

A YWCA Edmonton x PLLC Stretch Experience

**AUG 20**  
**13-14 21**

# IMAGINE THAT

A BIPOC youth guide to navigating  
teenage identity

**Welcoming people of marginalized  
genders\* ages 13-16**

**Virtually Canada wide**

**RSVP Online  
Free!**

Black

Indigenous

People of Colour

\*Cisgendered women, trans and gender non conforming, cultural genders

## PARTICIPANT GUIDE: IMAGINE THAT 2021

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## Treaty Acknowledgement

As we begin our journey at Imagine That 2021, we would like to acknowledge that the conference and YWCA Edmonton is located on Treaty 6 Territory, which is the ancestral space and traditional meeting ground of the Papaschase Cree and Métis Nation, and the traditional territory of Blackfoot, Cree, Dene, Nakota Sioux, Saulteaux, and many other Indigenous peoples who continue to hold Treaty rights to this land. As settlers working and learning on this land through Treaty, we recognize that this acknowledgement is only the beginning of necessary ongoing efforts in pursuit of Indigenous sovereignty and self-determination, land reclamation, and true decolonization.

In the process of creating Imagine That, our objective was to bring to center under resourced and underrepresented voices, especially Indigenous folks that are violently pushed to the margins of our communities through the ongoing genocidal project of the Canadian state. As such, it is imperative that we invest our time, resources, energy, and labour into actively contributing towards decolonization efforts as informed by Indigenous knowledge and leadership. This was, and continues to be a foundational commitment throughout the creation of Imagine That. This recognition also necessitates that we advocate against the ongoing dispossession and oppression experienced by Indigenous peoples on their land. Meaning, our decision-making processes in our roles as facilitators, volunteers, and conference coordinators must be led by Indigenous community members in ensuring that our content is accurate, inclusive, accessible, and actively works to challenge the barriers to existence experienced by Indigenous folks on their own land.

We invite you to remember and commit to this as we move forward throughout the presentation this afternoon, and the entirety of our time as settlers on this land. If you are not located in Amiskwacîwâskahikan, please use [this website](#) to learn more about the land you occupy, and your commitment as settlers on Indigenous territory.

## Welcome!

My name is Abby Isaac, I'm an undergraduate student at the University of Alberta, and I am so excited to welcome you to "Imagine That" 2021! As the lead organizer for this conference, it seems surreal to be writing this letter to you... I'm feeling so many things!

My idea for this event originated with the guiding question "*what do I wish I knew*" as a first generation young Black woman born and raised in Edmonton, Alberta. There is so much I wish I could go back and tell myself when I was a teenager, and watching the workshops for this conference become a reality feels like I'm completing a magical full-circle-moment in my life.

I started by thinking about the more personal, vulnerable areas of confusion I dealt with (like beauty standards that I could not see myself in, for example). From there, I began reflecting on some of the language I wish I knew to express my feelings earlier on, and the community I wish I had. My hope is that through the workshops, you will find yourself relating to each other's experiences as we share stories and learn new language together.

Lastly, I thought about how I engaged with the larger, oppressive systems around me. Issues like racism and sexism (to name a few), seemed too big for me to handle. I remember believing that "I could only do so much," that my impact was limited, and that my experiences were isolated. I later found community with people who looked like and related to me. Everything changed, and I began to *allow* myself to imagine my life without barriers related to my identity.

As one of my literary heroes Toni Morrison would say, "dreaming is our first-order human business, [...] it is work." Dreaming is important. We must first imagine a beautiful world to work towards it. "Imagine That" is here to encourage and protect your right to dream into reality a world that might not exist for you yet.

With a supportive community, it is possible to create a safe environment where equity, complexity, and difference is celebrated and valued. Having been where you are now, I can tell you that you deserve it.

Thank you for being here- for reading this. I am looking forward to learning from our incredible speakers alongside you.

See you soon,  
Abby

## **Session Streams**

### **SELF**

Our first stream, "SELF, " will host two workshops surrounding the topics of beauty standards, body image, emotional intelligence, and listening to ourselves. This stream is intended to discuss our relationships with our bodies and our self-perception, and how we can empower ourselves through care, intention, and love.

### **COMMUNITY**

Our second stream, "COMMUNITY," will unpack our relationships with those around us, as well as the ways we can build community and form solidarity with others. Specific topics include social media influence and pressure, comparison, and school communities and curriculum. This stream will also host two workshops.

### **SYSTEMS**

Our last stream, "SYSTEMS," will provide folks with tools to better understand, and find our place in challenging the oppressive systems in which we live. Workshop themes will focus on defining patriarchy and gender-based exclusion, as well as understanding how different identities (race, gender, sexuality, etc.) intersect with one another. Folks will also have the chance to learn more about what "decolonization" means, and our responsibilities on Indigenous land.

**Each stream will host two workshops.**

**Note: Come to the sessions that work for you!**

## Conference Itinerary (Day 1)

### FRIDAY, AUGUST 13TH

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12:00 - 12:50 PM: *Welcome Address with YWCA Organizers*

This brief session will be an introduction to the conference, and a welcome from the conference organizers at the YWCA!

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1:00 - 1:30 PM: *Homeroom with Mentors*

Here you will get to meet your conference mentor for the first time, and connect with them and others in your group! You will continue to meet with them throughout Imagine That.

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1:40 - 2:10 PM: *Internalized Fatphobia with Sogand Zakerhaghighi*

In this session, Sogand will be discussing the roots of fatphobia, how we judge ourselves and our bodies, and self-image.

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2:20 - 2:50 PM: *"Two Times Better:" On Imposter Syndrome with University of Alberta Student Roundtable*

Through this session, you will hear the perspectives of four different current and former students of colour discussing their experiences with imposter syndrome while navigating classrooms and leadership roles, and learning to overcome feelings of inadequacy through boundary setting and healthy relationships.

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3:00 - 3:30: *Patriarchy and Intersectional Feminism 101 with rashida aziz*

In this session, rashida will offer a breakdown of what patriarchy is and how it shows up in our daily lives. She will also teach us about the roots of "intersectionality" and Black feminism, and how we can practice intersectional feminism in our daily lives.

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3:40 - 4:20: *Keynote Address with Brandi Morin*

As our keynote speaker for Imagine That, through her lived experiences, Brandi Morin will offer insight into the gravity of the Missing and Murdered Indigenous Women and Girls crisis, and share her story as a world-renowned journalist and Indigenous rights activist.

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4:30-4:40: *End-of-Day Address with YWCA Organizers*

A short session to wrap up the day's events and set a foot towards the next day's sessions.

## Conference Itinerary (Day 2)

### SATURDAY, AUGUST 14TH

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12:00 - 12:40 PM: *Homeroom with Conference Mentors*

During the first session of the day, meet in your homeroom to reflect on any leftover thoughts from the day before and to prepare for the upcoming sessions.

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1:00 - 1:30 PM: *Emotions As Data with Karlyn Percil-Mercieca*

In this session, Karlyn will be unpacking how we can learn to listen to ourselves more, build emotional intelligence, and set boundaries in our lives while navigating the challenges of having a marginalized identity.

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1:40 - 2:10 PM: *Freeing the Imagination: Solidarity Across Differences with Dr. Muna Saleh*

In this session, Dr. Saleh will draw from scholars like Bettina Love, bell hooks, Audre Lorde, Miriam Kamba, and other thinkers to show how education can and should be for young folks of colour.

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2:20 - 2:50 PM: *Intro to Decolonization with Shanese Anne*

In this session, Shanese will be discussing what decolonization and colonization are, how they show up globally, and how we can invest in building healthy, equitable communities for marginalized people.

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3:30 - 4:20: *Homeroom with Mentors*

During this last homeroom session, discuss the day's sessions and reflect on how we can show ourselves intentional self care and find joy while navigating the difficult systems that we learned about.

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4:30 - 4:40: *End-of-Conference Address with YWCA Organizers*

A short session to wrap up the conference, thank our speakers, and hear what's to come for Imagine That!

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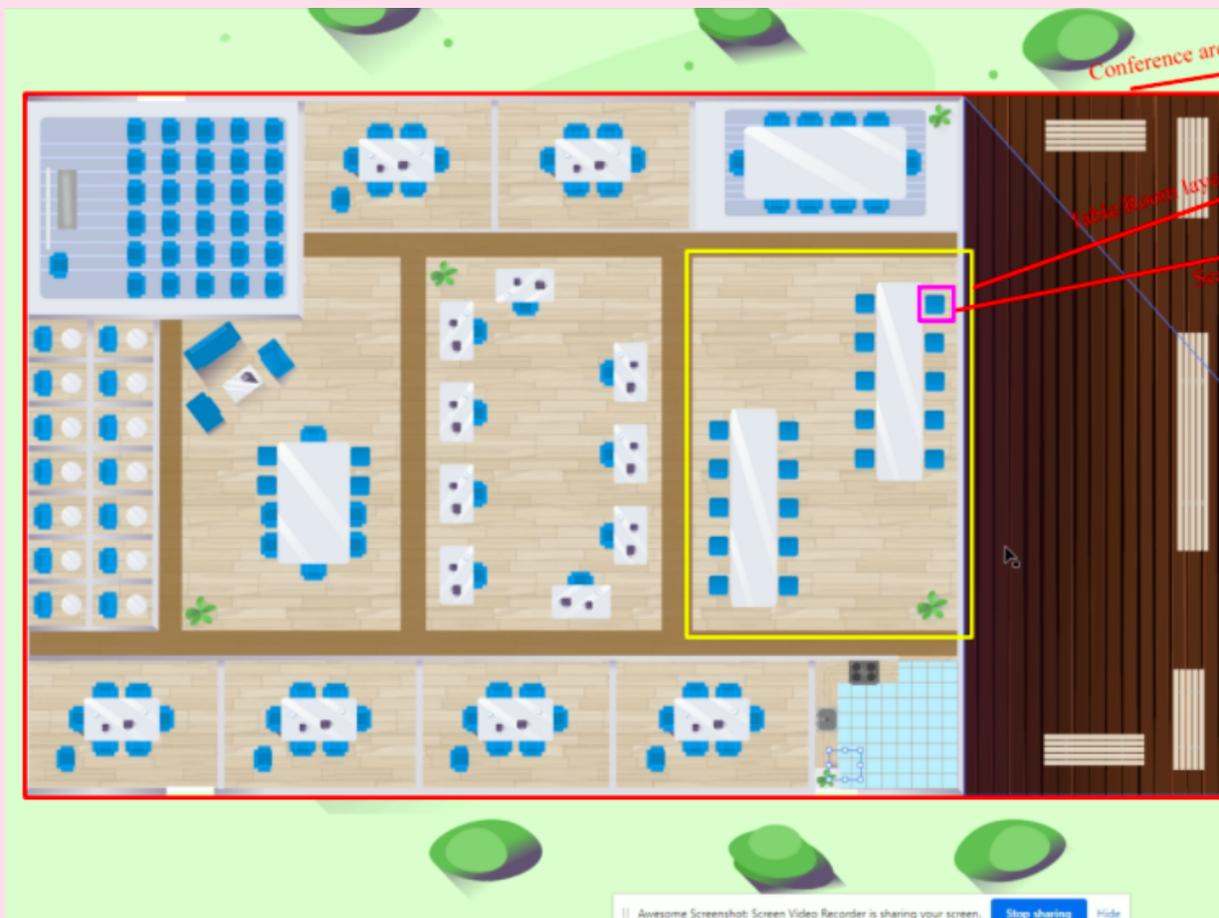
## Remo User Guide

Please visit [this document](#) for a detailed breakdown and user guide for the day-of.

*What is Remo?*

Remo is an interactive virtual event platform. Similar to zoom (but different and better!!), it enables users to listen to presentations, chat with one another, and move between large group and small group discussions. On Remo, however, we are able to customize floor plans (see template below), making the event more engaging for participants since they can visualize the event and meet one another!

Participants can move from one table to another by double clicking on a new location, and all small-talk/socializing stops when it's time for a presentation by a workshop facilitator. Please read the attached document above for more information ahead of the conference!



## Code of Conduct

In order to create and ensure a safe space, facilitators and participants will actively abide by the following code of conduct.

1. Facilitators and participants will use proper pronouns when referring to others
2. Facilitators and participants will respect each other's privacy
  - a. What is said in the room stays in the room
  - b. Respect each other's boundaries (re: disclosure of information, "opt-ing in" to personal interactions)
3. Facilitators will set a good example of how to interact in the room
4. Facilitators will approach varied perspectives and experiences with curiosity and an open mind
5. Facilitators will encourage everyone to participate, but recognize and respect that not everyone will feel comfortable doing so
6. Facilitators will be conscious of the language used by themselves and participants, as certain words and references can be triggering and disrespectful
7. Facilitators and participants will listen to each other, and be mindful of leaving space for others to speak
8. Facilitators will use prompting questions and active listening to further conversations and continue to make space for participants
9. Facilitators and participants will be actively inclusive
10. Facilitators and participants will respect another's choice to sit out of a conversation or activity if they feel uncomfortable
11. Facilitators will be conscious of the power dynamics in a room, and be aware of the consequences of their own words and actions as conference mentors
12. Facilitators will speak up if a participant does not follow the code of conduct or behaves disrespectfully

If you witness or experience and (in)direct form of discrimination throughout Imagine That, please report it to the conference organizers.

## **Thank You!**

All of this would not be possible without our donors, support from YWCA Chapters nationally, and of course- you. Thank you for helping us make all of this possible! We are so excited to see you there.

## **Contact**

If you have any questions, please contact [imaginethatconference@gmail.com](mailto:imaginethatconference@gmail.com) for conference specific information!