

# Rethinking Relationships

**Engaging Youth, Connecting Communities**

**An interactive conference for youth and adult leaders who work with youth**

**London Convention Centre**



**Centre for Research & Education**  
on Violence against Women and Children



**Ontario**

**Greetings and welcome to the Rethinking Relationships: Engaging Youth, Connecting Communities conference!** Today is a day to explore new ways for adults and youth to work collaboratively toward the promotion of healthy and equal relationships. Many of the sessions will be led by youth and involve active participation. In this spirit, I invite you to take full advantage of the many creative opportunities that are available and hope you have a wonderful day!

Helene Berman, *Rethinking Relationships Project Director.*

## Day at a Glance

**8:30am – 9:30am**

**Registration and Continental Breakfast**

**9:30am – 9:50am**

**Aboriginal Opening Ceremony**

**Greetings and Welcome**

- Dr. Helene Berman, Scotiabank Research Chair, Centre for Research & Education on Violence against Women and Children, Faculty of Education and Associate Professor, UWO School of Nursing
- Dr. Julia O’Sullivan, Dean, UWO Faculty of Education

**9:50am – 10:45am**

**Opening Panel Discussion on Healthy Equal Relationships**

- Jessica Yee, Founder and Director of the Native Youth Sexual Health Network
- Geneviève Morand, Co-founder of Authentik magazine
- Gaston Cotnoir, Healthy Sexuality Coordinator, Access AIDS Network

**10:45am – 11:00am**

**Refreshment Break**

**11:00am – 12:00pm**

**True Colours: Interactive Forum Theatre Performance** (located in the Theatre)

**OR PLEASE CHOOSE 1 OF THE FOLLOWING WORKSHOPS**

Salon A

**Maintaining A Healthy Mind Body And Spirit**, Andrew Judge

Salon B

**Mindyourmind - Taking Care Of Your Mental Health And How It Can Affect Your Relationships**, Francesca Geddes, Heather Miko-Kelly

Salon C

**Unscripted: Challenging Traditional Research Methods by Engaging Girls and Young Women**, Randa Bringi, Alia El-Tayeb, Yasmin Hussain, Aziza Kajan, Shauna Kechego-Nichols, Lina Rodriguez, Nicole Turner, Jasmine VanEvery.

Salon D

**What’s Love Got To Do With It? Dating Violence**, Keli Bellaire

Salon E

**Être allié pour les relations saines et égalitaires**, Magalie-France Houle, Charline Rowan



**12:00pm – 1:20pm**

**Lunch**

Greetings and Welcome from Dr. Kevin Wamsley, Acting Dean, UWO Faculty of Health Sciences  
**The Change Makers**, Ben Barry, Founder and CEO of the Ben Barry Agency  
**Nia Body-Mind Fitness Activity**, Pam Dietrich, UWO School of Nursing

**1:30pm – 2:30pm**

**True Colours: Interactive Forum Theatre Performance** (located in the Theatre)

**OR PLEASE CHOOSE 1 OF THE FOLLOWING WORKSHOPS**

Salon A

**Girls Helping Girls: Engaging Girls In Community Activism And Leadership**, Randa Bringi, Heather Fredin, Yasmin Hussain, Shauna Kechego-Nichols, Kaitlyn McQuaid, Jasmine VanEvery, and various peer mentors from the project

Salon B

**Distro Your Knowledge! Zine-making As A Tool For Community Change**, Adeline Beaudoin, Kat Butler

Salon C

**Roots Of Equality**, Marsha Sfeir

Salon D

**Reproductive Justice and Relationships: It's All Connected!**, Jessica Yee

Salon E

**Les ABCs des LGBTs**, Gaston Cotnoir

**2:30pm – 2:45pm**

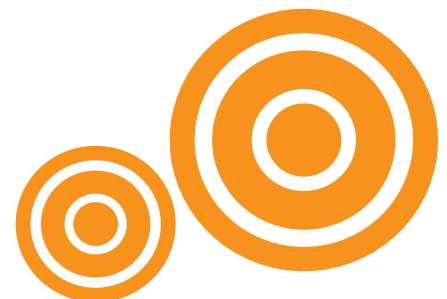
**Closing Remarks and Evaluations**

**2:45pm – 3:00pm**

**Refreshment Break**

**3:00pm – 4:00pm**

**Special Musical Performance by London's Juno nominee, Shad**





## Lunch Time Guest Speaker Ben Barry

Ben Barry is the CEO of the Ben Barry Agency, the first modeling agency in the world to challenge the status-quo beauty ideal by representing models of all ages, sizes, backgrounds, and abilities. The agency, headquartered in Toronto, has become the world leader in helping brands transform their representation of women and men in advertising from exclusive and discouraging to inclusive and empowering. Its global client list has included Sears, Armani, Nike, Macy's, Reitman's, and Dove. The agency coordinated the first fashion week show in the world featuring "real women" at Toronto Fashion Week in March 2009.

Named as "one of 25 leaders of tomorrow" by Maclean's, Ben has been the subject of feature interviews on Oprah, CNN, MTV, Fashion Television, and Canada AM and his work has been profiled in the Globe and Mail, Wall Street Journal, Boston Globe, Financial Times, Times of India, and The Guardian, among others. He is recipient of the CIBC National Student Entrepreneur of the Year Award and the first male winner of the Governor General's Award in Commemoration of the Persons Case for advancing the equality of girls and women in Canada. Ben is a former business columnist for the Globe and Mail and

author of the Canadian bestseller Fashioning Reality: A New Generation of Entrepreneurship. His book was hailed by Profit Magazine as "a manifesto for young entrepreneurs and a call to arms to everyone."

He holds an Honours Bachelor of Arts in Women's Studies from Trinity College at the University of Toronto where he studied on a four-year National Millennium Scholarship, and a Master's in Innovation and Strategy from Judge Business School at Cambridge University. He is currently a PhD student at Judge Business School where he is conducting research on perceptions of beauty around the world. Ben serves on the Board of Directors for the Canadian Foundation of Women's Health and as Chair of the Toronto Fashion Incubator, a small business incubator for Canadian fashion entrepreneurs.

In his talk titled The Change Makers, Ben will discuss how each person can help change a status quo system. He will share his lessons about transforming the beauty ideal from oppressive to empowering. From his experiences, he will extract tools that audience members can apply to any situation in which they seek change, such as how to develop like-minded allies, using a staggered approach, and framing your case.



## Closing Event Musical Performer Shad

Shad (Shadrach Kabango) is quickly becoming one of Canada's most respected young artists. His sophomore record, The Old Prince, was received with top reviews by music publications across the board, and snagged a Juno nomination for 2008 Best Rap Recording of the Year, as well as a spot on the 2008 Polaris Music Prize short-list. After completing 3 national tours in 2008, Shad will pack his bags and tour almost 50 cities in the US on the 2009 VANS Warped Tour.

Shad's growth as a musician really shines through on The Old Prince, which completely smashed the music community's already-high expectations. Receiving 5N's in Now Magazine, 10/10 on RapReviews.com, and equal comparisons to Kanye West and Common on OkayPlayer.com, Shad became one of the most talked about Canadian hip hop artists in 2008. Combined with constantly touring his incredible live performance, and three outstanding music videos (The Old Prince Still Lives at Home became YouTube's #1

featured video World Wide), The Old Prince allowed Shad to reach out and attract fans right across the globe.

Shad broke ground with his 2005 independent debut When This is Over, which earned endless respect for its honest and clever lyrics and its distinct musical aesthetic. Shad toured the album, selling out solo shows, playing for campuses across the country, and landing opening spots for the likes of Common, Lupe Fiasco, Classified and K-OS. His constantly developing fan base and reputation as one of just a few rappers with an excellent live show, landed Shad invaluable stage-time at a variety of festivals including Hillside, the PTBO Folk Festival, Wakestock and Manifesto.

With two instant classics under his belt, Shad continues to walk the humble path he always has. He appreciates the chance to make and share his music, and he feels really lucky to have his art received the way it is.

## Panelists:



### Jessica Yee

Jessica Yee is a self-described Indigenous feminist reproductive justice freedom fighter. 23 years old from the Mohawk Nation, Jessica is the founder and Director of the Native Youth Sexual Health Network, a North America wide organization working on issues of healthy sexuality, reproductive justice, cultural competency, and youth empowerment. She is a strong believer in the power of the youth voice, and you can see her activism it up on sites like the CNN syndicated

Racialicious, SHAMELESS Magazine: For Girls Who Get It! or her recently released book "Sex Ed and Youth: Colonization, Communities of Colour, and Sexuality." She is the 2009 recipient of the YWCA Young Woman of Distinction, a 2009 Role Model for the National Aboriginal Health Organization, and was named one of 20 International Women's Health Heroes by Our Bodies/Our Blog."



### Geneviève Morand

Geneviève Morand created the magazine Authentik, written by and for teenagers and distributed in 20,000 copies across Quebec. This magazine is dedicated to encouraging girls' passion for the arts, culture and sports and reporting about inspiring youth and women. This project supports girls by offering workshops and a safe welcoming environment. The aim is to raise self-esteem, media literacy and critical thinking while moving towards concrete action and giving the girls a voice. Besides giving weekly workshops to the girls in high schools and youth centers,

Ms. Morand also coordinated the creation of an Anglophone edition done by girls in four regions of Quebec.

Co-founder of Spark Media, a not-for-profit organization working with youth to create alternative media that reflects their stories and vision, she believes empowering youth through the media will sharpen their critical eye and social conscience while expanding their horizons.



### Gaston Cotnoir

Gaston Cotnoir is the Healthy Sexuality Coordinator for Access AIDS Network. In this position Gaston works as an educator and front-line outreach worker dedicated to issues of homophobia, Heterosexism, HIV prevention and youth sexuality. His role as an educator is seen through the facilitation of weekly support groups for LGBT youth. He presents a variety of workshops on homophobia and Heterosexism in the school system, and weekly presentations at diverse community forums. Gaston's work can be seen through his blog for the 2009 HIV stigma campaign. His latest accomplishment is the creation of a one day youth symposium entitled Fabulous: There is no [closet] in conjunction with the LGBT Youth Line. The event was broadcasted

across the country by TFO "volt" and was recently awarded the Outstanding Contribution to Social and Health Services Award by the Lesbian, Gay Bi Trans Youth Line. Lastly, Gaston with the support of the Public Health Agency of Canada developed a one day workshop inspired by the newly released document "Shaping a culture of Respect in our Schools" from the Minister of Education, the Honourable Kathleen Wynne. "The Classroom Closet" workshop gathered teachers, councilors, school boards and administrators to discuss the issues of homophobia in the classroom.

# Break-out Sessions

## **Maintaining A Healthy Mind Body And Spirit (Fourth R Project)**

The Mind Body Spirit presentation will begin by talking about the importance of mentoring in the healthy growth of young people. It will discuss the pilot mentoring program and social dynamics behind living a healthy lifestyle tailored to youth. Health related topics such as eating right, exercise and participating in clubs, teams and organizations, especially volunteering will also be highlighted. Throughout the presentation references to the Anishnaabe culture and the importance of maintaining a healthy spirit will be examined. Discussions will feature personal spiritual journeys in coming into identity as Ojibwa people and examine why spirituality plays an important and major role in our lives. We will talk about the video "Reflections from the Voices of Youth" that highlights many Aboriginal students in their journey through education, and also includes a couple of clips from the video that support our message. The presentation will be very engaging so that student's feel a part of the presentation and not just people in the crowd.

## **Mindyourmind - Taking Care Of Your Mental Health And How It Can Affect Your Relationships ([www.mindyourmind.ca](http://www.mindyourmind.ca))**

Your mental health impacts relationships at home, school, work and with friends and family. Are you taking care of your mental health? What can you do when you're stressed out? This workshop will include a tour of the award winning website [www.mindyourmind.ca](http://www.mindyourmind.ca) as well attendees will participate in playing one of mindyourmind's interactive games, Reach Out.

## **Unscripted: Challenging Traditional Research Methods by Engaging Girls and Young Women (CREVAWC)**

We conduct research where notions of expertise and power are explored. As a group we come together in a collaborative approach and form ideas for engaging young women on the basis of challenges, strengths, beliefs, living and relationships.

## **What's Love Got To Do With It? Dating Violence (METRAC)**

This workshop is about violence in youth dating relationships, including sexual assault, physical abuse, emotional abuse, and stalking. We will look at how the media influences our ideas about relationships, talk about our own experiences with dating & violence, and about how we can stop violence in our lives and communities. This is a for-youth, by-youth workshop.

## **Être allié pour les relations saines et égalitaires (COPA & FESFO)**

Qu'est-ce que ça veut dire que d'être un gars qui est allié? Quels sont des gestes que tu peux poser comme gars pour créer un milieu égalitaire dans les relations? Comment, en tant que fille, peux-tu appuyer tes amis-alliés? Comment faire en sorte que, dans ton école et ta communauté, les agressions de toutes sortes diminuent? S'engager c'est questionner les messages reçus par la société et les images communiquées par les médias. Jouer un rôle proactif et être un modèle accessible c'est de parler franchement contre les violences, d'examiner ses propres comportements et d'être à l'écoute des personnes vulnérables.

## **Girls Helping Girls: Engaging Girls In Community Activism And Leadership (SACL & CREVAWC)**

The Girls Helping Girls breakout session will be focusing on the work of the Girls Helping Girls project in developing a community based program that works with young women from various social contexts and marginalized communities. This project works to fill in the gaps for these young women when it comes to addressing violence in their lives and create safe spaces to develop the necessary skills to build healthy equal relationships. Further we will highlight the changing processes involved in the development of the community program the six groups have experienced. Additionally we will examine the working relationship between the adult and young women involved in this project.





### **Distro Your Knowledge! Zine-making As A Tool For Community Change (Girls Action Foundation)**

Zines have been used by countless movements (from Trekkies to punk rockers to anti-racist activists and beyond) to build communities of like-minded people, spread new ideas (or old ones that are still totally relevant) and express huge amounts of creativity. In this workshop we'll be looking at the basic steps to making a zine, tips for distro-ing them, and what kind of an impact they can have, both on their authors and readers. This workshop is primarily aimed at younger folks, but people who work with youth are welcome to attend as well.

### **Roots of Equality (Springtide Resources)**

Workshop participants will look at and briefly experience some of the curriculum activities on themes related to family, friends, school, community connections, and the media. Resources will be available for educators, students, and parents which foster healthy, equal relationships and raise awareness of violence against girls and women.

### **Reproductive Justice and Relationships: It's All Connected! (Native Youth Sexual Health Network)**

As women, we are life-givers in so many other ways other than physically having children - so where does "justice" fit in to ensure the relationships we have with our bodies and spaces are being honoured and acknowledged? Come out to this interactive workshop to find out what "reproductive justice" is all about!

### **Les ABCs des LGBTs (Access AIDS Network)**

Gay? Lesbienne? Bi-spirituel? Bi-sexuel? Définissons ensemble les divers relations. Normalisons la diversité sexuelle afin d'éliminer l'homophobie et l'hétérosexisme. Ensemble nous allons discuter les conséquences et le défis afin de remédier l'intolérance.

## **True Colours: Interactive Forum Theatre Performance**

**Written and Directed by Toni Wilson**

True Colours examines relationships within two different families and the need for support and understanding. The play is filled with inappropriate behaviour and language as well as verbal, psychological and physical abuse. There are many opportunities for bystanders to intervene and support victims of racism and homophobia. The play will be performed once and then a second time giving the audience a chance to take the place of the actor/ bystander and positively change the ending of the story. This interactive drama presentation is called Forum Theatre.



Toni Wilson is a Learning Coordinator for Safe Schools for the Thames Valley District School Board. She is responsible for coordinating and implementing safe schools programs for 184 schools and 76,000 students across Thames Valley. She also provides professional development to school administrators, teachers, parents and students related to safe schools.

She has been a secondary school teacher of English and Dramatic Arts for 30 years and has been involved in violence prevention and forum theatre for the past 20 years. She has used interactive theatre extensively to allow the practice of effective strategies for dealing with adversity.

#### **Performers:**

Brent Baird  
David Bogaert  
Rod Culham  
Collin Glavac  
Richelle Hunter  
Joanne Lubansky  
Bronwyn Powell  
Dan Shute  
David Wasse



### PROJECT TEAM:

Helene Berman, *Project Director*  
Michelle Pajot, *Project Coordinator*  
Shima Abdelwahab, *Research Assistant*

### ADVISORY COMMITTEE:

Barb MacQuarrie  
Ray Hughes  
Peter Jaffe

### CONFERENCE PLANNING COMMITTEE:

Maria Callaghan  
Paola Jani  
Joy Lang  
Lina Rodriguez

## Exhibitors

The exhibit space is designed to provide a range of creative and interactive activities, including spaces for dialogue, sharing and engagement. The exhibit space will feature art displays, zine-making, digital exhibits, youth and girl-oriented resources, educational resources, and much, much more!

#### **www.a room of four own.net**

- Girl oriented website

#### **Centre for Digital Storytelling**

- Digital exhibit  
- Storytelling circle

#### **Centre ontarien de prévention des agressions (COPA)**

- Visual exhibit and resources

#### **Days of Courage**

- Community resources

#### **Graphic Novels**

- Domestic violence and eating disorders

#### **Girls Action Foundation**

- Girl oriented resources

#### **Girl Guides of Canada**

- Girl oriented resources

#### **K-W Counselling**

- Multimedia exhibit

#### **Metropolitan Action Committee on Violence Against Women and Children (METRAC)**

- Replay! A video game

#### **www.mindyourmind.ca**

- Multimedia exhibit

#### **Minwaashin Lodge**

- Community and youth oriented resources

#### **Nia**

- Body-mind fitness activity

#### **Ontario Federation of Indian Friendship Centres**

- Multimedia exhibit

#### **Ontario Women's Directorate**

#### **Purple Grasshopper**

- Zine making

#### **Taking Action Project**

- Art & Aboriginal leadership

#### **The People Project**

- Facilitated mural

#### **Tools for Change**

- Educational resources

#### **Springtide Resources**

- Educational resources

#### **White Ribbon Campaign**

- Educational resources

