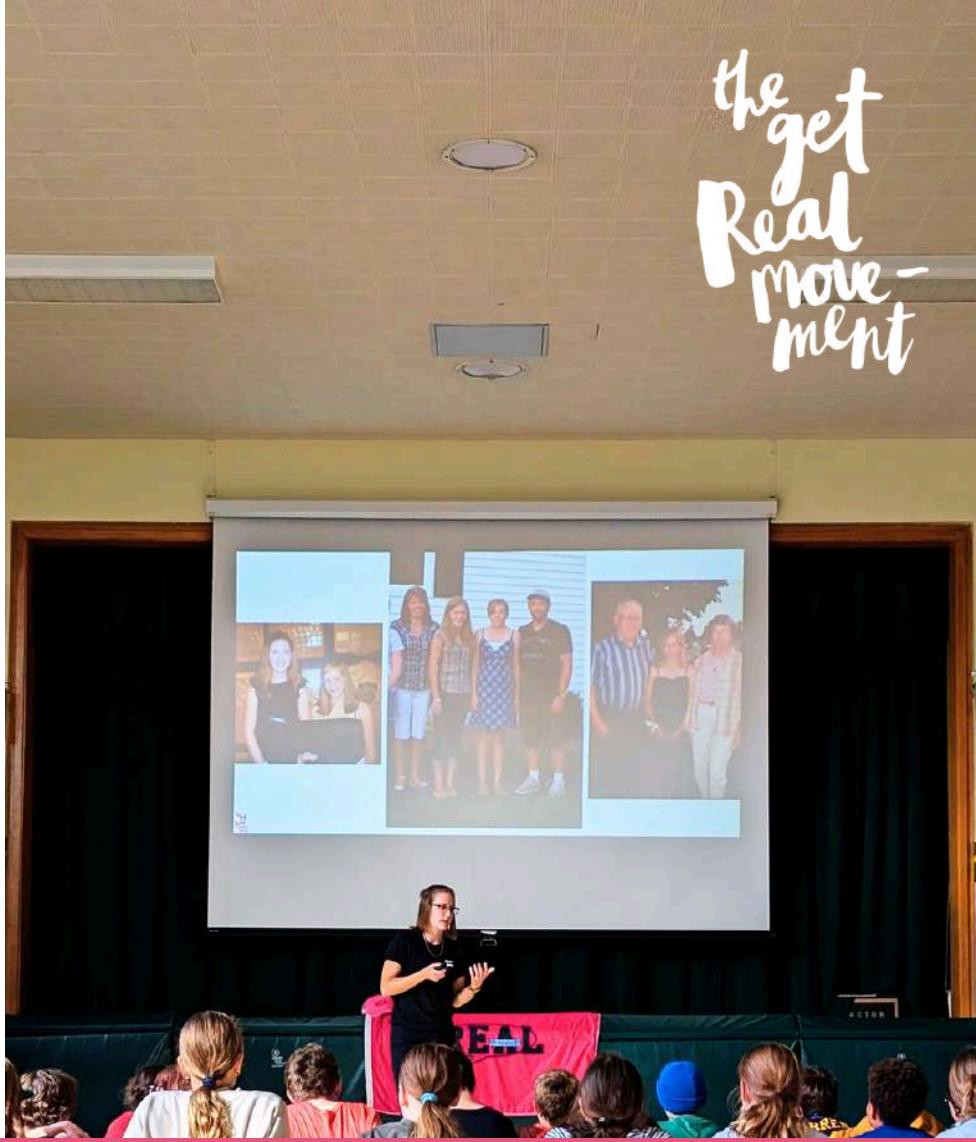
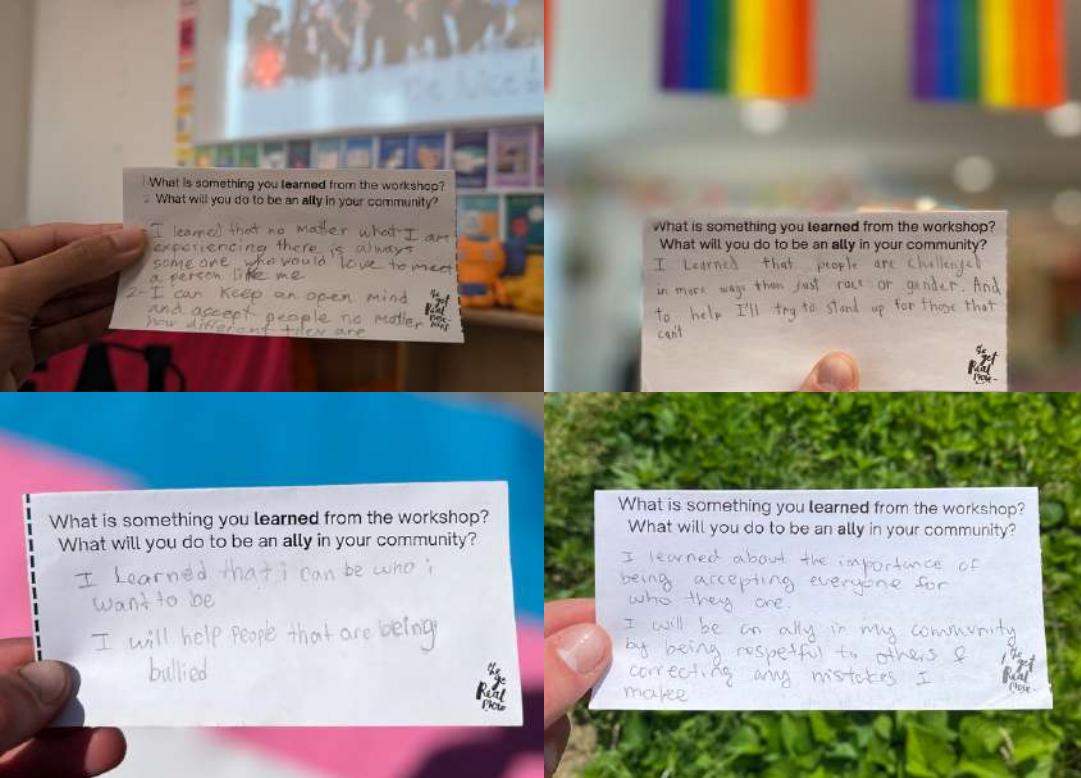
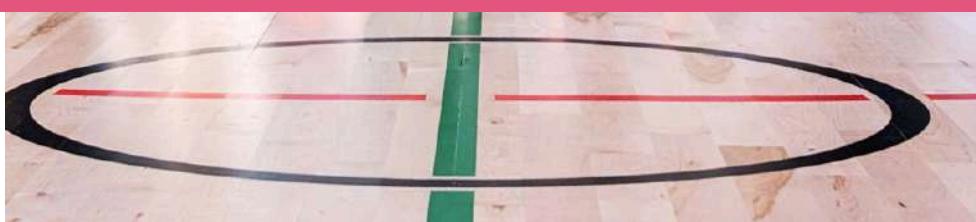


the
get
Real
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Student Offerings 2025-2026



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ABOUT US

Get REAL is a Canadian non-profit focused on combatting 2SLGBTQ+ discrimination, racism, and bullying in schools, summer camps, and workplaces.

We accomplish this by offering a variety of different educational workshop modules, and by providing leadership development and marginalized youth support through our University Chapters, our High School After-School Program, and our 2SLGBTQ Virtual Counselling Program. Our programming aims to break down prejudice, promote unity, and foster compassion in our world.



@getrealmovement



facebook.com/wegetreal

www.thegetrealmovement.com

“As a gay student, I appreciate from the bottom of my heart that there are organizations and presentations like these.”

WORKSHOP COMPONENTS FOR SUCCESS

- Learning from the **lived experiences** of young and relatable facilitators through open and honest story telling.
- Building **empathy**, compassion, connection, & self-awareness.
- Recognizing discrimination & unlearning harmful language, attitudes, and behaviours.
- Understanding that everyone has **unique experiences** in their lives, a story to share, and a chance to impact someone else's life for the better.
- **Celebrating** our similarities & differences, and encouraging growth rather than shaming or judging others.
- Leaning into discomfort, opening up, getting curious, and **having fun**.

"With their inclusive and thoughtful presentation, Get REAL was able to do more in a few hours than our G.S.A. could do in months - allowing students to be open, ask questions, and think about what connects us all as human beings."

-Sarah Flynn, Teacher



A Diverse Facilitating Team

Our workshop teams are made up of young, relatable speakers who share different intersectional lived experiences as it relates to 2SLGBTQ+ discrimination, racism, and mental health struggles.



Authentic & Positive Representation

Our workshops rely on the uplifting stories of real people, rather than statistics or definitions, to highlight the power of uniqueness, solidarity, and belonging.



Interactive Activities

We guide anonymous and reflective student centered activities to foster involvement and encourage vulnerability, connection and support.



Curriculum Connections

Our workshop content aligns with current provincial curriculums by supporting key competencies such as critical thinking and social-emotional learning. Designed with inclusive education strategies and interdisciplinary learning in mind, it reflects diverse perspectives and fosters equitable learning environments. For details scan the QR code.



WORKSHOP COMPONENTS FOR SUCCESS

Simple Model

Designed to address key learning outcomes in various subjects, our workshops are humanity based and action oriented; we balance storytelling, student participation, information and practical tips to ensure engagement and promote connection and allyship.

Led by diverse speakers with intersectional identities and lived experience who model positivity, vulnerability, growth, and compassion, our workshop content supports inclusive education strategies and policies that promote equity, diversity, and student well-being.

Our model includes an anonymous Q&A session allowing students to ask honest questions so they may connect new information to real people, learn about specific supports and resources, and/or deepen their understanding and compassion rather than perpetuating myths and stereotypes.

Comprehensive Approach

In our 10+ years of connecting with school communities we have found that the overall impact of a workshop is greatly enhanced when students are engaged in meaningful activities and discussions before and after. To support this and encourage ongoing conversations, every workshop includes pre-workshop activities, curriculum pieces, a debrief guide, FAQs, and additional resources.

After every workshop we survey educators in order to gain feedback and constantly improve. We also offer follow up workshops for students, as well as workshops for staff and parents/caregivers. We believe the messaging and change goes well beyond the first initial workshop with Get REAL.

POST-WORKSHOP STATS



LOGISTICAL DETAILS

In Person Workshops

We are currently offering our 2SLGBTQ+ Inclusivity, Trans 101, Combatting Anti-Black Racism, Black History, Social Media Literacy and G.S.A. workshops for in person engagements.

Length

1 hour

(in order to provide students with a comprehensive experience we require the full hour).

Ideal size

60 -100 students is recommended for an optimal experience, but we can accommodate larger groups, up to 200-250, upon request.

Cost

\$750+HST for a half day booking which covers **up to two of the same** workshops.

- A half day is either a morning or afternoon.
- We do not do half day bookings that begin in the late morning.
- The price remains the same whether you book one or two workshops.

**This cost fully covers transportation for our speaking team.*

Virtual Workshops

We are currently offering all workshops virtually.

Length

1 hour

(in order to provide students with a comprehensive experience we require the full hour).

Ideal size

We are flexible when it comes to group size for virtual engagements. Staff will project the presentation to the front of their respective classrooms and/or space and students will have the option of joining from home.

Cost

\$550+HST for a half day booking which covers **up to two of the same** workshops.

- A half day is either a morning or afternoon.
- We do not do half day bookings that begin in the late morning.
- The price remains the same whether you book one or two workshops.

2SLGBTQ+ INCLUSIVITY WORKSHOP

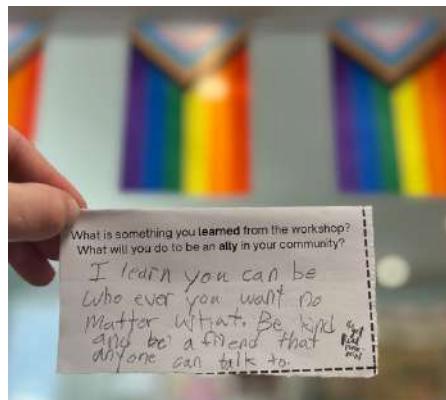
Grades 4-5

**Offered in person and virtually in English*

Speakers will facilitate an interactive workshop that builds on the power of personal storytelling to spread kindness, celebrate uniqueness and support one another.

This engaging workshop introduces identity, including 2SLGBTQ+ identities, in an age-appropriate way and shows students how they can be an ally and make a difference at any age!

In addition to hearing uplifting stories from diverse 2SLGBTQ+ speakers, students will have an opportunity to anonymously share their own experiences and curiosities as they build connection and empathy.



Grades 6-9

**Offered in person and virtually in English*

Speakers will facilitate an interactive workshop that relies on the power of personal storytelling and anonymous student activities to build connection and increase empathy and respect.

Students will deepen their understanding of 2SLGBTQ+ realities and gain practical allyship tools while also connecting with inspiring, relatable 2SLGBTQ+ speakers who have grown to find confidence in their identities and belonging in community.

Grounded in authentic and positive representation, this workshop encourages continued vulnerability, reflection and meaningful supportive action!

"We were amazed at the impact the Get REAL presenters had on our grade 8 population. In one hour the two presenters were able to connect with our large group. We want to make the Get REAL presentation a yearly event for our incoming Grade 8s."

- *Anonymous Teacher*

2SLGBTQ+ INCLUSIVITY WORKSHOP

Grades 10-12

**Offered in person and virtually in English*

Using the power of personal storytelling to build connection, increase empathy, and encourage action, speakers will facilitate an engaging intersectional workshop with clear, relevant and inspiring content.

Students will connect with engaging 2SLGBTQ+ speakers who not only model vulnerability, growth, and compassion but encourage and guide students to do the same.

Balancing knowledge, storytelling, and critical thinking and reflection activities, this workshop aims to empower students in their identities and on their allyship journeys.

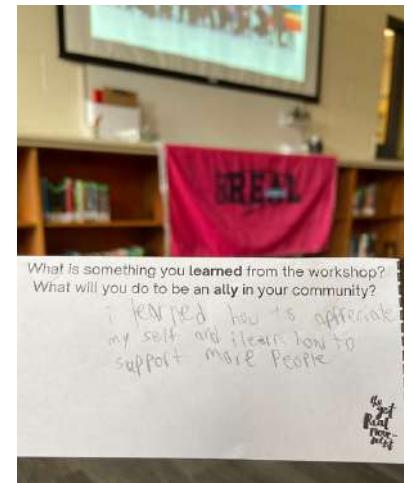


Name: [REDACTED]

Email Address: [REDACTED]

Subject: Thank you for putting on a workshop for my class!

Message: I am [REDACTED], and i...well....you guys made me feel comfortable about who i was. That workshop really helped me become comfortable with myself, and i cannot thank y'all enough. i will be looking forward to seeing what else yall will do in the future. I am speaking on the behalf of my class when i say this. you have done the world good by showing people that it's ok to be yourself. thank you. (Also, for clarification, i am using my non-school email so i dont have a restriction for who i email, thank you once again!)



“ —

I was somewhat nervous prior to the workshops as our school is small and not incredibly diverse, so they sometimes struggle with things outside of their immediate bubble. As soon as the kids arrived at the workshop however they were fully engaged from start to finish. I was so impressed with the questions asked by students and the respect shown. The presenters did an amazing job of ensuring all students felt safe and comfortable, and they were both very professional while being relatable to the students.

COMBATTING ANTI-BLACK RACISM WORKSHOP

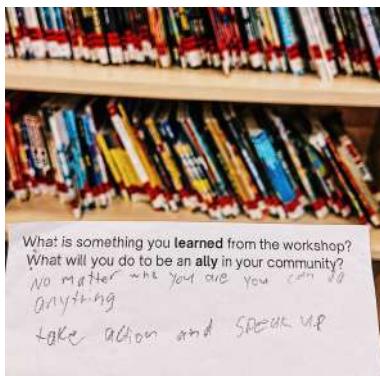
Grades 4-5

**Offered in person and virtually in English and French*

Building on the power of personal storytelling to create connection and empathy, speakers will facilitate an interactive and age-appropriate workshop on racism and allyship.

Students will be introduced to anti-Black racism terms, statistics, and history in addition to hearing authentic, inspiring stories from diverse Black speakers.

Focused on empowerment and hope, this workshop offers students an opportunity to anonymously share their own experiences and curiosities while also deepening their understanding of the role we all play in building affirming and supportive communities.



Grades 6-9

**Offered in person and virtually in English and French*

Speakers will facilitate a powerful, relatable and intersectional workshop focused on identifying, unlearning, and combatting anti-Black racism.

Delivered by two Black facilitators who speak to their own experiences and create a brave space for students to unpack racial bias, discuss realistic scenarios, and ask questions.

Balancing personal narratives, statistics, historical context, student participation, and concrete allyship tools, this workshop will leave students feeling empowered, informed, and ready to make changes in their communities.



COMBATTING ANTI-BLACK RACISM WORKSHOP

Grades 10-12

**Offered in person and virtually in English and French*

Speakers will guide an insightful and inspiring workshop on anti-Black racism, focusing on how to identify, unlearn, and combat racial bias and discrimination.

Our experienced facilitators will cover key language, statistics, historical context, and explore real-life scenarios of bias and microaggressions. After hearing the powerful intersectional stories of two Black facilitators, students will also have the chance to ask candid questions and get practical advice.

By the end, students will be empowered and informed, taking with them actionable ways to support themselves and their Black peers year-round.



SOCIAL MEDIA LITERACY WORKSHOP

Grades 6-12

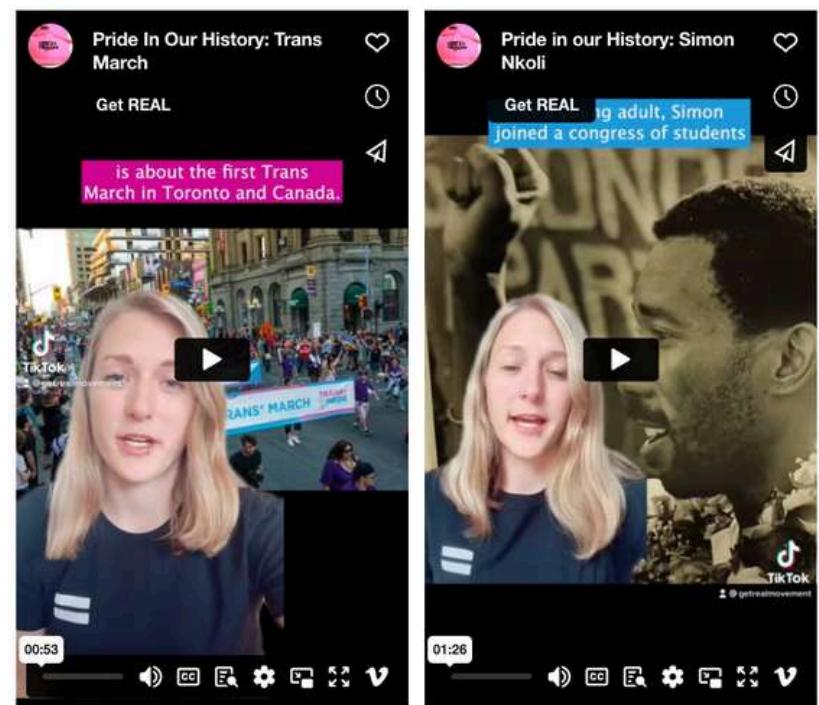
**Offered in person and virtually in English*

Facilitators will guide an interactive session that helps students explore how misinformation spreads on social media and its impact on their online interactions.

This dynamic workshop highlights the importance of mindful social media use, encouraging students to develop healthier habits for a positive digital environment and to become supportive allies in addressing online hate and cyberbullying.

Students will also learn how to fact-check information, equipping them with the skills to identify credible sources and avoid spreading false misinformation.

This workshop encourages a healthy balance between online and offline lives, helping students set boundaries and protect their mental well-being, while also providing a space for them to anonymously share their own social media experiences.



THE ACE COMPEERS

Grades K-6

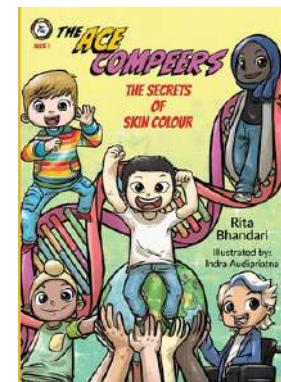
**Offered in person and virtually in English and French*

The Ace Compeers Workshop is an interactive, literature-based session exploring topics like racism, diversity, and inclusion through storytelling, discussion, and activities.

Delivered by award-winning author and middle school teacher Rita Bhandari, the workshop blends mini lessons on the science of skin colour, the history of race and excerpts from *The Ace Compeers* book series to make complex topics accessible and engaging for students, all while aligning with your school board's policy on equitable and inclusive education.

Through storytelling and Q&A, Rita shares her experiences with racism and allyship, fostering empathy, curiosity, and critical thinking.

This dynamic learning experience will leave students with a deeper understanding of the social construct of race, empowering them to challenge stereotypes, value diversity and develop anti-racist ideas.



FOLLOW-UP WORKSHOPS

2SLGBTQ+ History Workshop

Grades 6-12

Offered virtually in English

Students are asked to consider the question, "Why does 2SLGBTQ+ history matter?" as they learn how the vast 2SLGBTQ+ past is connected to the present and future.

The workshop briefly explores gender and sexual diversity around the world throughout time before focusing on North American 2SLGBTQ+ history and the evolution of queer representation.

Starting in the 1960s and moving through the decades, we discuss notable people, events, and milestones including some of the raids, riots, legal changes and shifts in pop culture and music that influenced 2SLGBTQ+ society today.

Students will leave this workshop with a better understanding of how this history has shaped the present, the work still to do and why we must not forget what 2SLGBTQ+ people have accomplished to get to where we are today.

**Follow up workshops are intended for students that have already experienced a primary workshop*

**2SLGBTQ+ History & Trans 101 are follow ups to our 2SLGBTQ+ Inclusivity workshop*

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?

I have learned that lots of people around me have intricate stories which impact who they are today. I will be an ally by neutralizing my language and respecting the pronouns of those around me.

Any **questions** for your presenters?

This was a very detailed and informative presentation, I have no questions!

I Really apreshate
you coming to
our school. I deffently
see things different
now!

FOLLOW-UP WORKSHOPS

Black History Workshop

Grades 6-12

Offered in person and virtually in English

Students are asked to consider the question, "Why does Black history matter?" as they learn about the evolution of civil rights and important historical Black figures who are so often overlooked - especially in Canada.

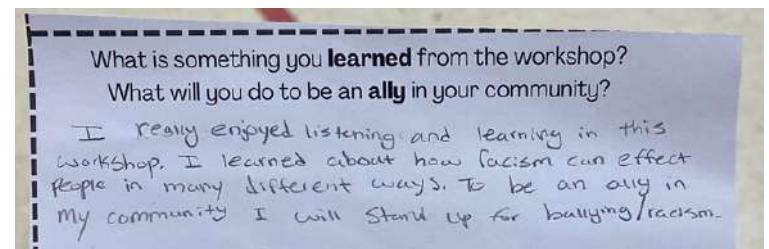
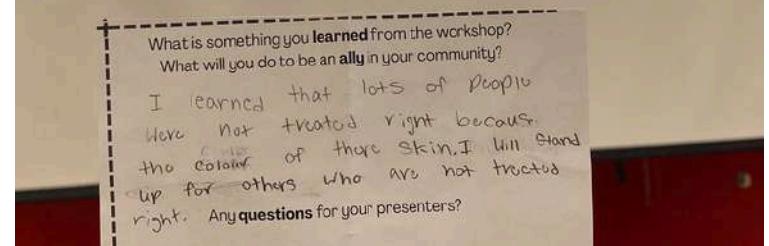
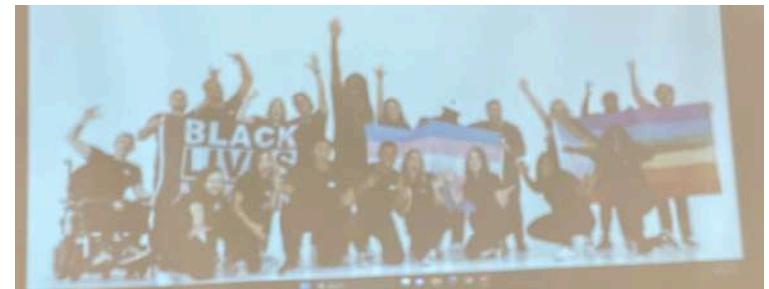
The workshop discusses the beginnings of slavery in North America through to abolition, and then focuses on the continued systems of racial oppression that Black Canadians and Americans continue to face up until present day.

Starting in the 1940s and moving through the decades, we discuss in greater some of the events, protests, legal changes, and shifts in pop culture and music that have influenced racism (and allyship) in North America to date.

Students will leave this workshop with a better understanding of how this history has shaped the present, the work still to do and why we must not forget what Black historical figures have accomplished to forge a better future for us all.

**Follow up workshops are intended for students that have already experienced a primary workshop*

**Black History is a follow up to our Combatting Anti-Black Racism workshop*



FOLLOW-UP WORKSHOPS

Trans 101 Workshop

Grades 6-12

Offered in person and virtually in English

Building on our 2SLGBTQ+ Inclusivity workshop, students will learn from the lived experiences of relatable trans speakers through honest storytelling and open discussion.

Engaging and compassionate speakers will create a brave space for students to learn terminology, explore the harmful impacts of gender stereotypes, unlearn transphobic myths and stereotypes, and ask honest questions.

Students will leave with an increased awareness of the diverse ways to identify and express gender as well as concrete examples of trans allyship.

I learned that your sexuality and gender is not always based off of your assigned sex at birth, and that slowly while growing up you will learn more and know more about yourself as you grow up. 😊

**Follow up workshops are intended for students that have already experienced a primary workshop*

**2SLGBTQ+ History & Trans 101 are follow ups to our 2SLGBTQ+ Inclusivity workshop*



*This is not a question
but as a trans person
I really look up to you!*



FOLLOW-UP WORKSHOPS

Gender & Sexuality Alliance (G.S.A.) Workshop

Grades 4-12

Offered in person and virtually in English

Whether you're starting a G.S.A. or building momentum, this workshop is designed just for you! Led by experienced Get REAL speakers, this collaborative and interactive session centers on themes of leadership, community, and queer joy.

Because every G.S.A. is different, we offer three versions of this workshop:

- **Starting G.S.A. – Your Why:** Focus on creating your group's foundation by writing mission statements and setting shared goals.
- **Growing G.S.A. – Identity & Self-Advocacy:** Explore self-expression and advocacy through activities like a "This is Me" collage and scenario role-play.
- **Established G.S.A. – Lessons from the Past:** Explore queer history and your group's journey and impact with activities like trivia, button-making and more.

In every version, students will connect through storytelling, reflection, brainstorming and activities while also discussing the importance of positive spaces and how to build and sustain them. Driven by student voices, this workshop offers valuable advice, engaging activity ideas, and practical tools to strengthen advocacy and allyship—helping each G.S.A. grow in a way that's right for them.

**Follow up workshops are intended for students that have already experienced a primary workshop*

**2SLGBTQ+ History & Trans 101 are follow ups to our 2SLGBTQ+ Inclusivity workshop*

"The speakers (Joseph and Wren) were both absolutely fantastic. Their ability to connect with the students through their personal stories, their positivity, and guidance in terms of ideas for our G.S.A. - everything was so good! I wish they could come every day... the students left the workshop filled with renewed enthusiasm, and hope for their own futures, as well as some concrete ideas in terms of what direction they want to take their G.S.A. in. A truly positive experience for all."

ADDITIONAL OFFERINGS

Panel/Keynote/Conference

**Offered in person and virtually.*

Are you hosting an event related to justice, equity, diversity and inclusion and want students to leave informed, empowered and inspired?

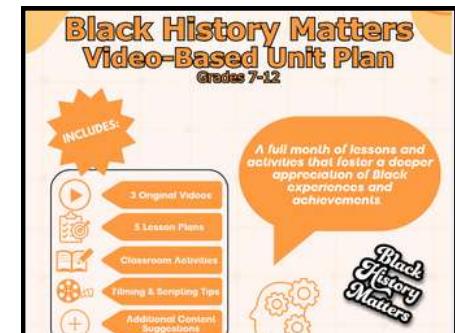


Confident and comfortable in large or small settings, our speakers will bring their extensive facilitation experience, an in-depth knowledge of intersectionality and anti-oppressive practices, and a passion for their work with the Get REAL Movement to meet the needs of your school community.

Please inquire for pricing and details.

Curriculum Pieces

Looking to continue the learning and conversation in your own classroom? Check out our engaging and accessible curriculum pieces available for purchase at wegetreal.ca & teacherspayteachers.com



ADDITIONAL OFFERINGS

Apparel

Wear the message. Support the cause.

All proceeds from our merch go directly towards combatting 2SLGBTQ+ discrimination, racism, and bullying in schools and workplaces.



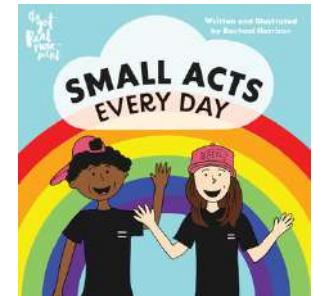
Check out the full collection at wegetreal.ca.



Accessories

Looking to display your support? Want to make students feel safe in your classroom, office, or hallways?

Take a peek at our collection of accessories at wegetreal.ca.



STUDENT FEEDBACK

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that it's OK to be your
I can be an ally by listening to
others stories.

Saw you guys
first semester
and got inspired
to come out.
thank you

I just wanted you let you guys
know how wonderful the
presentation that you did at my
school was. It was a month or
two ago but I didn't really think of
how much I could relate to some
of the things the presenters said
until now. When people at my
school actually listened to you
guys I felt just a little safer
knowing that it's ok to be part of
the LGBTQ+ community (even
though I'm out to very few
people). I just wanted to say
thanks for being such an
amazing organization! ❤️❤️❤️

Wanted to say more than thank you
actually. The first time I heard
queerness openly talked about (bc
not a thing in South Asian culture)
was through a Get Real guest
speaker in school, so it's SUPER cool
to now have our post re-shared on
your story :)

I'm going to stand
up to the kids making
fun of gay people, depression
and autism.
your presentation
was an eye opener

being all over ur posts have gotten
me to tell friends that I'm bi. Thanks
for giving me that courage

I learned it's
ok
to
be gay

I just wanted to thank you for doing
the presentation at my school it was
really inspirational. It made me feel
like I wasn't alone being lesbian and
it inspired me to come out to my
friends. Thank you! 🏳️

Thank you for
Sharing your
Story!

I support
you, whatever
gender or sexuality
you identify with.

I learned that people are
not always the gender they
were born and inside they could
be different.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that it is okay no matter
what gender you are.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that people are
not always the gender they
were born and inside they could
be different.

hey, you guys did an assembly for our
school, I just wanna say that
both ur stories have inspired me sm
and touched my heart. I've been
struggling with my sexuality and
mental health, not to mention some
family and friendship problems, and
that entire presentation rly helped in a
way.

Thank you so much,
both of you, I was
so inspired by your
presentation this morning.
I know people who suffer
from a mental illness and
now I feel like I'm more
prepared to help them

10/10 Loved it!

EDUCATOR TESTIMONIALS

"Get REAL provided our staff and students with a dynamic and informative workshop to help spread awareness about the LGBTQ community. Overall, it was very successful. I believe students learned a lot and were very engaged in the discussion and topics presented. As one of the teacher supervisors of our school's LGBTQ Club, it was very beneficial to have reached a wider audience with the Get REAL presentation than we do with presentation organized by our own club. Several students were able to ask questions they may have been previously scared to ask because Get REAL ensured the environment was safe and comfortable for all involved. I would highly recommend their services when searching for a group to help educate a school population of the basics of the LGBTQ community and the challenges they face. Get REAL has definitely helped us while striving to create a safe and welcoming school environment."

- Anonymous, Ontario

"Hi there Max, I want to thank you from the bottom of my heart for the wonderful presentation you did here at Coldbrook and District School. You and Chris were engaging and students found you extremely approach-able. I heard some very positive comments from the students and staff: They were so cool, Their dog was beautiful, I wished that we could have stayed longer, I feel that I could have asked them anything, I learned a lot from them, These presenters should be visiting every school, People need to hear their message. It wasn't just about your material, it was about your presentation and the sincerity in which you presented. You are authentic and passionate about your lives and students sense this. You are much appreciated!"

-Kathleen M. Sampson, M.Ed., C.C.C., School Counsellor

EDUCATOR TESTIMONIALS

"I just wanted to say that I was so grateful for your team's student and staff presentations at CDS last week. While I am not a member of the community myself, I am a social science teacher who tries to promote kindness among all folks, especially my students. I am cis-hetero and white, and my partner is a Nigerian and a Muslim. I recognize that I have plenty of privilege; though I have seen all kinds of discrimination that [my partner] has faced over the past couple of decades and have come to realize that Canada needs to do a lot better when it comes to all minorities, including Indigenous folks, new Canadians and the 2SLGBTQ+ community. Presentations like yours are fantastic. I only wish we had such a thing in the 90s when I was in highschool. Keep being awesome and please pass my thanks onto Cal and Noah as well."

-Anonymous, ON

"The presentation today was amazing. We felt so honoured to "rate" a presentation equal to that of the safe schools conference. It was amazing to have so many presenters with their unbridled youthful enthusiasm and passion present to the students. The students could relate to the "raw" emotion of the presenters' testimonials. I watched their faces during the presentation and they were totally engaged. I wondered how many of them would be changed or make a change for someone else thanks to the good work of Get REAL. Teachers commented that it was the best presentation they have had for students. Our principal, Mary thought it was amazing. She wants to get hats for all the students and she thinks having the group back would be great. Thanks to you all for making the world a better place, one school at a time."

-Anonymous, ON

"Wren + Rachael, thank you so much for visiting our school and sharing your stories with us. Your unique experiences and willingness to share is so important to our students' growth and understanding."

-Anonymous, NS

EDUCATOR TESTIMONIALS

"After one presentation with Clem, one of our staff was impressed with the entire workshop and asked for his contact information to refer your program to his own child's francophone elementary school. Garrison went to our high school so that was a great personal connection! He also shared the mini documentary about his grandfather that our students enjoyed learning about. Saidat was incredibly welcoming and easy to work with. The tone of the presentations were personal, professional and had a great balance of information as well as interaction. We are very pleased with how this went!

-Anonymous, ON

A big thank you to the two presenters today – Courtney and Wren – from the Get REAL Movement. I think it is very powerful for people to tell their stories and you two knocked it out of the park today with our students, so we really appreciate this!

I got to see you in the 2nd assembly with the Grade 9's and I think what you both spoke about today will resonate with our kids and also help some of them with their own life journey.

I think it takes a lot of courage to come to a school where you don't know anyone and aren't sure exactly how you will be received, and tell your own story. I know you both have chosen this path – and "career" – and I thank you for that – because I know the more stories our students can hear, the more they can start to, not only think about themselves, but also think about people outside themselves too.

Particularly now, in this day and the current North American climate – and many people feeling like they can say whatever they want – I think to have more measured and real voices be heard – like yours – is MUCH NEEDED.

-Anonymous, BC

"Get REAL's powerful message was presented to us so empathically and thoughtfully - one of the most powerful presentations we've ever had. As you can see from the photo, we have displayed the kids' notes of gratitude on the hallway for all to see. Thanks again for a great day and good luck as you do this very important work."

-Stuart, BC

"The Get Real team who came to visit our school in Corner Brook, Newfoundland (Marley and Chris) certainly left an impact! Students and staff were encouraged to continue to strive to be a more inclusive school community with their message of respect and acceptance. Students were very engaged in the relaxed atmosphere created by our presenters and felt comfortable with the topic of inclusivity varying identities and sexualities. We were all very thankful that they shared their stories with us and we hope that they return again in the near future!"

-Stephanie Pennell, NL

CONTACT



MARLEY BOWEN
(she/her)
CO-EXECUTIVE DIRECTOR



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