



2021 LGBTQ+ Youth Convening

Intersect & Connect





Thank you for attending!

Thank you for...

We are incredibly grateful for the support of our sponsors... volunteers. Youth leaders and staff.



Conference Schedule

Saturday, May 15th, 2021

Theme: Mental Health and Support

| Time | Action |
|---------------------|----------------------------------------------------------------------------------------------------------------------------|
| 11:00 am - 11:25 am | Welcoming and Opening Speakers: Jay Henslee (US Bank) |
| 11:30 am - 12:20 pm | Workshops (50 minutes) |
| Workshop 1 | <i>Supporting Victims of Sexual Assault</i> Nicole Zárate (Waymakers OC) |
| Workshop 2 | <i>Families of Color: Accepting our LGBTQ+ Loved Ones</i> Jonatan Gutierrez (LGBTQ Center OC) & La Familia |
| Workshop 3 | <i>Gender Transition Preparedness</i> Jorge Juarez-Lopez (Radiant Health Centers) |
| Workshop 4 | <i>Intersectionality x Mental Health</i> Dr. Nadia Alvarez (CSU Fullerton's Psychology Department) & Leslie Quezada |
| Workshop 5 | <i>Building Communication with Your LGBTQ Teen</i> John Sovec (Gender Odyssey) |
| Workshop 6 | <i>Building Self-Worth as Queer Asian Americans</i> Nikki Oei (Orange County Asian Pacific Islander Community Alliance) |
| 12:20 pm - 12:30 pm | Transition to Closing and Short Break |
| 12:30 pm - 12:40 pm | Closing Speaker: Rainbow Warriors |
| 12:40 pm - 1:00 pm | Drag Performances, Opportunity Drawings, and Closing Remarks |

Saturday, May 22nd, 2021

Theme: Education

| Time | Action |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00 am - 11:25 am | Welcoming and Opening Speakers: John Olson (US Bank) and Congresswoman Katie Porter |
| 11:30 am - 12:20 pm | Workshops (50 minutes) |
| Workshop 1 | <i>Flavored Tobacco's Impact on LGBTQ+ Youth</i> Atticus O'Daniel (LGBTQ Center OC) |
| Workshop 2 | <i>Trans 101/102</i> Brit Cervantes (UCI Diversity Clinic) |
| Workshop 3 | <i>From Condoms to Consent: Sex Education and Resource for All</i> Courtney Bramstedt and Youth Leaders (Planned Parenthood of Orange and San Bernardino Counties) |
| Workshop 4 | <i>Queering Banking Basics</i> John Olson (US Bank) |
| Workshop 5 | <i>Restorative Justice 101</i> Marco Ortega (OC Human Relations) |
| Workshop 6 | <i>Archives and Art: Documenting the Self through Zines</i> Krystal L. Tribbett, Ph.D. (UC Irvine's Special Archives Collections) |
| Workshop 7 | <i>Positive Embodiment</i> Shanae Adams (The Effing Foundation) |
| Workshop 8 | <i>Charting Out Success: How to Use Google Sheets to Help GSA/Youth Organizers</i> Melissa Dominguez (PwC) & Ali Chen (LGBTQ Center OC) |
| 12:20 pm - 12:30 pm | Transition to Closing and Short Break |
| 12:30 pm - 12:40 pm | Closing Speaker: Nat Belancourt |
| 12:40 pm - 1:00 pm | Drag Performances, Opportunity Drawings, and Closing Remarks |

Saturday, May 29th, 2021

Theme: Advocacy and Empowerment

| Time | Action |
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| 11:00 am - 11:25 am | Welcoming and Opening Speakers: Carl Jordan (US Bank) and Ron Calderon (Cox Communications) |
| 11:30 am - 12:20 pm | Workshops (50 minutes) |
| Workshop 1 | <i>Accessible Advocacy</i> Joey Hernandez (Youth Empowered to Act) |
| Workshop 2 | <i>Anti-Tobacco Prevention and Education</i> Atticus O'Daniel (LGBTQ Center OC) |
| Workshop 3 | <i>Intersectionality, Identity & Expression</i> Elisabeth Sheff (Center for Sex Positivity) |
| Workshop 4 | TITLE TBA - pending info Torrell Foree (CSU Fullerton African-American Resource Center) |
| Workshop 5 | <i>Know Your Rights: LGBTQ Student Rights in CA Public Schools</i> Ariana Rodriguez (ACLU of Southern California) |
| Workshop 6 | <i>Music Empowerment</i> Melissa Ferrick |
| Workshop 7 | <i>"Queer-ers": An LGBTQ+ Professional Panel feat.</i> <i>Chi Sum Ngai and Kaleena (Coffee Project NY)</i> <i>Kebone Moloko (Queer Women in Business + Allies)</i> <i>Adrienne Marshack (Manatt, Phelps & Phillips, LLP)</i> <i>Rachelle Markham (Wellness Lactation)</i> <i>Morgan Woosley (UCLA, Gender Studies)</i> <i>John Olson (US Bank)</i> Moderated by Dan Pham, Vivian Pham, & Zoë Haigler (Youth Empowered to Act) |
| Workshop 8 | <i>Advocacy through Community and Education</i> Wendy Anguiano (Equality California) |
| 12:20 pm - 12:30 pm | Transition to Closing and Short Break |
| 12:30 pm - 12:40 pm | Closing Speaker: Ginger Klee |
| 12:30 pm - 12:50 pm | Drag Performances, Opportunity Drawings, and Closing Remarks |

Community Agreements

The LGBTQ Youth Convening aims to foster a positive learning community in which participants engage and learn as respectful community members. We ask that each

participant be open to the opportunity for understanding, respecting and connecting with others. Below is a list of community agreements for this event.

1. One diva, one mic – one person speaking at a time
2. Keeping an open mind
3. Don't yuck my yum – don't put down others for their preferences
4. Make space, take space
5. Respect the confidentiality of others
6. Speak from your own experiences, using "I" statements
7. Learn and have fun!



Mental Health Support

Need a space to take breath, decompress, or rest?

Counselors are available throughout the conference's sessions in case you need someone to talk to and decompress. A counselor is also available during each presentation to check in privately via chat.

Please visit the main room to access the counseling room for additional assistance:

https://bit.ly/convening21_mainroom

Zoom ID: 966 5449 6706

Password: youth

Thank You To Our Sponsors!



The LGBTQ Center OC is grateful for the ongoing support of our community sponsors, who are committed to supporting LGBTQ youth and building a healthier and safer Orange County. With

the help of our sponsors, the LGBTQ Center OC continues to fulfill our mission of advocating on behalf of the Orange County LGBTQ community, and to provide services that ensure its well-being and positive identity. We are grateful for US Bank, Cox Communications, Tegan and Sara Foundation, and Pepsi for their support!



T E G A N
A N D
S A R A
F O U N D
A T I O N

Keynote Speakers & Performers

Katie Porter (she/her)

45th Congressional District in Orange County,
California

In Washington, Congresswoman Porter has remained committed to putting Orange County families first. As a member of the House Oversight and Reform Committee, she's asked tough questions of bank CEOs and administration officials to hold them accountable to the American people. She's also a proud member of the House Natural Resources Committee, where she works tirelessly to protect our beaches and public



lands, elevate science-based solutions to the climate crisis, and keep Orange County families safe from wildfires. She chairs the Oversight and Investigations Subcommittee, where she leads efforts to hold polluters accountable.

Rep. Porter believes our democracy and government should reflect the people of America and serve their needs, not special interests or corporate donors. As a progressive, she's a leader in the fight to protect taxpayers and crack down on waste, fraud, and abuse. In Congress, she's a key voice for ending political corruption, increasing government transparency, and holding leaders of both parties accountable. She's matched her commitment to transparency with concrete action by hosting regular town halls and publicly posting a list of meetings she takes.

Nat Betancourt (they/them)
CSU Fullerton



Nat Betancourt Arellano serves as the coordinator for the LGBT Queer Resource Center. They earned their Bachelor of Arts in Communications with a minor in History at California State University, Fullerton and their Master of Science in College Counseling and Student Development from Azusa Pacific University. They have previously worked in First-Year Experience, Career Services, Leadership Development, and Residence Life and currently serve on the Regional Advisory Board for the National

Association of Student Personnel Administrators (NASPA). As someone that identifies as bisexual and a transmasculine, non-binary Latiné, they hope that their narrative and experiences can positively impact others and be of support to students navigating their queer identities.

Ronald Calderon (he, him, his)
Cox Automotive

I have worked in the automotive space for approximately 18 years. I am currently in the area of digital retail and I am



responsible for the quality assurance of the automotive online buying experience. I started with Cox Automotive in 2014, and it has been a pleasure working for this organization for many reasons. I have been an active member of the LGBTQ community since my early 20's (when I first came out). I am a cisgender gay male, and I can identify with what it is like to be young, gay, and Latino. I am so happy that the OC Center is available for young people in the LGBTQ community. In the last few years, I have had the pleasure of supporting a family member who is part of the Trans community (FTM). This experience has helped me to open my eyes and realize the importance of my own allyship toward the Trans community. I support my Trans brothers and sisters 100% and then some.

Cox Automotive has given me the opportunity to be empowered and involved in our PRIDE employee resource group for about 3 years now. Inclusion and Diversity play a vital role in the Cox organization across all divisions. Cox continues to empower and advocate for all diverse groups, particularly the LGBTQ community. On behalf of Cox, I am thrilled to be part of this OC Center event, and we look forward to many more in the future!



Carl Jordan - U.S. Bank

Carl is the Executive Vice President and Regional Executive for U.S. Bank. Carl has been in banking for over 39 years, including 26 years with U.S. Bank. He has served in various roles that include, branch management, small business sales management, district management and regional management of the U.S. Bank Southern California In-Store and Metropolitan branches. Carl manages Consumer and

Business Banking for the Southern California region. The region covers Los Angeles, Orange County, Inland Empire and San Diego markets. He oversees 370 branches, over 2,700 employees and a total of \$16 billion in deposits. Carl is involved and active in many community organizations and nonprofits that include serving on the board of directors for the Discovery Cube Orange County and more recently joined the board of directors with The Music Center. He also serves as the Chairman of the Board for The LGBT Center of Orange County since 2017. He has also served on the Board of Directors for Habitat for Humanity Greater Los Angeles (CA) and currently chairs their capital campaign committee. He has traveled to Bangladesh and Vietnam on International Builds for

Habitat for Humanity. Carl attended Long Beach State University and in 2008 graduated from CBA's Graduate School of Retail Bank Management at Furman University in South Carolina.

John Olson - U.S. Bank

John is a Branch Manager for U.S. Bank in the Palm Springs District. His primary focus is developing his team to help them succeed. His team succeeds by helping clients achieve their financial goals. John has 10 years of banking experience, with 9 of those years at U.S. Bank. John is also the President for U.S. Bank's LGBTQ Business Resource Group in Southern CA, where the primary focus is to engage the LGBTQ communities in which we serve. This involves creating/finding volunteer opportunities for U.S. Bank employees, facilitating Financial Literacy seminars, deepening existing relationships with LGBTQ Non Profit partnerships as well as looking for new ones to support.



Jay Henslee - U.S. Bank



Jay is a Vice President and District Manager for U.S. Bank in San Diego where he oversees retail bank operations. Throughout his 16 tenure with the bank, Jay has been in several roles including business banking, learning and development and project management. He is the advisor for the San Diego Employee Development Network, and Vice President of the Spectrum LGBTQ business resource group. Jay is heavily involved in several non-profit organizations and serves on board of directors for the San Diego Performing Arts League, Diversionary Theatre, Rebuilding Together and the San Diego Human Rights Campaign.



Romero-Cruz Academy's Rainbow Warriors

Rainbow Warriors is Romero Cruz Academy's Gay-Straight Alliance (GSA). Rainbow Warriors is a safe and welcoming club for LGBTQ (Lesbian, Gay, Bisexual, Transgender and Questioning) youth and their friends. We accept all students regardless of sexual orientation and gender identity. The group has been active for 8 years and is advised by Mrs. Reinhart.

Ginger Klee (she/her)

I have been working in mental health since 2011. I started from the bottom and worked my way up in the field, which has given me a unique, in-depth perspective on not only mental health treatments but also the people who seek them. Professionally, I balance work as a Licensed Marriage and Family Therapist and Professional Clinical Counselor seeing clients and teaching as an adjunct professor for the Psychology department of a Los Angeles county community college. On a more personal note, I am multiethnic: Korean and White. I was raised in a blended family that also included Latinx and Chinese cultures, and I spent most of my adolescent years living in the South. Additionally, I was raised among the Christian and Catholic faith. I am a part of the LGBTQIAPD+ community. Some of my passions outside of counseling and teaching are cooking/baking, swimming, yoga, singing, and creative writing.

I graduated from California State University, Fullerton with a Bachelor of Arts in Psychology and a Master of Science in Counseling. My passion and ability for counseling have been recognized both professionally and academically. Professionally, I was given the opportunity to continue counseling teenagers at the end of my traineeship at Casa Youth Shelter, an amazing non-profit organization that provides Orange County 12 of its 18 shelter beds for teens, where I maintained part-time employment for 5 years. I was awarded for Excellence as a Counselor among my Masters in Counseling graduating class.

Youth Empowered to Act of the LGBTQ Center OC

Youth Empowered to Act is a coalition of Orange County LGBTQ youth leaders and allies between the ages 14-24 working to create safe, supportive, and nondiscriminatory environments for all youth through education, advocacy, and organizing. Youth Empowered to Act is open to new members who are interested in defeating homophobia, biphobia, and transphobia, and in becoming agents of change in their communities and

beyond. Youth Empowered to Act participates in various events at the local, community, and national level. All participation can count towards community hours for students.

Youth Empowered to Act meets every Tuesday and Thursday in the evenings and is open to new members. Please contact: ali.chen@lgbtqcenteroc.org for more details and registration!

Drag Performers

Saturday, May 15th

| # | Performer | Bio |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <p>Maddy Mokes (She/They)</p> <p>Instagram: @maddymokes</p> <p>Venmo: @dwayne-mosbey</p> <p>Cashapp: \$mosubii</p> |  <p>Maddy Mokes is and always will be a queen of the people. Much like her namesake, when this modern queen comes to the stage you better be prepared to have your breath taken away. She got her start as a little frat boy with a lot of confusion and has blossomed into the crowd-rousing, rump-shaking, and groundbreaking diva that you all see today. Whether she's MCing and making the house burst into laughter or giving you a sultry performance that makes your knees weak, you'll be waking up the next day thinking someone with that much star power could only have been a dream. She is the current reigning Miss Hair Appointment Live winner and the 2017 Santa Barbara Queen of Pride.</p> |

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| <p>Elektra LaKill Wolfe She/Her/Hers</p> <p>Instagram: @elektra_wolfe</p> <p>Venmo: 2 @Elektra-Wolfe</p> |  | <p>Elektra is a Trans Latina activist and local San Fernando Valley Drag Queen. She's been doing drag for about 3 years now and uses her high energy performances and makeup artistry to entertain but to also educate and advocate for BIPOC Queer folks. She works with several organizations to ensure that community building and support are at the center of drag culture. Her ultimate goal is to create an organization of her own to be able to provide outreach and resources for BIPOC LGBTQ+ youth. Currently she is advocating for spaces to be more inclusive and diverse, and uses her platform and voice to uplift voices that are often marginalized.</p> |
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Saturday, May 22nd

| # | Performer | Bio |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <p>Johnny Rose Gentleman He/Him</p> <p>Instagram: @johnnyrosagent</p> <p>Venmo: @johnnythegent</p> <p>Cashapp: \$johnnythegentnyc</p> |  <p>Johnny Sin-Rosa Gentleman is self-labeled as "The Last Gentleman of LA". As the only son of the Haus of Sin, he makes his goal to bring respect and visibility to drag kings and non-binary performers in the LGBTQ+ community; specifically trans and POC. He is producer and founder of the twitch channel, Kings of the World and his show has been seen by queens in over 12 countries around the world.</p> |

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| 2 | <p>Jewels Long Beach She/Her</p> <p>Instagram: @jewelslongbe ach</p> <p>Venmo:</p> |  | <p>A community activist, Comedian, Host, MC, and philanthropist. Jewels has been performing in SoCal for over 20 years, and she got her start at the Center OC, forming important friendships in our youth groups in the late 90's.</p> |
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Saturday, May 29th

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| # | Performer | Bio |
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| 1 | <p>Ms. Luna Simply Luna (He/Him)</p> <p>Instagram: @msluna80</p> <p>Venmo:</p> |  | <p>Ms.Luna has been performing for eleven years in SoCal. She has produced and directed her own productions, as well as been a part of some of the longest running drag shows in California. She is known for her Selena act, and her Latinx bilingual weekly shows. She also has been crowned Miss Gay Pride Long Beach 2017 with her mantra #LoveUnityCommunity</p> |
| 2 | <p>Blisila Hollywood (She/Her/Hers)</p> <p>Instagram: @blisila_h</p> <p>Venmo: @BicolXpres</p> <p>Cashapp: \$BlisilaH</p> <p>Paypal: raygerona@gmail.com</p> |  | <p>Hello, my name is Blisila and I've been doing drag since May 2018. I started at Hamburger Mary's Ontario. I now reside in Las Vegas.</p> |

Youth Organizers

We are grateful for our committed group of youth organizers who have helped to bring this conference to fruition! Below are their biographies so you can learn more about them!

Dan began as a GSA member at La Quinta High School in her sophomore year. Believing in the club's mission of providing safe spaces for LGBTQ+ students, she became actively involved in further club activities with the OC LGBT Center and soon became its president. Along with her board officers, she helped lead a workshop at the Orange County LGBTQ+'s Youth Convening, facilitating a panel discussion about identity formation and family acceptance. Dan's interactions with her county's notable LGBTQ+ leaders at the conference soon inspired her to enhance school climate for LGBTQ+ students. For her remaining three years of high school, Dan helped to organize "Day of Silence", where students take oaths of silence to spread awareness about the impacts of bullying and harassment of LGBTQ+ students. Today, Dan is freshmen at UCLA, majoring in Molecular, Cell, and Developmental Biology. She wishes to become a pediatrician and help to eliminate the various health disparities that our trans and queer communities face, especially in the fields of pediatric.



Dani/Hayden (dae/they) is, at the moment, a 16-year-old sophomore and rising junior at Middle College High School in Santa Ana. They're Chicax, are practicing to be better at Spanish, and interested in too many things to be listed, including American Sign Language, the Icelandic language, and writing. They are also the owner of 4 parakeets, have a 4-year-old sister, enjoy watching DanTDM and ship Drarry/Harco a bit too much. They are part of the GSA, Art, and Drama clubs at their high school and attend weekly meetings hosted by members of the LGBTQ Center of OC. They started being part of the YETA meetings more frequently this year and love to be part of the community. A career they're very set on is something to do with sexual education and human sexuality, such as a sexologist and sexual guidance counselor. One of the places they'd like to work at is Planned Parenthood.



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| <p>Joey is partially blind and one hundred percent proud to be a part of the LGBTQ community. Inspired to connect with others, she joined Youth Empowered to Act last year. Joey is wrapping up her last semester at California State University, Fullerton and will graduate with a B.A. in Communication and a B.A. in American Studies. During her time on campus, she tried to foster welcoming environments through her on-campus leadership roles. Currently, Joey is working on advocacy centered on one of her biggest passions, digital accessibility. Someday, she hopes to teach other blind and visually impaired folks how to travel independently as an Orientation and Mobility instructor.</p> |  |
| <p>Jeymy is a sophomore at Rise Kohyang High school. She is working hard to finish all those missing assignments in class. She won't stop until she finishes them all. Determination is all she has right now. She is part of the LGBTQ+ community and loves supporting others. She is Salvadoran and very proud of her roots. She is a very kind person and very smart or so her mother says. She can do anything she believes in. She is very interested in soccer and music. She used to play the violin in 4th grade.</p> |  |
| <p>Karen is currently a junior at La Habra High School. She has been part of the GSA club at her school as the executive treasurer and is now the executive vice president.</p> | <p>Image</p> |
| <p>Keegan</p> | <p>Image</p> |
| <p>Shadye is a sophomore at Troy high school. They are on board at their GSA club at school as social media manager. Their goal is to create a really open and creative space along with working to help my school become more progressive. As a Board member of their GSA club, Shayde was excited to be connected to the OC LGBTQ+ Center. They became involved with YETA this year and have really enjoyed working with everyone. Shayde is also on the Elevate Youth Leadership Committee. They are interested in studying psychology after high school and working with students in the future.</p> |  |
| <p>Stevie</p> | <p>Image</p> |
| <p>Vivian began as a board member of GSA at La Quinta High School during her junior and senior year, with the intent of helping to create an inclusive environment for the LGBTQ+ community at her school. After high school, Vivian wanted to continue to pursue advocacy for the LGBTQ+ community and is now a member of Youth Empowered to Act. Today, she is also a first-year student at UCI studying Pharmaceutical Sciences and hopes to</p> |  |

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| <p>help communities that have been marginalized by the pharmaceuticals and healthcare industry.</p> | |
| <p>Zoë is a first-year student at Cypress Community College with dreams of transferring to a University of California with an Associate’s Degree in Nutrition & Dietetics. Her interest in the world of food science began with work she did with nutritionists of her own, and she strives to be able to help others with her education in the same way her treatment team was willing to help her. Drawing from motivations like these, her involvement in the LGBTQ+ Community of Orange County has been driven by her lesbian identity, which she hopes to gain a greater understanding of while organizing with like-minded peers.</p> |  |
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Create your avatar here: https://picrew.me/image_maker/94097



Our Program Interns and Organizing Staff

We could not do this without the dedication and support of our program interns this semester. We are grateful for their contributions to support this year’s conference and look forward to continuing to build community with them!

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| <p>Manny is a senior at California State University, Long Beach where he is majoring in Health Science with an emphasis in Community Health Education. He joined the LGBTQ Center OC as a youth program intern in January 2021 and has participated in Youth Empowerment to Act, has helped with the ELEVATE program initiatives, and provides support to PRISM. After attaining his Master’s in Public Health, he hopes to work within the community developing prevention/intervention Health initiatives and advocacy for marginalized communities, such as the LGBTQ+ community and BIPOC communities.</p> |  |
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Ashley is a senior at California State University of Fullerton, majoring in Public Health and pursuing a career in nursing—with interests in pediatrics, women’s health, and neonatology. She began interning at the LGBTQ Center OC at the beginning of this year opening up opportunities for her to co-facilitate diversity and inclusive centered discussions and activities that reflect positive youth development and youth leadership. Being a part of the LGBTQ Center OC has allowed her to take part in the Elevate and Mental Health Ambassadors initiatives which works towards pushing for restorative justice approaches and increasing mental health awareness, resources, and education in the Orange County school communities. She strives to use this experience and translate that into promoting and creating an environment where all of her future patients can feel welcomed, uplifted, and safe—especially BIPOC and LGBTQ+ folks who have historically experienced health disparities and inequities.



Linh

Linh is a senior at CSU Fullerton, majoring in Public Health. She wanted to be a part of a community that empowers others, thus she began her internship at the LGBTQ Center OC as a program intern. She was a part of PRISM, YETA, Mental Health Program, and Elevate. Now, she plans to serve as a volunteer while attaining her Bachelor’s in Nursing. She hopes to become a nurse that can make a difference by creating an inclusive and safe environment to combat the fear of discrimination within the LGBTQ+/BIPOC community.



Leslie is a third year at California State University, Fullerton who is double-majoring in Public Health and Nursing and minoring in Psychology. She aspires to enter the nursing field as a Labor and Delivery Registered Nurse and eventually return to CSUF for their dual Nurse Practitioner and Midwifery Program to specialize in women’s health. Their ultimate goal is to serve minority populations such as women of color, the LGBTQ community and undocumented populations. Leslie interned at the center from January until the end of March and was involved with our MHA program, PRISM group, and Rainbow Group. She hopes to one day be able to volunteer at the center and give back to the LGBTQ community.



Kelsey is a senior at California State University, Fullerton majoring in Public Health and minoring in Adolescent Development. She aspires to become a Medical Social Worker after she attains her bachelors and hopes to have conversations about changes needed in the system, particularly for those a part of the LGBTQ+ and BIPOC community. She began interning at the LGBTQ Center OC in January and has had the opportunity to work with amazing programs among the center, allowing her to co-facilitate various meetings/activities. The programs that she supported included; MHA, PRISM, Rainbow Group and YETA.

Workshops

Please contact stephanie.vandyke@lgbtqcenteroc.org for the Zoom password or register at: bit.ly/convening21

Saturday, May 15th, 2021: Mental Health and Support

| | Title | Workshop Description | Audience | Presenter(s) | Organization |
|---|----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------|------------------------------|
| 1 | Supporting Victims of Sexual Assault | This workshop will explore the resources and support available to victims/survivors of sexual violence through Waymakers — Orange County's only rape crisis center. We will also discuss how Waymakers' sexual assault advocates help in navigating those barriers specific to the LGBTQ+ community. Lastly, we will discuss how friends & family can help support a loved one who has experienced sexual violence. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Nicole Zárate (she/her) | Waymakers OC |
| 2 | Families of Color: Accepting our LGBTQ+ Loved Ones | In this workshop we will discuss the journeys, challenges and victories that various parents/family members have had when it comes to embracing, loving, and learning from their family members who identify as LGBTQ+. Each family is different, and each family has ties to a culture/upbringing that unfortunately, most of the time is not going to be accepting of an individual who identifies as LGBTQ+. We will discuss topics such as: What was the biggest lesson you learned when your loved one came out as LGBTQ+? What advice would you give to other individuals that are going through a similar situation? What tools and resources did you find most helpful? What barriers or misconceptions prevented them from loving and | Youth/Students, Parents/Families, General Community | Jonatan Gutierrez (he/him) | Family Panel with La Familia |

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| | | embracing their loved ones? In addition, we will also discuss how folx can create stronger connections within their families and the LGBTQ+ community they are a part of. | | | |
| 3 | Gender Transition Preparedness | *Transgender is a broad umbrella term for people whose gender identity, expression, or behavior is different from those typically associated with their assigned sex at birth. Gender transition is a very personal process, and there is no one way to be transgender. This workshop provides information about navigating gender transition, steps to take when coming out, and general knowledge to help the transgender youth and parents to understand this process. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Jorge Juarez-Lopez | Radiant Health Centers |
| 4 | Intersectionality x Mental Health | The workshop will be structured as a conversation on how to reach help from professionals in relation to how identities impact the social well being and mental health of those who identify as LGBTQIA+. The workshop will also aim to present the different identities that contribute to one's identity as a whole and its ties to mental health. Professor Alvarez has shared an activity we find may help the participants understand the importance of intersectionality in our everyday lives. She also sees this workshop will be more impactful as a conversation to allow youth to facilitate their conversations and present their experiences in exploring their identities and the effects they found it reflected on their mental health. | Youth/Students, General Community, LGBT youth, young adults, and allies | Dr. Nadia Alvarez (she/her) & Leslie Quezada (they/she) | CSU Fullerton's Psychology Department |
| 5 | Building Communication with Your LGBTQ Teen | Talking to any teen can be difficult: learning how to communicate with your LGBTQ teens and understanding their world presents an entirely new set of challenges. In this highly interactive workshop, explore how the influences of a hetero-centric communication style can effect your conversations with your teen, learn tools to bridge the gap, and build awareness of the needs of your LGBTQ teen. | Parents/Families, Teachers, Administrators | John Sovec (he/him) | Gender Odyssey |
| 6 | Building Self-Worth as Queer Asian Americans | Join us to discuss the intersections of being queer and Asian Americans, as well as mental health issues that are common at these intersections and how they appear. We will also workshop how we can build up our self-worth to cultivate resiliency and encourage pride in both our queerness and Asianness. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Nikki Oei (she/her) | Orange County Asian Pacific Islander Community Alliance |

Saturday, May 22nd, 2021: Education

| | Title | Workshop Description | Audience | Name | Organization |
|---|-------------------------------------|-------------------------------------------------------------------------------------------|-----------------|------------------|------------------------------------|
| 1 | Flavored Tobacco's Impact on LGBTQ+ | Big tobacco has been targeting minorities and underserved communities for decades through | Youth/Students, | Atticus O'Daniel | LGBTQ Center OC - Flavored Tobacco |

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| | Youth | developing enticing flavors, strategic advertisements, and attending and sponsoring events. We debunk vape myths such as how unsafe they actually are and how much nicotine they actually contain. We also break down how the tobacco industry has been explicitly targeting the LGBTQ+ community, especially LGBTQ+ youth, and how flavored products have negatively impacted them. | Parents/Families, Teachers | (they/them) | |
| 2 | Trans 101/102 | In this presentation we will discuss terminology used within and about the transgender community. You will come away with the tools needed to learn how to use gender neutral pronouns, how to make spaces more inclusive, and how to be an ally to transgender & intersex young people. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Brit Cervantes (they/them) | UCI Diversity Clinic |
| 3 | From Condoms to Consent: Sex Education and Resource for All | This presentation aims to inform youth on the resources available to help them protect their health and bodies. We will focus on tools for preventing STI transmission and pregnancy as well as how to navigate consent conversations. This by youth for youth presentation hopes to create a safe space for young people to access sex education topics in a way that feels inclusive and accessible. The Peer Educators hope to break down barriers to talking about sexual health so that attendees can feel comfortable and confident. We hope that everyone will leave with new information and resources that they can use in their day to day life. | Youth/Students, General Community, This presentation is intended for students and young people, but others are welcome to join. | Courtney Bramstedt (she/her) and Youth Leaders | Planned Parenthood of Orange and San Bernardino Counties |
| 4 | Queering Banking Basics | An overview of banking topics including Savings, Credit and budgeting. This is an open dialogue, so the presentation is geared to go where the conversation leads. We can go as in depth on any of the categories presented as the participants want. | Youth/Students, Parents/Families, General Community | John Olson (he/him) | US Bank |
| 5 | Restorative Justice 101 | In this workshop we will explore the why and the what of Restorative Justice with an emphasis on Restorative Justice in Education. We will define restorative justice, explore a restorative practitioner mindset, and review different techniques used to build relationships and respond to conflict and harm in those relationships. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Marco Ortega (he/him) | OC Human Relations |
| 6 | Archives and Art: Documenting the Self through Zines | In this workshop participants will learn how to make a zine. We will explore how zines and art can serve as ways to celebrate the self, document experiences, and voice your perspective on the world around you. As a group we will brainstorm topics/themes for our zines, and then spend the rest of our time together immersed in creating our individual works of art. Participants are encouraged to bring a pencil, paper, and scissors to the workshop. Feel free to use other arts supplies you have on hand like colored pencils, crayons, picture and/or word printouts and glue. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Krystal Tibbet (she/her) | UC Irvine's Special Archives Collections |

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| 7 | Positive Embodiment | In this workshop participants will receive an overview of the pillars of sex positivity. Body positivity will set the foundation for group discussion about the development of body positivity and its impacts on teen's social, mental, and physical development. Participants will leave with tools to develop and maintain sex and body positivity. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Shanae Adams (she/the y) | The Effing Foundation |
| 8 | Charting Out Success: How to Use Google Sheets to Help GSA/Youth Organizers | Tips and tricks on Excel and Google Sheets to use in your everyday life as an empowered youth. Come learn how to leverage spreadsheets for your personal and professional needs! From budgets to schedules to trackers--we will provide an interactive learning experience that equips you with skills and confidence to create any project-based spreadsheet your future self will ever need. This workshop is beginner-friendly, we will be doing a quick tutorial and then providing you with the opportunity to replicate the process yourself. | Youth/Students, General Community | Melissa Dominguez & Ali Chen | LGBTQ Center OC/PwC |

Saturday, May 29th, 2021: Advocacy and Empowerment

| | Title | Workshop Description | Audience | Name | Organization |
|---|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------|-----------------------------------|
| 1 | Accessible Advocacy | Joey is a partially blind woman and a proud member of Youth Empowered to Act. She advocates for Disability pride and accessibility. Joey graduates from California State University, Fullerton in May with a Bachelor's in American Studies and a Bachelor's in Communication with an emphasis in Public Relations. | Youth/Students, General Community | Joey Hernandez (she/her) | Youth Empowered to Act |
| 2 | Exposing Big Tobacco: An LGBTQ+ Health Justice Issue | In this workshop we will unpack the relationship between Tobacco use and the LGBTQ+ Community. We will also learn how Big Tobacco companies target and prey on marginalized populations, such as the LGBTQ+ community, to get us addicted and profit off of us. We deserve resources and support, not addictions and disease. Join us to learn more about local resources to support folx in quitting and shifting their relationship to Tobacco, and how young people can get involved in local tobacco prevention advocacy. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Atticus O'Daniel (they/them) | LGBTQ Center OC |
| 3 | Intersectionality, Identity & Expression | Understandings of sexual and gender identity have expanded beyond traditional binaries, yet we know little about adolescents' appropriation of identity labels across diverse communities. In a mixed-methods study of adolescents recruited from lesbian, gay, bisexual, transgender, and | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Elisabeth Sheff (she/her) | The Center for Positive Sexuality |

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| | | queer (LGBTQ+) spaces in California communities differing in support of sexual and gender diversity, seven patterns emerged: (a) frequent use of nonbinary gender identity labels (23.9% of survey sample), especially in high-support communities; (b) greater comfort among adolescents assigned female at birth (AFAB) with diverse gender expression, which informants attributed to pressures to conform to compulsive masculinity for boys; (c) frequent use of plurisexual (60.8%) and asexual (9.9%) labels, especially among those AFAB, and discussion of online settings as a resource; (d) intersectional patterning of "queer" to describe sexual identity (12.4% of survey sample), with White youth in high-support communities signifying an intellectual/political stance and non-White youth in low-support communities using queer as an umbrella term; (e) resistance to labeling and ambivalence about labels due to intra-community dynamics; (f) labeling challenges among boys of color; and (g) challenges with stigma, sexualization, and violence for transgender and nonbinary youth. Findings highlight how contemporary adolescents engage with and challenge received conceptions of gender and sexuality and how this process is shaped by intersectional identities. | | | |
| 4 | | | | Torrell Foree | CSU Fullerton African-American Resource Center |
| 5 | Know Your Rights: LGBTQ Student Rights in CA Public Schools | This workshop will provide an overview of LGBTQ student rights in California public schools and when and how young people can assert them. Topics may include names and pronouns, school records, dress codes, outing/privacy rights, accessing bathrooms and locker rooms, LGBTQ inclusive history and sex ed, confidential medical care while at school, and much more! | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Ariana Rodriguez | ACLU of Southern California |
| 6 | Music Empowerment | Melissa will share their experience as an out queer creative entrepreneur and educator over the last thirty years. There will be a Q&A session. | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Melissa Ferrick | N/A |
| 7 | "Queer-ers": A LGBTQ+ Professional Panel Featuring: Chi Sum Ngai and Kaleena (Coffee Project NY), Kebone Moloko (Queer Women in Business + Allies), Adrienne Marshack (Manatt, Phelps & | Interested in gaining insight on different professional environments through the lens of LGBTQ+ allies and individuals? Come join queer and allied panelists and our facilitators as they navigate through today's workplace climates. Through this workshop, you will learn about a variety of different careers as well as understand how these panelists make "pride at work" through their advocacy for culture change in their community and workplace. Ultimately, we hope that you will leave this experience feeling empowered by these stories and informed by | Youth/Students, Parents/Families, Teachers, Administrators, General Community | Dan Pham, Vivian Pham, & Zoë Haigler | Youth Empowered to Act |

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| | Phillips, LLP), Rachelle Markham (Wellness Lactation), Morgan Woosley (UCLA, Gender Studies), and John Olson (US Bank). | different perspectives across various fields! | | | |
| 8 | Advocacy through Community and Education | In this presentation, we will discuss how Equality California creates opportunities for advocacy. Then, we will explore how everyone can create their own opportunities for advocacy in whatever capacity they can in their local community. | Youth/Students, General Community | Wendy Anguiano | Equality California |



Workshop Presenters

Amy has a wealth of information from an expansive career in Banking, currently focusing on intersectionality of the customer, technology and the employees. Amy also sits on the board for the LGBTQ BRG as well as the Women’s BRG.

Alex, Devin, Emma, and Raul are all Seniors in High School who participate in Planned Parenthood's Peer Health Educator Program. As a part of this program they educate and advocate for sexual and reproductive health and rights. They are passionate about making sexual and reproductive inclusive and being a safe and reliable source for others. They have diverse experiences that they are excited to share with all of you.

Ali Chen, a daily user of Excel and Google Sheets, has experience leveraging spreadsheets for purposes of community organizing, project tracking, finances, and tax accounting. She first developed her skills during her time as a student organizer and accounting student at UC Santa Barbara, then later as a tax accountant at a large public accounting firm, then finally as a volunteer and later Youth Program Coordinator at the LGBTQ Center OC.

Ariana Rodriguez is a Policy Counsel with the ACLU of Southern California's LGBTQ, Gender Equity, and Reproductive Justice team. She works with students, their communities, and their schools to help create more inclusive and welcoming schools for girls and queer and gender expansive youth and to protect their rights as California youth.

Atticus is a Program Assistant with the LGBTQ Center OC focusing on educating and empowering youth and young adults in the fight against big tobacco. They received their B.S. in Health Science with an emphasis in Community Health Education from CSULB. Since they were little, they've always had a passion for serving others and they're elated their path has led them to serving their own community. In their free time they enjoy dancing, baking, cuddling and playing with their fur babies, hunting for vintage threads and vinyl, and being outdoors/in nature.

Brit Cervantes (they/them or he/him) is the Program Coordinator and Community Education Specialist for UCI's Pediatric Gender Diversity Program. Their role within the program is to assist patients and families with navigating their social, legal, and medical transition. Brit is on the board of directors for the LGBTQ Center OC and is also the Co-Chair for Trans*itions Health and Wellness committee. They identify as a queer, transmasculine, and non binary storyteller.

John Sovec, MA, LMFT is a nationally recognized expert on the topic of creating affirmative support for the transgender/GNC/NB community. He is the clinical consultant for The Life Group LA, adjunct faculty at Phillips Graduate Institute and guest lecturer at Alliant University and USC School of Social Work. John currently serves on the California Board of Behavioral Health. John Sovec is the author of multiple publications on providing transgender affirming support, speaks at conferences nationwide, maintains a private practice and provides training for community agencies, schools, non-profits, and professional consultation on transgender affirming competencies. John is a nationally recognized expert on creating trans affirmative support with his work featured on The Riki Lake Show, OWN, FOX, Bravo, The Advocate, YHTV, LA Talk Radio, The Washington post and regular columns for Huffington Post and Good Therapy.

John is currently a Branch Manager for US Bank where he's worked for 9 years. He also is the President for the bank's LGBTQ BRG in Southern CA.

Jonatan Raziel Gutierrez Urzua is the immigration outreach coordinator at the LGBTQ Center OC. Originally from Morelos, Mexico, Jonatan has spent the last 14 years living in Santa Ana and has used the wide variety of services that the LGBTQ Center OC offers multiple times before signing up to become an intern in 2019. Having a close relationship with the immigrant community since he is part of the DACA program, Jonatan ensures that the members of our community receive the proper information regarding forms of immigration relief and they are aware of the free immigration services that the LGBTQ Center OC offers. Jonatan also helps facilitate the Spanish speaking group "Grupo La Familia" where family members who have loved ones that identify as LGBTQ+ can share their experiences on how to empower and support each other.

Jorge Juarez-Lopez is a mental health intern at Radiant Health Centers. They are a fellow in the Minority Fellowship Program of the American Association in Marriage and Family Therapy and a second-year master student in the Marriage and Family Therapy Program. Their interests in the mental health field include providing mental health services to vulnerable populations; disadvantaged, racial and ethnic minorities, those with HIV, and members of the LGBTQ+ community. They have experience working with these

populations in individual, family, and group therapy. They co-facilitated a trans youth group and a trans group in Spanish, both in zoom.

Dr. Krystal Tribbett, Ph.D., is the Curator for Orange County Regional History in the University of California, Irvine Libraries. In this role, she develops, makes accessible, and advocates for archives and special collections materials, as well as facilitates oral history and documentation initiatives relating to the history of Orange County, California. She is especially focused on supporting the creation, preservation, and accessibility of histories underrepresented, misrepresented, or absent from dominant narratives of the region.

Marco Ortega, Restorative Justice Specialist & Mediator, started volunteering with OC Human Relations in 2014 and became a staff member in 2016. He is currently serving Dale Junior High School in Anaheim as their Restorative Justice Specialist. Marco has extensive experience in the field of conflict resolution and dialogue facilitation, working to help people see people as people and humanize all humans. He received his mediation training at the University of California, Irvine and has mediated a variety of school, court and community conflicts including civil harassment, unlawful detainer, creditor/debtor, neighbor/neighbor, accident, family, and workplace disputes in both English and Spanish. Marco received a B.A. in Criminology, Law and Society from UC Irvine and an M.A. in Negotiation, Conflict Resolution and Peacebuilding from California State University, Dominguez Hills.

Maggie Lauder, Restorative Justice Specialist, has been involved with OC Human Relations since 2011 as a BRIDGES site coordinator. Before coming to the organization, she taught high school for 12 years in the areas of ethics and social justice. As a restorative justice specialist, Maggie's work focuses on supporting school communities in the planning and implementation of restorative techniques to build stronger, engaged and connected campuses throughout OC. She earned her B.A. from Loyola University Chicago in Women's Studies and a M.A. from Loyola Marymount University in Theological Studies.

Michael Aranda, Restorative Justice Specialist, hails from the Los Angeles area with an extensive background in conflict mediation and youth diversion. He spent two years working closely with the Los Angeles Police Department, Los Angeles Unified School District, Compton Unified School District and Inglewood Unified School District implementing juvenile pre-booking diversion to the community. Michael graduated from California State University, Long Beach with his undergraduate degree in Chicana/Latina Studies and is currently earning his Master of Arts in Education (Option: Social and Cultural Analysis of Education).

Melissa Domínguez, a daily user of Excel for six years now, was born in Westminster and graduated from Loyola Marymount University with a Bachelor of Science in Accounting and a Bachelor of Arts in Gender Studies. Today, she works at a large public accounting firm where she continues to grow her spreadsheet knowledge everyday.

Melissa Ferrick is currently a Professor of the Practice at Northeastern University where they teach inquiry of creative practice, music business, and songwriting. They've released eighteen albums over the last twenty-seven years and won numerous awards for songwriting, production, and performance. From 2013 - 2019, Melissa was an Associate Professor of Songwriting at her alma mater, Berklee College of Music. Ferrick holds an Ed.M from Harvard University. Signed to Atlantic Records in 1992 at the age of 21, after opening up for Morrissey in the US and UK, they released their debut and sophomore albums on Atlantic before moving on to Independent labels. In 2000 Ferrick founded the nationally distributed independent record label Right On Records. From 2010 - 2014 she released two albums on MPress records to critical acclaim. The album "the truth is", which Ferrick also produced, won the 2014 IMA for alt country album of the year (fan vote) and a featured music honoree in OUT Magazine's OUT100 – focusing on artists who make an impact on the LGBTQI+ community. Regarded in the industry and by her peers as one of the most prolific and hardworking artists in the business. Some of the artists Ferrick has had the pleasure of touring with are: Morrissey, Joan Armatrading, Weezer, Tegan and Sara, Mark Cohen, Paul Westerberg, John Hiatt, Ani DiFranco, and many others.

Professor Nadia Alvarez earned her Bachelors in Psychology and Masters in Clinical Psychology from California State University, Fullerton. Her area of focus in her masters program was negative mood regulation through self-efficacy: learning to believe you will feel better, will actually help you feel better! When she is not working with clients, she teaches psychology courses at California State University, Fullerton.

Nikki Oei is an Outreach and Intervention Specialist with the Orange County Asian and Pacific Islander Community Alliance (OCAPICA) Well(ness)esity prevention and early intervention mental health program. She received both her B.A. and M.A. in Asian American Studies from the University of California, Irvine. She is a queer Southeast Asian young adult who enjoys poetry, yoga, cooking, and romcoms.

Shanae "HonestlyNae" Adams, MA, LPCC, NCC, CIGT (pronouns she/they) serves her community in a variety of ways including therapist, educator, and sex-positive enthusiast. Her mission is sexuality normalization, explanation, and melaninated representation. Her passion revolves around the liberation of embracing sexuality. She is known for her dynamic workshops, sex-positive mindset, and eliminating the "taboo" surrounding sex and sexuality.

Tony Viramontes joined the LGBT Center Orange County in 2009. He received a Bachelor of Arts in Political Science, and a Graduate degree in Theater Arts from the University of California Santa Cruz . While at the LGBT Center Tony has been extremely active running, creating and maintaining programs that address the health needs of the LGBT community. He has chaired the HIV Integrated Plan Committee and the California Planning Group, where he helped develop HIV Prevention strategies at the state level. Tony helped create the first and trans affirming health and wellness program in Orange County, Trans*itions Health and Wellness. Since 2018 Tony has been heading our tobacco prevention efforts working with youth to create change at the policy level."

Wendy Anguiano is a program associate at Equality California, primarily responsible for assisting with the LGBTQ+ Cultural Competency Training. Wendy has previously volunteered at LGBTQ+ nonprofits and worked in higher education within student affairs, focusing on LGBTQ+ centers. She holds a Dual BA in Women and Gender Studies and English from California State University, Fullerton, and a Dual MA from Claremont Graduate University in Applied Gender Studies and Community-Engaged Education and Social Change.

Nicole Zarate has been with Waymakers since 2015, where she began her career as the Health Educator for the alcohol and other drug (AOD) prevention program. Eventually, she followed her passion for blending public health with victim advocacy when she transitioned to Prevention Education Specialist for the Sexual Assault Victim Services (SAVS) unit. Nicole works on a small but mighty prevention team within SAVS that raises awareness of sexual violence throughout the OC community. Nicole primarily educates OC youth on consent, healthy relationships, the misconceptions surrounding SA as well as the obstacles faced by SA survivors; she also provides resources and a listening ear whenever necessary. Nicole is passionate about the anti-sexual violence movement and feels honored to hold space for discussions surrounding sexual violence whenever the opportunity presents itself.



Resource Fair

The LGBTQ Center OC greatly appreciates our many community partners for attending and participating at this year's LGBTQ Youth Convening to provide our youth, students, and community members with resources that will help improve their health and wellness, and to empower them.

Access Resource Videos on:

<https://www.lgbtqcenteroc.org/lgbtq-youth-convening-2020/>

Resource fair attendees include:

ADL Orange County/Long Beach

ADL is the world's leading anti-hate organization. Founded in 1913, its timeless mission is to secure justice and fair treatment for all. Today, ADL



continues to fight all forms of hate with the same vigor and passion. A global leader in exposing extremism, delivering anti-bias education, and fighting hate online. ADL's ultimate goal is a world in which no group or individual suffers from bias, discrimination or hate.

LGBTQ Center OC - Immigration Resources Department



The LGBTQ Center OC provides education, resources, and referrals to LGBTQ immigrants, their families, and allies. Servicios en Español disponibles.

UCI Gender Diversity



The UCI Health Pediatric Gender Diversity Program offers Orange County's only interdisciplinary program dedicated to caring for transgender and gender-expansive children, teens and adults. Our team of specialists provides affirming, supportive care

with a full range of service for children, adolescents and young adults. Our physicians are experienced at working with young people whose gender identity or expression may be in conflict with their physical characteristics or with what others expect of them.

Salon Benders



Salon Benders is an LGBTQIA founded, led, and focused hair salon and community space in Long Beach, California. We offer hair and beauty resources, as well as community education.

About the LGBTQ Center OC

The LGBTQ Center OC was established as a volunteer organization in 1971 and incorporated in 1975 as a 501(c)(3)



non-profit community-based organization. We are one of the oldest gay and lesbian community centers in the United States. At the LGBTQ Center OC, all members and allies of the Lesbian, Gay, Bisexual, Transgender, and Queer community of Orange County join together in a network of support and unity. Our life-affirming programs focus on empowerment, and our advocacy efforts focus on speaking out against hate and discrimination.

We exist so that every segment of the LGBTQ population of Orange County has the resources needed to thrive in their own lives and communities. The LGBTQ Center Orange County provides services to more than 14,000 individuals annually across a broad spectrum of culture, ethnicity, age, and economic background. Check out us online and on social media!

Website: www.lgbtqcenteroc.org

Facebook: www.facebook.com/lgbtcenteroc

Instagram: www.instagram.com/lgbtqcenteroc

Twitter: www.twitter.com/lgbtqcenteroc

Youth, Advocacy, and Education Programs:

The LGBTQ Center OC provides a comprehensive youth program that centers on education and advocacy. We host social and educational in-group activities and community events that strengthen Orange County LGBTQ youth and their sense of well-being and identity, as well as their involvement in their schools and communities. We collaborate with several colleges and universities to provide positive adult mentors and education that highlights queer visibility and culture.

In addition, we have established ongoing relationships with at least 45 Gay-Straight Alliance clubs and their advisors, student leaders, and members to create safe and supportive schools for LGBTQ students. We continue to increase our support for more Gay-Straight Alliances each year and provide resources for youth, students, families, teachers, administrators across Orange County.

Our Advocacy and Education Program works closely with students and school staff to develop safer and inclusive spaces in school by pushing for updated policies and practices in school at local school district meetings. We collaborate with parents, counselors, teachers, and school administrative staff to provide updated information, tools and resources to help districts and staff implement model policies that support the success of LGBTQ students and comply with California State Education Codes.

SUP (Smoking Undermines Progress) OC

We are community advocates. As advocates, we wish to help inform our community and educate them of the consequences of using nicotine products. SUP (Smoking Undermines Progress) OC aims to prevent tobacco and vape use among LGBTQ+ and ally youth and young adults in Orange County.

The LGBTQ Center OC invites young Queer and Trans people ages 13 – 17 and 18 – 26 to join our SUP OC Coalition! Coalition meetings are held semi-monthly and are currently held on Zoom. Meeting dates and times are coordinated with active members. Register here for more information: bit.ly/smokefreegbtoc

SAY (Santa Ana Youth)

SAY is a youth led coalition of LGBTQ+ advocates in Santa Ana committed to healthy communities by educating our peers on the dangers of flavored vapes and tobacco. We empower our community and allies to stand up to Big Tobacco by becoming civically engaged.

LGBTQ+ persons and allies aged 13-19 are welcome to join! Coalition meetings are currently held twice a month via Zoom. If you're interested in joining or have any questions, please follow this link to the registration form <http://bit.ly/saycoalition>

Youth Empowered to Act

Elevate Program

YETA's Elevate Program is a youth-driven coalition of LGBTQ+ student leaders and allies that aims to provide Orange County students with the opportunity to gain greater knowledge about their community, develop strong leadership skills, and gain experience in restorative justice and substance prevention advocacy. Participants will engage in activities and events related to policy-level change in Orange County educational institutions and inform our community about restorative justice practices. In addition to attending and supporting Youth Empowered to Act, participants will learn to develop strategies to confront the racial inequities and discriminatory practices apparent in the disciplinary actions observed in middle schools and high schools and advocate for change. If you're interested in getting involved, please register here: <http://bit.ly/elevateyouth>

K-12 Mental Health Ambassadors Program

In collaboration with **Latino Health Access** and **Orange County Health Care Agency** we have launched a **No Cost Mental Health Ambassador Program** at different schools throughout Orange County. ***The Program provides a series of workshops, which will focus on mental health, how to minimize the stigma on mental health, identify warning signs, bullying and suicide prevention, self-care tips, healthy coping mechanisms, who to reach out too, and resources.*** Our team will then continue to partner with the students who complete the workshops to develop a campaign of awareness around mental health to minimize risk factors, stressors, and stigma on mental health in their school and community. ***The overall goal for the youth is to become Mental Health Ambassadors on their campus.*** With our support they would educate other youth and students, create fun activities for their peers to share the information they learned during the workshops, build community that supports one another and emphasize the importance of taking care of each other and one's mental health. We are also providing workshops for parents and your staff members to ensure consistency, accessibility and to be able to support one another. *This program does need to be approved by the principal before integrating it at one's school*

Youth First Orange County

Youth First Orange County (YFOC) advocates for safe, inclusive, and discrimination-free schools for LGBTQ students. We are working to protect LGBTQ+ students' rights to a free and appropriate public education, in safe and supportive school climates, without harassment or discrimination, in which they can reach their full potential. We meet monthly to discuss and strategize youth advocacy work in Orange County.

To get involved and receive ongoing updates, register here: bit.ly/YouthFirstOC

Want to get involved? Contact our team!

Stephanie Camacho-Van Dyke, Director of Advocacy and Education

stephanie.vandyke@lgbtqcenteroc.org

Ali Chen, Youth Program Coordinator

ali.chen@lgbtqcenteroc.org

Hannah Brinegar, Youth Program Assistant

hannah.brinegar@lgbtqcenteroc.org

Karina Trejo, Youth Program Assistant

karina.trejo@lgbtqcenteroc.org

Rae Kianian, Mental Health Counselor

rae.kianian@lgbtqcenteroc.org

Upcoming Events



Lavender Graduation - Saturday, June 12th

The LGBTQ Center OC is excited to announce its 2021 Virtual Lavender Graduation ceremony to honor lesbian, gay, bisexual, transgender,

questioning, and queer (LGBTQ) students and allies who are graduating from middle school, high school, or college. **We are proud to announce Cox Communications as the key sponsor for this year's event!**

In the LGBTQ Center OC's 5th year of hosting this event, Lavender Graduation is an annual event that acknowledges LGBTQ students and their academic achievements, accomplishments, and contributions at the LGBTQ Center OC, in their Gender and Sexualities Alliances and schools, and in the greater community. We welcome youth, students, parents, families, teachers, and community members to participate as audience members.

Register for Lavender Graduation here: <http://bit.ly/LAVENDER21>



“Color Me Equal” Leadership Boot Camp

The "Color Me Equal" Leadership Boot Camp is a series of leadership trainings organized by Youth Empowered to Act (YETA) at The LGBTQ Center OC for all LGBTQIA and allied youth. Participants will learn tools to help their Gay-Straight Alliances, Gender and Sexuality Alliances, and other LGBTQ-related clubs educate, advocate and organize for safe, welcoming and inclusive schools for all LGBTQ students.

Topics include: Community Building; LGBTQ Language; Queer & Trans History; LGBTQ Student Rights; GSA Development & Sustainability; Sharing Your Story; LGBTQ Campus Campaigns; Intersectional Youth Organizing; Restorative Justice; Current Political Climate for Queer/Trans Youth.

Registration: bit.ly/CME_21

Begins August 2021. Contact Stephanie Camacho-Van

Dyke for more information and to register!

stephanie.vandyke@lgbtqcenteroc.org



Community Resources

Please see the list below to learn more about available resources.

LGBTQ Youth Resources

- [The LGBTQ Center OC's Mental Health and Emotional Wellness Program](#) (714-953-5428)
This program improves mental health and well-being by providing accessible, culturally competent and high-quality mental health promotion, disease prevention and mental health programming. Mental health counseling is available on a slide scale depending on income and is offered to youth and individuals, couples, and families. In addition to English, we have several counselors who speak Spanish, Vietnamese, and Farsi. We encourage LGBTQ youth who have been bullied or victims of violence to enroll in our mental health services to rebuild confidence and well-being.
- [SoCal American Civil Liberties Union](#)
The American Civil Liberties Union (ACLU) defends the fundamental rights outlined in the United States Constitution and the Bill of Rights. These include the right to freedom of speech and assembly, the right to religious freedom, due process of law, equality before the law and the right to privacy.
- [Gay, Lesbian & Straight Education Network \(GLSEN\)](#)
As a student, you have the power to make change in many ways in your school and community.
- [Genders & Sexualities Alliance Network](#)
This organization LGBTQ+ and allied youth to build community and organize around issues impacting them in their schools and communities.
- [It Gets Better Project](#)
The It Gets Better Project inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, and it will get better.
- [Planned Parenthood of Orange & San Bernardino Counties](#)
A trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide.
- [Q Chat Space](#)

Q Chat Space is a digital LGBTQ+ center where teens join live-chat, professionally facilitated, online support groups.

Spanish Q Chat—Weekly on Mondays!

The LGBTQ Center OC is proud to announce its ongoing collaboration to provide weekly online Spanish chats through Q Chat Space, an online space where teens can join live, chat-based, professionally facilitated support groups. We are hosting ongoing chats to give Latinx LGBTQ youth safe opportunities to connect with each other, in spaces moderated by trusted adults, within a structure that encourages compassionate interactions and discourages bullying and harassment. By filling a crucial and unmet need for accessible and safe support groups for LGBTQ+ youth who face many obstacles to accessing in-person services, Q Chat Space will make a vital and even life-saving difference for vulnerable adolescents.

- [The Trevor Project - Crisis Intervention and Suicide Prevention](#)

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people under 25.

Parent and Family Resources

- **La Familia**

Un grupo de apoyo hispanohablante para padres, amigos y familiares de miembros de la comunidad latina LGBTQ. Venga a participar en o escuchar pláticas y testimonios en un espacio seguro, abierto y confidencial. Las reuniones tienen lugar el tercer domingo de cada mes en el Centro LGBT OC o sobre Zoom. Contacto: tobias.vasquez@lgbtqcenteroc.org

- **PFLAG**

PFLAG is the United States' first and largest organization uniting parents, families, and allies with people who are lesbian, gay, bisexual, transgender, and queer. PFLAG National is the national organization, which provides support to the PFLAG network of local chapters.

- North OC PFLAG:

- First Wednesday of each month from 7:30-9:00pm
- (562) 569-1767
- brendathompsonpflag@gmail.com

- South OC PFLAG:

- 3rd Wednesday of each month from 7:00-9:00pm
- (949) 424-3987
- Contact: pflagsouthoc@gmail.com

- **Transgender Children and Allies Together (TCAT)**
TCAT supports parents and their transgender and gender non-conforming children ages 4-13. One parent group and children group meet simultaneously. For screening and information, please contact: tcat@lgbtcenteroc.org
- **The Daring Outdoor Group (TDOG)**
A monthly social group for transgender tweens, their families, and friends. This group participates in social outings, such as bonfires, bowling, movie nights, and more. For more details, please contact: tcat@lgbtcenteroc.org
- **Viet Rainbow of Orange County**
This is a support group for Vietnamese parents, family members, and friends of LGBTQ individuals.
 - Website: info@vietroc.org
 - Email: vietrainbowoc@gmail.com

Teacher and Student Resources

- [SoCal American Civil Liberties Union](#)
The American Civil Liberties Union (ACLU) defends the fundamental rights outlined in the United States Constitution and the Bill of Rights. These include the right to freedom of speech and assembly, the right to religious freedom, due process of law, equality before the law and the right to privacy.
- [Advocates for Youth \(AFY\): LGBTQ Resources for Professionals](#)
Lesson plans, tips and strategies, background information, and additional resources to help youth-serving professionals create safe space for young people of all sexual orientations and gender identities.
- [Healthy Lesbian, Gay and Bisexual Students Project](#)
The Safe and Supportive Schools Project promotes safe and supportive environments to prevent HIV and other sexually transmitted infections among adolescents.
- [Just the Facts: A Primer for Principals, Educators, and School Personnel](#)
Just the Facts provides information and resources for principals, educators and school personnel who confront sensitive issues involving gay, lesbian and bisexual students.
- [Understanding Sexual Orientation and Gender Identity](#)
Accurate information for those who want to better understand sexual orientation.

- [Bullied: A Student, a School and a Case That Made History: Teaching materials for educators](#)
“Bullied” is a documentary film designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian.
- [CDC’s Division of Adolescent and School Health: Protective Factors for LGBT Youth: Information for Health and Education Professionals](#)
Information summarizing key findings that can strengthen programs and research that support LGBT youth.
- [Gay, Lesbian & Straight Education Network \(GLSEN\): Educator Resources](#)
GLSEN educator guides and lessons to support your curriculum and practices.
- [Genders and Sexualities Alliance \(GSA\) Network](#)
GSA clubs are student-run organizations that unite LGBTQ+ and allied youth to build community and organize around issues impacting them in their schools and communities.
- [HIV and Youth](#)
Addressing HIV in youth requires that young people have access to information and tools they need to reduce their risk, make healthy decisions, and get treatment and care if they have HIV.
- [National Alliance to End Homelessness: Serving LGBT Homeless Youth](#)
To end LGBT youth homelessness, youth and young adults need stable housing, supportive connections to caring adults, and access to mainstream services that will place them on a path to long-term success.
- [National Education Association: 6 Tips for Educators Dealing with Harassment of LGBT Students](#)
From Stepping Out of the Closet, Into the Light: A Report on the Status of Gay, Lesbian, Bisexual and Transgender People in Education
- [StopBullying.gov: Information for LGBTQ Youth](#)
Lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth and those perceived as LGBT are at an increased risk of being bullied. There are important and unique considerations for strategies to prevent and address bullying of LGBTQ youth.
- [The Trevor Project: Education and Resources for Adults](#)
The Trevor Project’s “Trainings for Professionals” include in-person Ally and CARE trainings designed for adults who work with youth. These trainings help counselors, educators, administrators, school nurses, and social workers discuss LGBTQ-competent suicide prevention.

Mental Health Resources

- [The LGBTQ Center OC's Mental Health and Emotional Wellness Program](#)
 - Phone: 714-953-5428 Ext. 330
 - Email: Counseling@lgbtqcenteroc.org
 - Website: www.lgbtqcenteroc.org/therapy
 - Fill out referral form online

This program improves mental health and well-being by providing accessible, culturally competent and high-quality mental health promotion, disease prevention and mental health programming. Mental health counseling is available on a slide scale depending on income and is offered to youth and individuals, couples, and families. In addition to English, we have several counselors who speak Spanish, Vietnamese, and Farsi. We encourage LGBTQ youth who have been bullied or victims of violence to enroll in our mental health services to rebuild confidence and well-being.

- [The Trevor Project](#) (1-866-488-7386)

The Trevor Project is one of the first organizations to offer a lifeline specifically for LGBTQ youth and their advocates are there to help. They specialize in young LGBTQ people's mental health, and they're available 24/7. They're a great resource if you need help or just want to talk about your life.
- [National Suicide Prevention Lifeline](#) (1-800-273-8255)

The Lifeline is a free, anonymous, 24/7 helpline and chat service for anyone struggling with issues related to suicide. The Lifeline has counselors specifically trained to be sensitive to LGBTQ issues. If you have suicidal thoughts, know someone at risk, or just want to talk about the issue, reach out. This resource is for you.
- [National Alliance on Mental Illness Helpline](#) (800-950-NAMI)

NAMI offers a daily hotline that you can call to talk about mental health and to find resources in your area. The hotline is only open weekdays, so if you have a more immediate need, it's a good idea to reach out to a 24/7 resources like The Trevor Project.
- [Love is Respect](#) (1-866-331-9474)

LGBTQ teens experience dating violence, too, and it's never alright. Many young LGBTQ people aren't out to their families or communities, and many anti-violence organizations lack expertise in helping LGBTQ people. Because of these circumstances it can be even harder to get help. Love is Respect has resources for LGBTQ young people [to learn about healthy relationships](#) and their counselors are available 24/7 to offer education, support, or to talk through your options.
- [Rape, Abuse, and Incest National Network](#) (800-656-4673)

LGBTQ youth are at an especially high risk of sexual violence. Sexual violence is a difficult experience for any survivor, but it can be especially hard for young LGBTQ people who may not have

support. Remember, your consent always matters, and anyone who violates your consent — whatever their gender or sexual orientation — is in the wrong. If you've experienced sexual violence, or you simply want to talk, you can call RAINN's hotline anytime.

- [National Runaway Safeline](#) (1-800-RUNAWAY)

The Safeline is available for all youth who feel unsafe at home, are considering running away from home, or have run away. You can call or message 24/7 if you're being bullied, abused, need help finding shelter support, or just need to talk.