

**Workshop Title:** “Coming Out with Lauren & Nicole” live taping, featuring Kai Hazelwood!

**Name:** Lauren Flans and Nicole Pacent

**Workshop Summary:** “Coming Out with Lauren & Nicole” is a popular weekly podcast hosted by actor/comedian Lauren Flans (Wild ‘N Out) and actor/LGBTQ activist Nicole Pacent (Anyone But Me), where LGBTQ-identified guests from all walks of life tell the tales of how they came out to friends, family, and the world at large. Join for a fun and engaging conversation about the world of coming out.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 218

**Workshop Title:** Act Out: GENDER, POWER & CONSENT

**Name:** Jennifer Torres and Aaliyah Gatlin

**Workshop Summary:** Be an advocate for your sexual health! Using videos and theater, we will explore how gender and power dynamics can influence our ability to communicate about consent, use protection, and advocate for our sexual health. Join this interactive and skill-building workshop and have the opportunity to act out scenes to explore how gender and power dynamics in relationships can influence someone's ability to communicate about consent and stay safe.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 120

**Workshop Title:** All In or All Out: Owning Your Coming Out Story

**Name:** John Sovec, MA, LMFT

**Workshop Summary:** Who is in charge of your coming out story? YOU ARE! In this workshop, you will explore how to make your coming out process powerful and meaningful. Through this process you will learn how to navigate styles of communication as well as how to apply them in the sharing of your identity and story.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 203

**Workshop Title:** Asexuality 102: Aces and Aros and Grays Oh My

**Name:** Shari B. Ellis and Samantha Chappell

**Workshop Summary:** Want to know what asexuality and aromanticism is all about? Are you familiar with the terms, but want to know more? Come to a discussion with real live aces and aros. All Topics and questions are welcome.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 214

**Workshop Title:** Ask Anything: Queer Open Office Hours with NiK Kacy

**Name:** NiK Kacy

**Workshop Summary:** Have you ever wanted to ask questions in a safe space to someone who's lived the queer, trans, non-binary, racial minority, immigrant, entrepreneurship experience? This is your chance to ask any questions that you might want to know to guide you through your coming out journey.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 222

**Workshop Title:** Astrology through the POC and Black experience

**Name:** Jeffrey Park

**Workshop Summary:** Building off the already established astrology philosophies, this workshop infuses intersectional mental health principles with the various practices that come from POC and Black communities, that set much of the language of present day horoscopes. By establishing new language, community bonds, and tangible goals and outcomes, this workshop hopes to encourage and challenge those to begin using global astrology beliefs and other healing practices as tools and not weapons.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 211

**Workshop Title:** Being LGBTQ in the U.S. Military: My Story

**Name:** Jeff Mueller

**Workshop Summary:** Come hear the amazing story of how an 18-year veteran of the US Air Force serving under the Don't Ask Don't Tell policy joined the movement to repeal the law. As Trump attacks our LGBTQ community in the armed forces, it is important to understand the insider's take on how actions like this affect the people serving our country. This workshop will be an inspiring lesson on how to fight the forces that attempt to silence us and be a leader for what you believe in!

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 224

**Workshop Title:** Big Fat Love: Taboo Bodies, Taboo Desires

**Name:** Dan Oliverio

**Workshop Summary:** Being fat or having an attraction to fat people means facing unique challenges and blazing our own trails. In this interactive discussion, we'll focus on the central challenges in our dating and relationships in a safe, non-judgmental space where we're free to ask questions and examine beliefs. Topics include self-empowerment, body positivity, objectification, dating, and fatsexual.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH B16

**Workshop Title:** Bisexual/Pansexual 101: Coming Out, Biphobia, and Living Well in 2019

**Name:** Lauren Sleator

**Workshop Summary:** Coming out as Bisexual or Pansexual can have some unique challenges. Bi/pan/fluid people make up a slight majority of the queer community, but are less likely to be out than gay and lesbian people. Whether you are already out and proud, thinking about coming out, out to some but not others, or still questioning and finding the words to describe yourself, please join us for discussion and learning about the unique position of our community. Topics will include identity and sexuality, challenges coming out, combating bi-erasure, and how to build community. This is a presentation for all people who are attracted to more than one gender, no matter how you identify.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 102

**Workshop Title:** Black Queer Media

**Name:** Jayce Baron & Shar Jossell (Kiss & Tell Radio, Podcast)

**Workshop Summary:** Your favorite podcast hosts Jayce Baron and Shar Jossell of Kiss & Tell Radio hold a interactive discussion walking through a history of black LGBTQ media leading to where we are now. We'll unpack the critical social needs for media representation in front of and behind the camera, following the journey of some of your favorite LGBTQ actors, news correspondents, media personalities, and more.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 216

**Workshop Title:** Boys to Men: Examples of Healthy Masculinity

**Name:** Rocco Kaiyatos

**Workshop Summary:** For trans male-identified young people, it is not always easy to find role models of trans men who embody healthy masculinity. Seeing yourself reflected in an adult who shares your identity can be such an empowering experience and a window into what is possible. The trans men on this panel will share personal experiences around their transition as well as their perspective on what masculinity means to them. They will lead activities to explore our relationship to masculinity and how trans guys of all ages can use male privilege to help make the world a better place.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 220

**Workshop Title:** Building Your Community: Activism Through Storytelling

**Name:** CAN Coalition Los Angeles LGBT Center

**Workshop Summary:** Come join the Community Action Network (CAN) team and learn from your peers how to actively and courageously share your story and recognize the strengths of others. We share our stories with a purpose and use them as a tool for activism. By sharing them, people are able to relate to one another and build empathy. You can be an activist by sharing this storytelling practice at your school and in your community! Engage others and participate in changing the culture of racism, sexism, classism, homophobia, biphobia, transphobia in your schools and community.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 216

**Workshop Title:** Call AAA: Ask An Asexual

**Name:** Sergio Aguilar

**Workshop Summary:** Identify as asexual? Need a better understanding of ace? Learn how to navigate life from your fellow asexual peers, and learn the basics of asexuality. Come join us for a thoughtful conversation on the asexual spectrum.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 214

**Workshop Title:** Can I Get An Amen?!

**Name:** Rev. Jerrell Walls

**Workshop Summary:** We hear so much about God, but how often do you hear the most important God thing of all: God loves you just the way you are! As RuPaul would say, "Can I Get an Amen?!" This workshop is designed to affirm that all people are valued by God. Come and hear personal stories of those who found love, acceptance & grace, as well as some basic information to give you assurance when others try to say otherwise.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 224

**Workshop Title:** Capital One Cafe Presents: Budgets Made Easy

**Name:** Dee Johnson and Madis Limeta

**Workshop Summary:** This workshop is designed to help provide young people with financial guidance. Learn best practices that can help improve your relationship with money. You'll walk away with understanding budget basics, how to set financial goals, spending mindfully and making a budget that works for you. Building a budget isn't difficult if you follow the basics.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 102

**Workshop Title:** Clap Back: How to Shut Down Religious Haters

**Name:** Rev. Caleb Crainer

**Workshop Summary:** For many in the LGBTQ community, religious hatred is one of the first places we encounter resistance to our queer selves. Out-gay Lutheran Pastor Caleb Crainer will explore the homophobic scriptures often used against us and explain instead, how scripture can help build us up. This workshop will offer strategies on how to react when faced with hateful commentary. (We Gonna Shut. It. Down.)

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 225

**Workshop Title:** College Greek Life for LGBT: Sharing Our Experiences

**Name:** Jose Marin, Eva Puenuelas, Miguel Segura, Jose Garcia, Ebonee Bryant, Ernesto De La Cruz

**Workshop Summary:** Ever thought about joining a Fraternity or Sorority? Did you know there are different types of councils and professional organizations within the college Greek system? A panel of college alumni will share their experience of being a Greeks as LGBTQ+ individuals. They'll also debunk a lot of myths about the Greek life, how to stand out in that crowd, and what they're up to today!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH B24

**Workshop Title:** "Coloring w/ Max and McKenna": A YouTube Screening

**Name:** Justin Tindall

**Workshop Summary:** Join the It Gets Better Project for a screening of the new web-series, "Coloring w/ Max and McKenna," featuring internet sensation, Max Emerson, and It Gets Better all-star intern, McKenna Palmer, chatting with your favorite LGBTQ+ YouTubers and bloggers - like ElloSteph, Ambers Closet, and Kat Blaque - about their inspiring, hilarious, heartbreaking and empowering stories. Stay until the end for an interactive Q&A about the series and it's many themes.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 113

**Workshop Title:** Comcast NBCUniversal Presents: Generation Z Career Success 101

**Name:**

**Workshop Summary:** Are you a student wondering what it takes for the Generation Z to be successful in launching their career? Our team will share insights and perspectives of what makes the best early career talent, including several do's and don'ts from interviewing strategies to communication style in a professional setting. This session is ideal for students interested in helpful tips or parents watching their young adults make the big leap into the working environment. Our team will be a mix of managers, leaders, and HR professionals who can give you diverse perspective into what it takes to launch an awesome and rewarding career.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 103

**Workshop Title:** Comcast NBCUniversal Presents: So You Want to Work in Media

**Name:**

**Workshop Summary:** Are you considering a career in media? Do you love TV, film, or even your smartphone? Come hear about how to be out AND successful at work! In this interactive panel, learn how to break into the industry from the experts! LGBT media employees will be on hand to share their stories and give advice regarding the educational and work experience needed to turn their passions into careers, coming out at work, and getting your foot in the door. These employees from NBCUniversal, one of the world's premiere entertainment, news, and sports media companies, are here to give you the inside scoop. You don't want to miss this opportunity!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 101

**Workshop Title:** Coming Out in a Family of Color

**Name:** Stuart Huggins

**Workshop Summary:** If you are person of color (POC), you're probably familiar with the concept of family as an all-important safe place against challenges like discrimination and immigration. What if you identify as LBGTQ? Is the familial space we call home still considered safe? Much of what makes families of color strong (religion, customs, solidarity) can derail any hope one can have to confidently coming out. Come hear from people of color (parents and LBGTQ youth) who have tips on how to safely share your identity with your family.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 315

**Workshop Title:** Constellation of You: A New Model for Understanding Gender & Sexuality

**Name:** Anne Guanciale, Lauren Gideon, Wesley Palau

**Workshop Summary:** In the spring of 2019, the Pride Center Educators at San Diego State University developed a new guide for understanding gender and sexuality after finding that current models did not accurately represent their identities. From their efforts a new model emerged that offers a comprehensive “constellation” that centers queer, trans, and nonbinary experiences. In this interactive workshop, participants will be guided through an introspective experience of understanding gender and sexuality in an open and educational environment.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 222

**Workshop Title:** Creating Safe & Brave Spaces: A Dialogue with Youth Leaders

**Name:** CAN Coalition Los Angeles LGBT Center

**Workshop Summary:** Are you a high school or middle school student? Looking to learn about safe and brave spaces? Come learn from your older LGBTQ peers (youth ages 18-24) how to find and create spaces where you can be your true and whole self. This workshop will have an open dialogue between youth leaders and participants.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 216

**Workshop Title:** Don't Yuck My Yum!!

**Name:** Derald Hunter, Paul Chavez and Parys Hall

**Workshop Summary:** Growing up is hard but making choices about your sexual health shouldn't be. Getting PrEPared for hard conversations, protecting yourself and friends from HIV is one of the most empowering adult decision that a young person can make. Join real people, talking about their real experience and real knowledge on how taking a pill once a day can protect you from HIV.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 118

**Workshop Title:** Drag isn't a Race! A Drag 101

**Name:** Jean Decay

**Workshop Summary:** ConDRAGulations! You have just received a once in a lifetime opportunity to learn about the herstory of drag, its roots in activism, and the various styles of performance. Turn your stun factor up to a thousand, and come ready to engage with fabulous local drag queen Jean Decay. This workshop will explore the way in which the art of drag has manifested community, activism, and a rich history for our LGBTQIA2+ community. The workshop will also focus on how to start drag in your local community, as well as the lessons and fundamentals of drag.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 202

**Workshop Title:** Drag King 101

**Name:** Fidget, Skirt, Dandy, Malcom and Vico

**Workshop Summary:** Have you ever wanted to express yourself through the use of makeup, fashion, and performance art? Seeking Drag artistry as your creative pursuit? We're discussing Drag 101 past, present, and future. Featuring group discussion and performance demonstrations from representative members of the LA Drag King community.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** South Gym

**Workshop Title:** Dream Yourself Awake

**Name:** Michael Lennox

**Workshop Summary:** If dreams are messages from the unconscious, then working with them can yield amazing results. When you know how to effectively use these powerful experiences, great progress can be made in the process of awareness, insight and self-actualization.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH B22

**Workshop Title:** Educational Justice for LGBTQ Youth

**Name:** Gabriel Vidal

**Workshop Summary:** Reclaim our education and defend safer school climates! For decades, LGBTQ youth, youth of color, and youth with disabilities are being pushed out of school and into prison. In this interactive, youth-led workshop, you will learn about the school-to-prison pipeline, educational injustices, new laws and how LGBTQ youth can defend their schools!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 223

**Workshop Title:** Embracing and Exploring the Bi+ Identity

**Name:** Nicole Kristal

**Workshop Summary:** Dive into the nuances of being bi+ with interactive activities and learn more about what being bi+ means for you through a presentation that explores bisexual, pansexual, and queer identities through memes and original video content. Participants will gain tools for battling bi/pan erasure and raising bi+ visibility, and leave with a sense of history about bi+ leaders and strategies for navigating their orientation in a monosexual society.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 102

**Workshop Title:** Empowerment through Creating for today's LGBTQ+ Activists

**Name:** Anjalee Jasmine Respect All Love

**Workshop Summary:** How can you create change around the world for LGBTQ+ people? Let's work together towards helping fight hate, stereotypes, anti-LGBTQ+ laws, and more. Join us for an open discussion and participate in creating a social media post and/or artistic piece in order to encourage love and acceptance.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 311

**Workshop Title:** From Surviving to Thriving: Harnessing Your Brain's Potential to Create Empowered Change

**Name:** Dr. Megan Mansfield and Dr. Hector Martinez

**Workshop Summary:** What does the critic in your brain tell you? Do you wish that critic would make empowering statements instead? Cutting edge science has shown that this transformation is possible and easier to achieve than you may think. During this interactive workshop, Dr. Mansfield and Dr. Martinez teach youth how to shush their inner critic and unlock their brains true potential! This interactive workshop will include art activities, group discussion and self-soothing skill practices.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 218

**Workshop Title:** G-Spot: A Pleasure-Based Workshop (18+)

**Name:** Adrian Gonzalez and Leonardo Almanza

**Workshop Summary:** G-Spot is a pleasure based sexual health group for ages 18-24, where we hold space for the discussion and exploration of consent, boundaries and safety and how they relate to a pleasurable sexual experience. The content was created through a sex positive lens that encourages honest, real and fun conversations around the sex that queer folks have. The space serves as a way for community members to discuss sex and support one another without stigma or shame around the sex that they are having. The session is centered around gay, bi, queer male identified people of color and is open to allies wanting to participate, so long as they are respectful and provide space for queer folks to express themselves.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH B12

**Workshop Title:** Get Home Safely: Queer Personal Safety and Self-Defense

**Name:** Jose Angel Castro and Mick Bender

**Workshop Summary:** This workshop will put the power of feeling safer in the world in your own hands (and feet:). Participants will learn fundamental tools of environmental awareness coupled with solid, real-world self-defense strategies and tactics that will help them feel safer when they venture out into the wider world.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** South Gym

**Workshop Title:** Glamazon Presents: Being Queer and Building Connection in Entertainment

**Name:**

**Workshop Summary:** Since 2005, Glamazon has connected, supported, and empowered employees across the globe at Amazon. In this workshop, Glamazon members from Amazon Studios will host an interactive panel to discuss the opportunities, experiences, the entertainment world, and being queer in the work place.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 102

**Workshop Title:** Grindr: Smart & Safe with Mobile Dating

**Name:** Ron Elizondo, Drian Juarez and Hsingii

**Workshop Summary:** Have you ever wanted to connect with other LGBTQ+ people in your area? Have you experienced stresses or fears associated with stigmas attached to meeting someone online? Come and learn about how Grindr is revolutionizing the world of queer dating and friendships and how you can become part of the scene. Facilitators will include Drian Juarez, a project manager from Grindr's social impact sector, Grindr for Equality, and Ron Elizondo, the Director of the Grindr Product team. They will provide background to the beginnings of Grindr, its research and outreach efforts, and offer tools that will help generate a greater understanding of mobile app dating, as Grindr is committed to providing a safe space for users in the LGBTQ+ community.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH B16

**Workshop Title:** GSA 2.0: Expanding Opportunities for Growth

**Name:** Lalo Moreno

**Workshop Summary:** Ready to take your GSA/LGBTQ club to the next level? Come learn how to make your club more self-sustainable, intersectional and social justice/activism-oriented! When you imagine the future of the LGBTQ+ community, are you thinking about your role in making it possible? You should! It starts with you! Come gain tools and insights that will help your GSA/LGBTQ club make change happen!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 225

**Workshop Title:** HBO: True To Self in the TV Biz

**Name:**

**Workshop Summary:** Realizing your self-worth in the entertainment industry is as important as your drive to succeed. As one of the most respected brands in television world-wide, HBO has been on the forefront of shepherding and developing diverse talent with unique stories to share with audiences everywhere, both within the company and in their production partners. This is especially true for the LGBTQ+ community, where many show creators, actors, and HBO employees are proud to call the network "home" and feel comfortable being true to self. This workshop is hosted by HBO employees from various divisions, including: publicity, programming, awards, and finance.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 119

**Workshop Title:** How To Be A Better Boo

**Name:** Hope Hatem

**Workshop Summary:** Let's have a real conversation about sex, while learning how to identify, respect and accept the sexuality of you and your boo. What does it really mean to build relationships and have fun, safe and consensual sex? What are the different sexual/romantic relationships a person can have? Let's learn from one another for the purpose of love and respect so we can add more colors to our lit rainbow!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH B12

**Workshop Title:** How to Have a Kick Ass GSA

**Name:** Christopher Covington

**Workshop Summary:** In this youth-led, interactive, Models of Pride favorite, you will gain a better understanding of the different types of GSAs, setting up strong meetings, how to connect with other youth leaders, and gain skills and ideas in fundraising, outreach, campaigns, community organizing, membership support, and team building activities. Join the fun and don't miss out!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 223

**Workshop Title:** How to Transition: A Holistic Approach

**Name:** Sabrina K. Robinson

**Workshop Summary:** Based on a book in progress by Sabrina Robinson, this session is a "How To" for Transgender youth beginning the process of transitioning. The session takes an in-depth look at the importance of combining focus on the emotional, mental, and spiritual development required for a successful transition, combined with important considerations for the physical transition.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 222

**Workshop Title:** I AM ME: Tips on How to be Authentically YOU!

**Name:** Chris Tompkins and Jose Covarrubias

**Workshop Summary:** What comes after "I AM" is the most important thing we will ever say. Learning how to empower ourselves and be authentic in our own skin takes courage, but it's one of the most rewarding ways to live life. This fun, inspiring, and motivating workshop isn't only for you, but for each of the lives you'll touch. Authenticity is a gift we can give ourselves and to the entire planet. This workshop is a fun and interactive workshop for all ages. There will be a discussion, journaling, and a fun experiential art exercise. Each participant will leave inspired, uplifted, and with tools they can use and give to others. Participants will receive swag from Tilly's and Tilly's Life Center.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 205

**Workshop Title:** I'm Bored! There's Nothing To Do

**Name:** August Bernadicou

**Workshop Summary:** "I'm bored!" says every young person at least once (often more) a week. When you have passion, boredom becomes purpose, energy and excitement. This workshop will be a multi-media collaboration that encourages quests for passion. August Bernadicou, a 25-year-old LGBTQ historian, who began his work at 14 years old, will discuss his journey as a gay man, how he overcame limitations, and how he used those experiences to create his community-driven history project. Excerpts from August's work will be presented as a slide/show and he will lead self-exploration exercises which will serve as a guide to planting the seeds of passion and learning how to feed them the nutrients they need to bloom.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 116

**Workshop Title:** Immigration Basics & Know Your Rights

**Name:** Lucina Morelos

**Workshop Summary:** Regardless of your immigration status, you have rights! Join us as we empower participants with knowledge to protect themselves, a family member, or a friend against unlawful actions by authorities. Learn how the Los Angeles LGBT Center provides representation and support for people fighting for their immigration cases before the Immigration Court and during a variety of different steps during immigration cases.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 205

**Workshop Title:** Intro To Meditation

**Name:** Michael Lennox

**Workshop Summary:** Heard about the benefits of meditation, but think you don't know enough to start? Think that to meditate you need to devote hours of discipline before you can even begin? Learn the real truth about what meditation is and how to get started right now on your inner journey. It's much easier and way more fun than you ever imagined; get started today in this fun and informative workshop in which you will learn a variety of meditation techniques for you to choose from.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH B22

**Workshop Title:** Intro to Youth Organizing - Power to Create Change

**Name:** GSA Network Staff

**Workshop Summary:** GSA clubs work to raise awareness, push policies, and educate their campuses. When you see student rights are not being respected, it is our duty to hold our schools and communities accountable. What are the magic steps that turn your activism from small steps to significant impacts? This workshop will help you learn the basics of youth organizing to establish the rights you deserve, like gender neutral restrooms, restorative justice practices, anti-discrimination policies such as sexual orientation, gender identity, immigration status and race.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 223

**Workshop Title:** Know Your Rights Intensive for LGBTQ and Gender Expansive Youth

**Name:** Dakota Witt

**Workshop Summary:** California law maintains some of the most robust protections in the country for LGBTQ students, but these laws can be ineffective if students cannot confidently assert their rights. This workshop will overview the rights of LGBTQ and Gender-Expansive youth in California public schools— from dealing with bullying to dress codes to gendered facilities and all the other ways students have the right to be themselves at school. Students will walk away empowered with both the knowledge of their rights and tangible tools to enforce them.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH B07

**Workshop Title:** Laughter is the Best Medicine: A Comedy Workshop

**Name:** Chelley Chelle

**Workshop Summary:** This workshop will help you have pride in your life story through comedy. We will write and perform jokes about experiences that are unique to ourselves and find confidence and strength in our personal narratives. This light-hearted workshop will be fun and full of laughs.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 214

**Workshop Title:** Let's Talk About JUULS

**Name:** Isaias Guzman

**Workshop Summary:** Do you have questions about JUULS, Vape Pens, and other e-cigarettes? Is vaping really just water vapor? This workshop will explore the facts and myths about vaping and the relationship between smoking and LGBTQ youth. Whether you have experimented, currently use, or know someone who vapes, we will take a deep dive into why smoking is so popular in LGBTQ communities and ways in which you can take an active role in your health.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 120

**Workshop Title:** LGBTQ Has Entered the Chat

**Name:** Miles McKenna

**Workshop Summary:** Do you want to meet millions of like-minded people within minutes? Welcome to the Internet! LGBTQ YouTuber Miles McKenna is here to give you a crash course on being queer and digitally here! We'll have a fun and in-depth conversation about how the Internet can be used as a tool to build community and awareness. Participants will be invited to hear and share stories, watch exclusive MilesChronicles content, and bring URL to the IRL.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 313

**Workshop Title:** Makeover with Manny MUA

**Name:** Manny MUA

**Workshop Summary:** Many LGBTQ folks don't have a family member or friend who can show them how to paint with makeup. In this workshop, Manny MUA will show fellow LGBTQ youth some of his secrets, tips, and tricks to achieving a beautiful, unclockable, and glammed-out eye. With these eyes, nobody will be shaking your confidence! This is a safe space for youth of all sexual orientations and genders to come, learn, experiment, and have fun!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 314

**Workshop Title:** Meet Your Queer Gramps and Grannies!

**Name:** Mason Funk

**Workshop Summary:** For LGBTQ+ people, the vast majority of us don't have queer grandparents, or even any older role models in our lives. That's a huge gap that the OUTWORDS project is looking to fill. At this workshop, Mason Funk will share compelling video clips from OUTWORDS interviews with queer elders all over America — the folks who have been on the frontline of our incredible movement for 50+ years. The stories you witness will include people who are often overlooked in collecting our history: bisexual, trans, and people of color. Throughout the workshop, we'll talk about what these clips mean to us today — and how we can carry our elders' courageous legacy forward.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 303

**Workshop Title:** Mentoring LGBTQ+ Youth: A Panel and Discussion On How Mentoring Can Support Your Dreams

**Name:** The LifeWorks Mentorship Team

**Workshop Summary:** The LifeWorks One-on-One Mentoring program at the Los Angeles LGBT Center has been successful in matching 600+ youth with mentors over the past decade. Youth have the opportunity to be matched for 12-months with an adult in our community who will guide them towards achieving goals, addressing personal needs, and having fun. Mentors are trained to act as guides, supporting youth to achieve their absolute best selves. Here from a panel of current and former mentees and mentors and learn how to sign up today.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 116

**Workshop Title:** Mindful Art: Meditation & Creation

**Name:** Michael Gallagher

**Workshop Summary:** Paint away your stress in this guided meditative experience by HeARTbreak Studios. We will use artwork creation as the access point to tapping into the flow of simply being with the present moment. In this way, the act of painting becomes a meditation in motion. The event is process focused, and does NOT emphasize or require any artistic experience or skills. It's all about using the creative flow zone to bring the chattering mind into stillness, encourage self-expression, and boost mood. You'll learn to quiet the inner critic and trust the intuition to move in whatever way feels good. Expect guided meditations, breathwork, (optional) essential oils, calming music, acrylic painting and more! Let's meditate and create! Come ready to master peace as you make a masterpiece!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 205

**Workshop Title:** Money Matters for the Young, Fabulous and Queer

**Name:** Mr. Aaron Saenz

**Workshop Summary:** Is that banker interested in you, or do they just want to make interest off you? Come learn how to navigate the world of loving money. Through personal stories and interactive activities, this workshop will teach youth how to earn, save, and live within your means. This workshop will provide a basic understanding of financial matters for all participants, especially those in high school in college. Gather your coins and build up that credit!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 311

**Workshop Title:** Money Tricks for the Young, Fabulous, and LGBTQ

**Name:**

**Workshop Summary:** Come learn how to navigate the complex world of managing money. Through personal stories and integrative activities, this workshop will teach banking basics, saving and spending wisely, and managing your credit. Gather your coins and build up that credit!

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 102

**Workshop Title:** Move Your Feet to the Latin Beats Lets Dance!

**Name:** Arlene Santos Karin Gut

**Workshop Summary:** Join Queer Latin Dance LA as we lead you through a journey of Salsa and Bachata dancing. You will learn the basics of each dance in an easy and fun guided class. We encourage everyone of all ages and levels of dance experience to join us on the dance floor and move to the contagious Latin Beats

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** KIN S202

**Workshop Title:** Out and Centered: An Interfaith Panel

**Name:** Lisa Patriquin, PhD

**Workshop Summary:** The heteronormativity of most religious traditions' scriptures and practices can cause some LGBTQ people and allies to abandon their faith traditions. And yet a rich spiritual life has been proven to sustain a healthy self-identity and increase our compassion for others. A moderated panel of LGBTQ speakers from several religious traditions will share how they have found support within their scriptures and faith communities to deepen their faith/spiritual lives and build community.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 225

**Workshop Title:** OutSet: The Young Filmmakers Project

**Name:** Moira McFadden

**Workshop Summary:** Dreaming about creating something for the big screen one day, but lack the funds for film school? If so, come learn about OutSet, the Young Filmmaker's Project by The Los Angeles LGBT Center and Outfest, the world's only LGBT Film School. You will learn how you can be a 2020 fellow for this completely free program and begin the process of bringing your ideas to life. We will be screening the shorts made by the 2019 cohort.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 113

**Workshop Title:** Pony Sweat: Fiercely Non-Competitive, Radical Dance Aerobics

**Name:** Emilia Richeson

**Workshop Summary:** Pony Sweat is a "fiercely non-competitive" dance aerobics celebration! It's a high-energy hour of dance exercise set to music reminiscent of a favorite mixtape from a friend. Pony Sweat is a practice in radical self-acceptance, anti-perfectionism and "getting out of your own way." With the help of such musical saviors as Siouxsie Sioux, Whitney Houston, Peaches, NIN, and X-ray Spex (to name a few) our goal is to take care of ourselves, take care of each other, allow music to move us, cultivate expression, and sweat our faces off.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** KIN S202

**Workshop Title:** Power in Perversion: A Beginner's Guide to BDSM (18+)

**Name:** Mistress Justine Cross

**Workshop Summary:** Excited by BDSM but don't know where to begin? Or maybe you've already tried some things, but need extra guidance. Learn the importance of communication and the meaning behind the motto "safe, sane and consensual." Here we will cover the basics of BDSM such as scene negotiations, consent, aftercare; review toys, do some demos and talk about other events and classes in LA to explore further. This workshop is for attendees 18+.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH B12

**Workshop Title:** PrEP: A New Era In HIV Prevention

**Name:** Robert Petersen

**Workshop Summary:** In this sex-positive workshop participants will learn about the latest preventive HIV medication, PrEP. Participants will learn what studies have been conducted to approve PrEP for HIV prevention, who might be considered a candidate for PrEP, how to talk to your doctor about PrEP, and controversies surrounding PrEP. Information will also be provided about different programs available to access PrEP if your insurance doesn't cover it.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 217

**Workshop Title:** Pride Never Stops | Hulu

**Name:**

**Workshop Summary:** Because PRIDE NEVER STOPS, it is our commitment at Hulu to promote diverse stories—on and off our platform—that best represent the full spectrum of the LGBTQ+ community. In this workshop we will talk about the importance of representation in entertainment and marketing, and how brands can connect to audiences through stories that matter to them. Here’s how our values shape what we do.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 202

**Workshop Title:** Putting the “I” Back in Our Team: Intersex Solidarity

**Name:** Lilac Maldonado

**Workshop Summary:** Intersex people, or individuals born with any of several variations in sex characteristics (chromosomes, gonads, sex hormones, or genitals) that do not fit the typical definitions for male or female bodies, comprise of 4% of the total human population. Join us for a deep discussion on the intersex identity and experience, including a brief medical and historical overview, and discussion of current community issues of visibility and erasure within and outside of the LGBTQIA+ Community. LA Spoonie Collective co-founder, Ducky Jones will share their personal story as an intersex individual and how this feature of their identity interacts with other avenues of marginality in their life as a Black, Latinx, low-income nonbinary transgender femme former foster and homeless youth.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 118

**Workshop Title:** QT: Queer Teen Podcast

**Name:** Anthony Giorgio

**Workshop Summary:** QT empowers youth to not only share their story, but to express it through writing and media. The host of QT, Anthony Giorgio, will have a conversation that encourages youth to share the importance of being out as well as the challenges that may come from it. All participants will be able to share and 5 – 10 will be selected to feature on QT Season 2: Story Telling, coming out Fall 2019.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 315

**Workshop Title:** Queer Crafternoon: Zine History + Making!

**Name:** Candace Hansen and CJ Miller

**Workshop Summary:** Come get your queer culture on and learn about the history of zines from two LA-based makers + artists. Candace Hansen (she/they) is a professor at UCLA, punk drummer for YAAWN and dimber and author of several zines about dyke culture; CJ Miller (she/they), is the frontperson for dimber, an instructor for Pony Sweat, and poet/writer whose most recent poetry zine LipsTick Volume 1 is a gorgeous outpouring of intersex, trans, femme experience. After an introduction to zine 101, participants will have a chance to dream up their own zine - whether poetry, drawing, research or anything they can imagine - and get help from two pros as they start creating their own work of self expression.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 201

**Workshop Title:** Queer Expression: Discuss, explore and create

**Name:** Ms. Rebecca Jackson

**Workshop Summary:** Join us for a relaxed participant-led discussion, and visual arts session exploring the varied and shared experiences of having a home and being queer. What does it mean to find a home? What factors provide you with a feeling of independence? What does being part of a family look like? Participants will be asked to take their answers and use them to design and create individual tiles, which will be pieced together to create a collaborative mural.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 112

**Workshop Title:** Queer History is Everywhere

**Name:** Lee Wind

**Workshop Summary:** The anniversary of the Stonewall Riots may have just hit 50 years, but LGBTQ history didn't start in 1969. Discover Queer lives that were made secret including Abraham Lincoln, Sappho, the Pharaoh Hatshepsut, and so many more! Use those secrets to crack the false facade of history as it's taught and let the rainbow light of true history--the stories of men who loved men, women who loved women, and people who lived outside gender boundaries--shine through.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 120

**Workshop Title:** Queer Songwriting 101

**Name:** Grace Semler Baldrige

**Workshop Summary:** In this crash course workshop, indie folk singer/songwriter Grace Baldrige aka Semler will share what she's learned about songwriting from a queer perspective, as well as practical tips to channel lived experiences into music. Participants from all musical backgrounds and no musical backgrounds are invited to attend and collaborate.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH B16

**Workshop Title:** Queer Stories As Told By Our Elders

**Name:** Steve Krantz, Ph.D., Mel England, Jim Anzide, Jennifer Soza, Andy Sacher

**Workshop Summary:** In this interactive workshop intergenerational participants will break into groups to tell the story of an LGBTQIA+ Elder. Groups are assigned different individuals and are provided interviewee biographies. Group facilitators help identify relevant historical facts and help connect the past to the present. Participants interview their Elders and discuss highlights their stories to the rest of the class.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** FH 303

**Workshop Title:** Queer, There, and Everywhere: A Book Club Meetup!

**Name:** Justin Tindall

**Workshop Summary:** Join the It Gets Better Project for a book club style reading of Queer, There, and Everywhere ([itgetsbetter.org/QueerThereEverywhere](http://itgetsbetter.org/QueerThereEverywhere)), the incredible YA nonfiction book by Sara Prager that gives voice to twenty-three LGBTQ+ icons from history who invented, radicalized, and trail blazed. Together we'll chat about, read about, and celebrate our QUEERstory - just in time for LGBTQ+ history month. You won't want to miss it!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 315

**Workshop Title:** Queering Self-Care: Yoga for Non-Binary People and Allies

**Name:** Chris Johnson

**Workshop Summary:** Join us for interactive workshop, that will include physical movement, breathwork, art, and discussion of Yoga as a philosophical system historically based in non-binary thought. Learn non-binary language and ideas as well as simple self-care strategies to help train the mind and body to better understand your and/ other peoples' non-binary identities.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 313

**Workshop Title:** Queering the Future: Designing Cities For You

**Name:** Sara Kim, Steve Gaskill, Samantha Lustado

**Workshop Summary:** Do you want to design the city of the future? Every aspect of a city block is carefully planned: from buildings to parks to streets to digital networks. Now it's your turn to take charge! In small groups guided by design and engineering professionals from Arup, explore and create what the city of the future might look like.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 117

**Workshop Title:** Raising Parents: What an LGBT Kid Needs to Know

**Name:** Reynold Watkins

**Workshop Summary:** Have you ever needed to put your parents on a time-out? Do you sometimes feel like you're the grown up? This interactive workshop will use group discussion, role-playing and other activities to discuss ways to manage our relationships with our parents, whether they be biological, step, adoptive or "alternative." Topics will be both philosophical & practical in nature. Get tips on how to compassionately set boundaries and deal with parents' reactions when they are unhappy. Please bring an open mind and your sense of humor.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 217

**Workshop Title:** Raza Power: Out of the Closets, Out of the Shadows

**Name:** Mx. Ronnie Veliz

**Workshop Summary:** This transformative workshop will empower youth of color to explore, exchange, and reclaim the historical significance and ongoing value of personal identities. Join this an interactive workshop where participants will have the opportunity to share personal stories, and connect with the roots of their own personal testimonies which will help foster a healing-centered movement experience. Allow yourself to feel liberated, remove shame and doubt, and feel the Raza power! This is a great space for youth who are familiar or tired of oppression based on race, immigration status, gender identity, queerness, and trans\*ness.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH 220

**Workshop Title:** Ready for Your Media Interviews? Tell Your Story with Purpose

**Name:** Monica Trasandes

**Workshop Summary:** Whether you'll be an elected official, community leader, activist, or superstar, you may very well find yourself speaking to the media one day. And whether you're on camera or not, you'll want to be prepared to tell your story with confidence, clarity, and wonder. Join media professionals from GLAAD in this session to learn about best practices when working with the media, storytelling tips, and conduct practice interviews!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 220

**Workshop Title:** Redefining Masculinities: Exploring new ways to relate to Masculinities

**Name:** Ash Nichols

**Workshop Summary:** There are infinite ways to own, explore, express, and relate with masculinities. This workshop will explore what it looks like to present/live/play with masculinities that are authentic for ourselves, and how they relate to the world around us. This discussion group is for all people and identities, who want to actively redefine and explore the possibilities of what it can and should mean to be masculine in this world.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 117

**Workshop Title:** Saving LGBTQ Lives: Teen Suicide Prevention

**Name:** Reyna Hernandez and teen volunteers

**Workshop Summary:** This workshop teaches about the warning signs of depression & suicide and the importance of teens not keeping the secret when a friend confides suicidal thinking. LGBTQ teens will share their personal experiences with this topic. We will also explore what to say and how to access appropriate help so that you can be prepared if you ever encounter this type of situation.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH B22

**Workshop Title:** Slaying the Dragon: Conquering Social Anxiety and Depression Through Tabletop Gaming

**Name:** Damian Kerr and Chase Green

**Workshop Summary:** Make new friends, conquer your fears, slay the dragon, and live a life of adventure! Explore ways in which tabletop games, such as Dungeons & Dragons, can provide a safe environment for LGBTQ youth to explore healthy community building and team-based problem solving while combatting anxiety, isolation, and depression. Participants will have the opportunity to play through a short adventure in small groups.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 203

**Workshop Title:** Sound Bath Meditation

**Name:** Shanila Sattar

**Workshop Summary:** Busy Mind? Join in on a sound bath meditation where we learn to calm our minds and meditate with the use of sound. In today's busy world, it's incredibly difficult to find time for mindfulness and meditation. And for most people, it can be a challenge to even know HOW to start! In this workshop, we'll use crystal sound bowls, gongs, and other instruments that help us get into the state of meditation that has powerful benefits on our minds and bodies. We'll learn easy and quick breathing techniques, laugh, and end with an amazing sound bath.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** Outside FH

**Workshop Title:** Personal Branding, Resume Writing & Interviewing Techniques

**Name:** Greg Gonzalez, Millie Nuezca Yee, Luis R. López

**Workshop Summary:** Join us for some tips and insight about creating and growing your personal brand, effective resume writing and how to best prepare for a job interview.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 119

**Workshop Title:** Stage Spotlight: Getting Started in Theatre

**Name:** Arts at Celebration Theatre

**Workshop Summary:** Do you want to be an actor, director, producer, writer, or designer for the stage? Celebration Theatre, the nation's oldest, continually producing LGBTQA theatre, presents an interactive workshop all about this storytelling art. From fun exercises in stagecraft to a group discussion/Q&A with queer, working professionals, participants will enjoy a crash course in what it takes to have a life in the theatre.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH B07

**Workshop Title:** Storytelling: Your Story Matters

**Name:** Bethanee Epifani and Macias Arellano

**Workshop Summary:** The PLUS ME Storytellers workshop helps students discover the power of their own personal narratives by providing tools and resources to identify parts of their own story. Our workshop provides a safe space for students to reflect, learn, and connect.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 303

**Workshop Title:** Substance Use Risk and Resilience for LGBTQA

**Name:** The CARE Team

**Workshop Summary:** This workshop is designed to educate and empower LGBTQ+ youth to share their opinions on substance use and brainstorm ways to improve coping skills and risk perception. Participants will learn about recent studies on substance use among LGBTQ+ youth and have the opportunity to engage and share ideas on best practices for risk prevention and resilience against harmful substances.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 218

**Workshop Title:** Surfing the Rainbow: Connecting Youth and Elders

**Name:** Dr. Don Kilhefner

**Workshop Summary:** Join us for an amazing intergenerational conversation between two pioneers: queer tribal elder Don Kilhefner (81) and inspiring historian August Bernadicou (25). The workshop will include not only a dialogue about the incredible interconnectivity between queer generations, but also invite participants to brainstorm action steps in maintaining the essential interaction between different age groups. Let's explore how our differences can bring us together.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 116

**Workshop Title:** Survivor Art Workshop

**Name:** Danielle Samuel, Ana Leon and Manuel Puentes

**Workshop Summary:** This is an interactive workshop for Queer, Trans, Intersex, Gender Non-Confirming and Non-Binary youth who have been or knows someone who has been impacted by trauma. For many art is a way to express and heal wounds that are hard to talk about. Join us as we use expressive arts, like painting and writing, to feel empowered and understood. This workshop also features panelists who will guide us in exploring healthy and unhealthy relationships and how to cope with trauma. Come be part of a safe space of love and support!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 112

**Workshop Title:** Swiping Right Isn't Always Right

**Name:** Danny Martinez and Maggie Fayez

**Workshop Summary:** Yeah, they're cute... but are they for you? A collaborative experience where we will explore healthy and toxic behaviors in all types of relationships. Think friends, family, sexual, romantic partners and more. Folks will have a chance to interact with one another to share and hear how their identities impact different relationships. Expect to leave with the tools to know when it's right for you to swipe left.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 313

**Workshop Title:** The Basics of Self-Defense

**Name:** Juniper Morgan

**Workshop Summary:** Through demonstration and participation, this workshop will help you learn techniques to protect yourself from threats, but also how to defuse potentially dangerous situations before they even occur. Being aware of your surroundings, as well as being confident in your abilities, can bring you newfound peace of mind. While this workshop will draw heavily on martial arts techniques, this is not a martial arts class! All techniques and materials are taught with the intent of deescalating a situation and keeping you safe and out of harm's way.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** Outside JH

**Workshop Title:** The CIA Spies: Fact or Fiction - Ever Dreamed of Being A Spy?

**Name:** Tiffanee D. & Randy B.

**Workshop Summary:** Explore how the Central Intelligence Agency has been portrayed in TV, books and movies and uncover the truth about what's science fiction and what is very real in the world of spy craft. Journey through the CIA's history, and see how one of the most respected and secretive institutions in the world actually operates. This eye-opening workshop will also include suggestions from Tiffanee D. about how to build and market your own disguise – your personal brand. Don't miss out

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 119

**Workshop Title:** The Get Down: Bring On the Hip Hop

**Name:** Pony Box Dance Theatre

**Workshop Summary:** Join us for a self exploration journey in the form of hip hop dance and free styling in a nonjudgemental space, where everyone is welcome. This workshop focuses on boosting confidence, well being, and fun. Get your groove on with pro dancer, Raymond Ejiofor.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** KIN S202

**Workshop Title:** The Kids Are All Bi+

**Name:** Mackenzie Harte

**Workshop Summary:** This GLAAD Media Institute storytelling workshop focuses on the bi+ community. Trainers will discuss methods that members of the bi+ community can use to effectively tell their stories through various media, including social media platforms, to accelerate acceptance and understanding of the bi+ community. Although this workshop is focused on elevating bi+ stories and storytellers, the techniques discussed in this workshop can be used by all LGBTQ and allied storytellers working to accelerate acceptance.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH 102

**Workshop Title:** The Law is on Your Side: Know Your Rights at School and Beyond

**Name:** Andrés Gallegos and Nora Huppert

**Workshop Summary:** Throughout history, LGBTQ people have resisted attacks on our human rights and civil liberties. Come hear about LGBTQ victories, old and new, that have helped protect the LGBTQ community and people living with HIV. Gain empowering knowledge about the legal community, how the law protects you, and how to change the law in the classroom and the courtroom.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH B07

**Workshop Title:** The Work Our Elders Want Us To Do

**Name:** Michaé Pulido

**Workshop Summary:** As queer and trans youth, we come from a long line of ancestors and elders that have paved the way for us to live as we are now. Let us not take that for granted, but our ways of thinking definitely are not all the same. Join us for an intergenerational panel to learn about queer and trans community histories, current struggles, and future visions. This is an opportunity to engage in an open discussion among young queer and trans folks and our elders, to talk candidly about the advancement of our community, and how younger generations can preserve history. This session will center the voices of Queer and Trans People of Color. All are Welcome.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 201

**Workshop Title:** Trans History: Resistance and Resilience

**Name:** Nick Bihr and Erik Adamian

**Workshop Summary:** This workshop chronicles the courageous individuals, critical events and key organizations that encompass ascents of transgender history in the United States. Join us to learn about those who boldly challenged gender conventions in the 1800s, the sacrifices and impact of Marsha P. Johnson and Sylvia Rivera, the vibrant transgender social movement of the 21st century, and much more! The interactive workshop will also feature a Queer Jeopardy game with prizes!

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 112

**Workshop Title:** Trans Youth Lounge

**Name:** Trans\* Lounge Los Angeles LGBT Center

**Workshop Summary:** Trans\* Lounge is the Los Angeles LGBT Center's groundbreaking education and empowerment program aimed at serving the Los Angeles Trans/GNC/ENBY community in all aspects of their journey toward self-discovery and acceptance. Stop by the Trans\* Lounge space to make a flower crown in honor of trans icon Marsha P. Johnson and learn more about our specialized classes, workshops and social events! Trans\* Lounge is free to join and once you are a member, all our various workshops, groups and social events are FREE as well. Our program library includes: voice feminization & masculinization, beginner & advanced make-up technique, self-defense, weekly yoga, numerous fitness and wellness classes, a group for neurodiverse trans/ENBY folx, processing your struggles through comedy, and much, much more! To register, or for more info, visit us at [translounge.org](http://translounge.org).

**Session:** 1-3

**Room:** JH 116

**Workshop Title:** TrueVoice Vocal Development

**Name:** Ryland Shelton

**Workshop Summary:** How do you want to use your voice in the world? Who gets to decide what you sound like, what gender you express, and how you will be heard? No matter how you identify, it is our mission to give the power of using your voice to you. A ground-breaking technique that utilizes the brain's unique relationship with music, TrueVoice Vocal Development has helped dozens of trans\* and nonbinary folks of all expressions find speaking voices that more accurately and authentically reflect who they are.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 117

**Workshop Title:** Turn Your Story Into a Short Film

**Name:** Kevin McCloskey & members of the production team

**Workshop Summary:** We all know of the need for more stories of queer folks on television and in film. This past January we put a team together, raised money and made a 25-minute short-film now being submitted to film festivals. Come and learn the practical steps into making a short film. Starting We'll share everything we did, wrong and right, and get you on your way to becoming a filmmaker.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 202

**Workshop Title:** TV & Film Pitching: Telling Your Story

**Name:** Ocean Vashti Jude Justice For My Sister

**Workshop Summary:** The workshop will verse participants in story and character breakdown and teach them the art of the pitching their film or TV ideas. Participants will learn how to articulate their story and grow their ideas. This will be a hands-on workshop, for youth to share their TV and film ideas on an industry level. This workshop will be set up like a writers room, where everyone has a chance to share their story/idea and get real time feedback as well as professional notes to make their story stronger.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** FH B24

**Workshop Title:** Understanding Gender Fluidity from a Global Perspective

**Name:** Celia Sandhya Daniels

**Workshop Summary:** In this workshop participants will gain an understanding of the elements of gender fluidity and how it is perceived in other cultures. Join us as we provide a historical view of gender fluidity from Ancient Indian context and how it can help us navigate the future in today's modern world.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 203

**Workshop Title:** U.S. Bank Presents: Secrets of the Wealthy

**Name:** John Olson and Roxy Hakopyan

**Workshop Summary:** Want to glam it up like Beyoncé one day? If you want to be rich, you need to know money--how to make it, how to spend it, and, most importantly, how to save it. Come learn the essential secrets of how to make your money work for you and not lost your hard-earned dollars! This workshop will teach you the basics of money management so It's about budgeting, how to handle credit responsibly and the importance of savings. It also comes with information on how to apply for scholarships and grants with U.S. Bank.

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 103

**Workshop Title:** WATCH ME! - a Queer Performance Workshop

**Name:** DINO DINCO

**Workshop Summary:** Join queer performance artist Dino Dinco and others as we present a fun, immersive, & experiential workshop on queer performance art. We'll cover some basic strategies and tools of performance art, including image making, live scenes, biography & identity, fiction & storytelling, and the (queer) body as an instrument & canvas. This workshop is geared towards LGBTQI and Allies of ALL ages with zero to little exposure of working knowledge of performance art. It will be informative, interactive, transformative, and fun; prepare to move and laugh!

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** South Gym

**Workshop Title:** What's the Tea with HPV?

**Name:** Research Center for Health Equity | Cedars-Sinai Cancer

**Workshop Summary:** How much do you know about the Human Papillomavirus (HPV)? Do you know how HPV impacts the LGBTQ community? This workshop, led by a queer doctor, will provide an overview of HPV, how it affects our community, and what you can do to protect yourself. Knowledge is power!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** FH B24

**Workshop Title:** Work your Quirks through MOVEMENT

**Name:** Patille Violeta

**Workshop Summary:** Celebrate your quirks and discover your superpowers through Healing Movement. This transformative workshop releases stress and empowers the mind, body, and spirit. Activate your desires, goals, and dreams through expressive movement! Leave feeling energized, inspired, and more connected with yourself and with others. We will move and groove to an eclectic music playlist created by youth!

**Session:** Session 3 (3:15PM-4:30PM)

**Room:** JH 113

**Workshop Title:** Yay for Va Jay Jay!

**Name:** Angie Magaña, NP

**Workshop Summary:** This is a workshop for anyone who wants to learn more about the care and protection of vaginas (aka vulva, pussy, box, kitty cat etc.) Come learn how to appreciate the complex inner (and outer) workings of this powerful, but too often misunderstood, body part. This will be an interactive space for anyone looking to expand their knowledge in order to show some love to the yay-ja-jay(s) in their life.

**Session:** Session 1 (10:30AM-11:45AM)

**Room:** JH 201

**Workshop Title:** Yoga: Off the Mat Into the World

**Name:** Caryn Wiley-Rapoport, PhD

**Workshop Summary:** Learn simple and mindful techniques that include movement and breathing exercises to assist with stress reduction and relaxation. This workshop will teach participants how to get centered while navigating through everyday life.

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 311

**Workshop Title:** Your Vote is Your Voice

**Name:** Dylan Morrissey

**Workshop Summary:** The Civics Center builds the foundations of youth civic engagement through education, advocacy, and organizing. This workshop will train students on how to plan a peer-to-peer high school voter registration to both increase voter registration rates and promote leadership development. After introducing the importance of voting in the LGBTQ+ community, The Civics Center will present their voter registration drive action plan, which compiles knowledge about best practices sourced from community organizers around the country

**Session:** Session 2 (1:30PM-2:45PM)

**Room:** JH 103