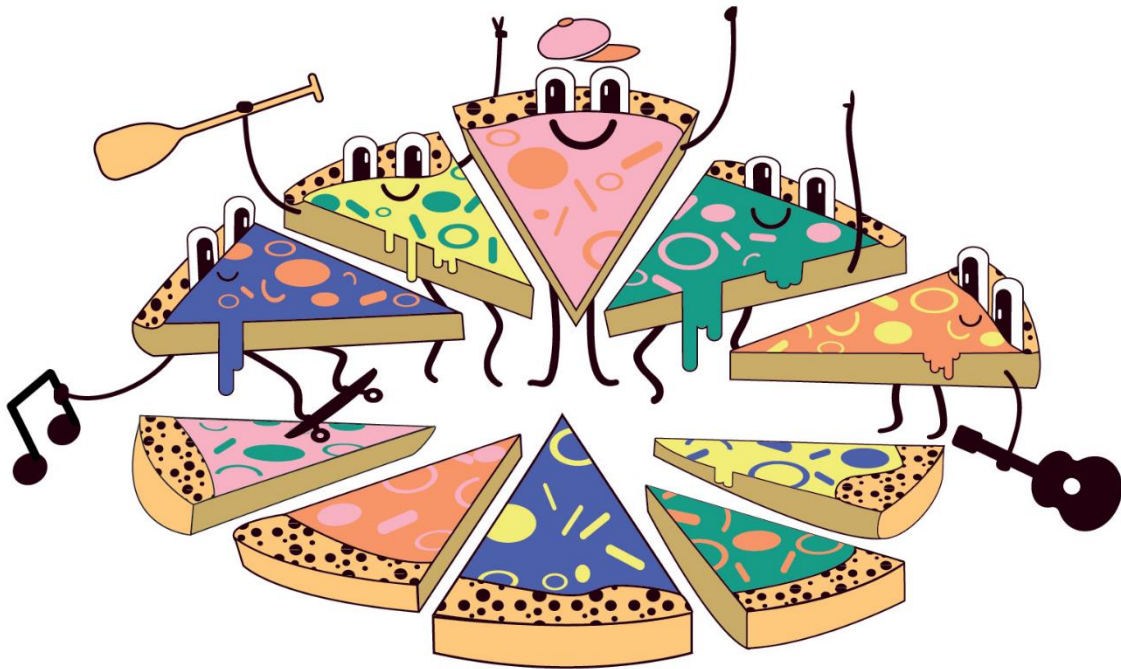


# Welcome to CampOUT!

## NCH'Ú7MUT



## 2019 Camp Program

Your trusty guide to navigating the CampOUT! experience!

Hello Campers!

Thank you for being here— we are excited to share this experience with you!

This is a guide to help you navigate and prepare for the camping experience. Please take time to read the information on the following pages. This program includes information about CampOUT! workshops, our community's gender inclusive approach, our non-negotiable rules, our Community and Participation Agreements, and our camp schedule.

## Who's Who...

There is a large group of amazing individuals who are coming together to make camp happen!

### The CampOUT! Leadership Team is:

Camp Director: Anna White  
Co-Facilitator: Ivan Leonce  
Camp Aunty: Jeremy Jones  
Camp Assistant: Hanna Jarrett  
Elder: Gertie Pierre

### Care Team:

Mental Health Workers: Aimee Beauchamp, Sam Kaplan  
Camp Nurse: Emily Sollows  
Sexual Health Educators: Stevie Thompson, Blake Stitilis  
First Aid Scout: Ada Yim  
Lifeguard: Stacy Wood  
Care Team Assistant: Amanda Pheeney

### Cabin Leaders:

Aaron Cheung, Meika Johnson, Lainey Calcano, Raven Loucks, Danny Lybbert, Marlena Boyle, Sam Stouten, Marcelo Ponce-Gonzalez, Beckham Evans, Kitze Pacilla, Emily Bailey, Jason Bigelow

### Community Mentors:

Axel McGown, Cheyenne La Vallee, Elise Barber, Harpreet Gill, Laura Gaaysiigad Cuthbert, Sarah King, Serena Bhandar, Shazad Shah

# Your Guide to CampOUT!

**Our vision** is a community where:

- Each person's individual journey is affirmed
- Concepts of "normalcy" are challenged
- All forms of diversity are celebrated
- Learning happens in non-traditional (and fun!) ways.
- We commit to take home our learnings to our home communities
- Many kinds of leadership are explored, encouraged, and developed
- Friendships are fostered
- Personal growth is supported
- We are agents of change

**Goals for CampOUT!**

- 1 Create a space where folks can bring their whole selves
- 2 Cultivate a deeper self-awareness in our leadership practices
- 3 Celebrate and affirm courageous risk taking
- 4 Connect with each other and the land
- 5 FUN! FUN! FUN!!!!

## CampOUT! Non-Negotiables\*

In order for all participants to have equal access to the benefits of the camp, the five following ground rules are non-negotiable:

- CampOUT! is a sober space. This means that no drugs or alcohol are permitted at camp.
- CampOUT! is a sex positive, but sex-free environment. No sexual activity will be permitted at camp.
- CampOUT! will not tolerate harmful, disrespectful, or inappropriate behaviour.
- CampOUT! participants will respect the agreed-upon curfew.
- CampOUT! participants and staff will respect the facility and rules of our host Camp Fircom.

*\*Anyone who breaks one of these ground rules may be sent home.*

## CampOUT! Theme: Nch'ú7mut

*In consultation with Squamish Nation we have chosen the Squamish word Nch'ú7mut (pronounced "in-cho-mote") as the theme, which roughly translates as to 'coming together as one', 'unity', or 'one piece of something bigger'. The idea behind this theme suggests that we need everyone to be part of our LGBTQ2+ community building. Everyone who shows up plays a key part in creating what happens and shapes how we are dreaming forward together. Every day we are creating connections with new people, and strengthening or maintaining the connections we already have. This can be with our friends, family, classmates, acquaintances, community members, and even complete strangers! But, are we thinking about how those connections are made? Or how we are impacted by our connections? How are we supported and challenged by our connections? How do we think about our lived experiences, our present, and the space and land that supports us when we are creating and strengthening these connections? In bringing together queer, trans, two-spirit, and allied folks of all ages, backgrounds, and experiences, there is opportunity for a diverse range of connections to be created. CampOUT! is an opportunity to learn more about ourselves and learn about how we connect with other people through our similarities and our differences.*

*As individuals coming from diverse communities, we will be working to create connections where everyone involved feels welcome and included! We will be working together to cultivate important connections, which we will be able to take back to our home communities to feel supported and be an agent of positive change!*



## Land Acknowledgement

CampOUT! lives, learns, and breathes on the unceded, ancestral, and occupied, traditional lands of the xʷməθkʷəy̓əm (Musqueam), Səlilwətaʔ (Tsleil-Watuth), Stó:lō, Shíshálh (Sechelt) and Skwxwú7mesh (Squamish) Nations of the Coast Salish peoples.

## CampOUT! Participation Agreements

In order for all participants to have equal access to the benefits of the camp, I understand and will agree to the following:

- I accept responsibility for taking care of my health and wellness by getting adequate sleep and nourishment.
- I commit to full participation in all camp programming to the best of my ability.
- I will keep all personal electronic usage to a minimum in order to participate fully in the camp experience.
- I am aware that I will be assigned a cabin group and leader according to my age category.
- I am aware that cabins and washrooms will be inclusive of all genders.
- I will inform my leader, the Care Team, or the Camp Director about any problems/issues that may arise for me at camp.
- I understand that I will not be permitted to leave the camp for any non - CampOUT! organized recreational purposes, nor will friends who are not registered at camp be permitted on site.
- I agree to respect the CampOUT! non-negotiable agreements in order to help create an inclusive space for all participants.
- I will abide by the Community Agreements we create together at camp.

## Gender Inclusivity at CampOUT!

### **Gender Inclusive cabins, bathrooms, and waterfront!**

Gender inclusivity offers us ways to engage with one another person to person. At CampOUT! we offer an opportunity to develop mature, communicative, and respectful relationships with one another across all gender spectrums!

We organize **sleeping arrangements** by age groups rather than gender experience. Our bathrooms and cabins are gender inclusive. Privacy needs do not depend on our gender identity.

There are **bathrooms** in a central location, and all showers and toilet stalls are private. Cabins can set up change rooms in their cabins for additional privacy. There will be opportunities to talk about this gender inclusive approach in more detail at camp.

In solidarity with cis women and trans folks, everyone wears tops at camp for sports and **swimming**. Please bring a shirt you feel comfy in for this, and we will have a customizing shirt/decorating station!

## Navigating Social Media at Camp

- **An opportunity to relax your phone use:** Camp is a nice place to put down your phone and enjoy spending time with new and old friends, exploring, learning, and experiencing nature. Challenge yourself to go 3 or 4 days without texting!
- **No Wi-Fi:** let your friends and family know you probably won't be posting much while you're away. There is service at the camp.
- **Be Respectful:** bring earphones if you need to listen to music to fall asleep.
- **Ask Consent:** Always ask people if you can take their picture and if it's alright for you to post that picture.
- **Practice presence:** community building can be an intense experience that is hard to describe to others. Stay in the moment and wait until you get home before sharing pictures or stories. This will allow you to really reflect on your experience.
- **Ask us if you have needs:** The camp staff can send an email to parents/caregivers to let them know you have arrived safely and are enjoying yourself. They will worry a lot less if they receive a quick but official message from us.

*I'm glad we  
were friends...*



*Because that opened  
me up too love you.*

*Demi-Romantic*

# Community Celebration

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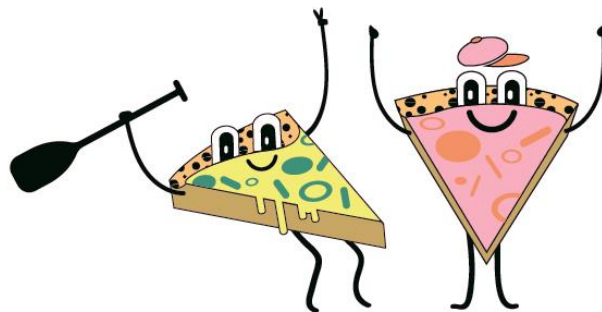
On Saturday evening, we will have the CampOUT! Community Celebration! This is an opportunity for campers and cabins to get creative and “come out” as creative forces to the group by sharing some of their unique skills, abilities, jokes, talents, stories, poetry, drag performances, tap dancing, acting abilities, or any other entertaining, inspiring, or thought provoking tidbits that folks would like to put together for the showcase! Try some collaboration! Take a deep breath, ask your leader or a new friend for the support you need to share a bit of your unique self, and have a blast with this great opportunity! And sign up!

## Workshops

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### Programming Streams:

- 1. Leadership & Allyship:** Empowerment, skill development, critical thinking, and mentoring to foster leadership for social change. Education and skill development to cultivate community involvement. There are lots of ways to ‘lead’!
- 2. Arts & Campy:** Engagement in personal and collaborative creative arts opportunities. Engage with a campy camping environment through games, arts & crafts, music, skits, and more! Arts for all kinds of creative creatures!
- 3. Wellness:** Gain tools for helpful self-care practices, body & mind wellness, healthy relationships, communication, setting boundaries, sexuality, gender identity, and responsible sexual practices. Yeah!
- 4. Outdoorsy & Land-Based Activities:** Swimming, hiking, canoeing, nature walks, campfires, and more!



## Leadership & Allyship Workshops:

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### **Theatre for Social Change - *with Axel***

What happens in a play when audience members are invited onstage to flip the scripts of power and oppression? Theatre of the Oppressed is a kind of theatre that does exactly that! Come play with theatre games and exercises so that we can practice what it feels like to transform moments of conflict into learning and liberation!

### **Squamish Language - *with Cheyenne***

Description TBA!

### **Lens Kit - *with Laura***

How we see the world is unique to us. Together, we'll reflect on how we see the world, what shapes us, and who we've learned from. We'll take those ideas and make them into small art that you can take with you wherever you go. Art that will remind you of your experiences, gifts, and superpowers. This is a chance to be more connected with your identity and use it to see all of the amazing things going on around you. Armed with our lenses we will head outside and notice more about the site, the people we're meeting, and ourselves.

### **Affinity Groups**

**Indigenous Space** – For folks who self-identify, or are questioning, as indigenous let's spend some time together! While we have a jam-packed session, don't fret - you can choose to take part in as much or as little as you like, we'll still enjoy the company. For our affinity group session we're planning to start with a black stone ceremony where we let go of the things that no longer serve us, while connecting with seal medicine. After we have spent some time near the water we will turn to the land for a Gertie Plant Walk. The walk will be nice and slow and we will spend time getting to know our surroundings and the medicines it holds for us. After the walk, get ready for a fun round of Slahal aka the Bone Game to prepare us to re-enter the wider camp and as a way to end our session together. We look forward to meeting you!

**QTIBPOC Space** - Description TBA!

**White Settler Space** - Description TBA!



## Arts & Campy Workshops:

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### **Tarot Toolkit: A Beginner's Guide to using Tarot Cards for Self-Reflection and Discovery - *with Harpreet***

Have you always wanted to learn the mystical art of tarot? Or are you an expert looking for a new way to use your skills? In this workshop, we'll go over tarot basics, look at how the cards can be used as a self/communal care tool, and practice laying out and translating a spread.

### **Writing Personally to Care for your Community - *with Serena***

Writing about yourself is hard. Writing about the hardships and difficulties you may face on a daily basis is harder still. But it is worthwhile, not only as a form of personal therapy, but also as a way of engaging with your community and building lasting, genuine connections with the people around you. This workshop is based around breaking down barriers to creativity, and transforming personal healing into community and connection. It includes three main exercises and space for discussion and sharing of work. Attendees should have at least some experience in personal writing, journaling, or other forms of introspection. They should also be encouraged to bring their own journals and any other tools or items that help them feel safe and grounded while writing.

### **Finding the Words - *with Axel***

Have you ever learned a new word or way to describe an identity or experience that just clicked? In this workshop, we'll explore how reading and writing poetry can give us those "mmhmmmm" moments. We'll explore the work of other queer, trans, and two-spirit poets through our own voices and bodies, and then be inspired to jump into using our own words. Whether you're a seasoned poet or just curious about the power of putting words to feelings, come play with verse and find the words!

### **Library Space - *with Sarah***

Curious about something you learned in another workshop? Looking for stories that reflect your experiences? Want to share your own learnings and stories with others? Just need to stick your nose in a book to recharge? Want to (re-)experience the Big Big Feels of children's books? Stop by the library space and see if there's something that resonates with you.

### **Do the Twist - *with Laura***

You can make almost anything out of balloons once you learn the basics! Over an hour I'll show you some of the basic twists that go into balloon twisting. By the end you'll know how to make most four legged creatures and then only your imagination (and potentially your fear of popping balloons) will be holding you back. Note that this workshop isn't friendly to folks who are allergic to latex.

### **Wellness Workshops:**

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#### **Taking Care of Communities, Taking Care of Each Other - *with Stevie and Blake***

As queer and trans youth, many of us spend a lot of time taking care of our communities and each other! This workshop is about how we can work as a community to support and keep each other safe, whether that is setting boundaries for ourselves, making safety plans when we are partying, and knowing some harm reduction basics. We'll be talking about drug use, overdoses, and our individual rights and responsibilities to ourselves and our communities! We know these can be hard topics to talk about, and we hope you'll enter this space with us!

#### **Sexual Wellbeing - *with Stevie and Blake***

When it comes to sex and relationships, there are lots of messed-up scripts we're expected to follow. Bummer! But in reality, sexuality is infinitely diverse. There's no normal!!! In this workshop, we'll build tools to increase our sexual well-being, communicate our wants and needs, form positive relationships with ourselves and others, and explore what safer sex may look like for us!

#### **Sexual Health Q&A - *with Stevie and Blake***

Whether we're doing it, thinking about it, or couldn't care less, we all have the right to learn about sex and sexual health. But it can be hard to get information that's accurate and relevant! Here's your chance! Drop your questions about sex, sexuality, and sexual health in the box, and we'll gather as a whole camp to learn from each other's questions and get information that's non-judgmental and inclusive!

#### **Trans Community Space - *with Jason, Serena, Stacy, and Beckham***

Being trans is awesome but it doesn't always feel that way. In this trans-exclusive group space, folks are encouraged to both share with and listen to each other, as we discuss our various life and gender journeys. The space is a judgement-free zone, and anyone who identifies as trans, non-binary, two-spirit, or intersex, whatever

that means to you, is welcome to participate. We'll also have makeup and nail polish to play with, along with some binders to try on :)

Serena will be also be offering an optional transfeminine breakout group, for trans girls/women, non-binary, two-spirit and intersex folks, and anyone else who is assigned male at birth (AMAB), where we can share our stories with other #girlslikeus.

### **Sunrise Yoga - *with Shazad***

Come out to enjoy the peaceful quiet before your adventurous day with some morning easy yoga while listening to the ocean waves and chatty birds. We will get all types of bodies and abilities the joy of connecting to the earth and sky and help to center the mind for the day ahead.

### **Communities of Care, Circles of Protection - *with Axel & Elise***

"You are worth the quiet moment. You are worth the deeper breath. You are worth the time it takes to slow down, be still, and rest." - Morgan Harper Nichols.

Practicing self-care and setting boundaries shouldn't burn you out! This workshop will focus on discussing how we can relax into self-care, and building strategies for finding and naming boundaries so we can protect our energy!

### **Learning to Live with Loss Through the Mind and Body - *with Shazad***

At some time in our lives, we will experience the loss of someone we loved. Whether it is the pet that you grew up with, a relative that you were close to, or even a friend that you are no longer with. This workshop we will spend time talking, journaling, and moving the body through the feelings of loss in order to grow in our emotional literacy.

## **Outdoorsy & Land-Based Workshops:**

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### **Paddleboarding / Ocean Canoeing - *with Stacy***

Have you ever wanted to try canoeing or paddling but haven't had the opportunity?! Well here is your chance, whether you are a beginner or have lots of experience please join me in this adventure. We will start by getting fitted properly with life jackets, reviewing safety steps and practising the stroke techniques on land. More experienced paddlers will be paired up with new paddlers. Canoeing can be either relaxing or exhilarating depending on your ability and the conditions. Either way it is beautiful to be on the water with new friends.

### **Artful Nature – with Elise**

Spend some calming and reflective time in the forest as we create collaborative works of art with material from the natural environment. This sensory exploration of nature will leave you feeling calm and in awe of the natural world.

### **Open Waterfront – with Stacy**

Come swim during free time!

## **Camp Schedule**

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### **Thursday July 4**

10:00AM	Check-in @ Horseshoe Bay
11:00 AM	Load Water Taxi and depart for camp!
12:00 PM	Arrive – games in field
12:30 PM	LUNCH!
	Cabin Time: Cabin Agreements
1:30 – 2:30 PM	Bring any meds to Care Cabin
	SNACK BREAK
2:30 PM	
2:45 PM	
3:00 PM	Orientation: Welcome to CampOUT! <ul style="list-style-type: none"><li>• <i>Land Acknowledgment, Site History, Theme Intro, Name Game, Community Agreements, Milling/icebreakers, and Meet the Leadership Team!</i></li></ul>
4:30 PM	Camp Tour: <i>Care Cabin, Picnic Shelter, beach access, Campfire ring, field (muster spot), Dining Hall, Two Sisters, Breezeway, garden, forest theatre</i>
5:30 PM	DINNER - <i>Leadership Meeting (1/2 team)</i>
7:00 – 8:30 PM	CAMP WIDE SESSION: Theme Stream
8:30 – 9:30 PM	Camp Fire & Mug Up

9:30 - 10 PM	Get ready for bed & bedtime meds
10 - 10:30PM	Cabin Time & morning session sign-up
10:30 PM	Quiet time
11:00 PM	Lights OUT!

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## Friday July 5

7:00 - 7:30 AM	Early wake up
7:30 AM	Optional morning activities: morning swim/smudging & cedar brushing/yoga
8:00 AM	Wake-up: get cabin ready for breakfast
8:30 AM	BREAKFAST
9:15 AM	Cabin tidy-up
9:30 AM	CAMP-WIDE SESSION: Theme Stream
10:30 AM	Workshops <ul style="list-style-type: none"> <li>• Leadership &amp; Allyship stream</li> <li>• Wellness stream               <ul style="list-style-type: none"> <li>• <i>Sexual Health &amp; Well-Being (Blake)</i></li> </ul> </li> <li>• Arts &amp; Campy stream</li> <li>• Outdoors &amp; Land-based stream</li> </ul>
12:00 PM	LUNCH - <i>Leadership Meeting (1/2 team)</i>
1:15-2:15 PM	Free time, open waterfront, dress-up, singing, etc.
2:15 PM	Gather at Jubilee Hall

- 2:15 - 3:45 PM Workshops
- Leadership & Allyship stream
  - Wellness stream
    - *HIV 101 (Blake)*
  - Arts & Campy stream
  - Outdoors & Land-Based stream

***Friday July 5 continued***

- 3:45 SNACK BREAK
- 4:00 - 5:15 PM COMMUNITY BUILDING THROUGH UNDERSTANDING:  
Affinity & Allyship Spaces
- *QTBIPOC Community Building & Resource Sharing*
  - *Indigenous Space*
  - *Witnessing Whiteness: Anti-racism workshop for white folks*
- 5:30 - 6:30 PM DINNER
- 6:30 - 7:30 PM Free Time / Optional Activities
- 7:30 - 8:30 PM CAMP WIDE SESSION: Theme Stream
- 8:30 - 8:45 PM Mug Up (*Hot chocolate*)
- 9:30 - 10:30 Cabin Time & morning session sign-up
- 10:30 PM Quiet time
- 11:00 PM Lights OUT!

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**Saturday July 6**

- 7:00 - 7:30 AM Early wake up
- 7:30 AM Optional morning activities: morning swim/smudging & cedar brushing/physical activity
- 8:00 AM Wake-up: get cabin ready for breakfast

8:30 - 9:15 AM	BREAKFAST
9:15 AM	Cabin tidy-up
9:30 AM	CAMP WIDE SESSION: Theme Stream - Trees of Change!

10:30 - Noon	Workshops <ul style="list-style-type: none"> <li>• Leadership &amp; Allyship stream</li> <li>• Wellness stream</li> <li>• Arts &amp; Campy stream</li> <li>• Outdoors &amp; Land-Based stream</li> </ul>
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*Saturday July 6 continued*

12:00	Free Time / Family groups
12:30 - 1:15 PM	LUNCH
1:15 - 2:30 PM	Q&A: Let's talk about Sex & Relationships!
2:30 - 3:00 PM	Optional continuation of Q&A / field games / Arts & Crafts
3:00 - 4:00 PM	FREE TIME: Open Waterfront / Cabin Celebration preparations
4:00 - 4:15 PM	SNACK
4:15 - 5:15 PM	FREE TIME: <i>Celebration rehearsal in Jubilee Hall, Happy Notes, open waterfront</i>
	Leadership Team Meeting (1/2 team)
5:30 - 6:30 PM	DINNER
6:30 - 7:00 PM	Community Celebration Prep
7:00 - 9:00 PM	Community Celebration!!!
9:00 - 9:30 PM	SNACK/BREAK
9:30 - 10:30 PM	Dance!!
10:30 PM	Stargazing or Night walk
11:00 PM	Cabin Time
11:30 PM	Lights OUT!

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**Sunday July 7**

7:00 AM	Sleeping
7:30 AM	Wake up & pack up

8:00 – 9:00 AM	Cabin & Camp Clean up
9:00 – 9:45 AM	BREAKFAST
10:00 – 10:15 AM	Group Photo! / Lost & Found
10:15 – 11AM	Cabin Circle ( <i>and camp evaluations</i> )
11AM – 12 PM	Camp Closing <i>Continuing to build connections and explore healthy relationships beyond camp!</i> <i>Sunday July 7 continued</i>
12:00 – 12:30 PM	QUICK LUNCH
12:30 – 12:45 PM	Walk to dock
2:30 PM	Boats Depart Gambier Island
3:00 PM	Arrival in Horseshoe Bay...campers going home with new friends and resources and spreading the camp love all over BC!

### Strategies for Self-Care at Camp & Beyond!

1. **Do art** - pencil drawings, paint, sculpt, anything you enjoy.
2. **Curl up** on a couch with a book from the CampOUT! library.
3. **Write** - keep a journal with poetry, art, and thoughts which help to process and release strong feelings.
4. **Humor** - read a funny book, watch a comedy, or listen to a podcast.
5. **Cuddle** something - like a blanket, pillows, or a favorite stuffed toy.
6. **Exercise** - walk, go dancing, or try yoga.
7. **Recall what positive coping strategies have been helpful before.** Put them in your phone, with a daily alarm to remind you to use them.
8. **Do things as it feels OK,** and feel empowered to say “no” if it feels like too much.
9. **Check in with a safe person** at camp when you need to talk.
10. **Relaxation techniques** - such as focusing on your breathing or visualization (thinking about a magical place that makes you happy).
11. **Sleep!** Come to camp well rested and take advantage of quiet hours to recharge with the wonders of sleeping!





**Notes:**

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**Name:** \_\_\_\_\_ **Cabin #:** \_\_\_\_\_



<http://campout.ubc.ca/>