find that there was a vibrant LGBTQ movement going back into the 1950s, the 1940s, and further! There was a gay and lesbian movement in the U. S. in the 1920s. By looking at the beginnings of the LGBTQ movement in America, we find some daring people who confronted their own Government as it tried to discredit and dismiss its loyal transgender, lesbian and gay employees. Using historical events, this workshop will engage participants to construct the major LGBTQ events that occurred before Stonewall.</p>
<p><b>LGBTQ Life On Campus</b></p> <p><b>Members of the Pace University-Pleasantville's Pride at Pace Student Organization</b></p> <p><b>Session 1 (Beginner)</b></p>	<p>If you are a part of the LGBTQ+ community, moving off and going away to college can bring lots of questions, excitements, opportunities, and more. Will my future roommate respect my identity? What if they don't? Are there opportunities for to get involved in a student organization? These are typical questions that individuals ask themselves when moving onto campus. Many colleges and universities work to assist LGBTQ+ students and ensure that they feel fully engaged and empowered on campus. Come here the experiences of a group of diverse, queer college students who will provide you with advice and suggestions on how to make the best of your college experience as an LGBTQ+ individual.</p>
<p><b>LGBTQ Sub-Culture: The Ballroom Scene</b></p> <p><b>Emmanuel Segarra-Otero he/him/his</b></p> <p><b>Sessions 2 &amp; 3 (Beginner)</b></p>	<p>The Ballroom Scene is an LGBTQ sub-culture where people 'walk' for trophies and prizes at events known as 'balls.' Ballroom has decades of relevance that inspires documentaries, is co-opted by icons like Madonna, and yet, remarkably, remains largely misunderstood. We will delve into this culture and examine its history, impact, rise in the media, and relevance today. Will incorporate the increased visibility in the media such as FX's <i>Pose</i> which debuted last year.</p>
<p><b>LGBTQ+ and the Police</b></p> <p><b>Melissa Diniz</b> she/her/hers</p> <p><b>Session 3 (Intermediate)</b></p>	<p>People in the LGBTQ+ community are oftentimes fearful to have any dealings with Law Enforcement. This is a session led by Police Officer and LGBTQ+ Liaison, looking to remove that fear and teach the community the realistic expectations of how Police handle different calls of service. The information learned at this session will be utilized for on the job training at local Police departments.</p>

<p><b>Making Safer Schools</b></p> <p><b>Michael Moffatt</b></p> <p><b>Johanna Mustacchi</b> she/her/hers</p> <p><b>Ed Escobar</b> he/him/his</p> <p><b>Session 2 (Adult)</b></p>	<p>Join the GLSEN Hudson Valley chapter as they review the most recent school climate survey results. Hear about a vibrant middle school GSA and how they create safe space. Finally, how do you talk to administrators, especially reluctant ones, about crucial topics?</p>
<p><b>Mindfulness Tools: Enjoy Who You Are!</b></p> <p><b>Sophie Kaufman</b> she/her/hers</p> <p><b>Sessions 1 &amp; 3 (Beginner)</b></p>	<p>This workshop is designed to introduce mindfulness meditation practice as a way of reducing stress, increasing focus, developing greater balance, and enjoying who you are in the present moment, non-judgmentally! Participants will explore different mindfulness practices that will help them develop the capacity to be present in each moment and respond more skillfully.</p>
<p><b>Queering Comics</b></p> <p><b>Rachel Greeman</b> she/her/hers</p> <p><b>Sessions 1 &amp; 3 (Beginner)</b></p>	<p>We will discuss LGBTQ characters in comics, plus look at the industry as a whole. How are Queer characters represented? Are these representations accurate and positive? We will discuss queer writers and creators, and their influence and impact. Representation matters, and it is our responsibility to speak OUT! Participants will leave with an empowered sense of creativity, the role of being queer in the comics industry, and a better understanding of why representation matters to the queer community as a whole.</p>
<p><b>Queer-Positive Stories in the Bible: Christian and Jewish Scripture for Liberation</b></p> <p><b>Pastor Jim O'Hanlon</b> he/him/his</p> <p><b>Rabbi Ben Goldberg</b> he/him/his</p> <p><b>Rev. Kathy Genus</b> she/her/hers</p> <p><b>Sessions 1 &amp; 2 (Beginner)</b></p>	<p>Christian and Jewish clergy, with male and female, Gay and straight, perspectives on stories of resistance to patriarchy and oppression. We will explore texts of the passages, and how they are used today.</p>

<p><b>Riddle Me This</b></p> <p><b>James Young</b></p> <p><b>Session 1 (Intermediate)</b></p>	<p>In this fun and interactive workshop, participants will have the opportunity to discuss their queer experiences using the Riddle Scale focusing on how their schools and communities could offer more Support, Admiration, Appreciation, and Nurturance. Participants will have the opportunity to create their own phrases that are affirming to LGBTQ communities and wear them on buttons. Goals: 1) Sharing queer experiences. 2) Understanding the Riddle Scale. 3) Co-creating and sharing language that affirm queer communities on buttons</p>
<p><b>Science versus “Science”: Affirmative Care versus “Rapid Onset”, “80% Desistance”, “Wait and See”, and Other Transphobic Pseudoscience</b></p> <p><b>Laura Jacobs she/He/They/None</b></p> <p><b>Session 3 (Advanced)</b></p>	<p>Increasing numbers of transgender and gender nonbinary people have come out, and there has been unprecedented hostility from those attempting to limit acceptance, a masquerade of 'concern' through misinformation and fear.</p> <p>This workshop will discuss the overwhelming evidence that affirmative approaches - in which the individual's self-reported gender is respected and where they are able to explore without judgment or predetermined outcome – produce happier and better adjusted individuals and demonstrate improved quality of life, self-esteem, and self-confidence, and reductions in anxiety, depression, substance use, and suicide. This workshop will also discuss evidence that "Rapid Onset Gender Dysphoria", "80% Desist", and "Wait and See" are harmful, flawed and biased, representing threats to the wellbeing of this vulnerable population.</p> <p>Trans individuals discover what gender is appropriate for them. Rates of regret are miniscule. Only when they are supported can they thrive.</p>
<p><b>Staying Healthy in a Healthy Relationship</b></p> <p><b>Talia Ditkoff she/her/hers</b></p> <p><b>Sessions 1 &amp;3 (Intermediate)</b></p>	<p>This interactive workshop will allow participants to talk about various aspects of a healthy relationship. Participants will discuss the role of consent in a relationship, how to rate the level of risk of intimate behaviors associated with contracting HIV and STD/STIs, and learn about prevention materials to lower transmission or STD/STIs and HIV. Participants will leave with resources on where to access more information about STD/STIs and HIV. (Suggested 9<sup>th</sup> grade or older)</p>
<p><b>Supporting Gender Creative Students in Elementary School</b></p> <p><b>Chip James</b></p> <p><b>Sessions 1 &amp;2 (Adult)</b></p>	<p>All students benefit from an environment inclusive of the full spectrum of identities beyond the binary stereotypes that are still enforced in many of our school communities. This workshop will include anecdotal reporting, discussion, and an opportunity for supervision and brainstorming.</p>

<p><b>The Early History of the “Gay Plague” in America (HIV/AIDS)</b></p> <p><b>Jim Stenerson</b> them/they/their</p> <p><b>Session 2 (Beginner)</b></p>	<p>The Early History of the Gay Plague in America (HIV-AIDS) – Over the past 4 decades the world has come to understand and classify HIV/AIDS as a worldwide medical issue that can be controlled if people are educated on preventing the virus. Looking back to the emergence of the virus it is vital to understand how HIV/AIDS came to be know the Gay Plague and how it genuinely created a social and political homophobic response. This gay disease was allowed to spread and kill thousands of gay men and caused untold numbers to suffer.</p>
<p><b>The Fire Next Time: Being Your Authentic Self</b></p> <p><b>Ariana Quinones</b> they/them/their</p> <p><b>Session 3 (Beginner)</b></p>	<p>This workshop on authenticity is all about empowerment and helping participants talk about the ways they show up in different spaces. Authenticity can look different depending on the identities you hold and it's important to start a constructive conversation about what that authentic self looks like and how we can navigate the world safely without compromising our values or our true selves. It's an especially significant conversation for students preparing to go to college or already in college as it is an important time when one's beliefs and identity start to take a more individual shape. Join the conversation and walk away feeling better prepared to approach the world with your best self.</p>
<p><b>The Incomplete Guide to Trans and Non Binary Identities</b></p> <p><b>Anthony Arrien</b> he/his/him</p> <p><b>Session 2 (Intermediate)</b> <b>Session 3 (Adult)</b></p>	<p>This presentation highlights the importance of the use proper gender etiquette for transgender persons to prevent the worsening of dysphoria and to create awareness of the various statistics on suicidal ideation according to gender identity, ethnicity and social stresses. An overview of the types of transition, internal, social and medical is given, with extra attention to the growing non-binary prevalence in adolescents. Questions and answers are welcome during the presentation.</p>
<p><b>The Missing Colors of the Rainbow: Recommendations for Supporting Trans and Queer Students of Color</b></p> <p><b>Suede Graham</b> he/him/his</p> <p><b>Session 3 (Beginner)</b></p>	<p>The experiences and struggles of LGBTQIA+ people of color (QTPOC) are often forgotten – especially when people fail to recognize what life is like at the intersection of those identities. This workshop will be centered around the complex array of power that affects the experiences of students with intersections of blackness, queerness, and gender while also helping attendees to understand how to support LGBTQIA+ people of color.</p>
<p><b>What do I need to know about the Gender Expression Non-Discrimination Act (GENDA)?</b></p> <p><b>Ron Zacchi</b></p> <p><b>Session 1 (Beginner)</b></p>	<p>Join us (NYS Division of Human Rights) in speaking about the Gender Expression Non-Discrimination Act (GENDA), signed by Governor Cuomo last year, and its implication in the lives of transgender and gender nonconforming individuals in New York State. This presentation will include a broad discussion about NYS’ Humans Rights Law and the protections it provides protected classes, like the LGBTQ Community, against discrimination and harassment.</p>



<p><b>What Do YOU know? Let's see!</b></p> <p><b>Amy Nichols</b></p> <p><b>Session 2 (Beginner)</b></p>	<p>Test your knowledge of all things LGBTQ+! Topics include terminology, concepts, and history, and we will use each question as a jumping off point for further discussion--debating answers is welcome and encouraged! Note: participants will be volunteering answers by raising hands, so no one will be put on the spot.</p>
<p><b>Why is Gender even a Thing?</b></p> <p><b>Liana Haigis</b> <b>she/her, they/them</b></p> <p><b>Session 1 (Beginner)</b></p>	<p>In this workshop, we'll learn the basics of gender theory and gender's effects on society, as well as discuss our varied views on gender and its impact on our everyday lives. We'll also touch upon the concept of genderqueerness and the unique issues that transgender and gender.</p>