

YOUTH CELEBRATE DIVERSITY

**Colorado Youth Diversity
Conference Workshop Options
2024**

Addressing Homelessness Through Basic Income

Come learn about the Denver Basic Income Project, which provides 12 months of direct cash assistance to 820 people experiencing homelessness in Denver. By providing individuals experiencing homelessness with unconditional cash, these individuals will be able to make the choices they need in order to secure housing and a better future. We'll go over the early results of our study and have a robust discussion on how basic income can help solve homelessness in Denver and beyond!

Ally and Accomplice Training

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, substance abuse, homelessness, mental health support, support for asylum seekers, and environmental awareness.

The American Dream: How Do You Fit In?

In this workshop we will explore privilege, and the many levels of privilege that we may have, by playing, "The American Dream" game. After playing the game, students will have a discussion about privilege, how you can use it to help yourself and how you can use it to help others.

The Asian Pacific Islander Experience

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.

Be a Part of YCD's Next Chapter: Building and Sustaining an Inclusion and Justice Club in Your Community

Starting and growing a youth-led inclusion and justice club isn't easy, but is so important to establish nurturing, inclusive spaces in our communities across Colorado. Join this session to learn how starting a YCD chapter can provide you with the support, training, and curriculum you need for a successful, sustainable youth-led club. Let's build equitable and inclusive communities together!

Changing the Narrative: Unpacking Bias

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.

Changing the Way We Think about Human Trafficking of Youth in Colorado

Human trafficking, both labor and sex, disproportionately affects historically marginalized communities including systems-involved youth, people of color, those who identify as LGBTQ+, and other oppressed communities. The common and persistent narrative is that trafficking involves kidnapping and force and happens to 'innocent', usually white, females. We have to change this narrative because simply put, we are missing it. It starts with youth understanding what trafficking looks like in Colorado communities, who is targeted and why, and how traffickers manipulate unequal power dynamics to control victims. This workshop will bust through myths perpetuated by social media and Hollywood; illustrate the realities of trafficking in Colorado's rural and urban communities; and encourage new ways of thinking about vulnerability, marginalization and exploitation of youth. We will end with a call to action for young leaders attending the conference.

Confronting and Dismantling Ableism

People may experience disability at any time in life, regardless of age, gender, race, sexuality, etc. Disability may also affect people along a spectrum, whether it be temporary or permanent, hidden or visible. In this workshop, we will help participants gain a working knowledge of disability and how ableism affects all of us. We will use clips and themes from the Oscar award-nominated documentary, *Crip Camp*, to facilitate a conversation that encourages participants to identify the challenges involved in dismantling ableism. Participants will then work in small groups wherein they will identify instances of ableism in their everyday lives/environments and create actionable steps they could take to address this form of oppression. This workshop will be highly participatory and action-oriented.

Confronting Male Privilege

This workshop will approach the complex and messy topic of confronting male privilege and its role in the interconnected systems of oppression. In doing so, we will discuss toxic masculinity and how it affects people of all genders. This will include the effect of toxic masculinity on men's mental health and men's suicide prevention. Additionally, we will explore how toxic masculinity plays a role in sexism and misogyny, including issues such as mansplaining and reproductive justice. Lastly, we will touch upon the ways in which toxic masculinity interacts with other harmful "isms" such as racism, ableism, homophobia, transphobia, mental illness, and more. By the end of the workshop, all participants will have the knowledge needed to begin dismantling the ways in which toxic masculinity has affected their lives.

Empowering You to Prevent Suicide

In this session, participants will gain insight and information into the risk factors students face when it comes to suicide. We'll debunk some myths and face some hard truths. The goal? To feel empowered to support ourselves and one another, working toward prevention of suicide in our community.

Exploring Social Justice Careers

This session will include a panel discussion of several people who work to advance social justice as part of their work and careers, including lawyers, social workers, educators, non-profit leaders, politicians, and more! Come learn how these activists and leaders created a career out of their passion for inclusion and justice!

Finding Your Voice and Skills for Conflict Resolution

Everyone experiences conflict—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.

Hate Crimes? Youth Decide the Verdict

In this workshop lawyers will lead an interactive session on Colorado's Hate Crimes Statute. The lawyers will present a case involving criminal hate crimes. At the conclusion of the trial, small discussion groups of students will become "juries" to discuss the issues presented and, with the assistance of an adult facilitator, reach a verdict. The group will also discuss diversity in their community and the value of preventing the spread of racial slurs and hateful actions.

Healing The Path Forward: Reparations, Housing (In)Justice and the Racial Wealth Gap

In this session we'll look at the long shadow of slavery and its continuing influence on the criminal (in)justice system - specifically the inequities Black and Brown people have faced from slave patrols and the convict leasing system to the war on drugs and school to prison pipeline, and the many other unjust conditions we face today. We'll take a brief survey of our history, look at the reparative solutions being proposed across the country as part of the reparations movement and then work together, using a unique creative writing process, to design healing solutions.

Hip-Hop and Social Justice

Learn the art and history of hip-hop elements (dance/lyrics/beats/visual) and its social justice context in a full body immersion. Create a rap, dance or graffiti social justice piece while exploring your own sense of style and expression!

The Immigrant Experience: Home is Here!

This presentation gives insight on the struggles immigrant and first generation students face in school between inappropriate questions and common misconceptions and navigating the differences between their school life and their home life. You will also hear personal stories from students from all around the world and learn how you can be a good ally. Through games and interactive activities, The Immigrant Experience presentation will change your perspective and provide you with information to bring back to your communities to create safe spaces for your immigrant and first generation peers and students.

Introducing Anti-Oppression into Your Classroom

There is a big difference between non-discrimination and anti-discrimination. Our world is discriminatory by default. When we do not actively counteract 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. The workshop leader 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. **This workshop is for educators and adults only.**

An Introduction to Reproductive Justice

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.

An Introduction to Women's Brazilian Jiu Jitsu

Self-Defense

Brazilian Jiu Jitsu is ideal for women. Brazilian Jiu Jitsu was created specifically to allow the smaller person to overcome the bigger, stronger, more aggressive opponent through the proper use of timing, positioning, leverage, and technique. When women are attacked, they are often taken to the ground by a larger, more aggressive assailant and Brazilian Jiu Jitsu, known for its devastatingly effective ground fighting techniques, directly addresses this situation. Because of this, Brazilian Jiu Jitsu is often recognized as the single most effective self-defense system in the world, especially for women. Take advantage of this opportunity to introduce yourself to the art of Brazilian Jiu Jitsu!

Islam and Islamophobia

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.

It's Complicated: Navigating Healthy Relationships

Teen dating is hard. Texting, social media, and navigating the school environment make romantic relationships really hard. What are healthy and unhealthy qualities in a relationship? How do I kindly and respectfully break up with someone? This workshop will discuss what to look for in a healthy relationship and how to communicate better with your partner.

Know Your Rights: What To Do When I Encounter Police?

In this presentation, we will walk through how to navigate various police encounters including traffic stops, searches or seizures, questioning, and arrests. We will also highlight cases involving illegal police conduct against youth of color. The goal is for students to walk away knowing their rights, how to navigate police encounters, and what to do if their rights have been violated. This is an interactive format with significant audience participation.

Lessons Learned from Home: You Must Be Carefully Taught to Love or Hate

How have the lessons from home, spoken or unspoken, shaped who you are? How have the lessons from home affected how you interact with people who are similar and different from you? This interactive workshop features activities, panel discussions, and audience participation. Panelists/audience will share how lessons learned from home affect their everyday life choices and experiences. Basic tools required to become accepting of yourself and others will be provided.

Liberty and Justice for All: Decolonizing Our Schools

This workshop will start off with a brief overview of the history of education in the United States so we better understand the context of colonization and erasure of marginalized stories in our education system. We will look at some of the inequitable outcomes these practices have led to, and students will have an opportunity to share their own insights. Then, we will explore what decolonization looks and feels like in terms of inclusive curriculum and culturally responsive educator practices. We'll close out the session by brainstorming ways that students can use their voice to advocate for change in these areas.

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

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, focused 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, youth experiencing disabilities, and others traditionally left out of sex education.

Navigating Alternatives to College: Crafting Your Unique Journey

The transition from high school to the next phase of life is a critical juncture that demands exploration and guidance. "Navigating Alternatives to College: Crafting Your Unique Journey" is an interactive workshop designed to empower high school students to embrace and understand the plethora of post-secondary options available beyond the traditional college route. This workshop will dive into alternative pathways magnifying sustainable career opportunities, vocational training and entrepreneurship.

One Person, More than One Identity: A Biracial and Multiracial Affinity Space

Biracial and multiracial students navigate school and home life in very different ways. In this session students who hold the two or more racial and/or ethnic identities can participate in an affinity circle to discuss their beautiful and amazing selves and also find community with others who share the same lived experiences. **This workshop is intended for biracial and multiracial participants only.**

Our Voices: Past and Present

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 share knowledge that they've already learned.

Owning Your Story: Native American Representation and Misrepresentation In Media

This workshop will show the history of misrepresentation of Native American Peoples in media and storytelling and how this creates stereotypes and misunderstandings of Indigenous communities. We will have an interactive and frank discussion on how these stereotypes have been formed, where we are now, and more importantly how we can end them.

Power, Privilege, and You

Revolutionary youth-adult partnerships require a deep understanding and integrated discussions of power and privilege for transformative social change. This workshop will include active, engaging discussions of positionality and the impact of the multicultural self. Youth facilitators look forward to sharing our youth-led workshop with you!

Queer Joy! We Are All in This Together

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.

Racial Battle Fatigue's Impact on Educators and Their Families

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 to help educators understand what racial battle fatigue is and how to lessen or avoid it while teaching. **This workshop is for educators and adults only.**

Releasing Toxic Lessons of Social Identities That Harm Your Self-Esteem

We are bombarded daily by several factors that can shape the way we feel about and see ourselves. This workshop 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 lives. After establishing what has shaped the 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.

Restorative Practices in Schools

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 learn how restorative practices eliminate the power differential between people, and create equity in conflict and discipline situations. The training is interactive, relevant, and fun. **This workshop is for educators and adults only.**

A Roadmap to Creating Youth-Led Spaces

The youth mental health crisis is a major public health concern and partnering with youth to create impactful change is key. Partners for Children's Mental Health has created the Youth Council on Mental Health - a youth-led adult-supported council focused on improving the state of youth mental health in Colorado. The YCMH works to co-create a sustainable approach to authentically engage youth in mental health initiatives. In this workshop, our youth leaders will outline a guide to creating authentic youth-led spaces that lead to change, from creating a strong foundation to sustaining engagement.

Sexual Violence and Rape Culture

We will discuss definitions, concepts, and myths about sexual violence to uncover the prevalence of rape culture in our society. We will go over how intersections of oppressive systems create a rape culture, and how to move towards a culture of consent and equity.

Sexualization of Women and Girls

During this workshop we'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 the moment and how to advance society towards equity will be explored.

Storytelling for Change

Have you ever wondered how to most effectively share your story to demand a change from decision-makers? It is so important to have our voices heard and we all have powerful stories to share! During this workshop you will learn and practice the widespread Story of Self, Us, Now framework used by community organizers, public speakers, politicians, and others across the nation. No public speaking experience necessary, just a willingness to get started on the basics of storytelling for change. Please make sure to have a pen and notebook handy.

Transformational Poetry and Spoken Word

Engage in a dialogue with your subconscious through spoken word and poetry! You are a creative genius and have the power to transform your life into personal power and hope, and to pursue where you want your story to go. You will discover and use your creative voice, and connect with yourself and other people in a new and inspiring way.

Transgender 101

In this presentation, a young trans man will share his years-long journey of discovering who he is and how he came to realize that he is transgender. He will share his knowledge of how teachers and peers can support transgender students through respecting pronouns, combating transphobia, and providing a safe environment for students who are in the LGBTQ+ community or youth that just need the space to find themselves.

Understanding and Including Your Disabled Peers

In a light-hearted and interactive workshop, students will learn more about how their disabled peers might think and experience the world, as well as how best to include them in activities and conversations. Presented by a disabled college student, students will learn from someone on their level who understands modern teenage life and social circles.

What Interfaith Dialogue Really Looks Like

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.

Who Is Your Character? Perspectives and Diversity

Students will work with the facilitator to ask deep, introspective questions about the nature of self, character, and actor. We will use acting games and improv exercises to have fun and explore these concepts as direct experience.

Yoga IRL

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.