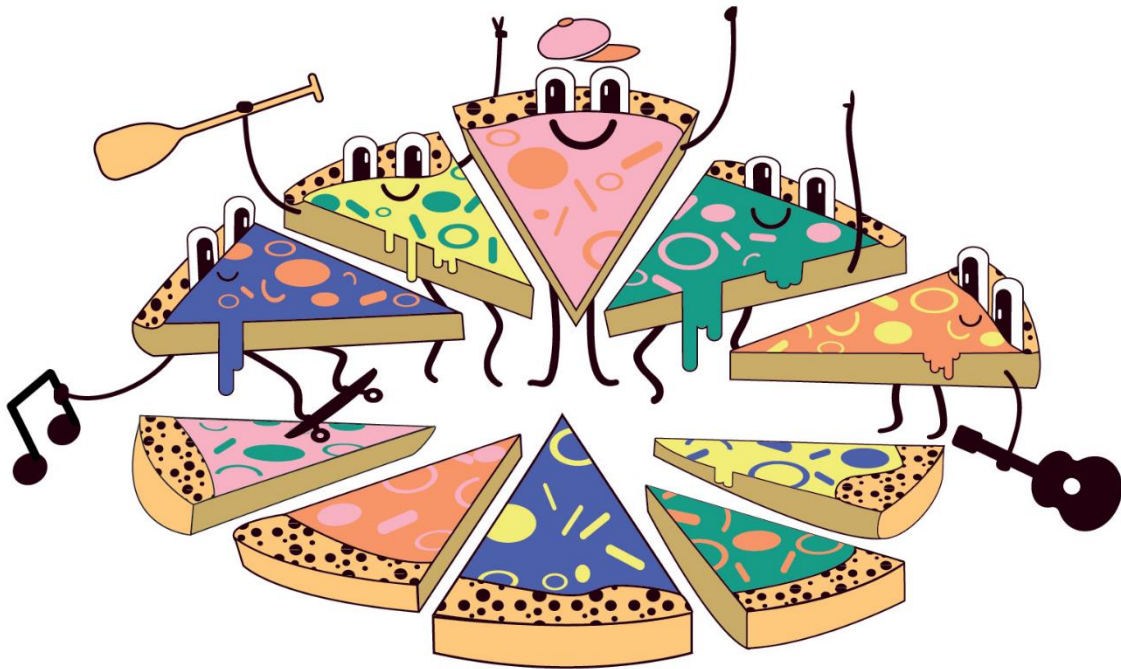


# Welcome to CampOUT!

NCW'Ú7MUT



## 2019 Camp Program

Your trusty guide to navigating the CampOUT! experience!

*We acknowledge that 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.*

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

### Care Team:

Elder: Gertie Pierre  
Camp Care Bears/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, Danny Lybbert, Marlena Boyle,  
Sam Stouten, Marcelo Ponce-Gonzalez, Beckham Evans, Kitze Pacilla, Emily Bailey,  
Jason Bigelow

### Community Mentors:

Axel McGown, 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 in good ways
- 5 FUN! FUN! FUN!!!!

## CampOUT! Non-Negotiables\*

In order for current and future participants to access the benefits of this camp, we ask everyone to respect the five following non-negotiable ground rules:

- 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 quiet hour & bedtime.
- 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 '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.*

*CampOUT! is an opportunity to learn more about ourselves and learn about how we connect with other people through our similarities and our differences. In bringing together queer, trans, two-spirit, and allied folks of all ages, backgrounds, and experiences, there is opportunity for us to celebrate the many different pieces of ourselves, and for a diverse range of connections to be created.*

*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 nurture beyond camp. We will discover new pieces of ourselves and the communities we are part of.*

*We will share tools and resources with each other to take back to our home communities and continue these conversations and positive changemaking!*



## CampOUT! Participation Agreements

- 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 and leader according to my age.
- 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.
- 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 genders identities!

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 no service at the camp.
- **Be Respectful:** bring earphones if you need to listen to music to fall asleep and turn off your screen.
- **Ask Consent:** Always ask people if you can take their picture, if it's alright for you to post that picture, and if you can tag them.
- **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.
- **Check out the Library Space:** 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 childrens books? Stop by the library space and see if there's something that resonates with you.

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



*Because that opened  
me up too love you.*

*Demi-Romantic*

# Community Celebration

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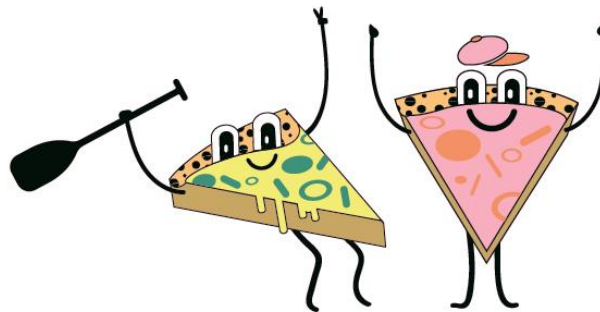
On Saturday evening, we will have the CampOUT! Community Celebration! This is an opportunity for campers and cabins to get creative and “come out” as creative forces to the group by sharing some of their unique skills, abilities, jokes, talents, stories, poetry, drag performances, tap dancing, acting 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! Remember to sign up in advance!

## Workshops

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### Programming Streams:

- 1. Leadership & Allyship:** Education and skill development to cultivate community involvement. There are lots of ways to ‘lead’!
- 2. Arts & Campy:** Personal and collaborative creative arts opportunities for all kinds of creative creatures! Enjoy a campy camping environment through games, arts & crafts, music, dressing up, skits, and more!
- 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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### **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.

### **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.

### **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!

### **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!

**QTIBMPOC Space** – Connect with other Queer, Trans, & Intersex – Black, Mixed Race, and People of Colour around storytelling, celebration and food! We'll explore our unique relationships to gender and sexuality through our own cultures and ancestries. Get excited to swap stories, share snacks or just hang out with the group as we share new & old ways of taking care of ourselves and our communities!

**White Settler Space** – Join in to learn more about how we as white people can show up for racialized people in our lives! We will gain skills to work for justice through personal learning towards better supporting BIPOC (Black, Indigneous, people of colour) communities and challenging racism in our LGBTQ2+ communities. You'll have the chance to talk to other white campers and leaders about topics ranging from "How do I deal with my racist uncle?" to "What's white culture?" to "Wait, I'm a settler?". Look forward to having important supportive conversations to move the dial on our allyship and accomplice work.

### Campy Arts Workshops:

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#### **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!

#### **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.

### **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. The balloons are biodegradable!

### **Wellness Workshops:**

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#### **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!

#### **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.

#### **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!

#### **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 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!

### **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.

### **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.

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

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### **Hike to Halkett Bay**

The hike, there and back again, takes just over an hour. Once in Halkett Bay, we'll be able to catch our breath on the beach and take in the beautiful views. Along the way, we'll crisscross meandering creeks, pass by beautiful old maple tree groves, and have some great conversations and laughs too!

### **Stand-Up Paddle Boarding - *with Stacy & Camp Fircom Staff***

It's the latest trend on the water... SUP! Stand up paddle boarding is kind of like canoeing on a surfboard. After a quick lesson on the basics of standing up, staying

up, and paddling, we'll be able to explore Halkett Bay and play some fun games on the water. Space is limited to 14 paddlers per session.

### **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 & Swimming – with Stacy**

The beautiful (and super gender inclusive and body positive!) beach will be open for swimming, hanging out or checking out tide pools and sea life (and seeing seals splashing!) every morning at 8:00 am and at other points of the day! Participants are encouraged to bring along water shoes, comfortable swim wear & sketch pads and/or journals for reflection at the beach.

## **Camp Schedule**

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### **Day 1: 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
1:00 PM	LUNCH! & Land Acknowledgement
2:00 – 2:30 PM	Cabin Time: Names, pronouns, & set up beds! Bring meds to Care Cabin
2:45 – 4:15 PM	Orientation: Welcome to CampOUT! <i>Land Acknowledgment, Site History, Theme Intro, Name Game, Community Agreements, icebreaker games, and meet the Leadership Team!</i>
4:15 PM	SNACK BREAK
4:30 PM	Camp Tour: <i>Locations, people, camp info, and fun icebreakers</i>
6:00 PM	DINNER – ( <i>Leadership half-team meeting</i> )
7:30 – 9:00 PM	CAMP WIDE SESSION: Witnessing Ourselves, Witnessing Each Other

### ***Day 1: Thursday July 4 continued***

9:00 – 10 PM	Camp Fire & Mug Up (hot chocolate!)
10 – 10:30 PM	Get ready for bed & bedtime meds; cabin time and morning session sign-up
10:30 PM	Quiet time
11:00 PM	Lights OUT! Screens off!

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### **Day 2: Friday July 5**

7:30 – 8:00 AM	Early wake up
8:00 AM	Optional morning activities: morning swim/smudging & cedar brushing/yoga
8:30 AM	Wake-up: get cabin ready for breakfast, cabin tidy time!
9:00 AM	BREAKFAST
9:45 AM	Cabin check-in (tell each other & leaders which workshops you are going to!)
10:00 AM	CAMP-WIDE SESSION: Active Witnessing & Anti-Discrimination Response Training
11:15 AM – 12:30 PM	Workshops <ul style="list-style-type: none"><li>• Leadership &amp; Allyship stream:<ul style="list-style-type: none"><li>• <i>Lens Kit</i> with Laura</li></ul></li><li>• Wellness stream<ul style="list-style-type: none"><li>• <i>Taking Care of Communities, Taking Care of Each Other</i> with Stevie &amp; Blake</li><li>• <i>Trans Community Space</i> with Serena, Stacy, Jason, &amp; Beckham</li></ul></li><li>• Campy Arts stream<ul style="list-style-type: none"><li>• <i>Finding the Words</i> with Axel</li></ul></li><li>• Outdoors &amp; Land-based stream<ul style="list-style-type: none"><li>• <i>Hike to Halkett Bay</i></li></ul></li></ul>
12:30 – 1:00 PM	Free Time
1:00 – 1:45 PM	LUNCH – ( <i>Leadership half-team meeting – 1:15-1:45</i> )

## *Day 2: Friday July 5 continued*

- 2:00 – 2:45 PM Free time, dress-up, crafting, celebration sign up, field sports, etc.
- 2:45 PM Gather at Jubilee Hall
- 2:45 – 4:15 PM Workshops
- Leadership & Allyship stream
    - *Writing Personally to Care for your Community* with Serena
  - Wellness stream
    - *Communities of Care, Circles of Protection* with Axel & Elise
    - *Sexual Wellbeing* with Stevie & Blake
  - Campy Arts stream
    - *Tarot Toolkit* with Harpreet
  - Outdoors & Land-Based stream
    - *Paddleboarding* with Stacy & Camp Fircom Staff
- 4:15 PM SNACK BREAK
- 4:30 – 5:45 PM Open waterfront, optional activities, and free time
- 6:00 – 7:00 PM DINNER
- 7:00 – 8:30 PM CAMP-WIDE SESSION: Community Building Through Understanding – Affinity & Allyship Spaces
- Indigenous Space
  - QTIBMPOC Community Building & Resource Sharing
  - Confronting Whiteness: An Anti-Racism Allyship Workshop for White Folks
- 8:45 PM Gather back together
- 9:00 PM Mug up / snack
- 9:30 – 10:30 Cabin Time & morning session sign-up
- 10:30 PM Quiet time
- 11:00 PM Lights OUT! Screens off!
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### Day 3: Saturday July 6

7:30 AM	Early wake up call for morning keeners
8:00 AM	Optional morning activities: morning swim/smudging & cedar brushing/yoga
8:30 AM	Wake-up: get cabin ready for breakfast, cabin tidy-up
9:00 - 9:45 AM	BREAKFAST
9:45 AM	Cabin check-in
10:00 - 11:15AM	Workshops <ul style="list-style-type: none"><li>• Leadership &amp; Allyship stream<ul style="list-style-type: none"><li>• <i>Theatre for Social Change</i> with Axel</li></ul></li><li>• Wellness stream<ul style="list-style-type: none"><li>• <i>Learning to Live with Loss</i> with Shaz</li></ul></li><li>• Campy Arts stream<ul style="list-style-type: none"><li>• <i>Do the Twist</i> with Laura</li></ul></li><li>• Outdoors &amp; Land-Based stream<ul style="list-style-type: none"><li>• <i>Artful Nature</i> with Elise</li></ul></li></ul>
11:45 - 12:30 PM	Camp Wide Session: Stone Ceremony
12:30 PM	Free Time
1:00 - 1:45 PM	LUNCH
1:45 - 3:00 PM	Q&A: Let's talk about Sex & Relationships!
3:00 - 3:30 PM	Optional continuation of Q&A / field games / arts & crafts
3:30 - 4:30 PM	FREE TIME: Open Waterfront / Community Celebration preparations
4:30 - 4:45 PM	SNACK
4:45 - 5:45 PM	FREE TIME: Celebration rehearsal in Jubilee Hall, Happy Notes, open waterfront ( <i>Leadership half-team meeting</i> )
6:00 - 7:00 PM	DINNER & Group Photo!
7:00 - 7:30 PM	Community Celebration Prep
7:30 - 9:30 PM	Community Celebration!!!
9:30 - 10:30 PM	SNACK / Dance!!!
10:30 PM	Stargazing or Night walk

*Day 3: Saturday July 6 continued*

11:00 PM Cabin Time

11:30 PM Lights OUT!

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**Sunday July 7**

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 Lost & Found

10:15 - 11AM Cabin Circle & camp evaluations

11AM - 12 PM Camp Closing

12:15 - 1:00 PM QUICK LUNCH

1:00 - 1:30 PM Walk to dock

2:00 - 2:30 PM Boats Depart Gambier Island

2:30 - 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 #:

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