

TEACH Alliance ~ Workshop Offerings

Introductory Workshops



Safe Zone and Ally Trainings

Do you want to be an ally or advocate for the lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ) community? This workshop covers basic terminology, issues in the LGBTQ community, and what you can do to create positive change in your area. Learn how you can make your office or organization a safe and inclusive space for LGBTQ individuals and how you can be a positive resource for them.



Gender 101

What are the differences between gender, sex and sexuality? How is gender understood in the US? Is gender understood differently in other cultures? Understanding different theories surrounding how we learn, perform and interpret gender can give us a better understanding of how to support gender and sexual minorities. We provide a safe space to dialogue about the controversies, stereotypes and politics around gender, sex and sexuality and how they impact our daily lives.



Transgender 101

Gender identity, gender expression, gender perception: these terms all have different meanings and can be confusing to many. This workshop is an introduction to understanding the transgender umbrella, who might fall into that category, and how you can be an ally to people across the gender spectrum. We cover terminology, social, medical and psychological aspects of transgenderism and transitioning.



Coming Out Strategies

Coming out can be a challenging endeavor, so learn strategies to help ease the coming out process in difficult circumstances. Whether coming out as LGBA, disclosing a TQI identity, or coming out as an ally, this workshop can provide fresh ideas and guidance for navigating the disclosure process. This is a participant driven workshop, where attendees can share their experiences and learn from the experiences of others. We also discuss considerations for coming out at school or in the workplace.



Creating Queer Families

Understanding that some families are not accepting of LGBTQIA identities and issues, this workshop discusses the value of creating chosen families. Whether wanting to create a community because of family rejection, or wanting to grow your family through fostering and/or adoption, this workshop can provide information and resources for you.



LGBTQIA Fostering

What is it like to be an LGBTQIA foster parent? We will cover how to navigate foster parenting as an LGBTQIA person, couple, or poly group. From licensing requirements, to working with birth families and social workers, to choosing if/how to disclose your sexuality or gender identity, this workshop will give participants the chance to network with other LGBTQIA foster parents and ask essential questions.

Community & Family

Workshop Offerings (continued)

Queer Organizing



Addressing the Alphabet Soup

If you are in a leadership role in a queer/questioning community (or want to be), this workshop is for you. This workshop will serve as an interactive forum for leaders and future leaders to discuss inclusion of identities, expressions and sexualities that are often left out of the alphabet soup. Learn how to be an ally and advocate for intersex, trans*, genderqueer, polyamorous, and asexual individuals (among others), and learn how to make your group or organization more accessible. Share your experiences and learn from others as we work to make our communities more inclusive and safe for everyone.



Queer Activism

Interested in activism, but not sure where to start? Have a coalition that needs more people power behind it? Ever suffer from activist fatigue? This workshop covers tips for networking with other organizations, suggestions for avoiding burnout, strategies for promoting your cause or advertising for events, and ideas for organizing on little to no budget. We can focus on strategies for pre-existing organizations, tips on starting an organization, or how to find an organization you'd like to join.



Scholarship Essays and Applications

Find out how one of our directors received over \$100,000 in scholarships to complete his education, and get tips from him on how you can make your scholarship app more competitive. Learn to gauge what scholarship readers are looking for in an application, how to format the scholarship resume, what essay questions are really asking, and whether or not to disclose your gender identity or sexuality in an application. We also cover where and how to find LGBTQ-specific scholarship organizations as well as how to navigate the scholarship interview. **Can also be tailored to undergraduate and graduate admissions essays and interviews.



Writing Resumes and Curriculum Vitae

What should be included on a resume, and what is better left off? Should you list your involvement with LGBTQ organizations on your CV? How the heck should you format these documents? This workshop provides tips on writing or revising your resume and/or CV. Learn tips for deciding how to format, when to use one or the other, and what employers are looking for in your resume or CV. We also discuss interview tips regarding sexuality and gender expression.



Queer Poetry

From sonnets to slam poetry, writing can be a great way to express oneself. Our poetry workshop will introduce attendees to poetry writing and spoken word. We will work on a group poem as well as individual writing, and give attendees space to share their works if they so desire. We cover the basics of how to read and thoughtfully edit poetry, create chapbooks, and provide tips for giving powerful spoken word performances. Bring pen, paper and as much creativity as you can muster!

Technical & Creative Writing

Workshop Offerings (continued)

Accessibility



Education Access for Queer Students

From issues of bullying, to a lack of financial support, to a shortage of role models - queer students face many challenges in accessing higher education. This workshop can be a space for queer students to have their questions about higher ed answered, or can be targeted toward teachers and administrators about how to make their classrooms or campuses more accessible. *Can be altered to address issues in primary or secondary education.



Creating LGBTQ-Accessible Homeless Shelters

Homeless and drop-in shelters can be uncomfortable spaces for people within the LGBTQI community. Often, shelters have binary sleeping spaces where LGB individuals may be uncomfortable, and where trans*, genderqueer and intersex individuals may be subject to violence. From religious politics to intake forms, learn what you can do to make the shelter you are involved with more accessible to the needs of the queer community.



Support Groups for Survivors of Sexual Assault and/or Domestic Violence

As queer individuals it is often difficult to find sexual assault or domestic violence support. Many violence support groups are understandably women-only spaces. This workshop is designed for male, transmasculine or masculine-presenting intersex survivors who want to talk about their experiences with sexual or domestic violence, navigating exclusion from sexual and domestic violence support groups, and the possibility of creating inclusive programs for men/masculine-presenting survivors.



Support Groups for Survivors of Suicide

Suicide rates are incredibly high in LGBTQIA communities, and those left behind often lack sites of support. This group is for Significant Others, Friends, Family and Allies (SOFFAs) of someone who has committed suicide. Survivors often feel depression, guilt, isolation or betrayal, among other emotions. This workshop will provide a space for survivors to share their experiences, discuss healing, and create an atmosphere of supportive community.



Creating a Trans-Friendly Environment: A Workshop for Healthcare Professionals

This workshop is designed for physical and mental health providers as well as office staff who work in a medical setting. We share personal medical experiences, and discuss issues that transfolk face in accessing medical and mental health care. Designed as a Q&A, patient providers will get to ask all of the questions they have about trans* health, and will leave with a better understanding of how they can contribute to creating a trans-friendly practice.



Hormones 101

Although we won't give medical advice regarding hormone replacement, we can provide participants with a basic understanding of how HRT works, what hormones do to the body, and the pros/cons for various options for HRT administration. We will share personal experiences with HRT, side affects and results that we individually experienced. We cover how to safely access HRT, and discuss non-hormone alternatives for transitioning.

Support

Health

Workshop Offerings (continued)

Relationships



Relationships in Transition

This facilitated discussion will give Significant Others, Friends, Family and Allies (SOFFAs) of transfolk a forum to discuss their experiences, questions, and concerns about how best to support the transperson in their lives. SOFFAs will have the opportunity to discuss the role they play in transition; how transition may affect their relationship status and identity labels; and how transition may impact them personally, socially, professionally, and legally. SOFFAs play a crucial role in supporting trans* communities, and it is important that they have the opportunity to express their emotions, ask questions in a safe environment, and share tips and experiences with other SOFFAs.



Healthy Relationships and Communication

What does a healthy queer relationship look like? Where can we find role models in and outside of the queer community and why is this important? This workshop will cover common methods of communicating in relationships, how to identify and work through problems with your partner(s), and what to do if you and your partner(s) aren't "out" to the same degree. Talk about when and how to disclose your trans* status (if applicable). Discuss everything from long-distance relationships, to one-night stands, to learning to live with someone else. **Can also be tailored to teens



Queer Safer-Sex

This is the sex education you probably didn't get in school. As queers, we have sex in a lot of different ways, and it's often impossible to find an informational pamphlet for the types of sexual activities in which we participate. We cover techniques for using dental dams effectively; post-operative safer-sex information for trans* folk; uses for internal and external condoms; tips on safely using, cleaning and lubricating toys; why you should have non-latex gloves next to your bed...and much, much more!



Queering your Sex Life

Many of us depend on what we're wearing to convey our gender identities/expressions. So, how can we continue to present our desired gender when we're having sex? This workshop focuses on queering sex through gender presentation, gender play, and identity experimentation. We also discuss communication with your partner(s) and the roles that gender and sexual identity play during intimacy. This workshop is open to every identity, expression, sexuality and affectionality.



Transmasculine Sexual Health and Pleasure

This participant-driven workshop presents information about navigating gender presentation while naked, relearning the body during and after transition, and maintaining or regaining sexual intimacy with yourself and partner(s). Get advice on sexual pleasure and health during all stages of transition (including hormonal and pre, post or non-operative). Learn from the experiences of fellow FTMs and trans-masculine people. Partners and friends welcome!

Safer-Sex and Sexual Health