
**BELONGING: AN
INTERGENERATIONAL
PROGRAM FOR
QUEER, TRANS AND
NON-BINARY YOUTH**



<http://www.imaginingfutures.ca/>

PILOT PROGRAM

WEEK 1: PIECES OF ME

We've Survived Before: An Inter-generational, Youth-led Mental Health Intervention for LGBTQ+ Youth

INSPIRATION:

Youth and older adult participants spoke about the many pieces of their identities and when they matter most.

GOALS:

Get to know each other, set group guidelines, and reflect on the many pieces of their identities and when they are visible/invisible

OUTLINE OF SESSION:

Introductions:

- Name, pronouns, fun fact

Discussion:

- Group Guidelines (What will respect and support look like in our group?)

Discussion:

- List components of our selves (e.g. age, being an athlete, gender, etc)

Activity:

- Students will be provided with paper puzzle pieces and markers/colour pencils to create a puzzle of all the pieces of their selves

Activity:

- Watch short film (8 minutes) based on Ivan E Coyote's spoken word piece "No Bikini"
<https://www.youtube.com/watch?v=SZkjXscnwFU>

Discussion:

- In this piece, Ivan reflects on which pieces of their identity matter most to them and when they feel most free and seen for who they are.
 - When are some parts of our puzzle more visible to others? Which pieces do we want people to focus on? Which parts are most important to us?
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WEEK 2: MY SAFE PLACE

We've Survived Before: An Inter-generational, Youth-led Mental Health Intervention for LGBTQ+ Youth

INSPIRATION:

Youth participants stated that they valued some of the alone time during the pandemic because they could reflect on who they are without influence of their peers.

GOALS:

Discuss why it matters to take some time to ourselves and the barriers to that when we are so connected online, and think about creating a safe space and practice of self-reflection.

OUTLINE OF SESSION:

Introductions:

- Note any pronoun or name changes

Discussion:

- Do we want to add or change anything about our group guidelines?

Discussion:

- Although we need support, how do others sometimes influence us in ways that aren't helpful? Why is it important to have some time to ourselves?

Activity:

- Participants will receive blank paper and art supplies. They will design their dream safe space for time to themselves. Imagination is welcomed!

Discussion:

- What are the features of your safe space? What do you do there? How can we make some of the features of this space a reality in our lives?
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WEEK 3: POD MAPPING

We've Survived Before: An Inter-generational, Youth-led Mental Health Intervention for LGBTQ+ Youth

INSPIRATION:

Youth and older adult participants spoke about the importance of their close friends and the larger queer community during difficult times.

GOALS:

Identify support people and caring connections and see the broader queer community as a resource of care, support, and inspiration.

OUTLINE OF SESSION:

INTRODUCTIONS:

- Note any pronoun or name changes

DISCUSSION:

- Do we want to add or change anything about our group guidelines?

ACTIVITY:

- Pod mapping - participants will receive a pod map worksheet and will map the people and resources in their lives that are supportive. See:
<https://thecuriocitycollective.org/resources/pod-mapping-an-exercise-in-mapping-care/>

DISCUSSION:

- What are some features of your pod? Did you include mostly spaces or people? Are they in-person or online? What are some of the ways your pod makes you feel safe?
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WEEK 4: FOUND POETRY

We've Survived Before: An Inter-generational, Youth-led Mental Health Intervention for LGBTQ+ Youth

INSPIRATION:

Older adult and youth participants described the strength and resilience of the queer community.

GOAL:

Understand yourself as part of a strong and resilient community.

OUTLINE OF SESSION:

Introductions:

- Note any pronoun or name changes

Discussion:

- Do we want to add or change anything about our group guidelines?

Activity:

- Found Poetry- inspiring quotations from the youth and older adult participants will be on strips of paper provided to groups of students (e.g. “the queer community cares for each other”, “this is where I find strength”). Students will use these quotations to make a “found poem” about our community. Groups may choose to perform their poem for the group.
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WEEK 5: SUPERHERO SELF

We've Survived Before: An Inter-generational, Youth-led Mental Health Intervention for LGBTQ+ Youth

INSPIRATION:

Older adult participants described how each member of the queer community brought their gifts to help others during the AIDS crisis.

GOAL:

Refocus on the individual by reflecting on the gifts each of us bring to the community.

OUTLINE OF SESSION:

Introductions:

- Note any pronoun or name changes

Discussion:

- Do we want to add or change anything about our group guidelines?

Activity:

- **Superhero Self:** Students will choose a superhero outline. Note: These outlines will be developed by a local queer and trans graphic artist and will represent the diversity of our community. Students will create themselves as a superhero, focusing on their gifts. Facilitators will ensure each student can identify their gifts as they circulate the room.

Activity:

- Reflections on the program
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