

PrideWorks 2018 Workshops

Session Title	Session Description
<p>A Look Inside the Closet</p> <p>Barbara Gist Pamela Kravitz Graham Windham Pride Group</p> <p>Sessions 2 & 3</p>	<p>Many feel pressured by family and friends to disclose their gender identity and sexual orientation when they are not quite ready to do so, and/or feel unsafe in the process. This discussion, led by young adults, is designed to help others discover the complexities of being inside the closet and the struggles with the decision to come out.</p>
<p>A Non-Binary Person's Guide to OWNING SPACE</p> <p>Shepard Verbas they/them/theirs</p> <p>Sessions 1 & 2</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>All You Ever Wanted to Know about Therapy for Trans and Gender Non-Conforming People</p> <p>Laura A. Jacobs she/he/they/none</p> <p>Session 2 (Adult) Session 3 (Youth)</p>	<p>This interactive discussion among trans* and gender nonconforming individuals, allies, providers, and an experienced therapist will explore the ways psychotherapy can aid transition. Topics include: philosophies of care, the role of the individual versus the role of the therapist, choosing a therapist, the therapeutic process, and therapy as a safe environment to explore questions of identity and meaning, and any others that may arise. This is also a forum for attendees to discuss therapy with someone who is not their own therapist. The topics include therapy as client-centered and trans*-positive, and therapy as a tool to explore gender as part of one's evolving identity.</p>
<p>Being LGBTQ on Social Media</p> <p>Rev. Dr. Michael Tino</p> <p>Session 2</p>	<p>How can teens, especially LGBTQ+ teens, use social media in healthy and safe ways that still allow real connections and relationships to be made? What does it mean to express one's sexuality in an era where anything can be made public in the blink of an eye? We will explore the topic using material from the "Our Whole Lives" comprehensive sexuality education curriculum.</p>
<p>Bisexuals, Pansexuals, and Other Non-Monosexualities</p> <p>Rachel Simon she/her/hers</p> <p>Session 2 & Session 3</p>	<p>If non-monosexualities are so common why do we hear about them the least? This workshop will explore the ways people choose labels for their sexuality on this complicated continuum. We will explore identities of bisexuality, pansexuality, asexuality, demisexuality, queer identity, and others. This fun and interactive program will give participants the opportunity to ask questions and better understand the multifaceted relationship of gender and sexuality.</p>

<p>Choosing a College: Figuring Out Your Criteria for Campus Community and Culture</p> <p>Sue Maxam she/her/hers</p> <p>Austin Arena</p> <p>Session 1</p>	<p>Choosing a college is a big decision. You may (or may not) have figured out high school. But, everyone will tell you that college is <i>not</i> like high school. Even if you went to a high school that was accepting of your sexuality, gender expression, or gender identity, college is a whole new ballgame. Moreover, you are complicated and there are many aspects to who you are. The college you choose should represent not only your academic interests, but be a place you can fit in in many other ways. This workshop will offer strategies for high school students to help understand what a college campus culture is like, and how to fit in.</p>
<p>Cis-Privilege: How to Be a Better Trans* Ally</p> <p>Nico Bittker he/him/his</p> <p>Sage Videla they/them or xe/xem/xyr</p> <p>Session 1</p>	<p>In this workshop, we will discuss what it means to have cisgender privilege, and explore how to be a better ally to trans* people. Additionally, we will discuss what it means to have binary privilege, and how to be a better ally to non-binary folk within the trans* community.</p>
<p>Designing an Ally Program for Your School – Adult Session</p> <p>Tiago Machado he/him/his</p> <p>Sara Thompson Tweedy</p> <p>Session 1</p>	<p>This workshop is designed for educators and LGBTQ leaders who want to develop and facilitate an ally program for their peer colleagues and students.</p>
<p>Difficult Conversations</p> <p>Olivia Worden she/her/hers</p> <p>Session 2 & Session 3</p>	<p>How do we navigate difficult conversations? And how do we do it with empathy? Whether you are in dialogue with family members, friends, allies, co-workers or acquaintances, there are plenty of opportunities for conversations to go sideways. Through storytelling and roleplay, this workshop will provide you with tools to navigate these moments of impact.</p>
<p>Drag U</p> <p>Jet Ferreira he/him/his</p> <p>Sarah Lambro she/her/they/them</p> <p>Session 2 & Session 3</p>	<p>We will be exploring the concept of drag and its deep roots in world history. From RuPaul and her girls of Drag Race, back to the queens of Shakespearean times, we will explore and discuss drag – What is it? Who can do it? We will talk about how drag has shaped culture not only in the United States, but all over the world.</p>

<p>Draw That Gender!</p> <p>Merlin Slade</p> <p>Session 3</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>Ending the Silence: Does Your Friend Need Help</p> <p>National Alliance on Mental Health – Jennifer & Patrice</p> <p>Dr. Michael Hardiman he/him/his</p> <p>Sessions 2</p>	<p>Would you know how to recognize signs of distress in a friend and how to encourage them to find support? Would you know where to turn for support if you are feeling distressed? Learn important information and hear from a young adult who will share how they have managed their own mental health challenges. This presentation of empathy and hope encourages youth to actively care for themselves and their friends. It also teaches that it is okay and important to talk about what you are feeling and to reach out for support.</p> <p>Trigger warning: this presentation may include reference to mental illness, self harm and suicide.</p>
<p>Fearfully and Wonderfully Made: Having a LGBTQ-Positive Spiritual Life</p> <p>Rev. Dr. Michael Tino</p> <p>Session 3</p>	<p>Many LGBTQ+ people have been forced to choose between being authentic to ourselves and having a rich and fulfilling religious life. Both are possible. We will review teachings of major world religions that support self-worth and positive identity development for people of all sexual orientations and gender identities. We will discover ways that our spiritual and religious lives can support us being who we are meant to be in this world.</p>
<p>Flirting or Hurting?</p> <p>Talia Baurer she/her/hers</p> <p>Sessions 1 & 3</p>	<p>Flirting is fun, but it can also be confusing and scary, especially when emoji's, Snapchat, and a high school hallway are involved. And it's even harder to flirt when you don't know if the person who caught your eye will get what you're trying to say, be happy and reciprocate, or be oblivious, awkward, or scary. In this workshop, we'll talk about the differences between flirting and sexual harassment, healthy ways to connect with others, and how to set your personal boundaries and recognize and respect someone else's.</p>
<p>Gay-Straight Alliance (GSA) Advisors Roundtable . ADVISORS ONLY</p> <p>Christina Gagliardi</p> <p>Session 1</p>	<p>Gay-Straight Alliance (GSA) Advisors, it's time to take your expertise and put it to work! Share your successes, challenges and best practices with and learn from other GSA Advisors. You may even discover ways to lead your district in the implementation of the Dignity for All Students Act (DASA).</p>

<p>GSA Strategy Session: Love your GSA but want it to be....more? STUDENTS ONLY Lisa Scott Session 2 & Session 3</p>	<p>Love your GSA but want it to be...more? Center Lane is where LGBTQ+ youth create community, connect with culture and contribute to the world. In this fun strategy session, we'll talk about how your GSA can be more visible, recruit new youth, host fun and interesting meetings, and make a difference at your school and in your community. Meet members of GSAs from other schools and share your best ideas for activities, events, and advocacy!</p>
<p>Institutional Abuse and Conversion Therapy – Adult Session Samantha Gerson she/her/hers Session 1</p>	<p>Information regarding teens identified as LGBT and the challenges they face in institutions including Residential Treatment Centers and Juvenile Detention Centers will be discussed. We will discuss dual diagnosis youth, institutionalization and conversion therapy, as well as laws and policies surrounding this topic. This will be an interactive, educational, and supportive workshop for all.</p>
<p>Interpersonal Violence & LGTBQ Communities – What You Can Do Erin Doolin she/her/hers Session 1</p>	<p>Interpersonal violence, particularly sexual violence, is a pervasive issue in our society among people of all backgrounds. Participants will discuss how such issues are experienced by and within LGBTQ communities, and what can be done to address these issues and support those who have experienced them.</p>
<p>Intersectionality in the LGBTQ Community Kian Tortorello-Allen they/them/he/him Session 3</p>	<p>Intersectionality happens a lot in the queer community. When identities fall into multiple marginalized groups (i. e., queer POC and LGBTQ people with different sorts of disabilities), we must learn how we can be better allies to EVERYONE, regardless of our differences. We will focus on hearing the voices of people with intersectional identities and discuss how we can support marginalized people and address intersectional oppression from a position within.</p>
<p>LGBTQ For Beginners - Understanding the Basics Eric R. Anglero Sessions 1 & 2</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>LGBTQ in Athletics Anthony Nicodemo he/him/his Session 1 & Session 2</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>LGBTQ Life Before Stonewall</p> <p>Jim Stenerson they/them/theirs</p> <p>Session 1</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>LGBTQ Rights in New York State</p> <p>Neelu Pathiyil she/her/hers</p> <p>Sessions 1 & 2</p>	<p>This presentation will provide a summary of the issues that affect LGBTQ individuals such as: harassment, discrimination, identity document, and health care. It will also discuss federal and state legal protections for LGBTQ individuals in New York State.</p>
<p>LGBTQ Sub-Culture: The Ballroom Scene</p> <p>Emmanuel Segarra-Otero he/him/his</p> <p>Session 1 & Session 3</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.</p>
<p>Living Out Loud: Choosing your Best Life and Thriving through Thick and Thin</p> <p>Nancy Ulrich she/her/hers</p> <p>Carl Hovey he/him/his</p> <p>Session 1</p>	<p>This workshop is designed to help LGBTQ+ participants develop a "wellness toolkit" of fun and healthy habits to use through good times and tough ones. We all know how to feel good when the going is good, when the "likes" are rolling in, when we are having fun. What about the rest of the time? This workshop is about deciding what helps YOU survive and thrive: what makes your heart sing and your body dance, what pulls you through the toughest of times. Workshop participants will identify their own "happiness boosts" and share ideas with each other about what helps you get through a slump. Workshop leaders will share some great ideas of our own, and participants will have a chance to try a few of them out together.</p>
<p>Lost in Translation - Navigating Transition That is Right for You</p> <p>Jay Tyler he/him/his</p> <p>Session 1</p>	<p>Do you identify as trans or gender variant, but feel stuck in your transition? Have you ever questioned how you want to transition, but don't know where to start? When all of your trans friends/ trans role models are talking about hormones and surgery, do you feel like these changes represent your true identity, or do you feel lost? We will explore these topics and more in this workshop that is designed exclusively for students of all gender variant identities. Together we can explore and discuss what your transition means to you in a safe and affirming environment.</p>

<p>Man Up or Get in the Kitchen: Why Gender Stereotypes Matter To Us</p> <p>Brintha Jeyalingam she/her/hers</p> <p>Sessions 2 & 3</p>	<p>“Get in the kitchen and...” learn about gender stereotypes! What assumptions do we make about people based on our perceptions of gender identity? Which behaviors are seen as “femme” and which are seen as “butch?” How do stereotypes about who “wears the pants” in the relationship affect romantic entanglements, but especially queer pairings? How do we figure out who to be as a couple when most people expect someone to be the “man” and the “woman?” What happens when you don’t fit into society’s expectations for men or women? And if you don’t think of yourself as a man or a woman at all, how can you play with gender on your own terms? We’ll shine a light on some gender stereotypes and how they affect our lives and relationships.</p>
<p>Queer Parenting - Possibilities For Families</p> <p>Suey Mendez</p> <p>Session 2</p>	<p>This interactive discussion will focus on the ways in which modern day families are formed. Each family is different, and there are many ways to create a loving family. Suey will discuss ways in which her family was formed, and will explore the many possibilities with the participants.</p>
<p>Queering Comics</p> <p>Rachel Greeman she/her/hers</p> <p>Session 1 & Session 2</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>Race, Gender Orientation, Sexuality, and Privilege</p> <p>Jesse Zayas he/him/his</p> <p>Session 1 & Session 3</p>	<p>Privilege is a word you hear a lot in these days, but it’s hard for many to define. Privilege occurs when one group of people have rights that are denied to others because of the group they belong to. Often those with privilege are unwilling to acknowledge it. Let’s discuss how privilege plays a role in sustaining a system of social inequality and violence around race, gender, gender identity, gender expression, and sexual orientation. You will have an opportunity to talk about how we can all play a role in helping society recognize how privilege operates on institutional and individual levels.</p>
<p>Safe Spaces and Brave Spaces</p> <p>Amram Altzman he/him/his</p> <p>Session 1</p>	<p>What is a "Safe Space?" How is it similar to, and different from, a "Brave Space?" Is one of these two spaces necessary for social justice work? Are both? We'll focus on concrete ways we can enable safety and bravery in communal spaces, and how we might navigate the roadblocks to creating both safety and bravery in the social justice spaces.</p>
<p>Staying Healthy in a Healthy Relationship</p> <p>Alexander Drab he/him/his</p> <p>Session 1 & Session 2</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.</p>

<p>The Bible and Homosexuality: Believers Take a Fresh Look</p> <p>Jim O'Hanlon he/him/his</p> <p>Sessions 1 & 2</p>	<p>In this session, clergy representing different faith communities will discuss scripture and its relevance to homosexuality. Join us for this interfaith discussion using ancient texts to help us understand historical and modern contexts of the passages, and how they are used today.</p>
<p>The HOTT Experience: Accessing Transgender Health Services in a Supportive, Culturally-Fluent Program</p> <p>Krishnakumar, Aruna Rodriguez NP , Juancy</p> <p>Session 2 (Youth) Session 3 (Adult)</p>	<p>A multi-disciplinary team from the Health Outreach to Teens (HOTT) Program at Callen-Lorde Community Health Center will describe the experience of coming to Callen-Lorde and HOTT to receive trans* healthcare services. From the first call until the first prescription, and beyond.</p>
<p>Trans* 101</p> <p>Anthony Arrien</p> <p>Session 1</p>	<p>Trans* 101 explores the concepts of the separate spectra of Gender Identity, Gender Expression, Physical Sex and Sexual Orientation, and how cues are easily misread frequently causing confusion. Questions and Answers are welcomed during the course of the presentation to clarify points as they arise. We will cover the do's and don'ts of interacting with trans* folk, and how to avoid increasing their dysphoria with guidelines for pronoun and name etiquette. We will go over basic terminology of the transgender umbrella, binary and non-binary, and explain how not everyone chooses medical transition. We will examine all the psychological stresses of coming out, mental transition, social transition, physical transition, legal issues, name changes, various obstacles in society for trans* people and suicide attempt statistics based on gender identity of both binary and non-binary individuals. Appropriate for LGBTQIA people and allies. Lists will be available of recommended reading, website resources and transgender conferences available throughout the country.</p>
<p>What is Queer?</p> <p>Amy Nichols she/her/hers</p> <p>Session 3</p>	<p>This presentation will provide an explanation of the word "queer" and how the use of this word has evolved over time. After a brief introduction to Queer Theory, followed by a discussion of personal philosophies regarding sexuality and gender, participants will take with them a different perspective, as well as better understand their own outlook on sexuality and gender.</p>