

2022 LeadOn Summit

November 11-13



for peace and equality
LEADON

LeadOn Cover Art 2022 by:

Warren Baxter and Rinam Mae

Summer Planning Committee and ANDVSA Prevention



Gunalchéesh haat yigoodi (*Thank you for coming!* in Tlingit) to LeadOn 2022! We are SO GLAD you are here! Despite the difficulties of the last few years, it is an honor to not only continue the LeadOn legacy, but also to be together in person.

To keep our community safe, this year's conference is smaller, which has given us the opportunity to choose a conference focus: **Peer Education**. All of you attending are already peer educators, or are interested in sharing info, resources, and messages with your peers.

The Summer Planning Committee of nine youth and seven adults from six communities gathered in person to plan for this event in August! Together, we set intentions for LeadOn:

We hope LeadOn will provide all of us with:

- *Exposure to new and different environments*
- *The chance to get out of our comfort zones and participate in positive activities with new people of all ages*

We hope that at LeadOn we will:

- *Be heard, believed, understood, accepted, forgiven*
- *Be valued for who we are*
- *Be accepted by ourselves and others*
- *Learn about identifying and maintaining boundaries*
- *Increase confidence in our ability to speak, show, and share*
- *Have the chance to discuss and learn about: mental wellness, youth rights, healthy boundaries, healthy sexuality, and valuing the humanity of all people*

We firmly believe that each and every one in attendance has a leader within them; our goal is to encourage, inspire, and empower each participant to grow into that role in their own unique way to have even more of a positive impact on their communities. We ask that all conference attendees be good relatives to one another and really lean into the opportunity to learn, listen, and think deeply about how we define ourselves and shape the future.

With love,

The ANDVSA LeadOn Team: Alex, Doug, Esther, Joshua, Marjorie, Ray and Rinam

Flow of the Toolkit:

Flow of the Toolkit

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Thank you!

From many Alaska Native languages and some other languages spoken in our state. How do you say 'Thank you' in your language? Share it with us! Please correct these if they are wrong!

Tsin'aen (Ahtna) * **Qağaasakung** (Unangam Tunuu / Unangaġ) * **Quyanaa** (Alutiiq/Sugpiaq) * **Chin'an** (Dena'ina) * **Dogedinh** (Deg Xinag) * **'Awa'ahdah** (Eyak) * **Hai'** (Dinjii Zhuh K'yaa/ Gwich'in) * **Háw'aa** (Xaad Kíl (Haida Language)) * **Mahsi'** (Hät gołan/ Han) * **Dogadinh** (Doogh Quinag/ Holikachuk) **Quyanaq** (Inupiaq) * **Baasee'** (Denaakk'e/ Koyukon) * **Maasee'** (Menhti Kenaga/ Tanana Athabaskan) **Tsin'ęę** (Nee'aandeg'/Tanacross) * **Nt'oyaxsn** (Sm'algyax (Tsimshian Language)) * **Gunalchéesh** (Lingít **Yoo X'atángi** (Tlingit language)) * **Tsen-'jĵ** (Nee'aandeegn'/Upper Tanana) * **Quyana** (Central Alaskan Yup'ik) * **Igamsiqanaghalek** (Siberian Yup'ik) * **Agyamanak** (Ilocano) * **Salamat po** (Tagalog) * **Dankeschön** (German) * **Takk skal du ha** (Norwegian) * **Xiè xiè** (Mandarin Chinese) * **Gracias** (Spanish) * **Arigatou gozaimashita** (Japanese) * **Asante** (Swahili) * **Galatoomi** (*Oromo (spoken in Ethiopia, Kenya, Somalia, & Egypt)*) * **Shukran jaziilan** (Arabic)

Acknowledgements

The LeadOn planning committee and the Alaska Network on Domestic Violence and Sexual Assault would like to thank the following organizations and individuals for supporting LeadOn 2022. This event couldn't happen without the generous and tireless support of so many!



Community Commitments

Please read the following commitments and values we expect everyone to uphold throughout the LeadOn conference and the duration of teams' Community Projects.

Throughout LeadOn 2022, I agree:

- To listen to & respect all attendees, while also respecting their rights & property.
- To act as a leader; being present & engaged in activities I attend to the best of my abilities while supporting other participants to do the same.
- To remain drug and alcohol free; to NOT possess any drugs, tobacco, vaping tools, alcohol, fireworks, matches, lighters, knives, or other items that would endanger people, pets, wildlife, the environment, or property.
- To socialize respectfully in the public areas of the hotel and conference centers.
- To sleep only in my assigned room and be in that room by 11pm each night.
- To attend all the activities throughout the conference, unless I have discussed with a conference organizer and my adult mentor otherwise.
- To not leave an event, unless my adult mentor or a LeadOn staff grants permission.
- To not leave the premises of the without my adult mentor's knowledge & approval.
- To be open to building new relationships with my peers, the adult mentors, and LeadOn Staff/Volunteers at the conference.
- To take care of my mind, body, and spirit throughout the conference; to ask for help if I need it and offer to support (if I am able) to others who may need it (see page 8).
- To care for our elders and for those with underlying factors that put them at greater risk of COVID by taking precautions. I understand that masks are recommended, but not required, unless I am experiencing symptoms.

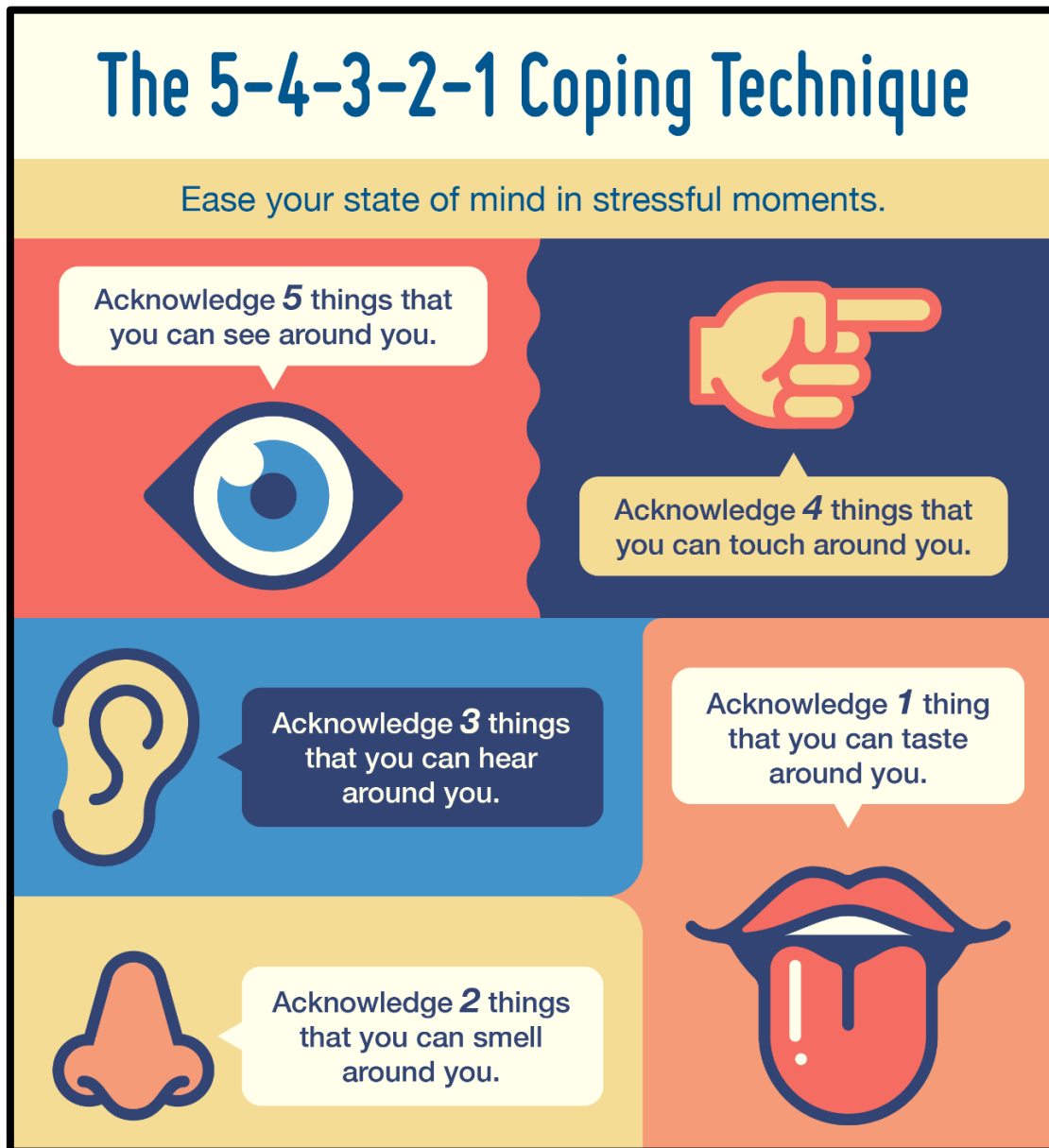
Community Commitments

On this page, take the time to reflect on the commitments you need to make to yourself in order to be as present as possible, both physically and mentally. What do you need to do in order to join LeadOn 2022 as your whole self, and not simply a role self? How do we empower not only our voice, but also the voices of others to ensure that everyone is heard?

Self-Care

In our quest to heal our communities and help those around us, sometimes we forget to take some time to ensure that we take care of ourselves. It is important to remember that we cannot build externally what we have not yet established internally, so we encourage our participants, mentors, and presenters to take care of themselves. This can look like taking a break, stepping outside to get some air, reaching out and talking to people you trust, listening to music, talking a walk, or whatever you feel comfortable with.

Here are some self-care tools and grounding techniques that you can use at your leisure, and share with your community, and those you provide peer education to!



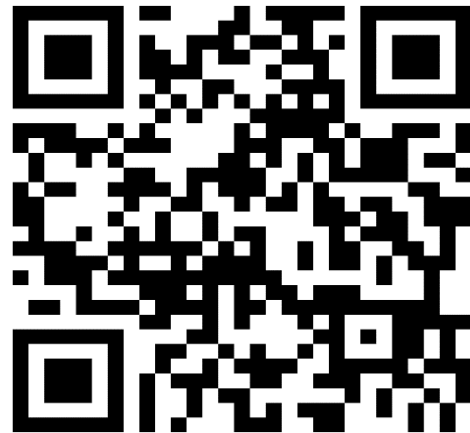
Self-Care

Here are a few QR codes that will lead you to some videos about other self-care techniques:

Fingerholds:



Butterfly Hug:



Square Breathing:



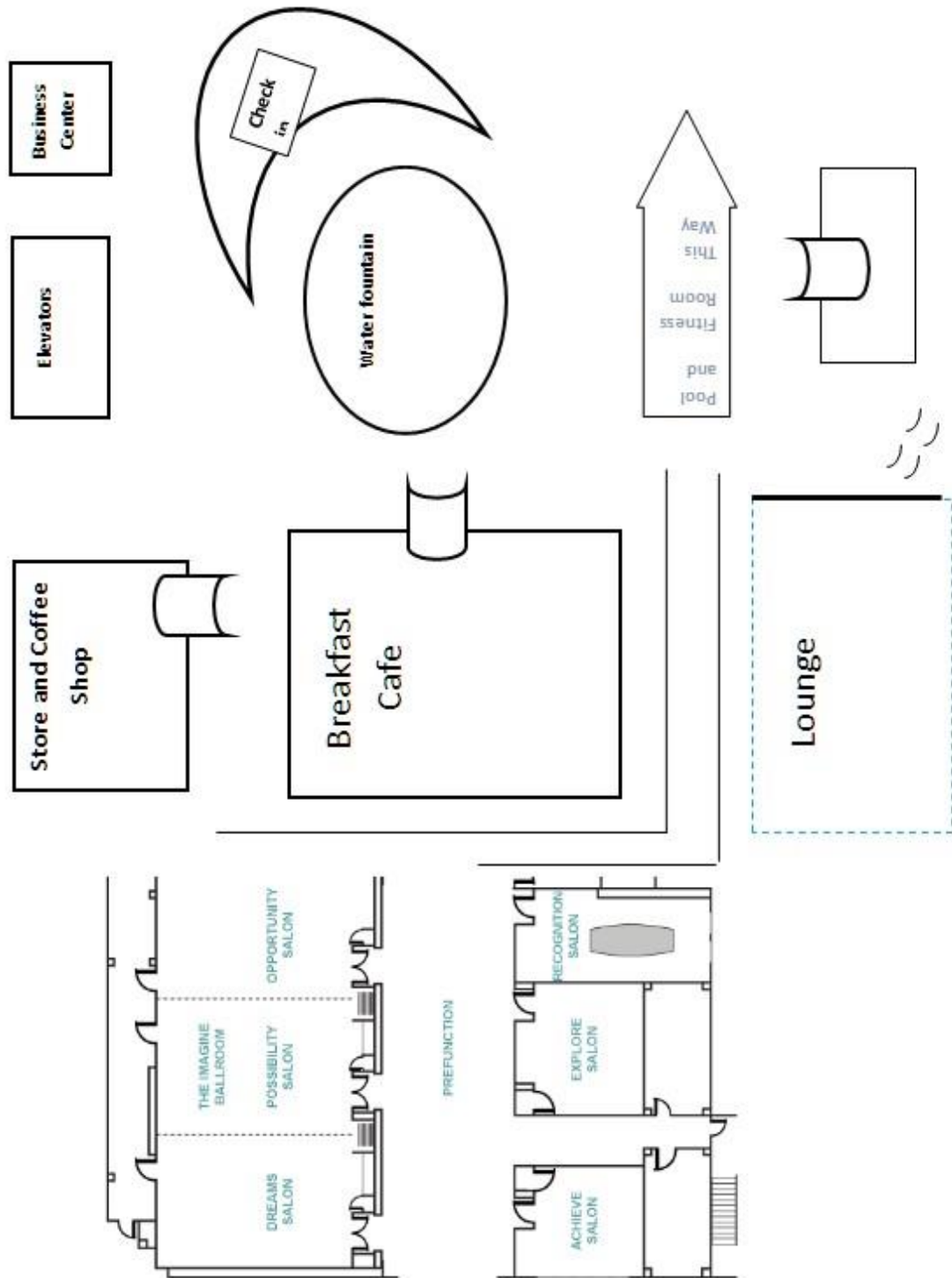
LeadOn 2022 SCHEDULE

	Friday, November 11, 2022 Embassy Suites		
700am-845am	Breakfast @ Embassy Suites Hotel		
915-930am	Gather in the Embassy Suites Conference Area		
930am-1045am	Welcome and Opening Starting in a Good Way and Gratitudes Why are we here? Icebreakers & Inspiration		
1045am-1100am	Break		
1100am-1215pm	Morning Workshops Choose from one of the workshops below		
	Alcohol 101 Sarah Mills	Understanding and Respecting Gender Identity and Sexual Diversity Brooks Banker	They Said: How to Tune Out the Noise Preston Pollard
	Achieve Salon	Explore Salon	Opportunity Salon
1215pm-100pm	Break & Lunch: served in the Conference Area		
100pm-215pm	All Group Session Embodied Warm In Why Peer Education? Ask a Peer Educator Panel		
215-300	Break		
230pm-330pm	Community Project Planning Sessions		
	Community Group 1: Bethel, Kiana, Nenana, YAHA	Community Group 2: Homer, Ketchikan, Sitka	
	Explore Salon	Opportunity Salon	
330pm-345pm	Break		
	Afternoon Workshops		
345pm-500pm	Media Literacy & Digital Storytelling Gabby Salgado	Relationships are Everywhere Gene Tagaban	Embodied Movement Brighton Brooks
	Achieve Salon	Explore Salon	Opportunity Salon
500pm-515pm	Closing		
530pm-700pm	Dinner: Served in the Conference Area		
700pm-9pm	Optional: Collage & Craft Space		
1100pm	In assigned rooms by 11pm		

	Saturday, November 12, 2022 Embassy Suites		
700am-845am	Breakfast @ Embassy Suites Hotel		
845am-900am	Gather in the Embassy Suites Conference Area		
900am-1045am	Welcome and Opening Starting in a Good Way Icebreakers Identity Houses Inspiration		
1045am-1100am	Break		
	Morning Workshops Choose from one of the workshops below		
1100am-1215pm	Mentors Co-Op* Jenny Baker & Doug Koester *session intended for adult mentors	Asking For a Friend Homer R.E.C. Room	Microaggressions: Identity, Impact, and Empowerment Theresa Lyons YWCA of Alaska
	Achieve Salon	Explore Salon	Opportunity Salon
1215pm-100pm	Break & Lunch: served in the Conference Area		
100pm-215pm	Strengthening our Communities and Ourselves: What factors help or get in the way Becky Judd		
215pm-230	Break		
230pm-345pm	Community Project Planning Sessions		
	Community Group 1: Bethel, Kiana, Nenana, YAHA	Community Group 2: Homer, Ketchikan, Sitka	
	Explore Salon	Opportunity Salon	
345-400	Break		
345pm-5:00pm	All group Session: Speed-Friending Conversations about consent, mental health, boundaries		
	Main Room		
530pm-700pm	Dinner: served in the Conference Area		
730pm-1000pm	Open Mic Night! (Required Event)		
1100pm	In assigned rooms by 11pm		

	Sunday, November 13, 2022 Embassy Suites		
700am-845am	Breakfast @ Embassy Suites Hotel		
845am-900am	Gather in the Embassy Suites Conference Area		
900am-1015am	Relationship Spectrum Ketchikan Youth Peer Eds	Co-Conspiritor Training Tuan Graziano Anchorage Youth Vote	Attitude of Gratitude Gene Tagaban
	Achieve Salon	Explore Salon	Opportunity Salon
1015-1030	Break		
1030am-1145am	Community Project Planning Sessions		
	Community Group 1: Bethel, Kiana, Nenana, YAHA	Community Group 2: Homer, Ketchikan, Sitka	
	Explore Salon	Opportunity Salon	
1145am - 12:15	Break & Boxed Lunches		
1215pm-100pm	Closing Digital Story Walk of Life & Staying Connected Prize Drawing		

600 E Benson Blvd, Anchorage, AK 99503
(907) 332-7000



Workshop Descriptions

Friday, November 11th, 2022

Embassy Suites Conference Area

Workshops are a chance to get inspired, learn with and from other youth and presenters, and connect with new people. This year's workshops are also meant to provide you with skills, ideas, and information to take back to your community, in your work as a Peer Educator. As a result, consider sending different members of your team to different groups in order to establish a foundation of diverse ideas, and ensure your team gets All The Knowledge!

Day 1 Morning Workshops

11:00 am - 12:15 pm

1. Alcohol 101 – Sarah Mills

Examine the culture around alcohol use and how it compares to what data shows young adults do. This workshop provides an overview of standard drink sizes and responsible alcohol consumption.

2. Understanding and Respecting Gender Identity and Sexual Diversity – Brooks Banker

This workshop provides an overview of the terms used by, spectrums of, and inequities experienced by the LGBTQ2IA+ community. This presentation incorporates insight that is Alaska-specific, including info about local and statewide anti-discrimination laws as well as guidelines on how to be respectful and supportive of those in the sexual and gender diverse community.

3. They Said – How to Tune Out the Noise – Preston Pollard

In this workshop, learn practical tools on how to push forward with persistence and build resilience through tough times.

All Group Session

1:15 - 2:00 pm

Embodied Warm In – Brighton Brooks

An introductory activity for the Embodied Movement, which is the act of becoming grounded and present in your body.

Panel of Peer Educators – Various Presenters

A Panel of Peer Educators from all throughout Alaska. Facilitated by Doug and Tyler, this panel will examine what peer educators do, including the struggles they have faced, and the successes they have created. Through this panel, participants will learn how to raise awareness, pass on knowledge to their peers, and help inspire change within their communities.

Community Project Planning Sessions

2:15-3:30pm

These sessions give you a chance to start thinking about ideas for projects in your own community. Start thinking about the strengths of your community, how to build on those strengths and what positive changes you would like to see happen. Get ready to talk with other youth from your community and around the state

Day 1 Afternoon Workshops

3:45-5:00 pm

1. Embodied Movement – *Brighton Brooks*

Embodied Movement is the act of becoming grounded and present in your body. Step into your power by reconnecting with your body's own healing resources by experimenting with movement and rhythm. Empower yourself with creative expression and mindful movement while exploring boundaries.

2. Relationships are Everywhere – *Gene Tagaban*

We are always in relationship, whether we are aware of it or not. We think about and work on relationships with family, friends, partners, and sometimes even with ourselves. But many relationships go unnoticed, like the relationship with the chair we are sitting in or the food we eat. Or the relationship with the air we breathe or the land we walk on. This workshop explores how our relationship with the world ultimately effects how we are in relationships with our family, friends, partners, and ourselves.

3. Media Literacy and Digital Storytelling – *Gabby Selgado*

In this workshop we will learn how to process and think critically about media. Together we will learn to decode our sources and understand the differences between "text and subtext." The 30-minute presentation and discussion is followed by a photo scavenger hunt and an opportunity to contribute to the 2022 LeadOn digital story.

Saturday, November 12th, 2022

Embassy Suites Conference Area

Day 2 Morning Workshops

10:00–12:15pm

1. Mentors Co-Op* – *Doug Koester and Jenny Baker*

****workshop intended for adult mentors, but open to anyone***

At this workshop, we firmly believe that everyone brings something to the table. As a result, we will strive to create a space where we can not only discuss ways to overcome challenges, but also build upon one another's ideas to create something new. Participants will be given a chance to engage, support, and empower one another as peer educators and mentors.

2. Asking For a Friend – *Homer R.E.C. Room*

Join the Homer R.E.C. Room Peer Educators as they pull an assortment of real anonymous questions from their sexual health classes taught in the Homer area and answer them! The R.E.C. Room Team will also answer questions you've added to the question box throughout our time together for an interactive, informative session.

3. Microaggressions: Identity, Impact, and Empowerment –

Theresa Lyons, CEO, YWCA of Alaska

Amid a national conversation about racial justice and equity, microaggressions are one of the most common experiences within communities of color. In this presentation, YWCA Alaska identifies what microaggressions are and the forms they take, explores what microaggressions look like for students in their everyday lives and the impact they have, and provides strategies on how to address microaggressions while holding ourselves accountable in the process. While they may appear insignificant at first, the cumulative effect of microaggressions and the harmful assumptions they make about others require a coordinated response from all of us, which this presentation hopes to inspire.

All Group Session

1:15 pm – 2:15 pm

Strengthening our Communities and Ourselves: What factors help or get in the way - *Becky Judd*

What kind of resources do youth in your community need to be healthy, safe and supported? Through learning and activities, we will explore the factors that can protect us from violence, substance use, mental health challenges and more.

Community Project Planning Sessions

2:30-3:45pm

These sessions give you a chance to start thinking about ideas for projects in your own community. Start thinking about the strengths of your community, how to build on those strengths and what positive changes you would like to see happen. Get ready to talk with other youth from your community and your region!

All Group Session: Speed Friending!

3:45-5:00pm

As a group, we will meet one another and build relationships centered around establishing healthy boundaries, normalizing conversations about self-care and mental health, and consent.

Open Mic Night

7:30 pm-10:00 pm

****REQUIRED EVENT**** *(but trust us, you won't want to miss it!)*

Celebrate the 14th year of LeadOn with our annual Open Mic night, cohosted by Gene Tagaban and Rinam Mae! Bring your instruments, your culture, your stories, your imagination, your costumes, and anything else that allows you to share a piece of yourself with your new LeadOn friends from across the state!

Imagine Ballroom @ Embassy Suites Conference Area

Be sure to be in your rooms by the 11pm curfew!

Sunday, November 17th, 2022

Embassy Suites Conference Area

Day 3 Morning Workshops

9:00 am – 10:15 am

1. Relationship Spectrum – *Ketchikan Youth Peer Educators*

This workshop will be led by the Ketchikan Youth Peer Educators (KYPE) who will take participants through a lesson on the spectrum of relationships from healthy to abusive. This workshop will invite participants to review realistic teen dating relationship scenarios and consider if what is happening in each scenario is healthy, unhealthy, or abusive. The goal of this activity is to open dialogue about how different relationship behaviors can be supportive, harmful, or controlling, depending on context. Everyone is invited to share their thoughts (to their comfort level!) in order to deepen their understanding of healthy relationships. KYPE facilitates this activity in the 9th grade health class in Ketchikan High School, so they will also share their experiences facilitating the lesson, answer questions about teaching this and similar lessons in a classroom setting; and offer other peer educators the chance to consider if this activity would be useful for their work.

2. Attitude of Gratitude – *Gene Tagaban*

In the world today where negativity is so present, we don't have to work to find it, it finds us. We have to search for and hang on to that attitude of gratitude. But how? Using the Indigenous medicine wheel which encompasses physical, emotional, mental and spiritual wellness, this workshop will provide ideas on how we can build immunity to the negativity and build to resilience face the world.

3. Co-Conspirator Training: Ending adultism through meaningful youth engagement – *Tuan Graziano, Anchorage Youth Vote*

Co-conspirators, adults who understand that youth have the power to make our world a better place, play a pivotal role in supporting young people through truly meaningful engagement. Learn what it means to be a co-conspirator, best practices in meaningful youth engagement, and how youth adult partnerships can empower young people to reach their full potential.

Community Projects Planning Session

10:30 am – 11:30 am

These sessions give you a chance to start thinking about ideas for projects in your own community. Start thinking about the strengths of your community, how to build on those

strengths and what positive changes you would like to see happen. Get ready to talk with other youth from your community and your region!

Remember... this is just the BEGINNING!

Next Up: Community Projects!

Stay in touch!

Human Scavenger Hunt Part One!

Have your new friends sign-off on these as you have found them! *Only ONE sign per friend!*
When the scavenger hunt is complete go to the registration desk to have a staff member sign-off and you can complete a raffle entry to have a chance of winning a tablet and other prizes!

Find someone who....

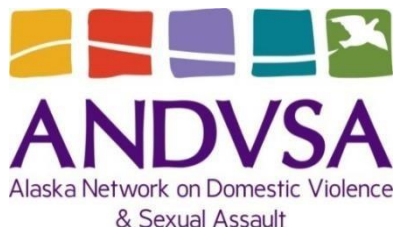
Has traveled to another country.	Was born somewhere other than Alaska.
Signed + which country:	Signed + where:
Talk to an adult you feel comfortable with talking to about hard things & have them sign.	Demonstrates they can do the Seal Hop, Scissor Kick, or 10 push-ups.
Signed:	Signed:
Can draw a portrait of you on this sheet of paper.	Has a pet that is not a dog or cat.
Signed:	Signed + which kind of pet:
Plays a musical instrument.	Has been to LeadOn before.
Signed + which instrument:	Signed:
Is a vegetarian.	Can speak a different language from you.
Signed:	Signed + which language:
Has the same birth-month as you.	Is left-handed.
Signed + which month:	Signed:
Presenter who's workshop you really liked.	15 year old participant.
Autograph:	Signed:

Human Scavenger Hunt Part Two!

Have your new friends sign-off on these as you have found them! *Only ONE sign per friend!*
When the scavenger hunt is complete go to the registration desk to have a staff member sign-off and you can complete a raffle entry to have a chance of winning a tablet and other prizes!

Find someone who....

Is the oldest child.	Plays a sport.
Signed:	Signed + what sport:
Thinks pineapple belongs on pizza.	Is wearing colorful socks.
Signed:	Signed:
Has different colored eyes than you.	Loves the snow.
Signed + what color:	Signed:
Loves to draw or paint.	Has never been out of Alaska.
Signed:	Signed:
Has never broken a bone:	You trust.
Signed:	Signed:
Look up to.	Been to 3 or more states.
Signed:	Signed:
Was born in November.	Enjoys cooking or baking.
Signed:	Signed:



For more information on domestic violence and sexual assault, contact the closest direct service provider in your community.

Location	Program	Crisis Line Number
Anchorage	Abused Women's Aid in Crisis Standing Together Against Rape	(907) 272-0100 (907) 276-7273
Utqiagvik	Arctic Women in Crisis	(907) 852-02611 1 (800) 478-0267
Bethel	Tundra Women's Coalition	(907) 543-3456 1 (800) 478-7799
Cordova	Cordova Family Resource Center	(907) 424-4357 1 (800) 790-4357
Dillingham	Safe and Fear Free Environment	(907) 842-2316 1 (800) 478-2316
Fairbanks	Interior Alaska Center for Non-Violent Living	(907) 452-7273 1 (800) 478-7273
Homer	South Peninsula Haven House	1 (800) 478-7712
Juneau	AWARE	(907) 586-1090 1 (800) 478-1090
Kenai	LeeShore Center	(907) 283-7257
Ketchikan	Women in Safe Homes	(907) 225-9474 1 (800) 478-9474
Kodiak	Kodiak Women's Resource and Crisis Center	(907) 486-3625 1 (888) 486-3625
Kotzebue	Maniilaq Family Center	(907) 442-3969 1 (888) 478-3969
Nome	Bering Sea Women's Group	(907) 443-5444 1 (800) 570-5444
Sitka	Sitkans Against Family Violence	(907) 747-6511 1 (800) 478-6511
Seward	Seaview Community Services	(907) 224-3027
Unalaska	Unalaskans Standing Against Family Violence	(907) 581-1500
Valdez	Advocates for Victims of Violence	(907) 835-2980
Craig	Helping Ourselves Prevent Emergencies	907) 826- HOPE (4673)
Petersburg	Working Against Violence for Everyone(WAVE)	907-650-712324
STATEWIDE	Alaska National Guard Sexual Assault Prevention and Response Statewide	Contact: (907) 428-6219 Safe-help-line: (877) 9955247

Tsin'aen (Ahtna) * **Qa̱gaasakung** (Unangam Tunuu / Unanga̱) * **Quyanaa**
 (Alutiiq/Sugpiaq) * **Chin'an** (Dena'ina) * **Dogedinh** (Deg Xinag) * **'Awa'ahdah**
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Asante (Swahili) * **Galatoomi** (*Oromo (spoken in Ethiopia, Kenya, Somalia, &
 Egypt)*) * **Shukran jaziilan** (Arabic)

SPECIAL THANK YOU TO...

Summer Planning Committee:

Thor Morris

Moody Barr

Alyanna Dela Cruz

Hope Call

Franchesca Correa

Kristen Van de Geer

Isabella Gerhard-Cyrus

Jeanne Gerhart-Cyrus

Maryellen Robinson

Jenny Baker

Doug Koester

Ray Romberg

And as always, a huge quyana to the amazing LeadOn elder,

Elizabeth Sunnyboy

Notes/Ideas & Activities I want to bring back to my community:

Bring your notes to the registration desk and show a LeadOn staff

For every 3 Ideas/Activities you write down, get another entry for the raffle!

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*“Speak the Truth, Even if Your
Voice Shakes”*

Margaret Kuhn



ANDVSA
Alaska Network on Domestic Violence
& Sexual Assault