



Workshops at the Colorado Youth Diversity Conference 2022

1. **An #ActuallyAutistic Tour of the Spectrum**

Kierstin Miller, Youth Celebrate Diversity

This workshop is a crash course on autism, the autistic community, and the neurodiversity movement. Led by an autistic self-advocate, this workshop will break down stereotypes and misconceptions about autism in order to help clarify who we are, what we think about ourselves, and how we perceive and interact with the world. It will also provide participants with the tools to support autistic friends and family and the language to advocate alongside us.

2. **Ally and Accomplice Training**

Womxn from the Mountain

We will discuss how to be an ally and accomplice to communities harmed by the cumulative impacts of cultural erasure, environmental racism, and social injustice. We will bring awareness to issues in Native communities such as Missing and Murdered Indigenous Women, domestic violence, drug/homeless/mental health support, support for asylum seekers, and environmental awareness.

3. **The Asian Pacific Islander Experience**

CORE: Community Organizing for Radical Empathy

With the recent spike in anti-Asian hate crimes, a lot of our Asian American community is feeling demoralized and unsafe. Although we have been here for generations, racism has reared its ugly head to target our community once again. This is not a new phenomenon and will probably not be the last time we see it happen. In this workshop, attendees will learn more about the history of Asian American discrimination, resources available to the Asian American community, and things we can do to make sure that we keep our community safe.

The workshop will include a discussion/reflection activity, interactive polling, and a worksheet to create an action plan. Despite our challenges, our community will do what it has always done- persevere and stay resilient.

4. Building a Strong Inclusion and Justice Club at Your School

Youth Celebrate Diversity

Are you interested in creating a diversity/inclusion/social justice club at your own school? Do you already have a diversity club and are looking for ways to recruit students and host events? This workshop will allow you to engage in an open dialogue, provide you with tools, tricks, and ideas to grow and nurture your own diversity club, and create space for future collaboration with educators and students from many schools.

5. Changing the Narrative: Unpacking Bias

Office of the Independent Monitor of Denver

This interactive workshop engages community members in a discussion about personal biases and how they impact perceptions and behaviors between law enforcement and community. The workshop allows participants to reflect on how biases show up in both their professional and personal lives. The workshop is intended to promote self-reflection, self-accountability and personal growth through dialogue and creation of action steps.

6. Character Counts

Emily Zimmerman

Emily will share her story of how she lost her sight, and through her story, will encourage the audience to accept people for who they are, not external factors that so often dictate our actions.

7. Climate Change in Colorado and the Indigenous Peoples

Spirit of the Sun

Climate change is not preventable at this point. We have reached the deadline where human activity has caused an irreversible change. The trees in Colorado are sprouting their new leaves because the temperature is not dropping. Normally Colorado has its first snow in early October, but we didn't get snow until November. The climate has changed, and this will impact our children, so the goal of our generation has to be adaptation. The native people are known for their spiritual connection and respect for nature. It seems that privileged voices

like Jeff Bezos and Dove are the voices heard during the fight for environmental justice. But the native people have farmed, mourned, and understood Colorado land religiously. Coloradans must understand and approach nature from a native perspective if they hope to establish balance between nature and humanity.

8. Dispelling Stereotypes of Modern Native Americans in 2022

Spirit of the Sun

This workshop will help young people meet modern Native American youth, to learn about the diversity within the Native community and dispel stereotypes about Native Americans. We'll have an open and frank discussion on how these stereotypes have been formed, but more importantly how we can end them.

9. The Emotional Life of the Teenage Brain

Jenn Marshall-Green, SPHERE Education

Being a teenager is hard, in a day you are happy, sad, frustrated, bored, silly, annoyed, and stressed. Let's be honest you may feel all those emotions in the five minutes between classes! Come gain a whole new insight to the emotional life of your brain. We will talk explore how you feel, why you feel the way you do, what to do with all those emotions, and how to take ownership of how you feel.

10. Finding Your Voice and Skills for Family Conflict Resolution

Danny Fisher, Columbia University Conflict Resolution Program

Everyone experiences conflict with family members—over who we are, what we believe, and so many other things. Sometimes that conflict grows until it harms or even ends those relationships. It doesn't have to be that way. We will discuss conflicts that you are experiencing and effective ways to deal with them. We will use small-group discussion and practical tools to help each other address conflict in positive ways.

11. Gender Fluid: Fluctuating between 'Male' and 'Female'

TRUE Center for Gender Diversity at Children's Hospital Colorado

The first half of the workshop will provide an overview of the differences among biological sex or sex assigned at birth, gender identity, gender expression, and sexual orientation as well as some common gender-related terminology. Opportunities to engage and consider your own gender development and gender non-conforming experiences will be encouraged. Attendees will accomplish this through personal reflection and participating in a "gender walk" (group exercise where participants take steps in different directions around the room to respond to gender-related questions/experiences). The second half of the workshop will focus more specifically on the gender identity of 'gender fluid.' This will include a description of gender fluid, video clip examples of gender-fluid experiences, discussing common areas of difficulty/discrimination, brainstorming ways to make spaces safer for gender-fluid individuals, and practicing using gender affirming language.

12. Hip-Hop and Social Justice

Creative Strategies for Change

Learn the art and history of hip-hop dance and its social justice context in a full body immersion. Make a choreographed dance that anyone can learn and add their own personal flavor and explore your own sense of style and expression.

13. A Holocaust Survivor Speaks

Eric Cahn

A survivor of the Holocaust will share stories about living through a period of time where diversity and respect for others was at its lowest point in human history. Most importantly, participants will understand why we must never forget what happened in the Holocaust.

14. Home Is Here! Student Immigrant Experience

Overland High School

Did you know that one in five children in Colorado has at least one immigrant parent and that Colorado is home to more than 15,000 DACAmented students? Come hear personal immigration stories and experience some of the obstacles our immigrant classmates face. We will discuss allyship for students with citizen privilege and networking opportunities for allies and immigrant students.

15. How to Survive When You Go Homeless

Denver Homeless Out Loud

If you were to go homeless, how would you survive? What would you include in your backpack? What would you keep and what would you need to leave behind? Where would you eat and how can you make sure you get nutritional balance? How would you make friends? We will teach participants what is involved in homelessness for a deeper understanding of this marginalized and misunderstood population.

16. Human Trafficking of Youth in Colorado

The Laboratory to Combat Human Trafficking

Youth and young adults hold specific vulnerabilities directly tied to their identity. These vulnerabilities connect to age, adult authority relationships, access to economics, sexual and gender identity, race, color, education, etc. Because of the specific vulnerabilities that youth hold, it is imperative that engagement on issues such as exploitation and interpersonal violence are had in order to create a space for prevention and protection through intentional partnership. This training will explore the root causes of the crime of trafficking and the myriad of intersecting identities, vulnerabilities, and social and systemic inequalities that can lead to trafficking. Understanding root causes and complex trauma is key to recognizing the crime in its many forms. Youth will be guided through a trauma-informed framework to connect personal and community aspects to at-risk experiences.

17. Introducing Anti-Oppression into Your Classroom

Assétou Xango

There is a big difference between non-discrimination and anti-discrimination. Our world is discriminatory by default. When we do not actively counter-act that norm, we are complicit in the oppression we claim to stand against. This workshop will help you have the conversations about systemic oppression BEFORE they become an issue in your classroom, school, or organization. Xango will give you the simple and universal tools to have these difficult conversations and how to deal with microaggressions and isms when they inevitably arise. The tools in this workshop will be appropriate for your constituents of any age.

18. An Introduction to Reproductive Justice

Colorado Organization for Latina Opportunity and Reproductive Rights (COLOR)

In this workshop, students will learn about the "her"story of reproductive justice and its roots in human rights and how it is a form of social justice. This workshop will define reproductive justice by exploring how our multiple identities inform our diverse experiences. We will also review how laws can either create barriers or opportunities for reproductive justice and how YOU can make a change in your community.

19. Islam and Islamophobia

Reema Wahdan

Islamophobia is the discrimination and oppression of Muslims. This workshop will serve as an open forum for students and adults to ask questions freely as they learn some of the common myths and misconceptions surrounding the Islamic faith and Muslim people. This session will also help participants understand how xenophobia against any race, religion or ethnicity should not be tolerated.

20. Know Your Rights: Students' Rights

ACLU of Colorado

Students do not shed their constitutional rights at the schoolhouse gate. Learn about students' rights under the U.S. Constitution relating to free speech, dress codes, privacy and LGBTQ rights, and what to do if your school rules violate these protections.

21. Lest We Forget ... Stories of Wisdom, Stories of Truth

Cassandra Sewell

We will use storytelling to take a journey through American history from the perspective of the African American woman. The journey begins with slavery and travels into present day America. Racism, hatred, and stereotyping are some of the many topics touched upon in this presentation. We will end with a group discussion on how society has changed—for better or worse—to present day, and the power of one.

22. LGBTQ+ Inclusive Sports

Micah Porter, Sports Equality Foundation

I will introduce a series of 10-minute modules that will provide guidance for LGBTQ+ inclusion in high school sports. These will be scenario-based and interactive. Topics will include, but not limited to use of language, the locker room, the impact of social media, coming out, proper pronouns, and the importance of visibility.

23. Making Allyship Work! Collaborating with Teens who Have Disabilities and Creating Change in Communities

Colorado Cross-Disability Coalition

Many of us strive to be allies for and with others - but being a good ally can be a true challenge. What does it mean to be an effective ally, particularly when collaborating with other young people who have disabilities? What does it look like to act as a conscientious ally? And what does it mean to transform our good intentions into constructive action? This highly interactive workshop will address these questions and many others that are key to working as a thoughtful, effective ally. Join staff from the Colorado Cross-Disability Coalition for a variety of activities including practicing perspective-taking and empathy-building, reflecting upon your own intentions and vulnerabilities, adopting an intersectional lens, and planning for real-world action in your schools and communities.

24. Microaggressions

Alice Wirth

Sticks and stones may break my bones, but words will never hurt me. What a lie we tell ourselves, especially living in today's society. This interactive workshop deals with microaggressions and their impacts on individuals. Come and learn ways to combat insults, assaults, and invalidations.

25. More Than Sex and STIs: Anti-Oppressive Comprehensive Human Sexuality Education (CHSE)

Colorado Department of Public Health and Environment

CHSE is known to improve youth sexual health and reduce unintended pregnancy, but what about suicide, bullying, and sexual violence? This session will explore how CHSE policies and instruction, with a focus on anti-oppressive CHSE that centers a racial equity and social justice

framework, can be used to mitigate risks. Presenters will discuss the research behind CHSE, core components of instruction, and available resources to support implementation such as inclusive policy assessments and adapted curricula tools to meet the needs of queer youth, youth of color, and youth experiencing disabilities, and others traditionally left out of sex education.

26. The Movement for Black Lives: Revisiting Its History, Exploring Its Future

BLM5280 / Dr. Apryl Alexander

Although the Black Lives Matter movement has existed since 2013, this year it became the biggest social justice movement in global history. In this workshop, we will discuss the history of the movement and its aims for equality and equity. Further, the workshop will discuss the local movement and how young people can become involved.

27. Our Voices: Past and Present

New Era Colorado

Our voices and stories are powerful. In this workshop, we will start by learning about the history of civic engagement centering around Indigenous communities and Black activists. We will describe the stories of the past and the fight for voting rights in BIPOC communities, including past and current voter suppression tactics. Then, we will go over ways you can tell your story by writing about issues that matter to our generation using various mediums, such as writing to your elected officials or publishing your work in a newspaper. We will provide a PowerPoint and make it interactive so that students can include knowledge that they've already learned.

28. Preventing Sexual Violence and Supporting Survivors: How Youth are Leading the Movement to Create Change

The Movement to End Sexual Assault (MESA)

Led by Youth Engagement Program members and staff from The Blue Bench, this session will explore the power youth have to create spaces where sexually inappropriate or violent behaviors are recognized, and intervention occurs to support survivors. We will use small group activities and discussion to expand recognition of a range of sexually violent behaviors and the impacts of these behaviors, the systems in place to address these behaviors, and identify how youth have opportunities to intervene at all points as positive bystanders. Youth

will practice bystander intervention using real life scenarios commonly described by high school students. Youth presenters will encourage participants to think creatively and develop a broad variety of intervention techniques, honoring personalities, identity, and safety. Presenters will create a safe space to facilitate honest, non-judgmental conversations throughout the session.

29. Privilege and Intersectionality

Sam Carwyn

During this workshop, attendees will have an opportunity to plot themselves on a chart for varying degrees of privilege. We will explore frequently talked about points of privilege such as race, gender, and abilities and less often discussed, including skin tone, neurodiversity, housing, religion, and others. I'll explain intersectionality and how we apply it to justice work. Lastly, attendees will get an opportunity to identify how to leverage their privilege and uplift the needs of the most marginalized.

30. Queer Joy! We Are All in This Together

YouthSeen

The audience will be polled on topics similar to the Privilege Walk in order to gain an understanding of themselves and their peers. Each individual will be encouraged to engage in story sharing and deep, meaningful conversations regarding their identities and experiences. Ultimately, the audience will leave with some resources needed to begin the healing process.

31. Releasing Toxic Lessons of Social Identities That Harm Your Self-Esteem/Image

Hailima Yates

We are bombarded daily by several factors that can shape the way we feel about and see ourselves. For that reason, Impacting Perceptions consists of engaging imagery, self-reflective exercises, and thought-provoking discussions to understand how our views are developed causing our low self-esteem, negative self-image, and identity struggles. As we're uncovering the origins teaching us to measure our value, from personal experiences and our environment to the media, we will also recognize how our conditioned beliefs influence us to make choices that can be detrimental to our life. After establishing what has shaped your views guiding your actions, you can identify what disparaging lessons to un-accept as truth and determine what

experiences to emotionally heal from so they may no longer continue to crush your spirit. This workshop is for you if you want to know your worth and remember the best of who you are.

32. Restorative Practices in Schools: Closing the Equity Gap

The Conflict Center

We will practice a community building circle and discuss the unique and dynamic ways circles are used in schools to change climate and culture. You will then do a brief activity that demonstrates the influence of perspective. We will briefly talk data and theory, and then the facilitators will demonstrate at least one restorative conference. You will understand how restorative practices eliminates the power differential between people, which creates equity in conflict and discipline situations. The training is interactive, relevant, and fun.

33. Sexualization of Women and Girls

Sam Carwyn

During this workshop I'll differentiate between objectification and oversexualization and describe adultification. We will explore the experience of girls, women, and those with additional marginalized identities. Specific ways to address in the moment and how to advance society towards equity will be explored.

34. Supporting Our Undocumented and First-Generation Students

Teachers United for Immigrant Rights

Participants will learn how to interpret the challenges undocumented students face in our current environment; compile best practices and resources for how to engage with undocumented students; and strategies for self-care and management of secondary trauma.

35. The Transformation of Silence into Action

Soul 2 Soul Sisters

In the workshop, The Transformation of Silence into Action, we will explore the ways in which we can move through individual and collective silence to cultivate actions that support the wellbeing of our community. We will map silence with Black Feminist, Audre Lorde to develop deeper sense of self to empower community centered in truth and accountability.

36. Transgender 101

Reimond Vallier

In this presentation, I'm going to share my years-long journey of discovering who I am. Now as a trans man, I want to share my knowledge of how teachers can support transgender students through respecting pronouns, combating transphobia, and providing a safe environment for students who are in the LGBTQ+ community or kids that just need the space to find themselves.

37. Trauma Informed Education: A Teacher and Students Perspective

Austin Doyle, Urban Peak

I will be discussing the importance of Trauma Informed Education from the perspective of both an educator and student. Too often we only consider the educators point of view, and I will be highlighting effective ways students can approach the subject of trauma within the education system.

38. Understanding Racial Battle Fatigue

Asia Lyons

This session is specifically created for educators attending the conference. This session talks about how BIPOC educators experience racism-related stress in the workplace and how that stress then expresses itself as racial battle fatigue. The session is meant for educators to understand what racial battle fatigue is and how to lessen or avoid it while teaching.

39. UndocuJoy

Convivir Colorado

Undocumented immigrants will share personal stories about the joy we have found in the midst of challenges brought by our lack of legal immigration status and the hatred we often face. We aim to break down the prevalent narrative that being undocumented is an experience predominantly shadowed by loss, fear, and hardship by sharing stories of community, love, and happiness.

40. Undoing Criminality in Minoritized Youth: Past, Present, and Future

YAASPA

Cops Out of Aurora Schools Youth Coalition will be hosting a critical dialogue around the undoing criminality in minoritized youth in comparing analysis of the past, present and future. We acknowledge that not all youth are familiar with the ongoing policing issues within the United States, therefore our youth coalition will present the background of the problem and statement to the audience. We value the voices of the attendees and so there will be a continuous engagement or learning and critical dialogue throughout the workshop. Throughout the workshop, students will be engaged in mini-games and activities.

41. We Got This: Suicide Prevention

Denver Dept. of Public Health & Environment Office of Behavioral Health Strategies

The mental wellbeing of our country is really being challenged with hospitalizations needed but there are no beds for folks struggling. Suicide attempts and deaths of teens and young adults continue to trend up, suicide is the second leading cause of death for teens and young adults in our country. Colorado has not been spared, suicide was the leading cause of death for 10 – 17-year-olds in 2020 and it continues that pattern into 2021. Suicide knows no boundaries, BIPOC, and LGBTQ+ suicide rates continue to escalate, research shows a potential increase of suicidal ideation in 5th and 6th grades, and the highest youth suicide attempts and hospitalizations in 8th to 10th grades. We Got This, an innovative youth driven approach to grow and sustain suicide prevention programming by leveraging youth leadership and community partnerships is growing. Please join this youth panel as we continue our journey to bring awareness to this critical issue, provide hope and resources for teens and young adults. Join us in a dialogue as we hear inspiring stories and initiatives that have arisen from personal challenges and tragedies.

42. What Interfaith Dialogue Really Looks Like

Interfaith Alliance of Colorado

Join leaders from the Interfaith Alliance of Colorado and learn about how people from all the world's religions can work together to create a more just and unified world. This participatory workshop will include leaders from a variety of faiths, and together, we will do more than just talk about religions working together—we'll get to do it.

43. Women's Rights and Issues in American Culture

Alexis Schmader and Marin Montalbano, University of Denver

We will discuss topics of women's rights and issues in America ranging from reproductive rights and the pink tax to gender inequity in the criminal justice system and workforce. We will present a PowerPoint discussing these topics and engage in open discussion and interactive activities throughout our presentation.

44. Yoga IRL

bhavanaKIDS

This workshop delivers the benefits of Yoga, In Real Life. Those who attend Yoga IRL can expect to gain knowledge and perspective of their individual existence, and how that relates to their environment and those around them. We will feature body awareness exercises, on and off our mats. We will learn strategies for experiencing everyday emotions—fear and excitement, anger and joy—in more than just our heads. And we will explore how all of that fits into the complex world around us. This is the Yoga no one talks about ... yet.

45. You're Not a Bad Student, It Was Designed This Way

YAASPA

Remember that one teacher that hated you or harassed you in the classroom? Remember how confused you were because they kept targeting you? Well, little did you know, they were racist! You weren't a bad student; the education system was designed this way to perpetuate stereotypes of our minoritized students.

46. Youth Homelessness: In Their Words

EEqual

EEqual, a nonprofit dedicated to ending student homelessness, will take some time to breakdown the stigmas many have around homelessness and put us on track to better understanding it, and how to support youth who are homeless.