2018 LGBTQIA+ High School Empowerment Summit

May 21st, 2018
Rutgers University–Camden

Building Connections, Support, and Community

Summit Schedule

Arrival/Registration/Breakfast
8:00am - 8:30am
Multi-Purpose Room

Drag Show Opening
8:30am - 9:30am
Multi-Purpose Room

Welcome to Campus & Overview of Day
9:30am - 9:55am
Multi-Purpose Room

Student Session One
10:00am - 11:15am
Locations In Descriptions

Keynote/Lunch/Resource Fair
11:30am - 12:25pm
Multi-Purpose Room

Student Session Two
12:30pm - 1:45pm
Locations In Descriptions

Closing & Ice Cream Social
1:45pm - 2:15pm
Multi-Purpose Room

Departure
2:15pm

Survey
All Day
North Conference Room

Resource Fair
All Day
Scarlet Lounge
Drag Show (8:30 – 9:30am)

Hosted by: Astala Vista

Anita Manhattan  
Irs Spectre  
Vinchelle aka Shea Butter Werk

Astala Vista is known for her campy performances and impeccable costuming. Big hair, stiletto nails, and 6 inch heels are a MUST for this Jersey girl! Astala officially earned the title of the Crazy Cat Lady of Drag when she released her cat-themed dance anthem, “Pussywalk” on iTunes last November! Since Anita Manhattan won Philadelphia Drag Wars in 2016, Anita has continued to entertain audiences with her eclectic style and powerful stage presence. Iris Spectre makes costumes for Queens all over the country, including a few you may have seen on Rupaul’s Drag Race! Iris is also part of Philadelphia’s Top Dancing Drag Troupe, “Philly Foxes,” and can be found performing and hosting shows all throughout the Tri-State area! Vinchelle took home 2017 Drag Queen of the Year in Philadelphia. She’s a multi-talented performer originally from Nashville, TN. She won Philadelphia Drag Wars back in 2015. This self-proclaimed “Tribal Queen” combines comedy and dancing to bring a fierce and friendly energy to the room that leaves you wanting so much more!

Drag Queen Entertainment LLC is an East Coast based Entertainment Group specializing in Professional Drag Events and Talent Management. We work directly with New York, New Jersey and Pennsylvania’s TOP Drag Performers, which allows us to guarantee a polished and professional entertainer for whatever the occasion may be!

Please Visit www.DragQueenEntertainment.com!

Session One (10 - 11:15am)

Safe Dating: From Hookups to BAEs  
Conference Room South A (Lower Level)  
Leah Dírkse (WOAR)

There are all different kinds of relationships, but no matter what, everyone has the right to feel safe. So, what makes a relationship a healthy one? How can we tell if things become unhealthy or abusive? Learn how to keep things healthy, and what to do if they are not.

Ask a Therapist: Beyond the Binary  
Conference Room South B (Lower Level)  
Sarah Mello (Mindful Therapy Center)

More and more people are finding that an either/or system for describing their gender, sexuality or romantic and sexual attractions just doesn't work for them. This session will cover how folks are moving beyond the binary towards a more expansive understanding.

Bathrooms, Dorms, and Pronouns… Oh My!  
Conference Room South C (Lower Level)  
Kathryn Lonczewski (RU Housing & Residence Life), Gary Kopchinski, Brittany Echt, Lesley Bryant (RU Admissions Office)

Not sure what to expect at college? Find out what to look for in an LGBTQIA+ friendly college and take the mystery out of the admissions process.

How to Advocate for the LGBTQ+ Community  
Conference Room West A (Lower Level)  
Ashley Chiappano (Garden State Equality)

This presentation is about introducing the LGBTQ+ community using terminology, explaining gender identity, the role it plays in society, exploring the gender spectrum and binary, and bullying of the LGBTQ+ community in New Jersey schools.

Taking Back Our Health: Skills for Navigating HealthCare Systems as LGBTQIA+ Folx  
Executive Meeting Room (Lower Level)  
Kalen McLean (Einstein PRIDE)

This workshop will help students to identify health disparities faced by the LGBTQIA+ community, as well as how this affects us when accessing health care systems. The workshop will introduce basic tools to help students in creating agency within your healthcare experience and understanding your rights in accessing competent, quality, and patient centered healthcare.
Keynote Presentation

When Were Heterosexuals Invented? Looking Back to Move Forward
Multi-Purpose Room
Dr. Timaree Schmit (Sexuality Educator and Podcaster)

Through an examination of the history of social and scientific conceptions of sexual orientation and gender identity, we can reveal not only the arbitrary nature of homophobia and transphobia, but also opportunities for LGBT+ youth to create a more compassionate and free world for themselves and others. We can deconstruct ideas about how we “have to be” and instead focus on becoming the best versions of ourselves, with emphasis on sustainable sources of self-esteem and healthy models of communication.

Timaree Schmit earned a Ph.D. in Human Sexuality Education from Widener University, the culmination of a lifelong search for rational, sex-positive, empirically-based knowledge about sexuality. She now works as an adjunct professor, guest lecturer, writer, and consultant.

Session Two (12:30-1:45pm)

Living Openly With Courage On Your Terms
Conference Room South A (Lower Level)
AnnMarie Panarello (Psy.D, RU Health Services)
This workshop will discuss the coming out continuum along with factors that will guide decision making relevant to disclosure. Participants will explore stressors that accompany concealment and coping strategies to manage concealment in the event disclosure is not an option.

QTPOC Youth: Mental Health & Wellness
Conference Room South B (Lower Level)
Samantha Martinez (MSW, LSW) and Lorraine Howard (LCSW, LCDAC)
Youth of color, particularly queer and trans youth, are at high risk for many disparities, especially issues with mental health and wellness. This workshop is intended to provide a forum for queer and trans youth of color to discuss ways to live an optimal life as they claim their identities.

Building Healthy Relationships
Conference Room South C (Lower Level)
Laura Luciano (Rutgers-Camden Violence Prevention and Victim Assistance, VPVA)
Everyone deserves to have happy and healthy intimate relationships; but not every relationship is one. In this 45 minute workshop, we will discuss the components to healthy relationships. It will include exercises to help participants think about their own communication style and also explore the dynamics that cause violence in intimate relationships.

A Bright Future: LGBTQ Career Development & Job Searching
Conference Room West A (Lower Level)
Ashley Forsythe (RU Career Center) & Amelia Granato (RU Club 26)
How/when do I disclose that I am LGBTQ+ in the application process? Do I include LGBTQ+ related experiences on my resume? How do I find LGBTQ friendly workplaces? What are my rights in the workplace? Learn how to connect to LGBTQ+ career resources, how to serve as your own best advocate in the job search and more! Please bring your energy, enthusiasm, and any questions that you may have in this session.

High School Trans Empowerment: The Matt Dawkins Story
Executive Meeting Room (Lower Level)
Matt Dawkins
Matt was featured on Comcast Sports, Steve Harvey and recently appeared on ESPN. His speaking engagements have included the Nike LGBTQ+ Sports Coalition Summit, PFLAG, Rutgers and Rowan Universities, and both the Cherry Hill and Cumberland County School Districts. Matt is inspired to promote awareness and positive change in the transgender community.
Additional Activities

Professional Development Sessions

Helping Students Look at Life Beyond High School
Viewing Room (Lower Level Campus Center) – 10:00–11:15am
Carol Watchler (GLSEN)
As high school students explore their possibilities for the future, there are unique needs for LGBTQ youth and for non-LGBTQ young people. No matter what your role dealing with students, you are likely to be working with students across the sexual orientation spectrum (gay, bisex, and straight) as well as the gender identity spectrum (transgender, cisgender and many more self-definitions). You and your school hope to give them the best possible launch to further education, career and community involvement. Join in this workshop to focus on how to help your students look at their time beyond high school and find the best resources to support who they are whether as an LGBTQ+ person or an ally.

Being an Ally to Trans and Gender-Expansive People
Viewing Room (Lower Level Campus Center) – 12:30–1:45pm
Tim Andrews (GLSEN)
All are welcome to learn and discuss respectful and supportive ways of being an ally to transgender and gender-expansive classmates, co-workers and others you meet. Talk about the evolving language that non-transgender (cisgender) people are learning and have the chance to consider what the major challenges are for transgender youth. Participants will receive information about support/learning groups in the community as well as print and online resources for upping your awareness and active support possibilities.

Ice Cream Social + Mosaic Making (1:45–2:15)

The true definition of “mosaic” is a picture or pattern produced by arranging together smaller pieces. We will use this concept to represent the new community we have begun and your place in this community. As you end your day, you will be asked to participate in a commemorative piece of art that will represent you and your future journey. Oh, and we will have Ben and Jerry’s ice cream for inspiration!