

# WA-BLOC PARTY

## WORKSHOP LIST



### Music and the Arts

#### **The Sounds of Freedom: Music is your voice:** *Christian Bravo & Chris Robinson, CryOut!*

In our workshop we will look through some of the history of music (hip-hop) and the movement it created in oppressed communities. We will look into iconic lyrics by NAS, KRS1, TUPAC, etc. to get an understanding of what social justice issues people were dealing with during those times.

#### **Poetics and Politics: Poets, Revolutionaries, and Social Justice Movements:** *Nikkita Oliver, Creative Justice (and Guest)*

From James Baldwin to Audre Lorde to Kendrick Lamar poets and cultural workers are the heart of a social justice movements. The poet and the revolutionary, in the words of James Baldwin, are "there to articulate the necessity, but until the people themselves apprehend it, nothing can happen..." Let's talk poetry, politics, and social revolution. It is our time to make it happen!

#### **Lyrist Lounge: Empowerment through Music** *Keasha Beard*

Empowering people through lyricism and poetry. For example, the black lives matter movement. In this workshop you will write a rap or a poem to the beat to discuss a political or issue you want to address to empower or promote hope.

#### **Love Lives Here: Bringing Beauty to Homeless Encampments:** *J. Njeri Thande*

Bring your creativity, your curiosity, your questions and your fierce hope for a better world and come paint with us! Since February 2016, the artists collective- Love Wins Love- has been bringing diverse people together to make Unity flags to honor the 4,505 people who were counted during January 2016's "One night count" of people living on the streets of King County with no shelter. When the flags are hung in shelters and tent encampments, they communicate "love lives here " to everyone who sees them. This project was inspired by workshop co-leader Susan Russell, a housing advocate and Real Change vendor who lived on the streets of Seattle for over six years

#### **Artpocalypse: How to use art to Protect the Environment and Fight Racism:** *Rasheena Fountain & Guest*

Did you know that air pollution causes 5.5 million deaths a year? Were you aware that issues of the environment are closely related to racial issues? Racial minorities are more affected by environmental hazards. **Storytelling and art can be a powerful resource to bring attention to these issues.** Hip hop, street art, film making, poetry, and other artistic outlets are powerful tools being used by many to bring awareness and change. Through exploration and creation of art (music, writing, painting, and drawing),

attendees will learn about the various ways their lifestyle impacts the environment and meaningful ways in which they can contribute to human and planetary health around them.

### **Organizing the Hood - Generating Awareness and Support for Community Improvements with Art and Events:** *Darryl Eastin*

Using art and community events to focus awareness, generate excitement and build support for commonly identified community improvements is a planning strategy that's been successfully used in diverse urban neighborhoods over time across the country. Examples of this are community murals, fairs, marches and parades, public sculpture, music and dance events, town halls and other special community get together.

### **Art with Heart: Community Art Project** *Art with Heart*

Sometimes it can be hard to express exactly what we're feeling in words—our emotions swell up and swallow our voices or we lose our train of thought and focus on the wrong thing. Art with Heart believes that through the visual arts, we can access those emotions in a different way, showing what we feel in images instead of words. In this workshop, we'll spend some time free-writing toward a single intention. Then we'll create a group mandala, where each student gets a section to express what that intention looks like for them. Using paint and oil pastel on canvas, you'll have the opportunity to be inspired by great materials and crucial conversations—and at the end, your school will have a piece of art that's also a piece of all of you.

## Identity/Relationships

### **The Hate that Hate Produced (explaining why people of color hate themselves):** *Gamayash (Creighton Goodwin)*

Eliminating self-hatred among people of color and exposing implicit bias people of color might have toward themselves as well as people of other races.

### **Mama Afrika: Big Black and Beautiful** *Giavonna White, artist and educator*

I will be presenting a short music video I made showing women who are all full figured and dark skinned. We will talk about the images and the hip hop lyrics that accompany them. We will discuss standards of beauty and look at the struggles of black women compared to white. We will also look at Africa's wealth and why she is currently so poor.

### **Speak Your Truth: Power of Your Narrative** *Alex Davis (she/her)*

You may think that your story doesn't matter, that people aren't interested, or that you shouldn't be talking about yourself. But, everyone has a story to tell and your voice needs to be heard. Storytelling provides an opportunity to showcase your identity, challenges, and life experiences, demonstrating that these are assets that strengthen your ability to help others. This session will provide a space to break down barriers, remove judgment, and to build relationships with your classmates and community.

### **Queerstory and Public Policy:** *Marieka Klawitter & Alexis Howell*

This workshop will explore the roles of queer people in US history and the intersections of the queer and civil rights movements. We will talk about how people have and can continue to change US laws and policies that affect LGBTQ people. We will encourage students to examine their own histories and identities and think about how to use those to make-over the world.

**Invisible Woman: Diary of a Powerful Black Woman:** *Kaila Nsimbi & Viche Thomas, Rainier Scholars*

Malcolm X once talked about how the most disrespected, unprotected, and neglected person in America is the black woman. In this workshop, we will focus on the range of experiences of black girls, and what we can do as a community to better support them. Using the lens of Solange's album, "A Seat at the Table," we will explore themes such as invisibility, stereotypes, intersectionality, and the self-care necessary to build resiliency to face all of these issues.

**Colorism: #TeamDarkskin vs #TeamLighskin** *Zion Thomas and Mariam Bayo, RBHS students*

Our student-led workshop will be about colorism and our preconceived notions of it, while presenting initially a presentation/informative teaching session on what it is, where it comes from & why it's important we dismantle it, while additionally diving into a lateral conversation and discussion on the topic, & questions to be answered.

**#Relationship Goals** *Teen Peer Advocate Program*

#bae #love #baegoals #ily #lowl Are these your #relationshipgoals? Come join this interactive and fun workshop on relationships, rape culture, slut-shaming, and knowing your dating rights. Go on a "choose your own adventure" where you get to make decisions about relationships and learn about the resources that are available to you. #RealTalk

## Leadership and Community Organizing

**Boss Ladies: Growing the pipeline of women leaders.** *Tammy Morales w/ guest*

Women in politics, women in leadership, and claiming your space as a leader.

**I Got Your Back: How to be a Good Ally & Anti-Racist Organizer** *Bianca Davis-Lovelace*

The goal is to build anti-racism practices and explore ways we all can become effective allies. Participants will have the opportunity to explore the dynamics of power and privilege while exploring ways to walk in solidarity with marginalized groups.

**From Jesus Christ to Curry Spice: How Story can spark a Revolution:** *Jamil Suleman, artist*

Who are you? That answer will define your life, period. It's called "your story", and in this workshop, we're going to travel through the eyes of Jamil Suleman, local rapper and organizer, who recently started dressing up like Jesus to prove a point: story can change the world. You down?

**The Youth Right Now Are the Truth Right Now:** *Jordan Faralan (she / her), Cata Catibayan (she / her), Kary Kwong-Lee (she / her)*

Why do adults have all of the power? In this workshop, we'll be identifying adultism by understanding ways that adults have created power for themselves over young people. Discuss how young folks navigate adultist systems, and learn how they are organizing and fighting right now to resist.

**Show Me The Money!** *Patricia Lopez, City of Seattle*

Interested in organizing something for your community like a talent show, basketball tournament, poetry slam contest, art exhibit, training on racism or some other community project? Did you know that the City

of Seattle provides money to groups of people who want to do projects for their community? Come learn how your ideas can be supported with grant money to make it happen. And yes, funding can be provided to young people like you!

## Science/Technology/Environment

### **Programming Our World:** *Brian Conte & Soraya Cardenas, Ph.D.*

Our workshop will first discuss the social justice issues facing women and minorities along with the consequences. Then we will introduce them to some basic concepts of coding through our language, called "h" which was used in Microsoft's Imagine Cup's algorithm competition for almost 10 years.

### **Taking Down the Rich White Male System Before it Destroys the Planet: What We Need to Know to Defend Our Communities and Mother Earth:** *Women of Color Speak Out*

We'll discuss how Rich White Males have relied on Systems of Oppression (Racism, Colonialism, Capitalism, and Patriarchy) to enrich themselves, leaving the rest of us with Climate Change. Due to these systems of oppression, People of Color, Women, Indigenous peoples, and Queer/Trans people have been kept down and oppressed in order to ensure White Male Supremacy. We'll discuss ways to disrupt these systems of oppression to create Climate Justice that will protect our vulnerable communities and Mother Earth.

### **Why Not Question Everything? How sharing and getting the wrong answer is good for science:** *Yooree Chae*

How is a wrong answer a good thing? Is sharing really caring? How is science relevant to my life? We live in a society where making mistakes is seen as a bad thing instead of a way to learn and grow. For scientists to make mistakes, or not getting the expected answer, is a way to better understand how something functions. Sharing data lets people test the conclusions others have made to see if it is correct or not. That leads to better science. Questioning information, and not being to afraid of making mistakes is a valuable approach to life, particularly in a world that promotes alternative facts and denial.

## Social Media/Journalism

### **WOKE: Twitter Fingaz** *J. Njeri Thande*

This workshop will help students build civic and cultural literacy through social media. Twitter has become the most significant index of history that captures the pulse (real-time) of big political and cultural moments. International conflicts have been instigated through presidential tweets. A birth announcement has become a national event. With properly curated twitter list, we can create educational streams that will help us to think critically about news and events.

### **On Instagram Straight Flexin vs No Filters:** *Yasminda Dorrough & Monique Britt & Mike Davis, Union Gospel Mission*

Have you ever been scrolling down your Instagram and see a girl and think "double tap! She's bad!" Or see a boy's video and think "aye he's fine!" but when you see them in person they look or act nothing like their

photo/video? Where I'm from they call that #Catfished or #Frontinfortheagram and we don't get down or do we?

**Alternative Facts: Fighting Fake News!** *Ken Gillgren (Rainier Beach Action Coalition) and Vanessa Ingram (Y-Tech)*

The workshop will examine the damage of fake news, identify the ways to test the truth of reports, and share tools and insights into earning trust as an advocate and source of community information. Session will include presentations and interactive workshops in the context of a shared learning experience in which each participant has valuable insights.

**Get Write: Using Medium to Tell Your Story**

When the vast majority of journalists are still white, male, and middle-class, it's more important than ever for marginalized voices to take advantage of free platforms to tell their stories. I'll help students work through the technical aspects of setting up a blog (for free!) and then we'll workshop some ideas about storytelling.

## Higher Education/Careers

**Shaax iyo Sheeko: Is College a Trap?** : *Somali Student Association of UW*

This workshop will be focusing on how identity plays out in institutions like UW. We will talk about some controversial things that have happened at the school, view them in a social justice lens, and then talk about what we as students of color can do to speak out against institutionalize racism. We will do this in a 'Shaax iyo Sheeko' format. This translates to tea and talk in Somali. So basically we will be in a circle discussion engaging each other actively. It'll be essentially a perfect glimpse into what College life would look like.

**Higher Education: Freedom or Enslavement:** *Tali Hairston, Caenisha Warren & Alumni, Seattle Pacific University*

Is higher education a place of freedom or enslavement: Talking with educators who lead campus-based justice work.

**Music for Change** *SubPop Records*

Our goal is to educate and introduce a variety of different jobs that go into promoting a band/album release. We will focus the workshop on music business education and hope to have a few of our local artists attend to give some insight into the music writing process and greater role in which a performer plays in society.

**So you want to be a chef?** *Tarik Abdullah, Chef*

Aspire to be a chef and want to know what it takes to become one? Are you interested in the food industry? Join this workshop and learn from local chef Tarik Abdullah! We will be learning about food access in our community and have a chance to cook a recipe or learn a new cooking technique!

## Sports/Activities

### **Street Yoga: Yoga for Youngins** *Richard Spry, Street Yoga*

We will take a challenging but fun journey into movement through yoga, introducing concepts that are the foundation to yoga, experiencing the relief that movement in this way can bring.

### **Who Tryin' to get Active? (Cross-fit workout)** *UPower Cross-fit*

How can being a healthy individual help build a stronger community? We will have a series of workout challenges and discussion about health and our community.

## Cultural Solidarity/(Im)Migration and History

### **Brown Resistance** *Lucia Fraire, Cynthia Moreno*

It is important to know and understand the history, struggle and resistance of our people in order to effect social change. This workshop will break down the history (Colonization, Chicano student movement, Immigration etc...) while also looking at our many identities and how they intersect with each other in the struggle. We will discuss ways to self-care and resist in the current political climate and being prideful of who we are.

### **Asian & Pacific Islander American Solidarity: Im/Migration and Race:** *Cheuk-Ning Li*

How is it that people from such a diversity of backgrounds live in the United States today? In this workshop, we will explore some of the reasons around how our own families ended up in the United States, and how these reasons may have more in common with each other than is readily apparent on the surface.

### **Dismantling Apartheid: The Fight for Palestinian Liberation** *UW Students United for Palestinian Equal Rights*

Join UW Students United for Palestinian Equal Rights to learn about the history of the illegal Israeli occupation of Palestine and the struggle for Palestinian liberation. Like any struggle for justice, the first step is to listen to the voices of the voiceless and understand the realities of oppression - come talk to us about what's going on in Palestine, and find out what you can do about it!

### **Who is an American?** *Members of GRACE, Bellevue College*

"Who is an American?" What does an "American" look like? Like you? Like your neighbor? When our current president talks about "Americans," who do you think he's talking about? Has being an "American" always meant the same thing? What do you think the South Americans and Canadians

think--are they "Americans?" The frequent misperception that "American" refers to the dominant culture, leaves out those from underrepresented groups.

**Know Your Rights** *Vito de la Cruz and Chetana Williamson, ACLU*

During this workshop we will talk real about what to do if you are confronted by the police or ICE. We will discuss your constitutional rights and teach you how to exercise those rights if you are confronted by the police or ICE.

**What Does Standing Rock Look Like in My City,** *Rachel Heaton*

Learn about the relation between Standing Rock and our local fights here in Seattle! This workshop will share personal experiences at Standing Rock and discuss the ways you can get involved in issues like No New Youth Jail, immigration ban, clean water etc and also talk local role models for this work right here in our city.