

# GROUND RULES

- Respect the privacy and space of each individual participating at Q-Quest.
- Always ask before you publish any pictures of anyone online--remember that some people may not be out to their friends and family and/or don't want their picture on social media. • Respect each person and their personal space and the right to their opinions
- Respect the building – let's keep the space clean!
- Keep all food and soda in the cafeteria – look for recycling bins! • Remember we're at a school and school rules apply! No tobacco, drugs, alcohol, or inappropriate behavior.
- Be an active participant and help everyone enjoy the day!

# SCHEDULE

<b>9 - 9:30am</b>	Registration & Resource Fair
<b>9:30 - 10:15am</b>	GSA Activity
<b>10:15 - 11am</b>	Welcome
<b>11 - 11:45am</b>	Workshop
<b>11:45 - 12:30pm</b>	Lunch & Resource Fair
<b>12:30 - 1:15pm</b>	Workshop
<b>1:15 - 2pm</b>	Entertainment

# WORKSHOPS

## 11 – 11:45am

### **Know Your Rights**

*Karmen McQuitty, University of Minnesota:* Have you been stopped by the police? Want to know your rights and best ways to deal with the cops? Come to this interactive workshop to learn more!

### **LGBTQ+ Leadership Panel**

*MN GSA Network Leadership Council:*

Members of the MN GSA Leadership Council will talk about GSAs, the Council, intersectionality, what it's like to be LGBTQ+ in high school, and will answer any questions you may have.

### **Break the Binary!**

*Ash Farah, Reya Jones, and the GSA's Gender Committee:* Break the Binary is a fun, interesting, and game-filled way to learn about gender. Activities are informative, fast-paced games where participants win LGBTQ-themed buttons and/or delicious prizes!

### **Self Care – A Mindful Approach to a Healthier You**

*Leo Moreno, Child and Teen Checkups:*

A healthier mind means a healthier you! Learn and practice important techniques that will help you diminish everyday stress from your life.

### **Sex Ed Q&A**

*Jackie Trelawny, Family Tree Clinic* Sexuality can be a confusing topic, and people usually have lots of questions about it. Join us for an anonymous Q&A session to answer all the questions you have about bodies, crushes, sex, safety, and many more!

### **Sex Ed Q&A**

*MyHealth:* Sexuality can be a confusing topic, and people usually have lots of questions about it. Join us for an anonymous Q&A session to answer all the questions you have about bodies, crushes, sex, safety, and many more!

### **LGBTQ+ Writers Workshop**

*Ryan Berg, ConneQT Host Home Program of Avenues for Homeless Youth:* Our stories, and what we think about them, defines us. We are what we say about ourselves. What are you saying about you? Using writing prompts, personal stories and thoughts from his own experiences creative non-fiction writer, Ryan Berg, author of *No House to Call My Home: Love Family and Other Transgressions*, will take you on journey to yourself. Be sure to bring a pencil and some paper. Be ready to be challenged – and inspired.

# WORKSHOPS

## 12:30 – 1:15pm

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### **When Life Gives You Lemons: Gender Expression And Identity In School, Work, and Beyond**

*Rune Anderson:* A workshop teaching the different ways we can project our true selves to the world despite the limitations and rules forced upon us at school, work and elsewhere. As they say, when life gives you lemons make lemonade!

## **WE WANT TO HEAR FROM YOU!**

Please fill out our evaluation form included in your folder about the event, including the workshops you attended.

Your opinion matters to us!

**The 12<sup>th</sup> Annual Q-Quest Youth Festival and Conference would not have been possible without the amazing contributions from the following individuals and organizations:**

- Annex Teen Clinic
- Family Partnership
- Family Tree Clinic
- First Christian Church
- Minneapolis Public Schools – Out4Good
- Minnesota Internship Center High School
- myHealth For Teens and Young Adults
- OutFront
- Saint Paul Public Schools – Out for Equity
- South High School
- Unity Church Rainbow Chalice Alliance
- MN Q Youth

- University of Minnesota – Gender and Sexuality Center for Queer and Trans Life
- Wells Fargo
- University of Minnesota - Youth and AIDS Projects
- Our Amazing Volunteers and Workshop Facilitators

**Thank you so much for all of your help!**

Sincerely,

The Q-Quest Planning Team:

Tatum Bishop, Jason Bucklin, Clark Hoelscher, Kirsten Cackoski, Leigh Combs, Christina Czichray, Wendi Johnson, Hue Liew, Maggie Korder, Blaine Kelley, Katrina Plotz, Esme Rodriguez.