

Student Workshops 2024-2025

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the get
Real
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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 GSA 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.



WORKSHOP COMPONENTS FOR SUCCESS



Simple Model

Our workshops are led by diverse speakers with lived experience who model positivity, vulnerability, growth, and compassion.

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.

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.

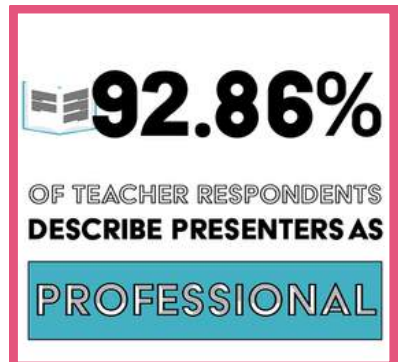


Comprehensive Approach

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, and GSA workshops for in person events.

Length

1 hour

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

Ideal size

80-120 students is recommended for optimal participation, but we can accommodate larger groups, up to 200-250, upon request.

Cost

\$700+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. 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

\$500+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 WORKSHOPS

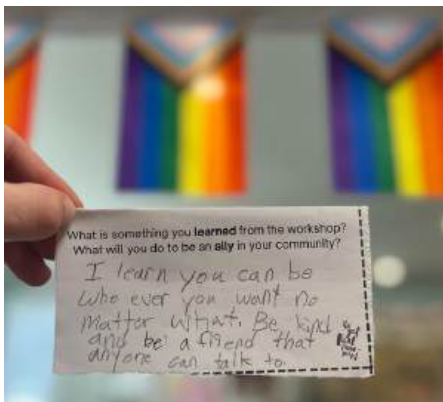
Grades 4-5

**Offered in person and virtually*

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.*

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 WORKSHOPS

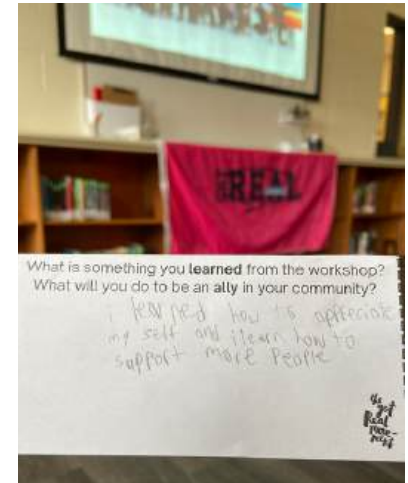
Grades 10-12

**Offered in person and virtually.*

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!)

[REDACTED]

GET REAL WORKSHOPS
HOLD AN AVERAGE
TEACHER
OVERALL RATING OF
94%



COMBATTING ANTI-BLACK RACISM WORKSHOP

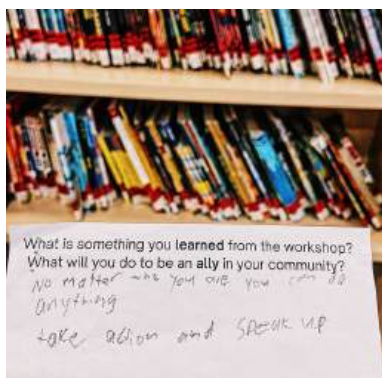
Grades 4-5

**Offered in person and virtually.*

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*

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.*

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.



FOLLOW-UP WORKSHOPS

2SLGBTQ+ History Workshop

Grades 6-12
Offered virtually.

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.

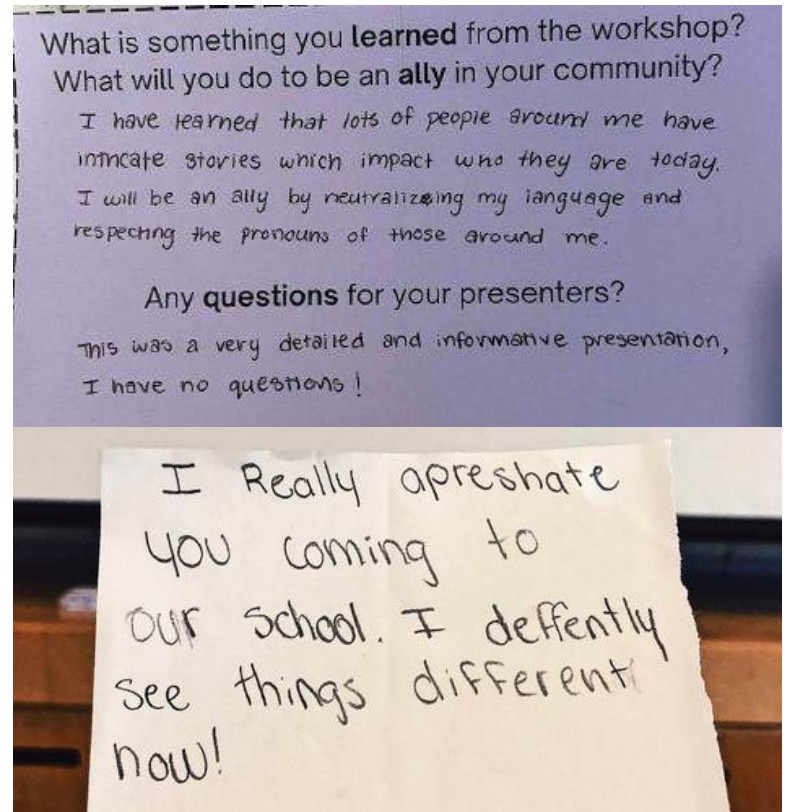
The workshop briefly explores gender and sexual diversity around the world throughout time before focusing on North American 2SLGBTQ+ history and the evolution of queer representation.

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*



FOLLOW-UP WORKSHOPS

Black History Workshop

Grades 6-12

Offered in person and virtually.

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.

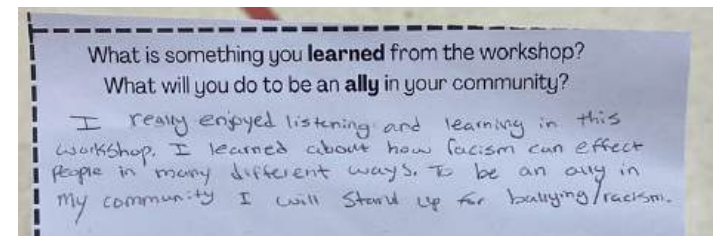
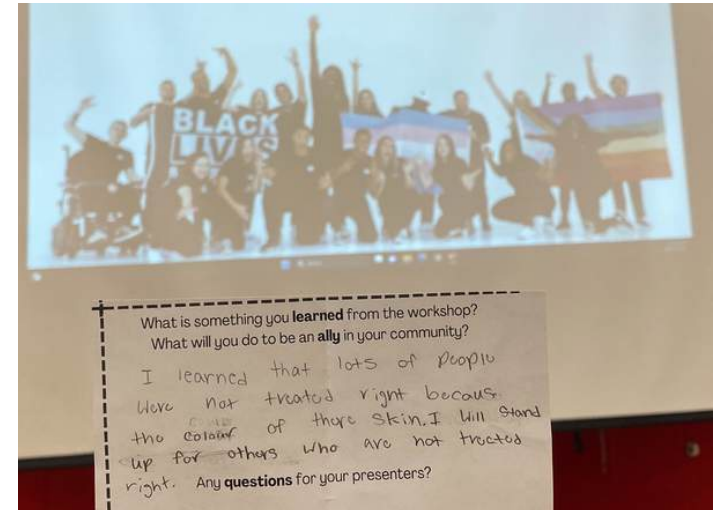
The workshop discusses the beginnings of slavery in North America through to abolition, and then focuses on the continued systems of racial oppression that Black Canadians and Americans continue to face up until present day.

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

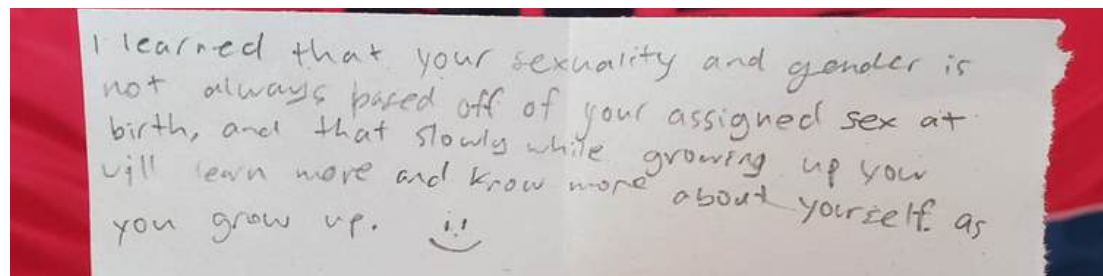
Grades 6-12

Offered in person and virtually.

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

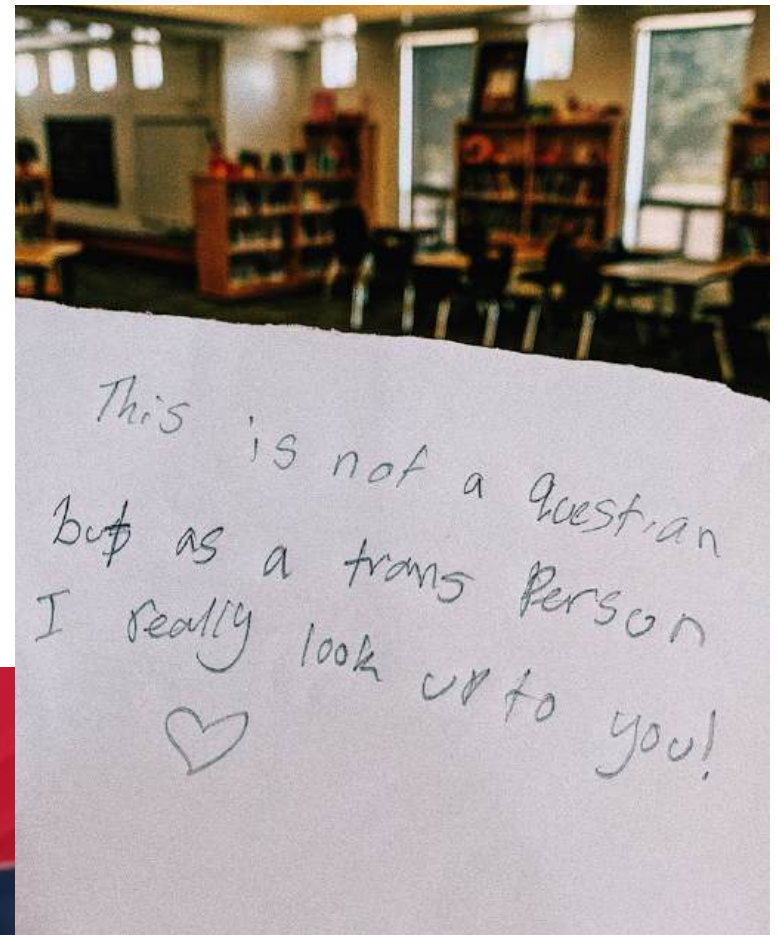
Engaging and compassionate speakers will create a brave space for students to learn terminology, explore the harmful impacts of gender stereotypes, unlearn transphobic myths and stereotypes, and ask honest questions.

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



**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*



FOLLOW-UP WORKSHOPS

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

Grades 4-12

Offered in person and virtually.

If you're considering starting a GSA or looking for support for your existing GSA, this is the workshop for you! Led by veteran Get REAL speakers, this collaborative and interactive workshop explores themes of leadership, community and queer joy.

Students will engage with different modules tailored for various ages & experience levels—whether they're just starting out, part of a younger group, or from a more established team.

Students and speakers will connect through storytelling, goal setting, and brainstorming, in addition to discussing the importance of positive spaces and how to build and maintain their own.

Driven by student input, this workshop offers GSA's valuable advice, engaging activity ideas, and an opportunity to build their own capacity for advocacy and allyship that will positively impact the school community.

**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 GSA - 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 GSA in. A truly positive experience for all."

FOLLOW-UP WORKSHOPS

Coming
January
2025!

Social Media Literacy

Grades 6-12

Offered in person and virtually.

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

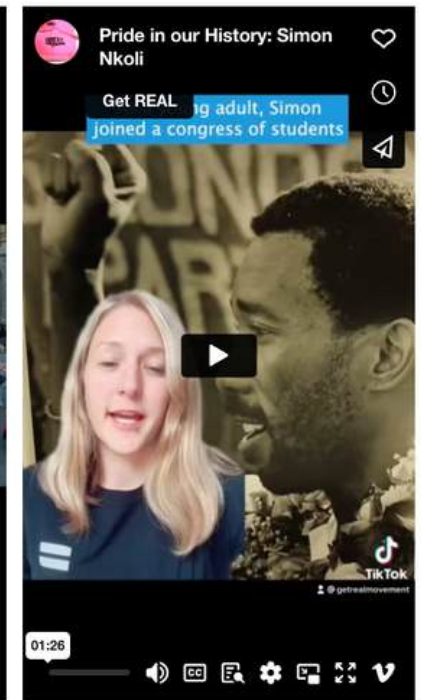
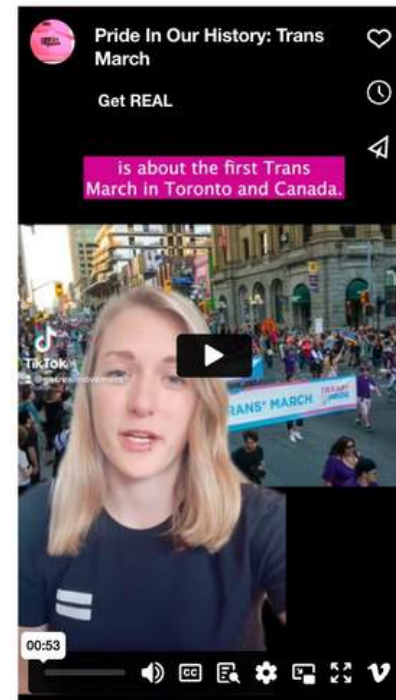
This dynamic workshop highlights the importance of mindful social media use, encouraging students to develop healthier habits for a positive digital environment and to become supportive allies in addressing online hate and cyberbullying.

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.

**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*



ADDITIONAL OFFERINGS

Panel/Keynote/Conference

**Offered in person and virtually.*

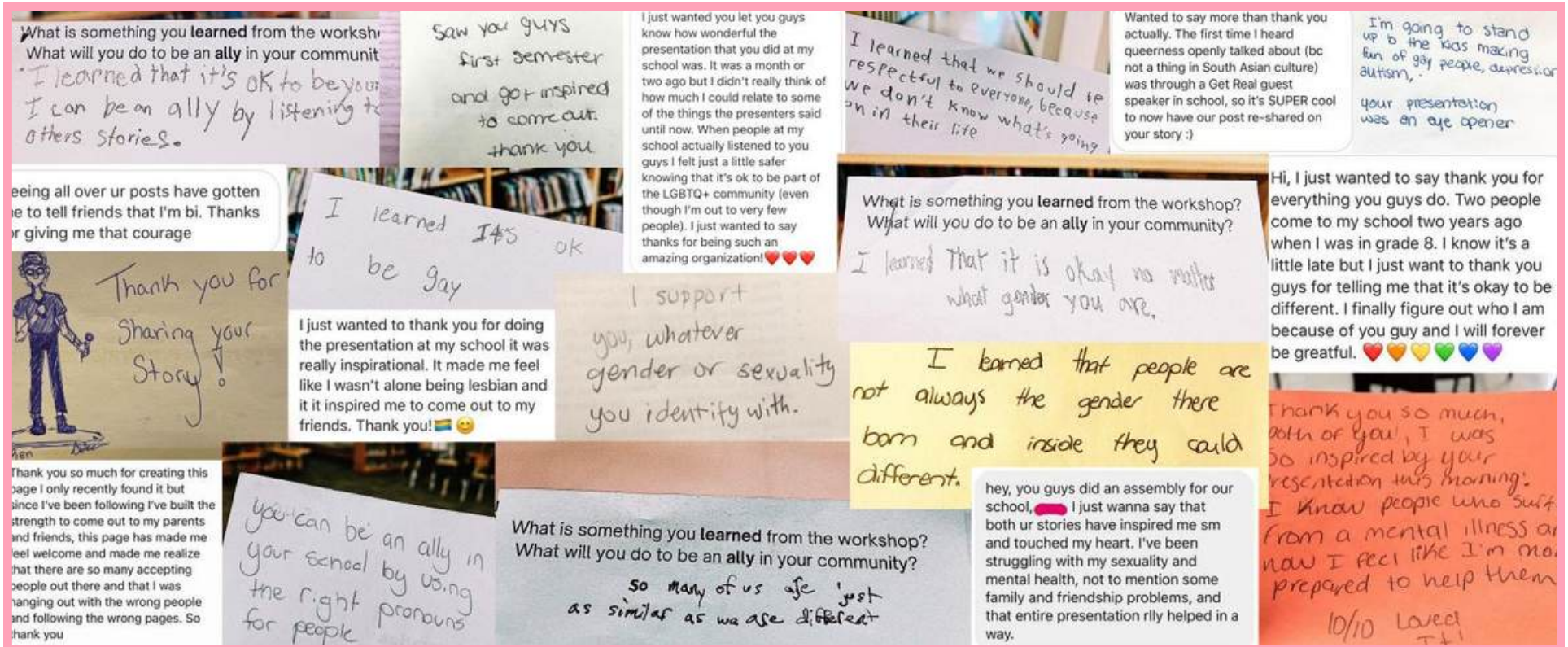
Are you hosting an event related to justice, equity, diversity and inclusion and want students to leave informed, empowered and inspired?

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.



STUDENT FEEDBACK



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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