

SPEAKER
Spotlight

GEN
DER
JOY



DIVERSE
MEDIA



STEPS OF
HOPE

*small
acts
every
day*



**YOUTH
BUSTERS**

THE GET REAL MOVEMENT 2023 IMPACT REPORT

*the
get
Real
move-
ment*

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LETTER FROM EXECUTIVE DIRECTORS MARLEY BOWEN AND CHRIS STUDER

To our supporters, donors, and our Get REAL community,

First and foremost, we wish to say thank you. If you are reading this, whether you have been part of our journey since 2011, or whether you heard about us last week, we appreciate you.

For us, if we could sum up our 2023 year, it would be community, systems, and support.

From developing new processes to meet the demands for our first year back to almost exclusively in-person workshop programming, to managing the workload for ongoing programs, campaigns, new resources and in-person events, to navigating a landscape of increasing misinformation, fear, hate, and violence, 2023 was without a doubt an incredibly challenging year, on many levels. But as we reflect on our 2023 year, we know that our direction was worth it, and we are incredibly proud at our impact made, and of our team's work through the past twelve months.

From an education perspective, we are incredibly proud to have **directly impacted 240,300 participants, including teachers, parents, and corporate audiences, through our workshop program.** In yet another year of intense polarization, hate, and violence against marginalized communities, being able to combat 2SLGBTQ+ discrimination, racism, and bullying directly with education, with positive Black and 2SLGBTQ+ role models, for over a quarter of a million individuals across the country - 216,000 of them being youth - means so much to us, both professionally, and personally. We also completed our first workshops, and translated our Curriculum Pieces into French, an important new addition to our workshop programming moving forward.

From a youth support perspective, we further developed our overall support of marginalized youth, **impacting 1,050 individuals directly through our University Chapters, After-School Programs, 2SLGBTQ+ Virtual Counselling Program, our Conferences, our Summits, and our advocacy and educational events, such as A-Polish Gender Norms.** We developed impactful new events, including two virtual film festivals for Black History Month and Pride Month, and **our first ever Virtual Career Conference** for university and college students from across Canada who face one or more barriers to entering the workforce, and brought back our annual "Pride On A Boat" fundraiser for the first time since 2019. As we look back on 2023, those moments of community, of mentorship, and of support, were some of the most needed and most meaningful that we have had to date.

From a resource perspective, we created **5 amazing new resources**, "Diverse Media Series", "Mythbusters", "Steps of Strength", our new Virtual Chapter, and our first ever children's book "Small Acts Every Day". We also brought back our Get REAL Awards for the first time since 2020, and expanded our "Locals & Legends" educational resource beyond Black History Month to include playlists for Pride Month and Latin American Heritage Month.

.....

The **176 original videos** that we produced in 2023 - both educational and advocacy-based - **were viewed over 1 million times (1,078,428) for the second year in a row**, marking again an impact and reach that we are incredibly proud of, a testament to the hard work and creativity of our team led by Content Manager Monica Henao, with crucial support from our new Media Coordinator & Office Manager Laura Favacho.

In a year marked with devastating levels of global strife, violence, and discrimination, we came together as a team working alongside key community members to **use our merchandise and resources to raise funds where we could, for not only our own work as a non-profit, but for different fellow charities working on the ground** to help 2SLGBTQ+ individuals from around the world escape persecution and seek safety in Canada, combat antisemitism and further education around the Holocaust, lobby for better legal protections for 2SLGBTQ+ folks in the United States, and provide crucial humanitarian aid and medical care to civilians in Gaza and around the world.

To accomplish this, we needed the right team. We welcomed Laura and Workshop & Education Coordinator Joseph Enriquez to our full-time team, and Wren Bond moved up to DEI & Education Manager. We also needed the right systems, and set to work developing and implementing new policies and best practices for our workshops, school tours, onboarding, events, impact measurement, professional development and internal education, and media and communications, led by Wren, Laura, Monica, and our Chapter & Events Manager, Courtney Allain.

Without a doubt, 2024 is going to prove to be more demanding in terms of meeting the demand for our programming -- especially in the ongoing effort to raise the funds to meet this demand -- but as a team, we are focused on the new resources, education, and youth support that we have planned for the coming year, and confident that we are going into the coming year with an exceptional team of dedicated, hardworking, passionate, and kind individuals who don't give up, but instead pull together and support one another when things get tough, not to mention our Board of Directors, whose unwavering support means so much.

This impact would not be possible without donors and supporters like you. As 2023 comes to a close, and we reflect back events in our country, and in our world, that reinforce just how much this work is needed, we want to thank you, from all of us at Get REAL, for providing not only the crucial funding, but also the encouragement and support, which empowers us to do our small part in the world to combat hate with education, visibility, and vulnerability, and provide support to as many marginalized youth, and their allies, as we can.

Thank you for believing in us. We hope that we have made you proud to support our programming in 2023, and are looking ahead to 2024 with learnings, with determination, and with hope.

Sincerely,

Chris Studer & Marley Bowen
Executive Directors, The Get REAL Movement



the get
Real
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KIONA



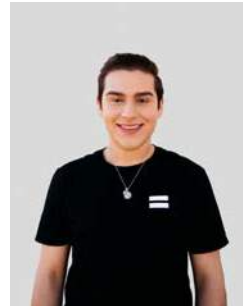
FRANCESCA



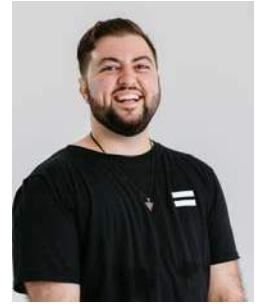
JUDAH



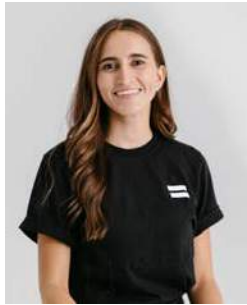
RACHAEL B.



NICO



MAX D.



MONICA



JOSEPH



TIFFANI



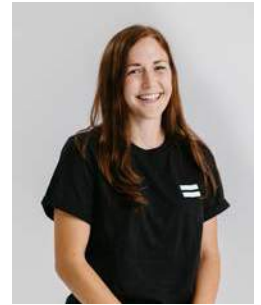
KAMAU



RAIA



D'ANDREW



ALYSSA



CLEM



SHANNON



MARLEY



LUCAH



CHARLIE



COURTNEY



CAL



LAURA



SAIDAT



WREN



GARRISON



CHRIS

GET REAL PROGRAM OVERVIEW

Our mission is to combat 2SLGBTQ+ discrimination, racism, and bullying in schools, summer camps, and workplaces.

We accomplish this through our two core areas of focus:

EDUCATION

offering Inclusivity, Anti-Racism, and Trans 101 Workshops for students, teachers, parents, and workplaces, and by producing online and in-person resources, including curriculum pieces, posters, videos, and merchandise, and through:

LEADERSHIP DEVELOPMENT AND YOUTH SUPPORT

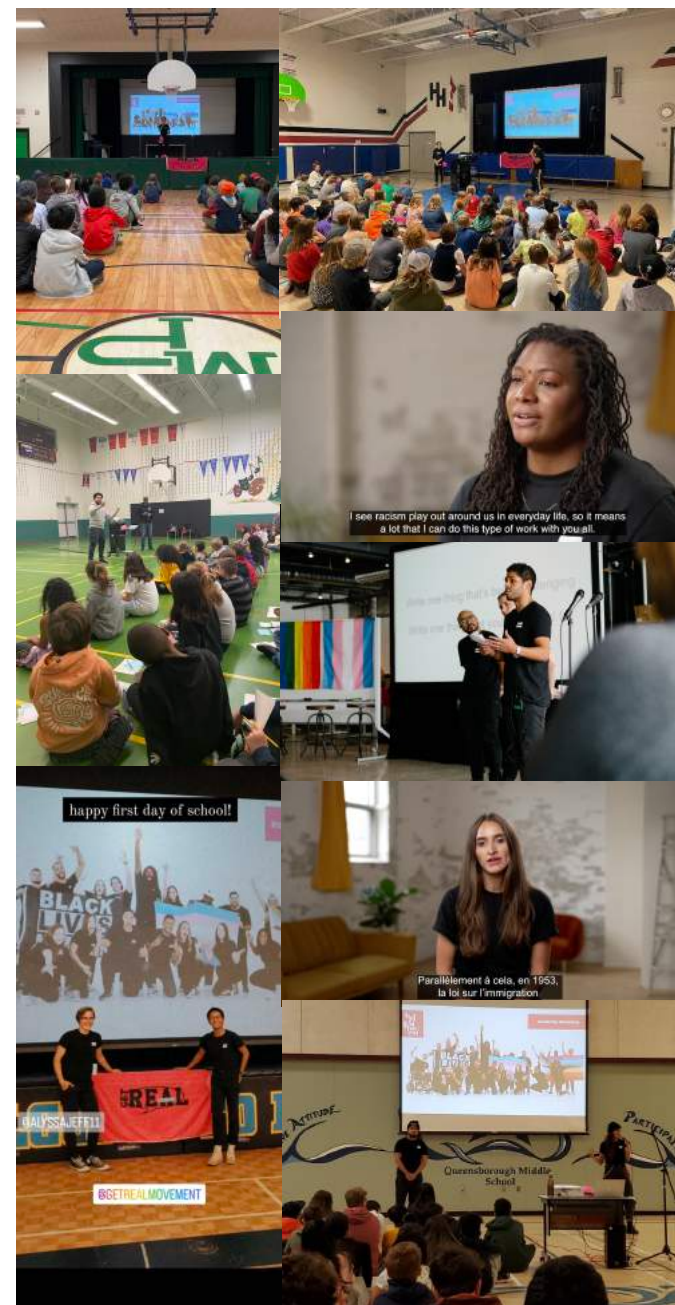
through our University Chapter, High School After-School, our 2SLGBTQ+ Virtual Counselling Programs, and our Summits.



WORKSHOPS

WORKSHOPS - 2023 SUMMARY

- Workshops remain the biggest part of our programming, with 2SLGBTQ+ and Black speakers facilitating modules focused on combatting discrimination and fostering support for marginalized youth and adults through education.
- Enacting change through education is what inspired us to found Get REAL in February 2011; last school year, we crossed the milestone impact of 1 million students, and we are continuing to build out a strong team to meet the growing demand for our programming.
- Some of this year's highlights include:
 - Impacting over 200,000 students in schools across 5 provinces, including 9 school tours, with our Student Workshops
 - Impacting 1,800 educators and parents through our Staff & Parent Workshops
 - 657 workshops completed in total
 - The maintaining of our exceptional ongoing workshop ratings (see page 15)
 - Our first workshops completed in French and in Québec, and our Curriculum Pieces translated into French, led by Lead Speaker Clément Moudiongui
 - Workshop & Education Coordinator Wren Bond moving into a Education & DEI Manager role, and the hiring on Lead Speaker Joseph Enriquez full-time as Workshop & Education Coordinator



WORKSHOPS - 2023 HIGHLIGHTS

CONTINUED

- Some of this year's highlights include:
 - Our first time speaking in 6 new school boards: Renfrew County District School Board, Rainy River District School Board, Niagara Catholic District School Board, Upper Canada District School Board, Algonquin & Lakeshore Catholic District School Board, and the Catholic District School Board of Eastern Ontario, where we were the first 2SLGBTQ+ group to have worked there to date!
 - New official board-wide partnerships with Dufferin-Peel Catholic District School Board, York Region District School Board, Hamilton-Wentworth District School Board, Lambton-Kent District School Board, and the Ottawa-Carleton District School Board
 - We developed efficient processes and improved resources within the areas of speaker onboarding, training, mental health supports, and travel
 - A substantial increase in our G.S.A. (Gender-Sexuality Alliance / Gay-Straight Alliance) and Positive Space Group support



SAMPLE PAGES FROM OUR CURRICULUM PIECES

the get Real movement

INCLUSIVITY CURRICULUM
2022 - 2023

the get Real movement

THE GET REAL MOVEMENT
INCLUSIVITY CURRICULUM

CONTENTS

1. GENDER NORMS LESSON
2. GET REAL CLASSROOM CONTRACT
3. GRATITUDE ACTIVITY
4. DEAR PAST ME, DEAR FUTURE ME
5. EXAMINING 2SLGBTQ+ PEOPLE IN POPULAR CULTURES
6. DESIGN A SOCIAL JUSTICE LOGO OR MURAL
7. CREATING AN ANTI-BULLYING/ INCLUSION VIDEO
8. LEARNING ABOUT PRONOUNS
9. UNPACKING HOMOPHOBIA AND GENDER STEREOTYPES IN SPORT
10. 2SLGBTQ+ HISTORY
11. DESIGN A POSTER CHALLENGE
12. UNPACKING THE INCLUSIVITY WORKSHOP

the get Real movement

THE GET REAL MOVEMENT
INCLUSIVITY CURRICULUM

5. EXAMINING 2SLGBTQ+ PEOPLE IN POPULAR CULTURES

PURPOSE
To critically analyze portrayals of sexual and gender identities in movies, TV shows, books, etc. and how they may have an impact on our society's perceptions.

MATERIALS NEEDED
Writing materials, paper, access to media examples.

AGE
12+

PREVIOUS WORK NEEDED
Familiarity with common 2SLGBTQ+ characters and stories.

ACTIVITY
Clips, articles, etc. that feature 2SLGBTQ+ characters. Students could suggest, or use your findings. For example:
Modern Family
Love Simon (13+)
Queen Bees
Nurse Jackie (Supergirl)
Degrassi: The Next Generation
Will and Grace
Disney's Auli'i Barkley
Sex Wars Renaissance
Keweenaw
Anthony Johnson & Jason Makaki (Amazing Race Canada)

CURRICULUM CONNECTIONS
Language/Media, Art

the get Real movement

THE GET REAL MOVEMENT
INCLUSIVITY CURRICULUM

8. LEARNING ABOUT PRONOUNS

PURPOSE
To increase awareness of different pronouns and ways people can identify.

MATERIALS NEEDED
Writing materials and paper.

AGE
Any

PREVIOUS WORK NEEDED
Participation in a Get REAL Workshop.

ACTIVITY
Within this lesson, it might be useful to discuss what it means to be Non-Binary and the pronouns that one might use when their identity is such. (They/ Them as well as He/ His or Her/ She, but this would depend on the person.)

Non-Binary definition:
Relating to or being a person who identifies with or expresses a gender identity that is neither entirely male nor entirely female. (Merriam-Webster Dictionary)

Calculators to Identify as Non-Binary:
Johnston Van Ness, Sam Smith, Ruby Rose.

CHALLENGE IDEA!
Try to only use neutral pronouns for the rest of class to practice endgame!

the get Real movement

ANTI-RACISM CURRICULUM
2022 - 2023

the get Real movement

THE GET REAL MOVEMENT
ANTI-RACISM CURRICULUM

4. RACISM AND ADVOCACY IN SPORTS

PURPOSE
This lesson asks students to think about racism within sports and athletics and the potential social issues that address them.

MATERIALS NEEDED
Get Real's "Equality Through Sport" video.

AGE
Grade 5+

ACTIVITY
Watch clips from Get REAL's "Equality Through Sport" panel. <https://bit.ly/3p51QIa>

In small groups, discuss the subject of Racism in Sports. Generation will be initiated by 3 questions:
Have you ever experienced racism in Sports?
Have you ever noticed others discriminating against others due to the color of their skin?
How can sports become more of a safe space for BIPOC?
How can we as students be better allies to transracists of colour?

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THE GET REAL MOVEMENT
ANTI-RACISM CURRICULUM

7. EXAMINING BLACK ARTISTS AND ART

PURPOSE
This lesson asks students to think and evaluate Black art. Increasing student understandings of Black history in Black art. Art is a way for the students to share their emotions and feelings towards becoming better allies to the Black community.

MATERIALS NEEDED
Writing materials, paper, access to other examples.

AGE
Grade 5+

ACTIVITY
Students research a Black artist and write up a summary of their life, challenges faced, and create a selection of their art, along with interpretations of messages contained within.

CURRICULUM CONNECTIONS
Art, Language

FOLLOW UP ACTIVITY
Students can create their own work of art that speaks to racism, or another social issue.

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THE GET REAL MOVEMENT
ANTI-RACISM CURRICULUM

9. TALKING ABOUT RACE THROUGH FILM - HISTORY

FOLLOW UP ACTIVITY

ACTIVITY
Round table discussion with students.
What type of racism did you see in the movie?
Did you feel upset or hurt when you saw BIPOC being treated differently?

"42" ACTIVITY
(with "Student Do Teacher")
Complete "42" worksheet and identify key facts and racial tensions found in movies.
The worksheets can be found on pages 19-21.

FRENCH WORKSHOP LAUNCH!

- Get REAL has launched our first French Anti- Racism workshops this 2023 school year!
- This year, Get REAL has been able to translate our current curriculum pieces to help reach more youth across Canada. So far this has lead to approximately 2000 students being impacted directly, in French, across 5 schools, with our Inclusivity and Anti-Racism Workshops!



CURRICULUM SUR L'INCLUSION 2022 - 2023

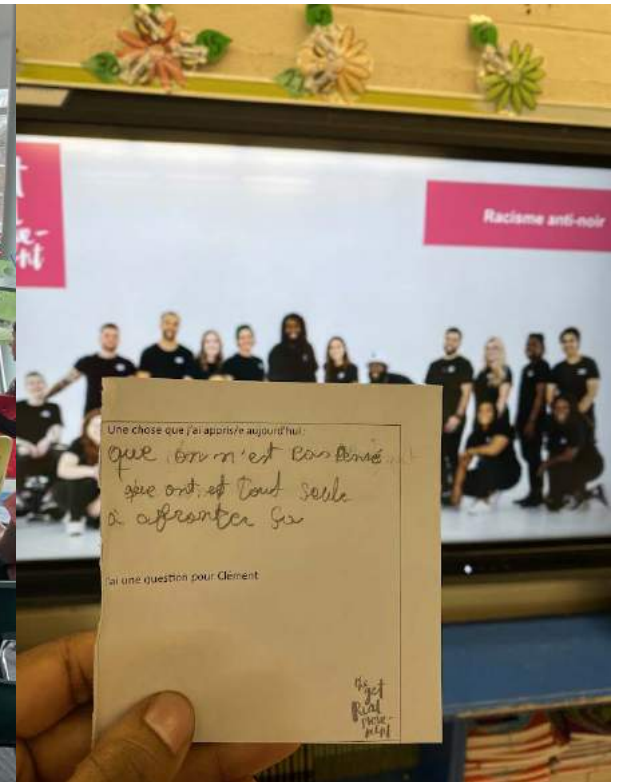


PROGRAMME D'ÉTUDES SUR LA LUTTE CONTRE LE RACISME 2022 - 2023



"Durant le mois de décembre, j'ai eu la chance de donner l'atelier sur l'antiracisme noir à des écoles de langue française dans la province et ailleurs. Avec plus d'une centaine d'élèves atteint, ceci fut pour moi une expérience unique; non seulement du fait que j'ai pu partager mon histoire dans ma langue première, mais aussi de rejoindre une nouvelle audience qui partage cette langue avec moi. Les conversations qui sont ressorties étaient enrichissantes et profondes, et chaque groupe était captivé et participatif du début à la fin. J'aimerais remercier TikTok Canada de nous avoir donné cette chance, mais aussi d'ouvrir la porte également à notre audience de langue française. J'ai déjà hâte de continuer ce travail avec le mouvement Get REAL, et je suis certains que nous continuerons de planter des graines de changements dans la vie de nos étudiants francophones."

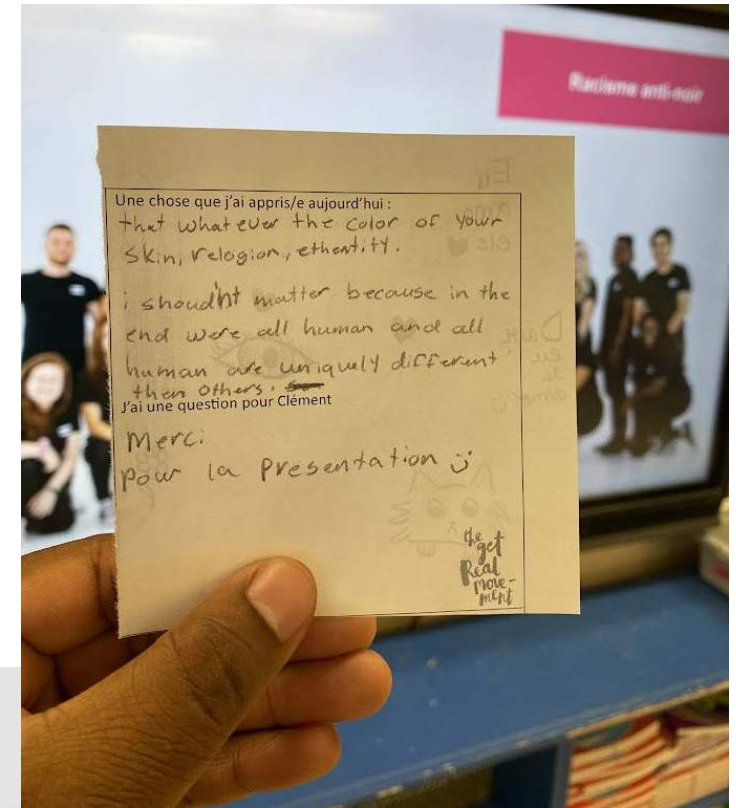
GET REAL SPEAKER CLEM



"During December, I had the opportunity to give the Anti-Black racism workshop to French-language schools in the province and elsewhere. With more than a hundred students reached, this was a unique experience for me; Not only because I could share my story in my primary language, but also because I could reach a new audience who shares that language with me. The emerging conversations were enriching and profound, and each group was captivated and engaged from start to finish. I'd like to thank TikTok Canada for giving us this opportunity, but also for opening the door to our French-speaking audience as well.

I look forward to continuing this work with The Get REAL Movement, and I am confident that we will continue to plant seeds of change in the lives of our Francophone students."

GET REAL SPEAKER CLEM



SAMPLE PAGES FROM OUR FRENCH CURRICULUM PIECES

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CURRICULUM SUR L'INCLUSION

2022 - 2023

the get Real movement
CURRICULUM SUR L'INCLUSION

TABLE DES MATIÈRES

1. LEÇON SUR LES NORMES DE GENRE
2. CONTRAT DE CLASSE GET REAL
3. ACTIVITÉ DE GRATITUDE
4. CHER MOI DU PASSÉ, CHER FUTUR MOI.
5. EXAMINATION DES PERSONNES LGBTQ+ DANS LES CULTURES POPULAIRES
6. CONCEVOIR UN LOGO OU UNE MURALE DE JUSTICE SOCIALE
7. CRÉATION D'UNE VIDÉO SUR LA LUTTE CONTRE L'INTIMIDATION ET L'INCLUSION
8. DÉBALLER L'HOMOPHOBIE ET LES STÉRÉOTYPES DE GENRE DANS LE SPORT
9. DÉBALLER L'HOMOPHOBIE ET LES STÉRÉOTYPES DE GENRE DANS LE SPORT
10. HISTORIQUE LGBTQ+
11. CONCOURS DE DESIGN D'AFFICHE
12. DÉBALLAGE DE L'ATELIER SUR L'INCLUSION

the get Real movement
CURRICULUM SUR L'INCLUSION

5. EXAMINATION DES PERSONNES LGBTQ+ DANS LES CULTURES POPULAIRES

MÉDIAS/VIDÉOS COMPLÉMENTAIRES À REGARDER
Mikere Taylor - Music's Gay
<https://www.youtube.com/watch?v=5mk4e0jM1S8&list=PL5k4CQjH45k9v6w>

ACTIVITÉ DE SUIVI
Les élèves peuvent créer leur propre système de notation, en utilisant les couleurs.

the get Real movement
CURRICULUM SUR L'INCLUSION

8. APPRENTISSAGE SUR LES PRONOMS

OBJECTIF
Apprendre la acrobatie dans les différents pronoms et son usage dans les jeux pour créer d'identité.

MATÉRIEL REQUIS
Un vidéo d'identité et papier

ÂGE
Adolescence

PRÉPARATION AVANT L'ACTIVITÉ
Participer à un des ateliers de Get Real

ACTIVITÉ
Dans cette leçon, il permettra aux élèves de discuter de ce que signifie être transgenre et des pronoms que les gens peuvent utiliser lorsqu'ils s'identifient comme tels. (De Evan, l'école en haut à droite, mais en la disponibilité de la personne)

DEFINITION DES MOTS :
Se répondre à chaque son pronome qui s'identifie ou exprime une identité de genre qui n'est ni entièrement masculine ni entièrement féminine (Bonne amie, Maman, Vieux)

CÉLÈBRES QUI S'IDENTIFIENT COMME TRANSGENRE :
Johnathan Van Ness, Sam Smith, Ruby Rose

DEB DE DEB :
Essayer de s'identifier que des pronoms transgenre pour le reste de la période de classe et se préparer et s'identifier!

the get Real movement

PROGRAMME D'ÉTUDES SUR LA LUTTE CONTRE LE RACISME

2022 - 2023

the get Real movement
PROGRAMME D'ÉTUDES SUR LA LUTTE CONTRE LE RACISME

4. LE RACISME ET LA DÉFENSE DES DROITS DANS LES SPORTS

OBJECTIF
Les élèves discuteront des droits de défendre à la culture dans les sports et l'athlétisme et des possibilités de racisme, pendant les événements les athlètes sont considérés.

MATÉRIEL REQUIS
Vidéo « L'égalité pour le sport » de Get Real

ÂGE
De 10 ans et plus

ACTIVITÉ
Regarder des clips de sport de discussion « L'égalité pour le sport » de Get Real.
En petits groupes, discutez du sujet de racisme dans le sport. Les commentaires seront initiés par 3 questions :

- Avez-vous déjà été victime de racisme dans le sport?
- Avez-vous déjà vu quelqu'un qui d'autres personnes discriminant les autres en raison de la couleur de leur peau?
- Comment le sport peut-il devenir un espace plus sûr pour les gens de la communauté NPODPC? Comment pouvons-nous, en tant qu'entraîneurs, être de meilleurs alliés pour nos collègues de couleur?

QUI SONT D'ÉTRES NOIRS

the get Real movement
PROGRAMME D'ÉTUDES SUR LA LUTTE CONTRE LE RACISME

7. EXAMINATION DE L'ART ET DES ARTISTES NOIRS

OBJECTIF
Cette leçon vise à aider les élèves de penser et d'écrire sur l'art. Apprendre la compréhension de l'art et de l'histoire des Noirs dans l'art noir. L'art est un moyen créatif pour les élèves de partager leurs émotions et leurs expériences. Pour découvrir les artistes noirs à la communauté noire.

MATÉRIEL REQUIS
Liste des artistes, papier, accès à des exemples d'art.

ÂGE
De 10 ans et plus

ACTIVITÉ
Les élèves effectueront des recherches sur un artiste noir et rédigeront un résumé de leur vie, des défis rencontrés et expliqueront une sélection de leur art, ainsi que des interprétations des messages qu'ils y contiennent.

CONNEXION AU CURRICULUM
Art - Langues

ACTIVITÉ DE SUIVI
Les élèves peuvent créer leur propre œuvre d'art inspirée de l'art, en utilisant les couleurs.

the get Real movement
CURRICULUM SUR L'INCLUSION

9. DÉBALLER L'HOMOPHOBIE ET LES STÉRÉOTYPES DE GENRE DANS LE SPORT

OBJECTIF
Celle leçon vise à aider les élèves de réfléchir à la culture dans le sport et l'athlétisme et de discuter de ses implications potentielles.

MATÉRIEL REQUIS
Liste des artistes et papier

ÂGE
11 ans et plus

PRÉPARATION AVANT L'ACTIVITÉ
Participer à un des ateliers de Get Real

ACTIVITÉ

ÉTAPE 1
Écrire le sport transgenre en athlète. Créer une discussion autour de ce sujet et discuter des divers exemples de stéréotypes de genre.

Poser des questions telles que « Comment l'athlète change-t-elle le sport? » et « Comment l'athlète change-t-elle le sport? »

ÉTAPE 2
Mettre les caractéristiques athlétiques et les sports liés aux athlètes masculins et féminins.

Placer les élèves dans des groupes pour discuter avec leur de stéréotypes pour les athlètes masculins et féminins.

Demander aux élèves de réfléchir à ce qu'ils en ont dit et parler de leur culture : « Maintenant, nous allons en parler dans le sport et nous nous demandons comment les athlètes peuvent être liés à l'athlétisme masculin et à l'athlétisme féminin des athlètes masculins et féminins? » « Qu'est-ce que l'athlétisme masculin et l'athlétisme? » « Comment cela affecte-t-il les athlètes pour de sport, différencier, supprimer de l'entraîneur pour l'athlétisme? »

SUITE À LA PAGE SUIVANTE...

WORKSHOPS - STATS

98% OF TEACHERS SAID PRESENTERS WERE PROFESSIONAL

99% OF TEACHERS WOULD RECOMMEND GET REAL TO A COLLEAGUE

99% OF TEACHERS SAID THE WORKSHOP HAD A POSITIVE IMPACT ON THEIR STUDENTS

4.7 OUT OF 5, OR A 94% TEACHER RATING OVERALL

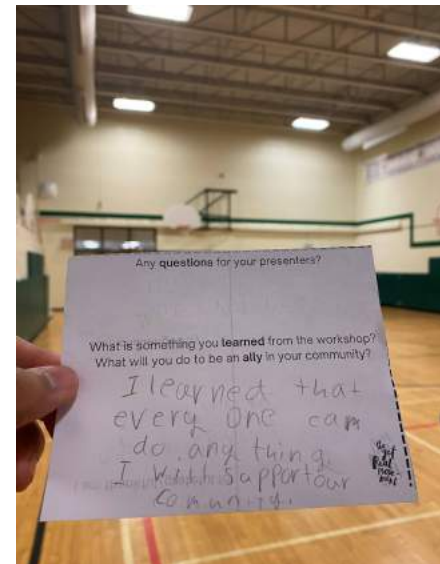
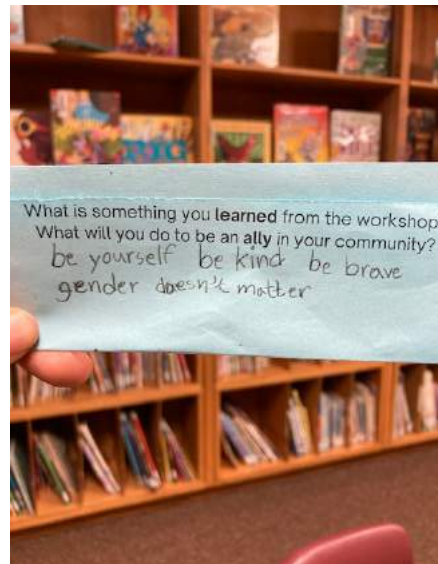
5 PROVINCES VISITED

6 NEW SCHOOL BOARDS WELCOMED GET REAL SPEAKERS

657 WORKSHOP COMPLETED IN 2023

OVER 200,000 STUDENTS DIRECTLY IMPACTED

1,800 EDUCATORS AND PARENTS IMPACTED THROUGH OUR STAFF & PARENT WORKSHOPS



STUDENT FEEDBACK

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned I should accept others
no matter who they're because
every deserves to be equal because
you don't know what's
going on in their life

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned to not make
fun of people cause of their
gender identity, to support
people in my community.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that no matter where you are,
there will always be someone supporting you.
I will be an ally by asking and supporting
those in my community.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I have learned that
there is many things
that are commonly said,
that can affect someone.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that jokes about
being gay are NOT okay.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned I should accept others
no matter who they're because
every deserves to be equal because
you don't know what's
going on in their life

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that everyone feels differently
about their identity.
I will never bully someone who identifies
differently; I will always accept them
in my community.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that there is "25" in
front of LGBTQ+
To be an ally in my community
I will treat everyone with
respect no matter what sexuality
or gender they have.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that it is tough
for other people to accept
themselves. To be an ally I'll
make sure to not assume
anyone has feelings that others don't.

What is something you learned from the workshop?
What will you do to be an ally in your community?
That no matter how different
you are you are just as
special as everyone else

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that everybody
is different and unique I can be
an ally be. have friends
with everybody

What is something you learned from the workshop?
What will you do to be an ally in your community?
Something I learned is that it is ok for
being other genders.
I will respect them and be their
ally, no matter what.

What is something you learned from the workshop?
What will you do to be an ally in your community?
It's ok to be LGBTQ+.
I will help those who can't accept who they are because
they are gay, lesbian, to accept who they are.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that you should be
kind to everyone because
you never know what their
going thru. Or how that
might be forcing.

What is something you learned from the workshop?
What will you do to be an ally in your community?
Whenever I will see someone bullying or
being harmful to someone else I will go
confront them about it, tell them that what
they're doing is wrong, and I will
comfort the person being bullied/harmed.

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned what intersex means and I will
support my friends that are LGBTQ+

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that we shouldn't be judged by our genders, what we look like, etc, but we can just show who we are and be treated equally.
I can talk to people who need help regardless of their gender to become an ally.
Any questions for your presenters?

1. What is something you learned from the workshop?
2. What will you do to be an ally in your community?

Even you are transgender it doesn't matter
1. everyone is friends.

2. respect people

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned that everyone has a different story behind their identity -

What is something you learned from the workshop?
What will you do to be an ally in your community?

be nice
step up

Any questions for your presenters?

No Thanks

Good presentation tho!!

What is something you learned from the workshop?
What will you do to be an ally in your community?

To support and encourage everyone and make them feel belonged.

To talk to someone and be friends

Any questions for your presenters? N/A

What is something you learned from the workshop?
What will you do to be an ally in your community?

Something that I learned is that there will always be people out there to support you, you just need to find those people.

Any questions for your presenters?

Thank you

What is something you learned from the workshop?
What will you do to be an ally in your community?

We should more respect be a ~~happy~~ supportive to LGBTIQ.
to help them feel more comfortable on a conf. date

Any questions for your presenters?

no

What is something you learned from the workshop?
What will you do to be an ally in your community?

I learned the difference between gender identity & expression.

I will use gender neutral language.

Any questions for your presenters?

What is something you learned from the workshop?
What will you do to be an ally in your community?

To do small acts of service for anyone who needs help or just in general.

What is something you learned from the workshop?
What will you do to be an ally in your community?

I learned how important it is to not just stand up for someone but also support them.

I will try to stand up for the people around me more and

What is something you learned from the workshop?
What will you do to be an ally in your community?

People don't have to be scary of their feelings expression.

What is something you learned from the workshop?
What will you do to be an ally in your community?

1. I learned that there are so many people I relate to here and it's OK

2. always let someone know you are here for them

What is something you learned from the workshop?
What will you do to be an ally in your community?

• everyone has a story
• listen to their stories before making unfair assumptions

Any questions for your presenters?

What is something you learned from the workshop?
What will you do to be an ally in your community?

I learned that something we say might hurt someone without knowing

1) What is something you learned from the workshop?
2) What will you do to be an ally in your community?

1) being different is ok and it's normal
2) support them even if you don't really know them.

Any questions for your presenters?

None :)

What is something you learned from the workshop?
What will you do to be an ally in your community?

• everyone has a story
• listen to their stories before making unfair assumptions

Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I have learned that it is very important to learn about this and know what's going on with other people.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I will stand up against racism that's directed towards me or my peers.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned that you don't have to be ashamed of your race.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned about other's perspective and am going to have a lot more respect.
Stand up for people and say that's wrong.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
There is more racism in Canada. Racism happens at school and jobs and on the streets.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned that it is not bad to be black.
I would stand up for racism as a ally.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
Your name was the first gift u were given, so be proud of it.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned more terminology. Continue to give everyone an equal chance and try to be overly welcoming.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I'll be nice to everyone outside of school and inside. I will be kind to my classmates and friends.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I will stand up for people getting bullied to be an ally in my community.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
If I can be a ally I will stop the racism happening.
I learn that racism is a bad thing and how people feel when someone acts in racism to them.
Any questions for your presenters?

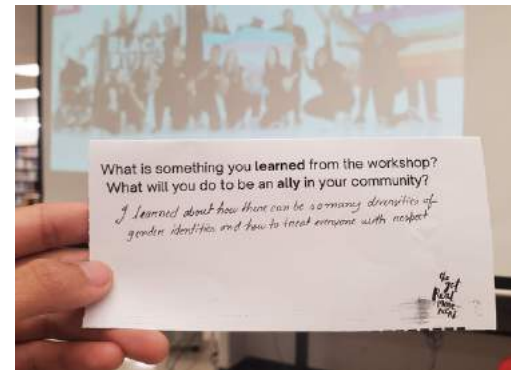
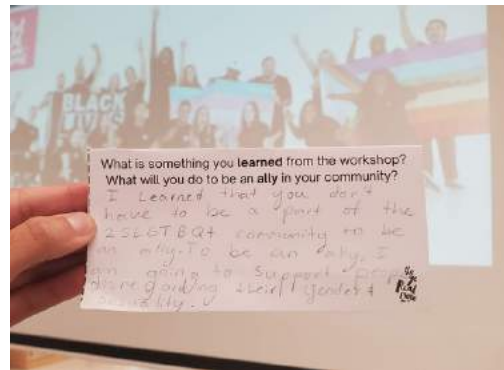
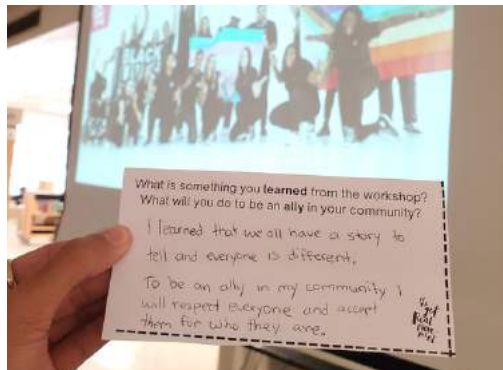
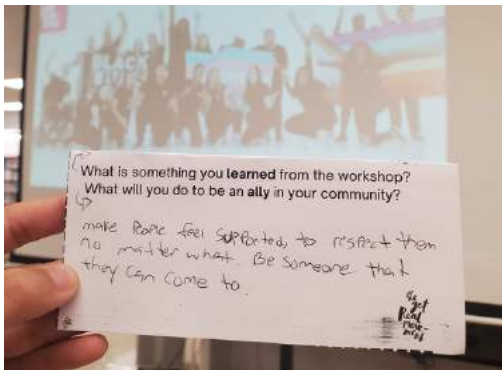
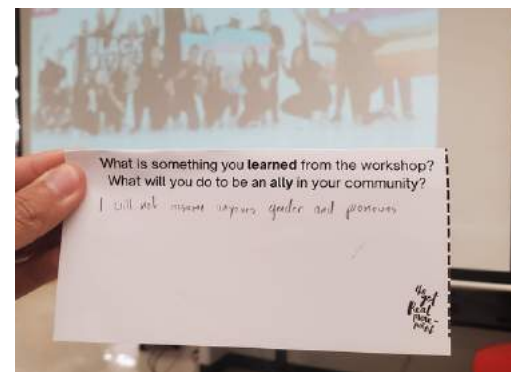
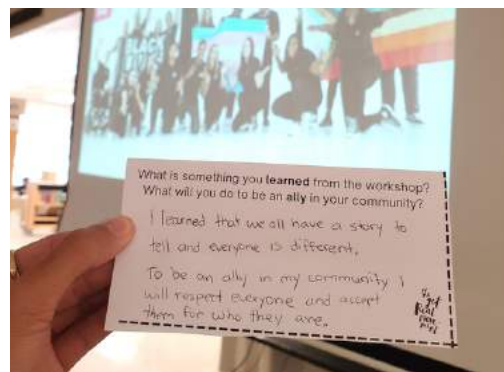
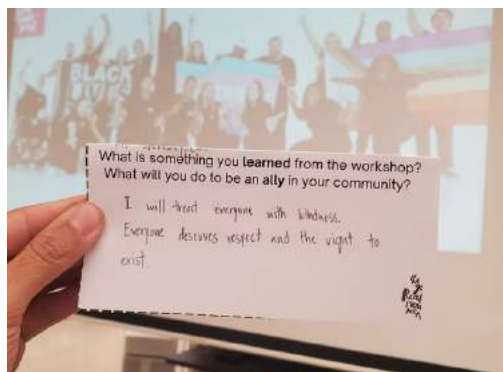
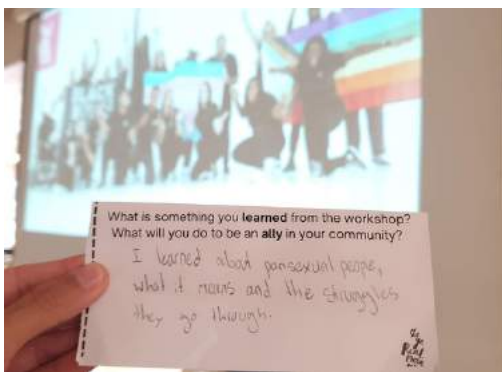
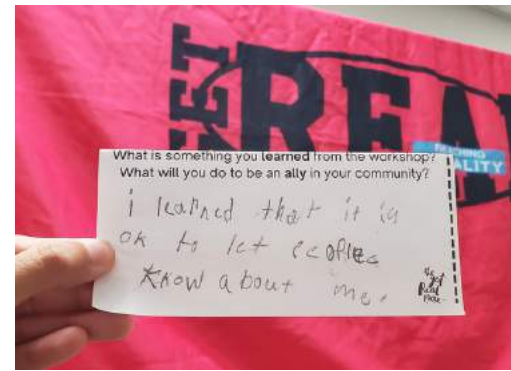
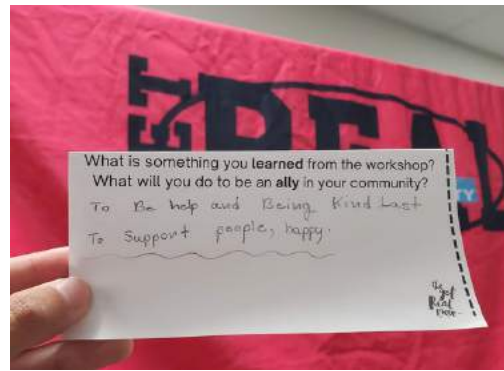
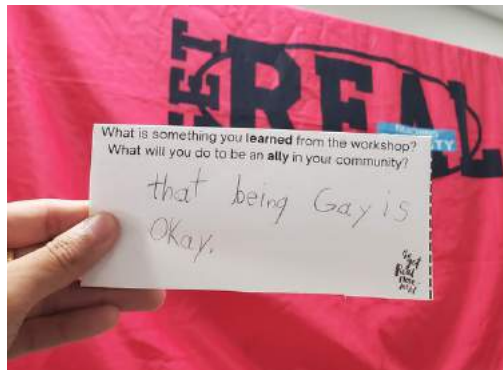
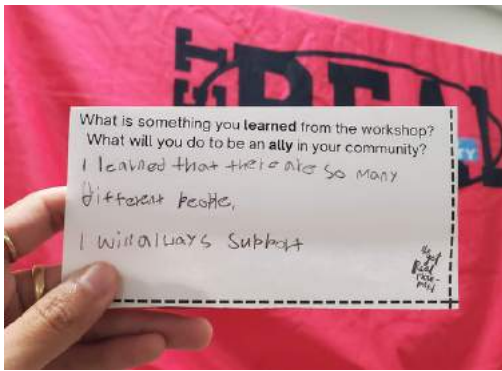
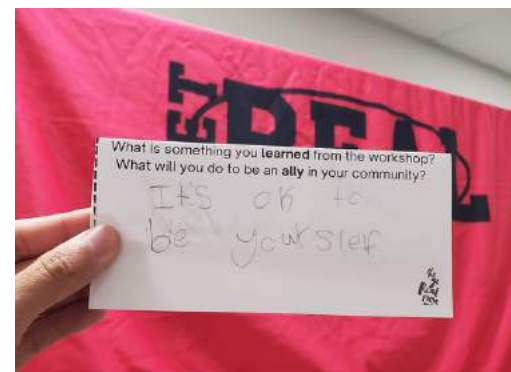
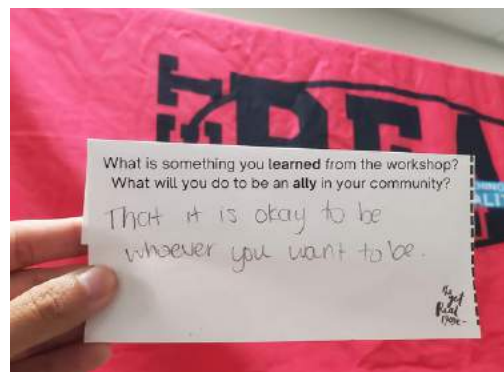
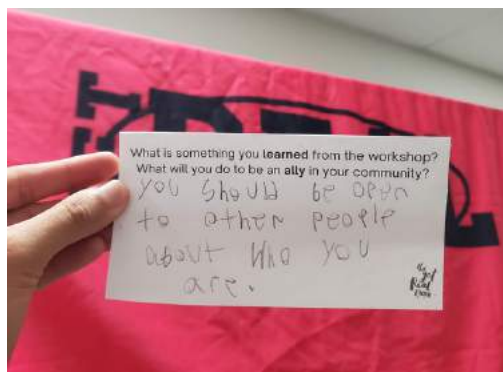
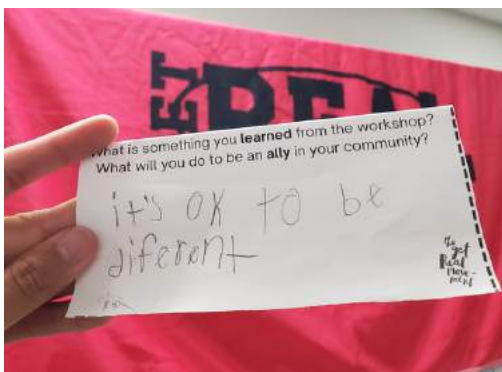
What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned that saying "just joking" to someone after you said something means there is hurtful.
To be a good ally I need to be nice and respectful.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned that microaggressions can be mistakes but it doesn't change the fact that it hurt someone.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I will support everyone and create awareness about racial discrimination.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
Something I would do to be an ally to my community is listening to others when they are talking so be respectful.
Any questions for your presenters?

What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
One thing that I learned is being a ally to stand up and support that person or group that has been bullying/racism.
To be a ally I will not trust bullying/racism and support or stand up for good people.
Any questions for your presenters?



STAFF FEEDBACK

Get REAL truly understands and communicates diversity and understanding. Through relevant personal storytelling and fun, honest and interactive activities, they help to make school communities more inclusive, and play an important part to combat the rising hate and intolerance in school communities.

The Get REAL team provided meaningful and impactful presentations to our grade 9s and to our staff. Wren, Monica and Noah were incredibly professional and communicative. They shared vulnerable stories that I think the students and staff could relate to. Thank you thank you thank you! We will be inviting Get Real to our school to speak to our Grade 9s every year!

Get REAL was a very down-to-earth presentation that all students could relate to. Sharing personal stories and a focus on allyship made the presentation relevant to everyone.

Our two Get REAL presenters were really good. They were open and honest, funny and vulnerable. They were great role models for any of our questioning and/or diverse teens in the audience.

A powerful learning opportunity for our students to learn through storytelling about the importance of contributing to an inclusive environment. Very impactful.

Get REAL'S presenters are professional, friendly, and open hearted which allow students to connect. These workshops change people's lives!

We continue to be impressed with how we get to learn from everyone at the Get Real Movement. Our students are lucky that the presenters shared their stories openly with us and taught us practical and compassionate ways to be inclusive to everyone in our community. We are very grateful and they are a very valuable learning partner for our school.

Your stories connect with students. They provide an important narrative.

Get REAL gave our students a chance to learn about how we can all be ok with ourselves, to be different and that supporting others is a huge part of any community.

The Get Real Movement supported our school improvement goals of anti-oppression and anti-racism by sharing their lived experience and expertise in this area. They created a space that was conducive to learning and help set a foundation for engaging in deeper work by our staff.

This work is so important to let students see themselves in their school community. Get REAL gave us some great activities to help facilitate this.

Get REAL is an incredible organization that allows students to feel seen and heard. Their presentations are engaging and leave students with a greater understanding of inclusivity and tools to take into the real world. We want them back each year to ensure all students hear the vital messages shared in the workshops they provide. Thank you so much!

As I said in my email to Wren and Rachael following their presentation: We greatly appreciated your presentation from Get REAL this past week and feel it really resonated with our students. Your passion, courage and vulnerability in sharing your own stories so openly were truly inspiring. I hope you know how essential and important your work is. Your presentation will undoubtedly leave a lasting, positive imprint on our youth and I sincerely hope that your crucial, universal messages of acceptance, understanding and support for one another will continue to grow in the future through your continued work and through the everyday conversations and further sharing among the youth you impact and inspire. As you said about the philosophy of your presentation: empathy and connection are truly created when people share their stories - we witnessed this firsthand following your presentation. I think the other piece is that for those students who are encountering a personal, lived experience of a queer person for the first time, your presentation humanizes and offers a meaningful opportunity to inspire some healthy cognitive dissonance to help students begin to question stereotypes and misconceptions. This is so important. Everyone has a battle they are fighting and I think your courage to share helps young people realize they are not alone in the world - a powerful and essential thing that we need much more of. Thanks again for your work and for your efforts to engage so meaningfully with our students. Please reach out and let us know when you will be in NS again!

The staff at our school found the presentations very impactful, as not only did Rachel and Wren share their stories, students were able to share their own challenges anonymously. I think it was eye-opening for them to learn about what their peers are experiencing.

We received positive feedback from both staff and students about the presentation. Students commented that they felt more informed. They appreciated the presenters taking the time to explain the various terms at the beginning of the presentation (i.e. racism, microaggression, etc.) and sharing their own stories. Thank you again!

The presenters put information into words that was easy and simple for students to understand and grasp. The personal stories are a great way to make the students connect with their own stories. I had a student that told me how much she appreciated feeling like her story of experiencing racism was understood by someone else.

You Retweeted



Bluewater DSB
@BluewaterDSB

Several #BWDSB schools welcomed the @getrealmovement for workshops on inclusion and kindness. Students learned about the importance of changing, and in some cases, unlearning our language and attitudes around homophobia, racism, and sexism. View article: ow.ly/M8yO50OgINW



12:10 PM · 2023-05-05 · 345 Views

1 Retweet 2 Likes



You Retweeted



John Lekakis
@thepaperprince1

Thank you Monica & Joseph @getrealmovement for sharing your stories with QMS students. Such a powerful message as we continue to create kind, supportive & inclusive spaces where each of us can be their unique self. #YouDoYou #sd40learns #FistBump @newwestschools @KennethHeadley



You Retweeted



DPCDSB PowerMEup Conference
@DPCDSBpowerMEup

"Take Pride in your name, who you are and where you come from!" @getrealmovement #dpguidance @DpExperiential "You create yourself! You get to decide who you want to be" #dpguidance



You Retweeted



Vickie Morgado M.Ed (she/her)
@vickiemorgado1

This was an amazing workshop! Thank you @getrealmovement #onted #dpguidance #dpcdsb @DPEquity

You Retweeted



C. Rapa-Perri
@RapaPerri

Such an amazing powerful workshop by @getrealmovement @DPCDSBpowerMEup @Connie2Educ8 @CMartDPCDSB and looking at how we can do better.



11:17 AM · 2023-05-11 · 507 Views

2 Retweets 1 Quote 6 Likes

You Retweeted



Emily Leon
@ASTNGr4Gifted

@AshtonMeadowsPS was so fortunate to have a wonderful presentation today from @getrealmovement! Ashton is a place where everyone belongs 🏳️🌈❤️ #beyourself #allies #inclusivity

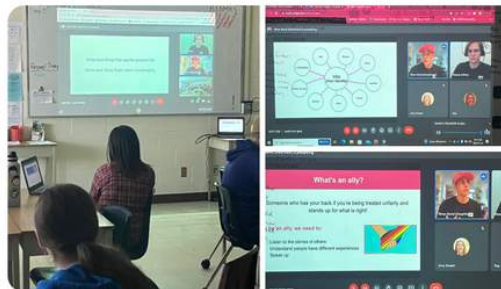


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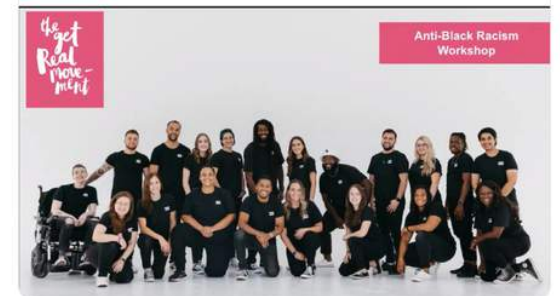
Brechin Bobcats
@BrechinBobcats

Learning about inclusivity in grades 4-8. #ally @getrealmovement



DPCDSB PowerMEup Confere... · 2023-05-11

Super Excited for @getrealmovement workshop this morning with classes from @stthomasmore19 @Zanon_DPCDSB @CorpusChristiDP @stocmississauga @edmund_st @stbasildpcdsb #dpguidance @DPEquity @DpExperiential #dpcdsb



SPEAKER FEEDBACK

"I have been working with The Get REAL Movement as a second speaker facilitating 2SLGBTQ+ inclusivity workshops over the course of the last year and it has been an incredible experience. The team at Get REAL assisted me greatly through the training process. One way in which they did this was by helping me to craft my story by bringing all of the pieces of my journey together to be as impactful, authentic, and honest as possible. Crafting our stories and sharing them with other people can be an incredibly vulnerable position to be in, but everyone at Get REAL was always ensuring that I felt safe and supported throughout my training, and also during workshops.

The training process of learning how to facilitate the workshops was also very effective. The people training me always communicated effectively, were available whenever needed, and approached all conversations and questions with patience and kindness. The supportive environment and culture at Get REAL has helped foster a positive learning process and safe community for me, for which I am eternally grateful.

Having the opportunity to be vulnerable and share some of my story with students and school communities in a safe and supportive organization has had a huge impact on my life. Reaching our younger generation through sharing stories and exchanging information gives me great fulfilment in my life, and in each and every workshop I feel honoured to witness the growth and connection between students, staff, and speakers. I look forward to continuing this work with Get REAL in the future."



Jonah James
@Its_JonahJ

Last week, Cal and Rachel from @getrealmovement visited our grade 9 students and lead an important discussion that school communities are having more, accepting identity, and supporting our 2SLGBTQ+ communities. Thank you for continuing our conversation 🏳️‍🌈 🏳️‍🌈 🙏



RACHAEL BERWALD GET REAL SPEAKER



What is something you learned from the workshop?
What will you do to be an ally in your community?

learned that im not alone and that
others struggle with the same things
as me
Any questions for your presenters?

"My experience with Get REAL in the first year of working with them has been tremendous. Starting with my training and story cultivation from Courtney and Chris, which helped to craft my story to be more direct and engaging, I find the responses to it have been overwhelming from adults and children alike. It's rewarding to know that with each session I'm potentially reaching minds and hearts on an issue I feel is one of the largest facing our society today. This is infinite work for me, and I'm enjoying having a chance to do it with The Get REAL Movement!"

KAMAU GET REAL SPEAKER



Karla McEachern (she/her)
@mrs_mceachern

With much Gratitude we THANK the [@getrealmovement](#) for coming to [@RSP_HDSB](#) and presenting with much Humility about how we can take Action to be better allies in this world. Remember - no one defines who you are, you are the one who defines who you are !



What is something you **learned** from the workshop?
What will you do to be an **ally** in your community?
I learned it's ok to be gay

What is something you learned from the workshop?
What will you do to be an ally in your community?
I learned you can be a
ally at any age.

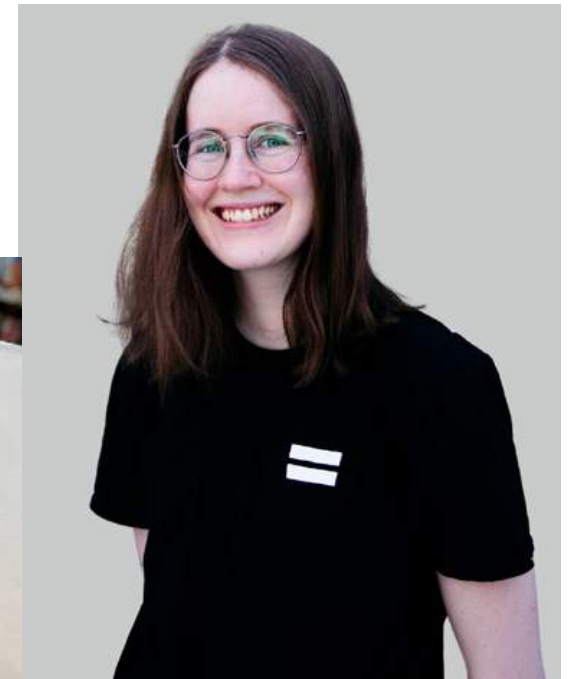


You're awesome
and really changed
my life

I thght gay was
Bad now i know it is ok
to be gay so i will start to
SUPort AND i Am him/he
thankes.

"I had a great experience in my training to become a speaker. Get REAL gave me valuable information when it came to writing my story and aided me in learning workshop material. Whenever I had questions or needed extra help, the Get REAL team was there for me. In all honesty, I always get anxious when doing new things, but because Get REAL prepared me so well my anxiety was minimal. Then I did my first workshop and the anxiety washed away. Interacting with the students, teaching them the workshop material and hearing their own stories was so moving that it's hard to put into words. To be able to create a safe space where students can ask questions and learn more about themselves and others is a very honorable thing. The fact that I am able to do this is amazing and I am so happy to be a speaker for Get REAL."

SHANNON GET REAL SPEAKER



CHAPTERS

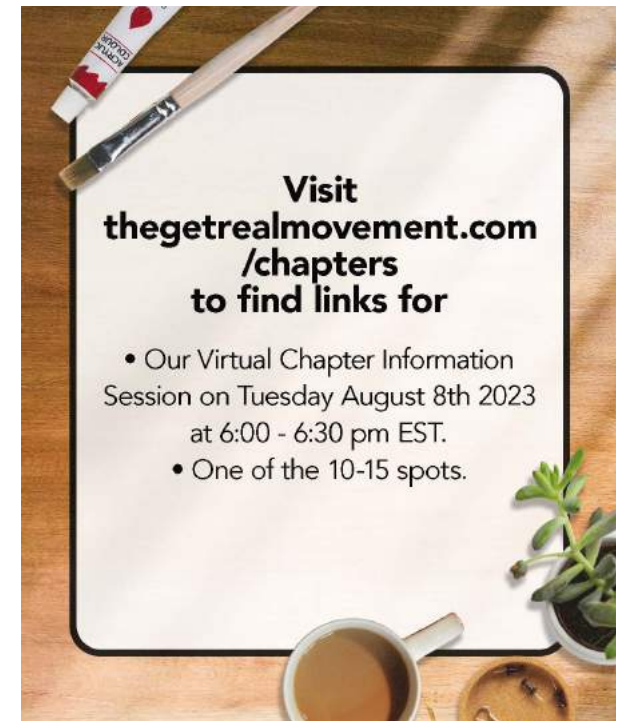
CHAPTERS SUMMARY

- Our University Chapters and student volunteers work year-round to make their local communities safer and more inclusive, building new skills by producing creative advocacy campaigns, giving back our 50/50 fundraising campaign, and accessing networking opportunities and reference-support for post graduate studies and employment (86% of students said Get REAL on their CV & as a reference helped them secure a job after graduation)
- Our University Chapters had an extremely impactful 2023, hosting our first ever Virtual Career Conference, beating last year's total funds raised for the Rainbow Railroad through their virtual 5K fundraiser, and creating new ways for individuals to get involved with Get REAL through our Virtual Chapter. We also hosted another incredible Fall Chapter Conference, with amazing panelists and an incredible keynote speaker!
- This 2023 school year, we already have 12 Chapter volunteers & executives, along with over 80 individuals interested in Chapter events!



VIRTUAL CHAPTER LAUNCH

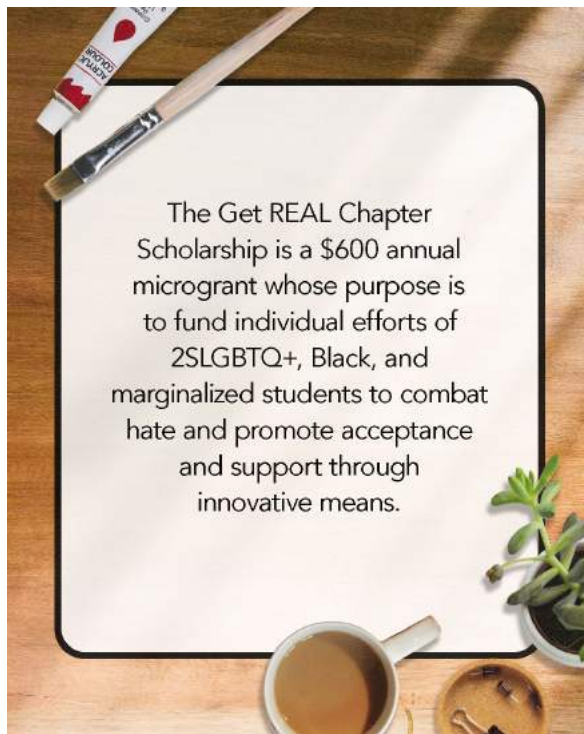
This year, Get REAL launched a Virtual Post-Secondary Student Chapter, to provide students across the country a chance to get involved with Get REAL when there isn't an established chapter to join! The selected students have the opportunity to engage creatively with new initiatives, make an impact on our local and wider community, and the space to meet and connect with other queer students across the country, while leading virtual initiatives.



CHAPTER MICROGRANT

When we started Get REAL, we were in university ourselves, and did not have any funding to speak of to explore our idea.

This is our way of giving back, and helping current university and college students with big, innovative, impactful ideas, secure funding to bring their idea to life, or run a test pilot whose results can hopefully be used to secure additional grant funding in the future.



the get REAL
CHAPTER
MICROGRANT

Thanks to Coach Carey our Chapter Microgrant has been increased to up to \$1200!

College/university students in Canada who have **big, innovative ideas to combat hate and promote acceptance** but **need funding** to bring their idea to life, **this grant is for you!**

[learn more](#) →

the get REAL
CHAPTER
MICROGRANT

What is Get REAL's Chapter Microgrant?

This scholarship is a \$1,200 annual microgrant whose purpose is to fund individual efforts of 2SLGBTQ+, Black, and marginalized university and college students.

\$100 goes to directly to the recipient as an honorarium and \$1100 goes directly to the project.

[learn more](#) →

CHAPTER MICROGRANT

The fund is usually dispersed annually to a recipient selected by the Get REAL Leadership Team and our amazing Get REAL Alumni Victoria Pedri, as the joint contributors of the grant, however this year we are grateful to another incredible team member, Raia Carey, for increasing the microgrant for the 2023-2024 recipient!

This year's recipient has already created her own podcast called "Vulnerably Evolving," which concentrates on personal development and mental health transparency. Their overarching aim is to establish weekly events and create both an online and in-person community for sustained engagement and support.

Our recipient came up with this idea based in her own experiences, as they were heightened during the height of the pandemic.

"In light of the increasing role of technology in communication and connection, there are notable implications for the mental health of adolescents. The COVID-19 pandemic vividly highlighted the toll of social isolation on individuals' well-being. My aspiration is to provide secure spaces for individuals, fostering the development of communities and instilling clarity and confidence. Drawing from my own journey as a recovering introvert, I developed Vulnerably Speaking as a personal toolset to bolster my social interaction and establish a network of support. The impact I aim to achieve is a world where individuals no longer navigate their challenges in solitude, but instead, elevate one another."

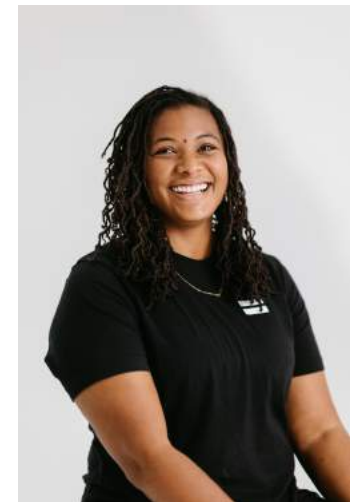
LOTUS TSANG

**CHAPTER MICROGRANT RECIPIENT
2023-2024**

CHAPTERS

"This year we are focussing on rebuilding the Queens Chapter to its former "Pre-Covid" strength! Last year, our focus was to just sustain the chapter and ensure there was someone to continue leading the chapter. Coming back in person and reintroducing clubs on campus meant that there was a big learning curve for our chapter execs. Throughout the year, their focus was to recruit executive members to round out the team and complete 1 event. They executed both of those things wonderfully.

This year we are dreaming much bigger! In addition to rounding out our exec team, our goals are to grow! We want to increase campus awareness of the chapter, promote and create positive and brave spaces where individuals can show up as their whole selves, and also get back to their chapter roots with fundraising for the Rainbow Railroad event. The team has already completed growing the team. They have big plans to create and share educational campaigns on their social media. They are planning to hold several events throughout the academic year, ending in a big push to fundraise as a team for the Rainbow Railroad Virtual 5K 50/50 Fundraiser! They are showing great promise, with their organizational skills, planning and follow-through. As the chapter manager, I am excited to support this group of admirable students!"



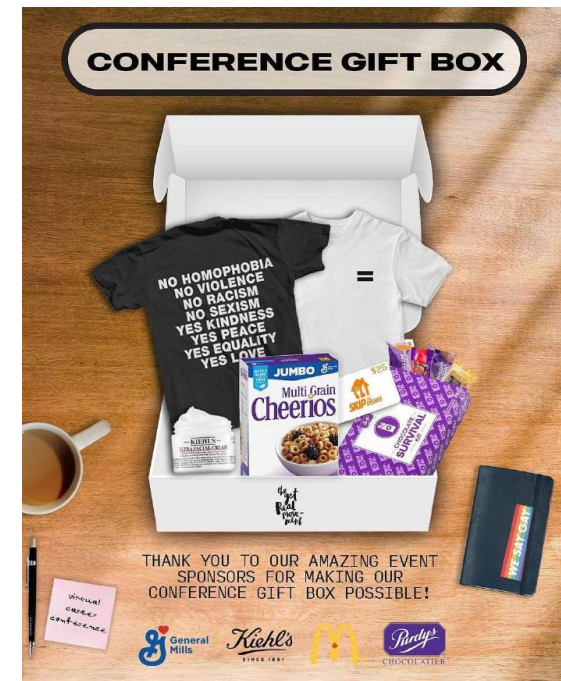
COURTNEY
CHAPTER & EVENTS MANAGER



VIRTUAL CAREER CONFERENCE

VIRTUAL CAREER CONFERENCE 2023

- We know from research and experience working in the corporate DEI space that young people face many barriers in the hiring process and in the workforce, due to factors such as gender identity, race, and sexual orientation, to name a few; at the same time, research also shows that companies that embrace DEI and hiring a diverse workforce perform better, but while the businesses we work with are hoping to hire diverse, young, talented candidates, they often aren't sure how to do this kind of outreach.
- This March, we successfully ran our first ever Virtual Career Conference! This was a free, one-day virtual Career Conference for 100 university and college students facing one or more barriers in the workforce, to provide professional skill development, real-world education from diverse industry professionals, and opportunities for students to network with companies they might not otherwise have the chance to!



VIRTUAL CAREER CONFERENCE 2023

- The event contained professional skills-based workshops covering topics such as resumes & cover letters, LinkedIn strategy, scholarship writing, and interviewing tips with globally recognized Career Strategy Coach & Former Fortune 500 Senior Director **Tiffany Uman**; five educational panels with leading industry professionals who themselves face one or more barriers in Marketing & Advertising, Start-ups & Entrepreneurship, DEI in the Corporate Space, Non-Profits & Charities, and Recruiting & Hiring; and breakout sessions with recruiters from a variety of companies.

VIRTUAL CAREER CONFERENCE
DEI IN THE CORPORATE SPACE PANEL



LATANYA FAROUQHARSON
EXECUTIVE ASSISTANT
HEALTHSMPLE

KATE HARRISON
DIRECTOR, CREATIVE & COMMUNICATIONS
REELIFE UNLIMITED

RALPHEAL ALYMAN
DIVERSITY, EQUITY AND INCLUSION ADVISOR
L'OREAL CANADA

CO-HOST

JIV BRAGISTER
BRAND MANAGER
DIVERSITY, INCLUSION & EQUITY
SUNNYVALE, CALIFORNIA

CO-HOST

STEPHANIE BELLO
CONTENT DIRECTOR
GET REAL MOVEMENT

JULIA CHO
CONTENT & MARKETING MANAGER
PINKET. CHICAGO, ILLINOIS

APPLICATIONS DUE MARCH 13TH TO JOIN!
WWW.THEGETREALMOVEMENT.COM/CAREERCONFERENCE

VIRTUAL CAREER CONFERENCE
NON-PROFITS & CHARITIES PANEL



DANE BLAND
HEAD OF DEVELOPMENT
KAZIMIR HALLGROUND

CHRIS STUDER
EXECUTIVE DIRECTOR
GET REAL MOVEMENT

MARLEY BOWEN
EXECUTIVE DIRECTOR
GET REAL MOVEMENT

CO-HOST

VICTORIA PEREZ
PROJECT MANAGER
COMM. RELATIONS
SHUTTER STOCK
BIRMINGHAM, ALABAMA

CO-HOST

COURTNEY ALLAIN
EVENT & SHOPS
MANAGE
GET REAL MOVEMENT

RUBY AWAN
MARKETING MANAGER
KICKSTARTAL

SCOTT STIRRETT
FOUNDER & CEO
VENTURE FOR CANADA

APPLICATIONS DUE MARCH 13TH TO JOIN!
WWW.THEGETREALMOVEMENT.COM/CAREERCONFERENCE

VIRTUAL CAREER CONFERENCE
RECRUITERS' LUNCH N' LEARN



BRIAN CONVERY
EXECUTIVE IN RESIDENCE
U OF T SCARBOROUGH MANAGEMENT

AINSLEY FOUBISTER
SENIOR TALENT SPECIALIST
STACK ADAPT

CO-HOST

MARY PAPAGIANNIS
SENIOR MANAGER, TALENT
VERVA SOLUTIONS

CO-HOST

MATTHEW LEBLOND
BOARD DIRECTOR
GET REAL MOVEMENT

CHRIS STUDER
EXECUTIVE DIRECTOR
GET REAL MOVEMENT

APPLICATIONS DUE MARCH 13TH TO JOIN!
WWW.THEGETREALMOVEMENT.COM/CAREERCONFERENCE

VIRTUAL CAREER CONFERENCE
START-UPS & ENTREPRENEURSHIP PANEL



MEAGHAN WRIGHT
CO-FOUNDER & DIRECTOR
PESOR. IMAGE MEDIA

MARIE WRIGHT
CO-FOUNDER & DIRECTOR
REKOR. IMAGE MEDIA

STEPHANIE FLORIO
CO-FOUNDER
SWIS. INC.

CO-HOST

LOGAN ROSENBERG-LEE
HEAD OF SALES
TRENDS. INC.
NEW YORK, NY

CO-HOST

MARLEY BOWEN
EXECUTIVE DIRECTOR
GET REAL MOVEMENT

YANAL DHAILIEH
CO-FOUNDER & CEO
PEACE COLLECTIVE

KAYLEE REED
FOUNDER & CEO
REKOR. MINDY
FOUNDER & CEO: BUMP, LAZ

APPLICATIONS DUE MARCH 13TH TO JOIN!
WWW.THEGETREALMOVEMENT.COM/CAREERCONFERENCE

VIRTUAL CAREER CONFERENCE
MARKETING & ADVERTISING PANEL



ADAM THUR
EXECUTIVE CREATIVE DIRECTOR
DOB

RICHA ECKERSLEY
EXECUTIVE CREATIVE DIRECTOR
DOB

RACHAEL ABRAM
CONTENT DIRECTOR
LIZ

CO-HOST

MONICA MEDRO
CONTENT MANAGER
GET REAL MOVEMENT

CO-HOST

GRACE CHO
CREATIVE DIRECTOR
REKOR.

CHRIS STUDER
EXECUTIVE DIRECTOR
GET REAL MOVEMENT

APPLICATIONS DUE MARCH 13TH TO JOIN!
WWW.THEGETREALMOVEMENT.COM/CAREERCONFERENCE



virtual career conference

CAREER CONFERENCE SCHEDULE: SATURDAY MARCH 25 2023

9:00-9:45 AM	OPENING CEREMONIES	
9:45-10:45 AM	PREP SKILLS WORKSHOP PERSONAL BRANDING, LINKEDIN, SCHOLARSHIPS	
10:45-10:50 AM	5 MINUTE BREAK	
10:50-11:50 AM	LIVE SKILLS WORKSHOP INTERVIEWING, NETWORKING, PUBLIC SPEAKING, COMMUNICATION	
11:50-12:00 AM	10 MINUTE BREAK	
12:00-1:00 PM	1 HR LUNCH 'N' LEARN WITH RECRUITERS	
1:00-2:00 PM	PANEL A: MARKETING & ADVERTISING	PANEL B: START UPS & ENTREPRENEURSHIP
2:00-2:10 PM	10 MINUTE BREAK	
2:10-3:10 PM	PANEL C: DEI WORK WITHIN COMPANIES	PANEL D: NON-PROFITS & CHARITIES
3:10-3:20 PM	10 MINUTE BREAK	
3:20-4:40 PM	1 HR 20 MIN FOCUSED BREAK OUT ROOMS WITH SELECT COMPANIES	
4:40-5:00 PM	AWARDS/PRIZES + CLOSING (THANK YOU'S)	

CONFERENCE GIFT BOX



virtual career conference

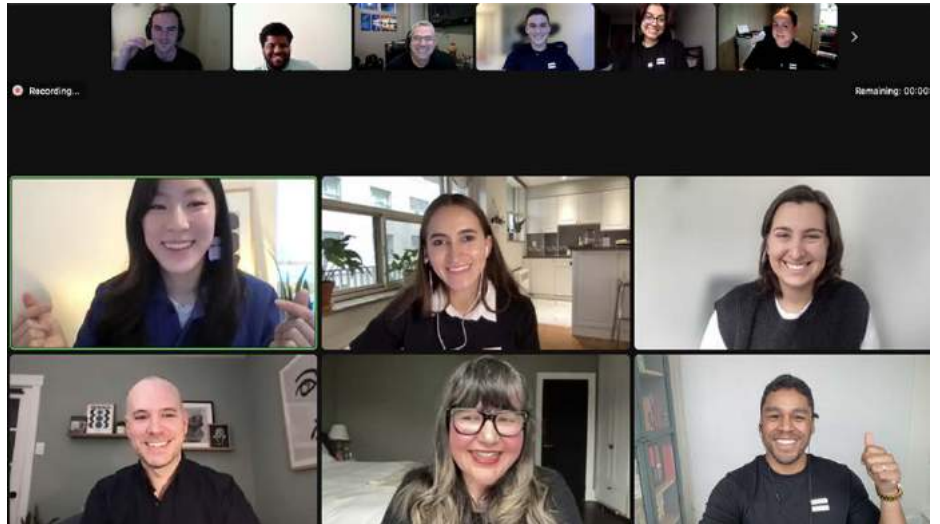
THANK YOU TO OUR AMAZING EVENT SPONSORS FOR MAKING OUR CONFERENCE GIFT BOX POSSIBLE!



THE GET REAL MOVEMENT
**VIRTUAL UNIVERSITY
 CAREER CONFERENCE**



**THANK YOU
 FOR JOINING US!**



VIRTUAL CAREER CONFERENCE - STATS

100% OF STUDENTS REPORTED THAT THE CONFERENCE GAVE THEM ACCESS TO NEW INFORMATION & PANELISTS THEY WOULD NOT HAVE HAD ACCESS TO OTHERWISE.

98% OF STUDENTS REPORTED THAT THE CONFERENCE GAVE THEM ACCESS TO ORGANIZATIONS & COMPANIES THAT THEY WOULD NOT HAVE HAD ACCESS TO OTHERWISE.

98% OF STUDENTS SAID THEY WOULD ATTEND THE CONFERENCE NEXT YEAR IF GIVEN THE OPPORTUNITY.

86% OF STUDENTS SAID THEY FELT MORE PREPARED FOR JOB SEARCHING, INTERVIEWING, AND ENTERING THE WORKFORCE FOLLOWING THE CONFERENCE.

“I was among 100 students that had the privilege of attending Get REAL's first Virtual Career Conference! Being a final year student, I'm no newbie when it comes to career events so I wasn't sure if I'd learn any new information. Boy was I mistaken! From the impactful messages shared during the opening ceremony to the helpful pointers given during the various panels and breakout rooms, there was something to learn from every presenter and attendee. I feel better equipped with skills that will facilitate my entry into the job market even as I enter into the unknown of post-grad life. A big thank you to the Get REAL team and all who were involved!”

ANGELIQUE

“The Get Real Career Conference was an awesome and organized experience where I learned so much about a variety of careers I'm interested in. I liked how the first half of the day was spent working on my personal brand and career tips from knowledgeable professionals. The panels and networking in the afternoon were a great way to apply what I learned in the morning. I loved how welcoming everyone was, can't wait for the next one!”

SHELBY

“I just wanted to say thank you for the workshop on Saturday! I know it was late to accept me but I am truly grateful that I was able to attend in the end. I learnt a lot, and as an international student, I feel more confident about moving through the job market in Canada now. All in all, a great experience.”

THANDI

“As a student who attended the Get Real Conference, I can confidently say that it was an invaluable experience. The conference provided a platform for students who have faced roadblocks in their education journey to connect with industry professionals, learn valuable career skills, and expand our networks. The panels were particularly enlightening, as they covered a range of topics from job searching strategies to managing workplace challenges. The speakers were all experts in their fields and shared practical tips and insights that I can apply in my own career. But what I appreciated the most was the networking opportunities. I was able to meet and connect with professionals from a variety of industries, who were genuinely interested in hearing about my experiences and offering advice. It was a great opportunity to build relationships that could potentially lead to future job opportunities. Overall, the Get Real Conference was an empowering and inspiring event that left me feeling motivated and equipped to overcome any obstacles in my education and career journey. I would highly recommend it to any student looking to gain valuable skills and connect with like-minded professionals. Thank you again to everyone that made this conference happen.”

CHRIS



of industry professionals
in five educational panels,



So who is Tiffany Uman?

THE GET REAL MOVEMENT
**VIRTUAL UNIVERSITY
CAREER CONFERENCE**

MAY 23

**RAINBOW ROAD
VIRTUAL 5K**

RAINBOW ROAD

- Rainbow Road is our University Chapter Program's annual 50/50 fundraiser, raising 50% of funds for our programming, and 50% of funds for the programming of Rainbow Railroad
- Our virtual format allows for university student groups, businesses, and individual volunteers to take part!
- This year, we were able to raise over \$7,500 in support of Get REAL and Rainbow Railroad's programming at Rainbow Road 2023! We were also able to live stream an awards ceremony to thank those who participated and supported this fundraiser!
- We were so proud to have been able to beat the amount raised in 2023, raising a total of \$3,963 for Rainbow Railroad thanks to our amazing donors, fundraisers, and partners, and we are already looking forward to an even more successful Rainbow Road in 2024!



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RAINBOW
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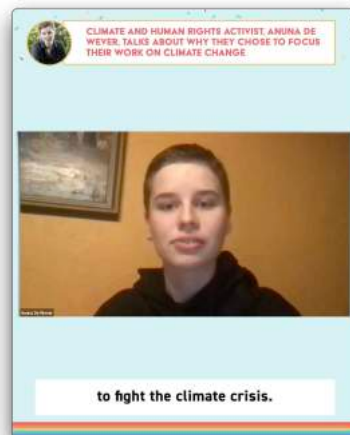
The Get REAL Movement Inc.

Raised: CA\$8,592.39
Goal: CA\$7,500.00

FALL CHAPTER CONFERENCE

CHAPTER CONFERENCE 2022 & 2023

- Fall 2023 kicked off with the release of our educational after-videos of our amazing 2022 panelist and keynote speaker, which included Digital Creator and Queer and Jewish Activist [Matt Bernstein](#) (MattXIV), Climate Activist [Anuna De Wever](#), Imperial College Research Fellow [Dr. Jessica Wade](#), Medical Student and Social Media Educator [Joel Bervell](#), and Indigenous Entrepreneurs, Activists, and Artists [Dakota Bear and Casey Desjarlais](#).
- We began working on our Fall 2023 conference speakers early, and were thrilled to welcome 4x dynamic speakers and youth activists, including:
 - Carpenter, Housing Activist, and Host of *Somebody Lives Here* Khaleel Seivwright
 - Digital Educator & Keynote Speaker Raven Schwam-Curtis
 - Writer & Trans Rights Activist Landon Richie
 - And Founder & Director of Future Ancestors Services Larissa Crawford
- With an amazing roster of speakers, we wanted to share and uplift their work to our online community as much as possible, which we did in short form videos to introduce the speakers to our audience leading up to the event!






732 Posts **94.9K** Followers **1,107** Following

raven Schwam-Curtis they/she

[ravenreveals](#)

Digital creator
 Black & Jewish Educator
 Featured in @washingtonpost @glamourmag
 contact@ravenreveals.com... more
 bio.site/ravenreveals



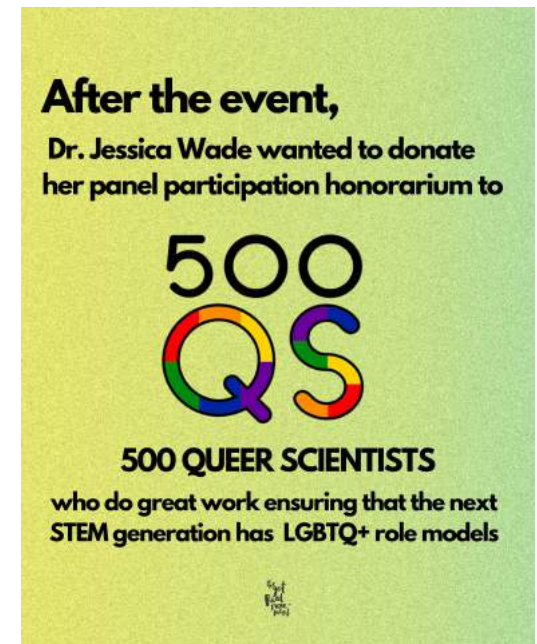
DR. JESSICA WADE

CHAPTER CONFERENCE 2022

Thanks to Dr. Jessica Wade, we were able to make a \$600 donation to 500 Queer Scientists! At last year's Fall Chapter Conference, we were joined by Dr. Jessica Wade, who spoke to her amazing work, ensuring that women and peers of colour get the representation & recognition that they deserve.

After the event, Dr. Wade wanted to donate her panel participation honorarium to 500 Queer Scientists who do great work ensuring that the next STEM generation has LGBTQ+ role models.

Thank you Dr. Jessica Wade for joining us & for your generous contribution to an amazing fellow organization!



CHAPTER CONFERENCE 2023

- The resulting conference was amazing selling over 60 tickets with folks joining from all over!
- In a challenging year rife with seemingly endless amounts of violence and hate directed at marginalized groups, there was a feeling of gratitude to be able to share a space like this, all of us together.
- The feedback from the event was fantastic as well, with:
 - 100% of attendees reporting that they found the conference helpful and informative when it came to learning more about advocacy
 - 98% of attendees reporting that they would love to attend next year's conference, if given the opportunity!



What did you like the most about the University Conference 2023?

I LOVED everything about the conference. Hearing everyone's perspective and stories. I needed this. It's been a dark few months.

It was great to know how young people are making a strong impact by advocating for human rights. After this, I am motivated to use the power of social media to participate in ongoing collective activism.

The panel was incredible. Articulate, diverse, thoughtful, and inspiring.

I really liked having presenters who are also diverse in experience

The variety of speakers.

Being able to connect with so many other community members!

the different perspectives and intersectionality

The relevance of issues in relation to where I am located (specific examples local to me)

Progressive array of speakers, and being offered virtually.

Learning about Two Steps Home, and the different intersectionality of the speakers. I also thought it was useful hearing about Larissa's experience in different advocacy work and the steps she took to find the space where she could add the most value and learnt what not to do.

Lots of great perspectives surrounding queer, disability and racial issues and initiatives

I appreciate the representation and recognition of different types of advocacy work and experiences across the selected speakers. It was awesome to see both the similarities and differences in how everyone responded and brought their own experiences to the conversations - ranging from a quote from Audre Lorde to authentic, on-the-ground frustrations.

It is very comforting to see so many young people working hard and helping to make changes to others' lives and the world at large.

Hearing about everyday life examples of advocacy and seeing what that can look like in the future!

The diverse group of guest speakers. I felt heard.

The accepting environment and sense of community!

So many informative speakers and hearing their stories was incredible.

I've been to a few Get REAL events, and I just have to give a shout out to Courtney for being an amazing host every single time.

My favourite thing about this year's conference is the focus on self-care, educating one's self, and self-love within social justice and advocacy work. Centring one's self can often be seen as selfish, but based on the conversation from the conference, this type of work can't be done without looking and reflecting upon SELF. My biggest take away from the conference is Larissa's discussion on shifting the language of qualification from work experience to life experience. Hearing that made me feel so empowered and boosted my confidence -- I am still feeling it today.

To the Get REAL team:

Y'ALL ARE AMAZING! THANK YOU FOR THE WORK THAT YOU DO <3

Hearing the keynote speaker and the panelists talk about their experiences.

Amazing discussion topics!

“Participating in The Get REAL panel was an illuminating experience. The community space this organization has curated is special and you feel that the moment you step into it. It's a beautiful thing to feel wholly intellectually, personally, and spiritually safe to articulate your politics.”

**RAVEN SCHWAM-CURTIS,
BLACK & JEWISH EDUCATOR**



AFTER-SCHOOL

PROGRAM SUMMARY

- Our After-School Program focuses on providing year-long mentorship for 20 2SLGBTQ+ youth and allies aged 13-17.
- We have two After-School Programs: a virtual program for students across Ontario, and an in-person program for students in Winnipeg, Manitoba.
- Both programs strive to provide a safe space for our students to learn new skills, have access to new experiences completely free of financial barriers, provide programming that has a positive effect on mental health, self-confidence, and sense of community.

GET REAL ONTARIO AFTER-SCHOOL PROGRAM
Monthly Virtual After-School Program for 2SLGBTQ+ and Ally Students
Grades 8-12 across Ontario
Learn new skills; enhance connections to community; build confidence and leadership abilities
This program is completely free for participants, with dinner provided at each session, and is facilitated by young, reliable queer mentors.
Sessions run from October 2021-june 2022

GET REAL MANITOBA AFTER-SCHOOL PROGRAM
Monthly After-School Program for 2SLGBTQ+ and Ally Students
Grades 8-12 across Manitoba
Learn new skills; enhance connections to community; build confidence and leadership abilities
This program is completely free for participants, with dinner provided at each session, and is facilitated by young, reliable queer mentors.
Sessions run from October 2022-june 2023

SPOTS ARE LIMITED. TO APPLY AND FOR MORE INFO EMAIL:
INFO@THEGETREALMOVEMENT.COM
thegrealmovement.com/afterschool

Program made possible by:
@getrealmb facebook.com/wegetreal TikTok

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Program made possible by:
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the get Real move-ment

the get Real move-ment

ONTARIO

AFTER-SCHOOL PROGRAM IN ONTARIO!

- Our After-School Program in Ontario has had an incredible 2022-2023 school year, lead by Max Denley and Tiff Kriter as co-coordinators who together bring a wealth of experience working with and mentoring 2SLGBTQ+ youth.
- Last years group got together once a month virtually to learn from different speakers, as well as each other while participating in a variety of different activities including:
 - Working on a group project - from brainstorming ideas to a final product. This involved working together to establish a concept and goals, divide up the elements of work to be completed, support one another with feedback and direction, and bring everything together in the end.
 - Support Activities - reflecting on the challenges our community is facing in the world, and how we can lift up ourselves and one another.
 - Development of leadership skills and understanding of important aspects of identity and advocacy.



**GET REAL ONTARIO
AFTER-SCHOOL PROGRAM**

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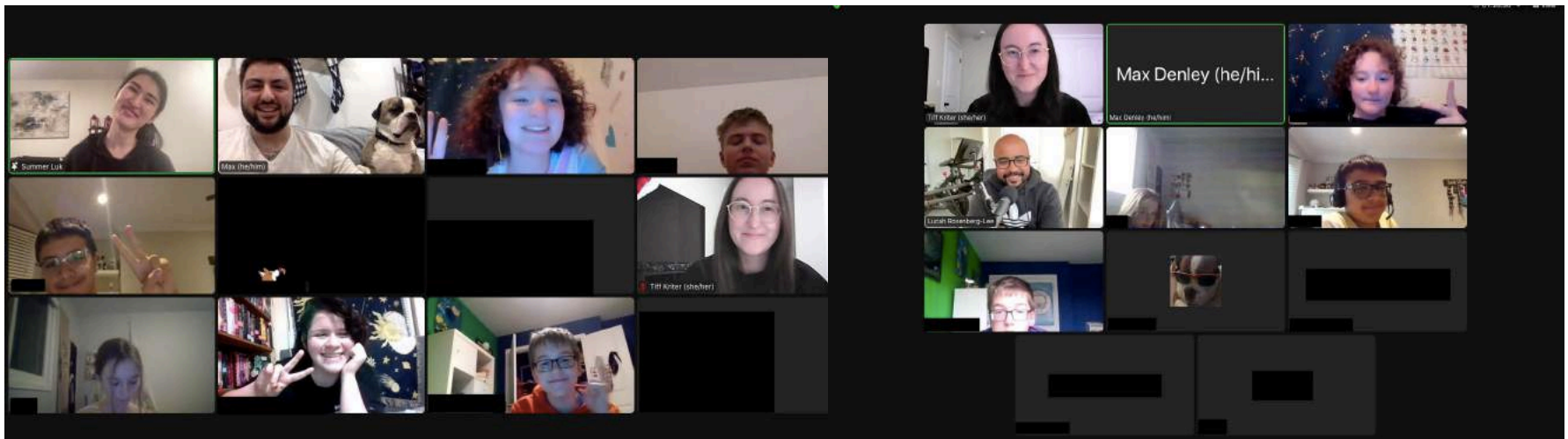
@getrealmovement facebook.com/wegetreal TikTok

AN AMAZING YEAR!

This past year's group hosted students of diverse identities and experiences in grades 7-12 from across Ontario, providing engaging and educational events, including inspiring speakers and keynotes, and creative and meaningful projects, such as “Words of Hope”, which encouraged students to reflect on the challenges our community is facing in the world, and how we can lift up ourselves and one another.

This past years guest speakers included:

- Summer Cheung - A trans feminine storyteller and advocate who uses creative outlets and social media to build meaningful connections. She joined our group and shared stories of overcoming adversity and building her career and positive sense of self. Group participants had an opportunity to ask questions, and Summer was honest, vulnerable, and encouraging in her answers.
- Lucah Rosenberg-Lee - a trans masculine filmmaker and brand content director. Lucah shared his personal journey of finding confidence in his own uniqueness, building community, and pursuing his passions. Lucah supported the group with the development of their own branding project, guiding learning conversations about communicating meaningful messages through merch design and marketing campaigns.



AN AMAZING YEAR!

'WORDS OF HOPE'

What helps you cope when faced with hate - whether that is in person, on social media, in the news, etc.?

8 responses

Remove yourself from the hate and surround yourself with positivity. Supportive friends, family. Fresh air, pet therapy. Things that make you happy and bring joy to your life.

Allies are super important in my opinion when it comes to coping with this hate, and knowing that your community isn't the only one that is trying to stick up for you.

I haven't figured it out yet 😞

Talking about it with supportive friends and family

I don't, really. I just deal with it, if that makes sense. If they wanna be jerks, that's their problem. They mean nothing to me.

Turn off the news. We know it's out there, we don't need the constant reminders. Use the block button! It's there for a reason.

Plugging out of the hate and plugging into something more positive. I understand a lot of people recommend getting off the internet when the hate gets too much, but nowadays that's incredibly difficult, especially for youth who now pretty much only have the one outlet. So, instead of abandoning the internet find a safer place online without hate, and instead replace that hate with positivity.

going into someplace like my room where I feel relaxed and safe and kinda just sit there and fidget for a little while. Sometimes I'll play with a balloon or something that keeps me busy and try to forget about what happened.

What words do you have for a 2SLGBTQI+ kid living in a place where they are trying to pass homophobic/transphobic bills right now?

7 responses

Lean on your support systems. Remember that you are not alone. There is a community of people who love and support you.

I would honestly tell them to just push through it. Fight as hard as you can, be yourself and however you want to be if it's safe, and if it's not, when you're able to, find a community or a location that will accept you for who you are and who you want to be. Don't be afraid to cut those family or friend connections if they are hurting you and who you are.

Your beautiful the way your comfortable as and that you have to be strong and know that this is you and that you deserve everything and your worthy of everything

Buddy. The bad people are outweighed by the good, and that's becoming more true as we live through our lives. You'll be okay :)

WE will make thing better, We will not let them destroy us. dont give up, you are not as alone as you feel you are right now

The hate may be loud, but it isn't all that is out there. There is so much love and support for who you are. Keep searching for it. No laws can erase or eliminate us. We have always been here and we always will be. Our community is based in love and resilience. We will persist.

I think it's important to think of how many times hateful rhetoric has been tried to pass against all sorts of minorities throughout history, and I think it's important to remember that it's always gotten better.

AN AMAZING YEAR!

'WORDS OF HOPE'

What does "Queer Joy" mean to you?

7 responses

Queer joy to me means a few things. Expressing myself freely. Positive representation. Empowerment. Happiness.

To me, queer joy is this fluid sensation of ecstasy where you unlocked that feeling of knowing that you are accepted by everyone around you, and loving your body more than anything else. Words cannot describe this feeling, and how it can affect a person just with one moment.

Being comfortable in your own skin and how you identify and the people your surrounded with support you

Queer joy is sharing the process of doing my t shot w/ my queer friends, its being told that the panel i spoke at for queer students had record high attendance, its realizing that i know the queer community around me, its "hey this person said hi" from someone i didn't even know knew that person. its offering people i just met a ride home after a trans bonfire night its all the memories i make with my queer friends and its getting shouts of joy from people i know and people i don't when i hit another millstone.

Being unapologetically myself, no matter what anyone else may think.

Doing the things you love, despite the people telling you that you can't. Queer joy is just being queer and choosing joy. Choosing joy by loving others, pursuing your dreams, starting a family, playing sports, making art, caring for animals, or doing whatever else makes your life joyful.

I think everything that I do has queerness in it, as a queer person. So, everytime I feel joy it's queer joy, same with every other queer person, and I love to see it.

What words do you have for a 2SLGBTQI+ person who doesn't feel like they can be "out" as themselves right now?

6 responses

Just remember that there will be a time that you will be able to express yourself, and you need to hold onto that. But if it isn't safe to come out, don't pressure yourself. In the meantime, focus on becoming more comfortable and in tune with yourself.

No matter if your out or not that doesn't change the fact that you are you and that that is who you are AND YOUR WORTH THE WHOLE WORLD

"you will be able to make things better for yourself eventually, you will be able to create a space that is safe for who you are one day"

There's absolutely no pressure. Coming out is something you should only do when you're ready, willing, and able. Take your time to make sure you'll be safe no matter the outcome, and know that their reaction doesn't reflect on you in any way.

You will get there. You know who you are and one day the world will too. Until then, know you are valued and worth it. Stay safe and keep going, we are fighting for you.

It's okay to not feel safe to be yourself, it's not your fault. Be brave so a future version of yourself can be grateful for your strength.

END OF YEAR PROJECT: “DIVERSPACE” CLOTHING



- The Program’s final advocacy project this year was a creative design with a message. The group was eager to create images that communicated a message of acceptance for everyone, and all of the parts of their identity.
- They built off of the concept of space - expansive and still being discovered, endless possibility and room for all.
- As such, “DIVERSPACE” was born.
- They collaborated and utilized each person’s skill sets to combine art, digitizing, copywriting, and marketing ideas to bring it all together.
- These final designs were available on clothing for sale, as well as for them to wear proudly.



AMAZING STUDENT FEEDBACK!

How would you describe the program to a friend?

A safe space to empower and give confidence to all people who take part and learn some new skills while having fun.

A cool hangout with other queer people + allies, and a good way to learn about different walks of life with the quest speaker

Fun and educational

Cool, fun, safe place to express yourself.

Fun, helpful, safe

What have you learned or gained from this program so far?

I learnt to feel more confident in myself and learnt to work with others as a team to achieve something

I gained a lot of self confidence in myself throughout the program

Experience and a greater understanding of building something of your own.

I looked forward to it. Felt good to be a part of something. Felt good to not feel alone.

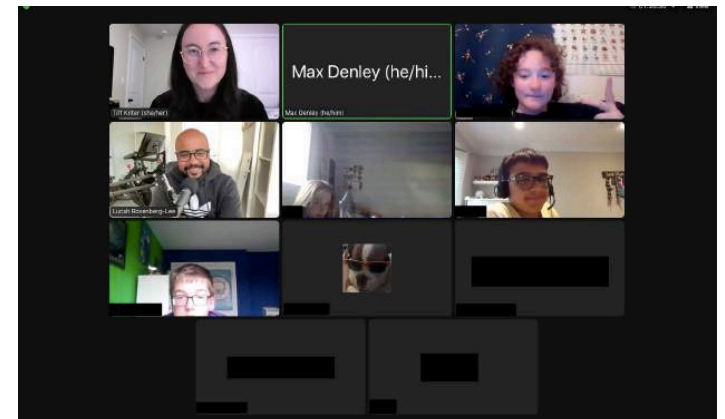
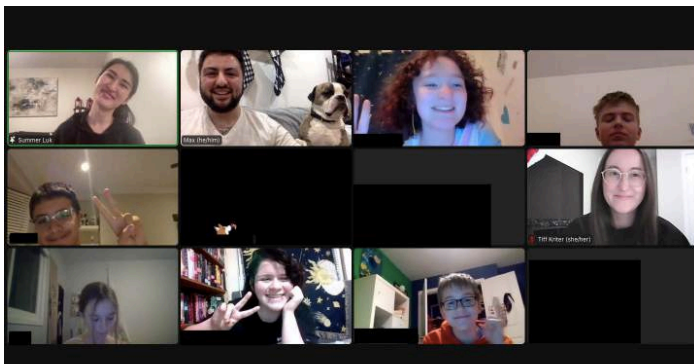
2022-2023 ONTARIO STATS

THE STUDENTS GAVE THE PROGRAM AN AVERAGE RATING OF 4.3/5, OR 86%, WITH HALF GIVING THE PROGRAM A 5/5 RATING, WHICH WE ARE THRILLED ABOUT!

100% OF STUDENT INDICATED SOME INTEREST IN ATTENDING A FREE, IN-PERSON EVENT.

83% OF STUDENTS SHARED THAT THE PROGRAM HAS MADE THEM FEEL "MORE CONNECTED" TO THE 2SLGBTQ+ COMMUNITY

HALF OF STUDENTS SHARED THAT THE AFTER-SCHOOL PROGRAM HAS HAD A POSITIVE IMPACT ON THEIR MENTAL HEALTH (THE REMAINING HALF SHARED THAT IT DID NOT MAKE AN IMPACT IN EITHER A POSITIVE OR NEGATIVE WAY)



MANITOBA

GET REAL MB SESSIONS 2022-2023!

Our After-School Program focuses on providing community, education, mentorship, and a safe space for 2SLGBTQ+ youth and allies aged 13-17 in Winnipeg, Manitoba.

This year's group fluctuated from 2-8 students attending each session, which was hosted at the Big Brothers, Big Sisters location on Ellice Avenue. Each session included a hot meal, snacks, drinks, and bus tokens for all those attending. Mindful of our community and the Truth and Reconciliation's calls to action, our workshops this year focused on community-building through learning about Indigenous culture and other important human rights issues. Our group was blessed with an illustration workshop by local Métis and Anishinaabe, 2 Spirit illustrator Ruby Bruce. We also held a beading workshop facilitated by Claire Johnston, a Piitoshi-iteeihtam and 2 Spirit beader. In both workshops, students engaged with Indigenous Art and heard the traditional learnings and teachings while creating their own projects.

GET REAL MANITOBA AFTER-SCHOOL PROGRAM

Monthly After-School Program for 2SLGBTQ+ and Ally Students

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Learn new skills; enhance connections to community; build confidence and leadership abilities

This program is completely free for participants, with dinner provided at each session, and is facilitated by young, reliable queer mentors. Sessions run from October 2022-June 2023.

SPOTS ARE LIMITED. TO APPLY AND FOR MORE INFO EMAIL: INFO@THEGETREALMOVEMENT.COM

thegetrealmovement.com/afterschool

Program made possible by:

@getrealmb facebook.com/wegetreal TikTok



GET REAL MB SESSIONS 2022-2023!

This year, our group also went to the Canadian Human Rights Museum, where we learned about the history of queer rights and their legal recognition in Canada and more locally in Winnipeg. We also got to see and support one of our members, who featured their art in one of the museum's exhibits. Smaller events also took place; we had a Just Dance Party, enjoyed preparing some of our dinners in the kitchen from scratch, and spent many an hour drawing, creating, and sharing with one another.

For the 2023-2024 scholastic year, Get REAL Manitoba's After-school program has begun meeting and hosting at Arthur Day Middle School in Transcona. We are excited for the new community members who have joined us, as well as those who have returned!

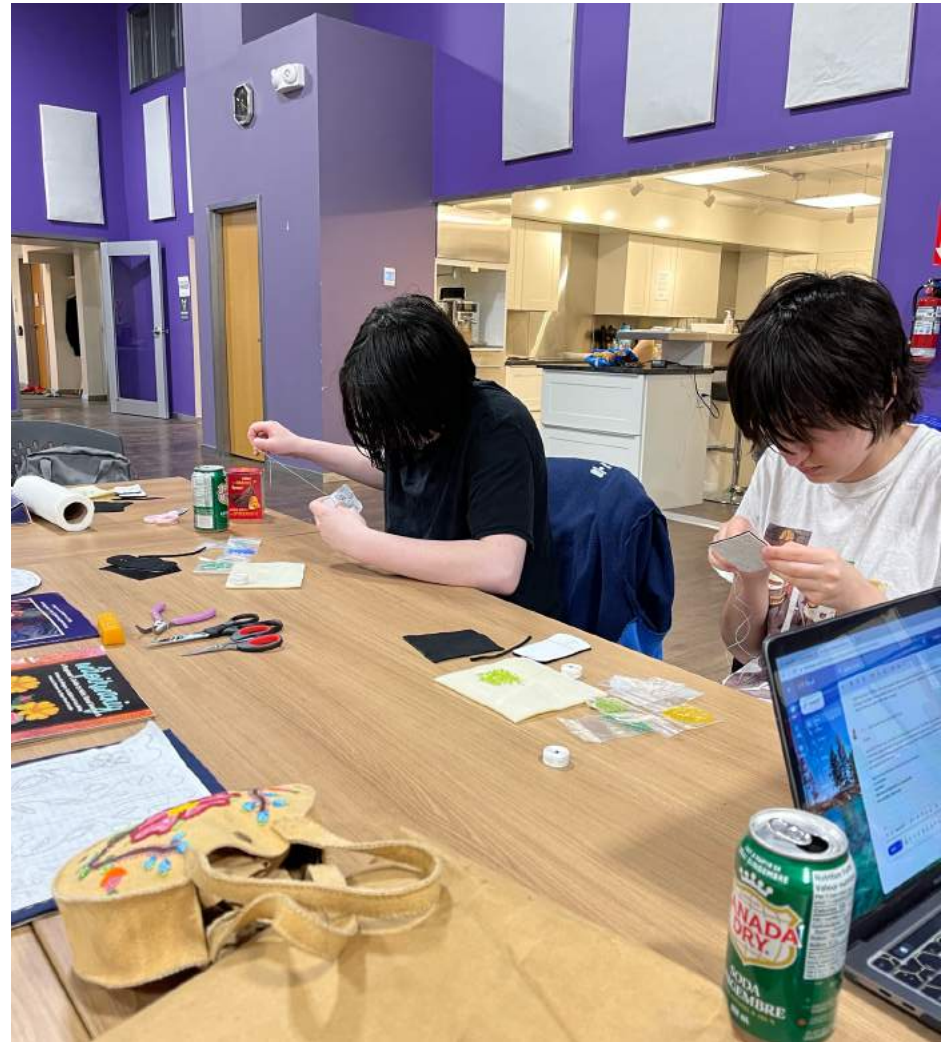


GET REAL MB STUDENT FEEDBACK

“I really enjoyed my time at get real and I found it to be a positive experience. My time at get real was a lot of fun! I liked how we did a different activity each time, and I got to learn something new.

My personal favourite was when we would do just dance. The instructors made me feel very comfortable, and were easy to talk to. They were very kind and supportive of my hobbies. I would definitely sign up again”

**- MASON, STUDENT
GET REAL MB**



2022-2023 MANITOBA STATS

100% OF PARTICIPANTS SHARED THAT THE PROGRAM HAS MADE THEM FEEL “MORE CONNECTED” TO THE 2SLGBTQ+ COMMUNITY

100% OF STUDENTS REPORTED THE PROGRAM HELPED THEM DEVELOP THEIR SOCIAL SKILLS

100% OF STUDENTS SAID THEY WOULD TAKE PART IN THE PROGRAM AGAIN IF GIVEN THE CHANCE



**2SLGBTQ+ VIRTUAL
COUNSELLING
PROGRAM**

2SLGBTQ+ VIRTUAL COUNSELLING

This year we were able to take on our third ever cohort of Ontario youth through our 2SLGBTQ+ Virtual Counselling Program!

Thanks to the feedback from our previous cohort, Max and Jay will be working with 6x youth, over the course of the next year, providing each youth with 12x virtual counselling sessions from a MSW trans identified social worker, for a total of 72 free counselling sessions!

At this time, all of the spots for this years cohort have been filled!



MAX DENLEY



JAY JONAH

The resulting impact for our previous cohort was incredible:

- 100% of youth reported making progress towards their therapeutic goals
 - 80% reported significant progress - which is even stronger than our first pilot cohort
- 100% said that they would love to participate in the program again if possible!

the get Real move-ment
VIRTUAL COUNSELLING

100%
OF PARTICIPANTS REPORTED PROGRESS TOWARDS THEIR
THERAPEUTIC GOALS
80% REPORTED SIGNIFICANT PROGRESS

100%
OF PARTICIPANTS REPORTED THAT THEY WOULD PARTICIPATE
IN THIS PROGRAM AGAIN IF IT WAS AVAILABLE.

“ I AM MORE IN-TUNE WITH MY EMOTIONS, AND HAVE A NEW PERSPECTIVE ON MY SITUATION, AND HAVE SOUGHT OUT A DIAGNOSIS WITH A PSYCHIATRIST. ”

“ I AM MUCH MORE SURE OF MYSELF. MY CONFIDENCE HAS GOTTEN BETTER TOO. ”

“ I’M TRYING TO CONTINUE WITH JAY, HE’S HELPED A LOT. ”

“ I’VE INCREASED MY ABILITY TO IGNORE DYSPHORIA THOUGHTS. ”

“ MAX WAS GREAT TO WORK WITH. I APPRECIATED THE OPPORTUNITY TO MEET WITH A PROFESSIONAL. ”

the get Real move-ment
VIRTUAL COUNSELLING

EVENTS

BLACK FILM FESTIVAL

BLACK FILM FESTIVAL 2023

Our Black Film Festival (formerly our Black Film Club), is a free, virtual event celebrating inspiring Black individuals in film through a series of virtual screenings and panels!

We are thrilled at a hugely successful first year, which saw 303 participants tuning in from all across the country for 3 nights of screenings: "Shorts", "Documentary", and "Feature"!

We finished the week off with an amazing panel featuring the directors of our Gold and Silver Selections for our Shorts Screening, the Director of our Gold Selections for our Documentary Screening, and the Composer of our Feature Screening (Gina Prince-Blythewood's "The Woman King"), 6x Grammy Award Winning Artist Terence Blanchard!

- 100% of participants surveyed reported that the Black Film Club gave them access to films they may not have known about or had access to otherwise.
- 100% of participants surveyed reported that they would participate next year if given the opportunity.



BLACK FILM FESTIVAL 2023

BEST SHORT FILM
The Get REAL Movement
BLACK FILM FESTIVAL
2023
WINNER



Pimenta
A SHORT FILM BY
PIMENTA

SHORT FILM VIRTUAL SCREENING:
TUESDAY, FEBRUARY 21ST, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

BEST DOCUMENTARY
The Get REAL Movement
BLACK FILM FESTIVAL
2023
WINNER

**THE
SCHOOL TO PRISON
PIPELINE**
IN ONTARIO

DOCUMENTARY VIRTUAL SCREENING:
THURSDAY, FEBRUARY 23RD, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

BEST FEATURE FILM
The Get REAL Movement
BLACK FILM FESTIVAL
2023
WINNER



**THE
WOMAN
KING**
SEPTEMBER 16

FEATURE FILM VIRTUAL SCREENING:
WEDNESDAY, FEBRUARY 22ND, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

OFFICIAL SELECTION
The Get REAL Movement
BLACK FILM FESTIVAL
2023



Sound Mind
A SHORT FILM BY
SOUND MIND

SHORT FILM VIRTUAL SCREENING:
TUESDAY, FEBRUARY 21ST, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

OFFICIAL SELECTION
The Get REAL Movement
BLACK FILM FESTIVAL
2023



SOMETIMES THE HARDEST
CONVERSATIONS ARE THE ONES YOU
HAVE WITH YOURSELF

TALK
A SHORT FILM BY
TALK

SHORT FILM VIRTUAL SCREENING:
TUESDAY, FEBRUARY 21ST, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

OFFICIAL SELECTION
The Get REAL Movement
BLACK FILM FESTIVAL
2023



Plus que des Cheveux
A SHORT FILM BY
PLUS QUE DES CHEVEUX

SHORT FILM VIRTUAL SCREENING:
TUESDAY, FEBRUARY 21ST, 2023
6PM EST

[LINK IN BIO FOR FREE TICKETS](#)

OFFICIAL SELECTION
The Get REAL Movement
BLACK FILM FESTIVAL
2023



**WOMAN
MEETS
GIRL**
A SHORT FILM BY
WOMAN MEETS GIRL

SHORT FILM VIRTUAL SCREENING:
TUESDAY, FEBRUARY 21ST, 2023
6PM EST

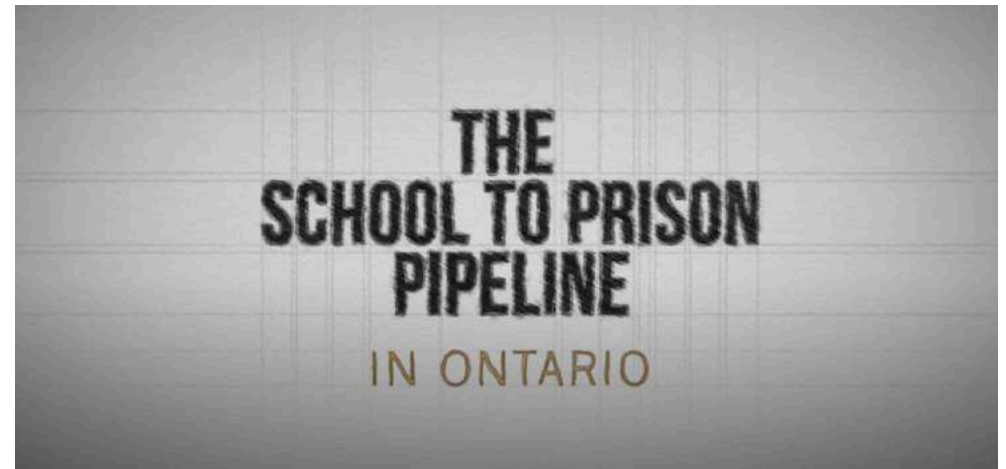
[LINK IN BIO FOR FREE TICKETS](#)

BLACK FILM FESTIVAL 2023



“What a joy it was to be a part of the Black Film Festival, and to receive the honour of my documentary being selected. This experience reified for me the necessity and value of centering our Black voices in our own communities and beyond. As a relatively new filmmaker, being in the company of my peers, whose work is excellent, felt deeply reassuring. I owe much gratitude to Get REAL for making this event happen. I look forward to future festivals!”

**MOSES LATIGO ODIDA,
DIRECTOR OF OUR GOLD SELECTION
FOR DOCUMENTARY
"SCHOOL TO PRISON PIPELINE IN ONTARIO"**



The way it felt like an « event », bringing intention to watching a movie

I enjoyed the panel discussion

Having access to films that I didn't know about. Highlighted Black artists that I wouldn't have otherwise known about!

I thought the panel was really cool and the ability to hear from the people involved in making the films, in addition to getting to see the films. It added a lot of depth and insight beyond just watching the movies.

I loved how it was synchronous screening!
Instead of having the link to watch the films, I loved that it was live and we got to chat about the film in real time.

Getting to see a documentary about local issues that I wouldn't have been able to see otherwise!

BLACK FILM FESTIVAL 2023

The opportunity to learn more through film and celebrate Black artists and filmmakers

Being introduced to new directors and content.

Access to a film I would not have seen otherwise

The selections were amazing!

The panel discussion

The films!! They were so well done and interesting!!

Getting to hear the various perspectives/experiences/advice from creators in the panel.

I liked that it was Canadian representation

The accessible intelligence of the participants.

“Thank you so much for all your communication and care leading up to tonight's panel! I had a fantastic time and was in such great company. I'd once again like to express my gratitude and appreciation for not only screening Pimenta but selecting it as the official winner of the shorts category. Thank you for creating and holding space for us Black filmmakers. I can't wait to see how Black Film Club grows!”

NAJA PEREIRA,
DIRECTOR OF OUR GOLD SELECTION
FOR SHORTS
"PIMENTA"



QUEER FILM FESTIVAL

QUEER FILM FESTIVAL 2023

Our Queer Film Festival, is a free, virtual event celebrating inspiring Queer individuals in film through a series of virtual screenings and panels!

We are thrilled at a hugely successful first year, which saw 198 participants tuning in from all across the country for 3 nights of screenings: "Shorts", "Documentary", and "Feature"!

We finished the week off with an amazing panel featuring the Director of our Gold Selection for our Shorts Screening, the Writer / Producer of the Silver Selection for our Shorts Screening, and the Director of our Gold Selections for our Documentary Screening.

- 100% of participants surveyed reported that the Queer Film Club gave them access to films they may not have known about or had access to otherwise.
- 100% of participants surveyed reported that they would participate in the Queer Film Festival again next year if given the opportunity.

Completely Accessible and great line up!

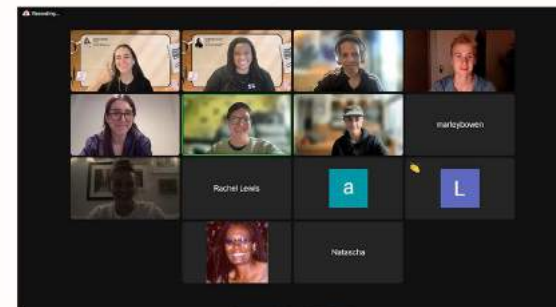
The selection of short films was really strong and enjoyable. I especially enjoyed the ability to see comments and share what I thought as the films were playing. The treats were a really nice touch as well!

The Short films were an excellent collection of diverse stories! Excellent job in curating them!

I liked that we were able to converse in the chat while watching the films

The warmth and enthusiasm of the viewers at the virtual screening!

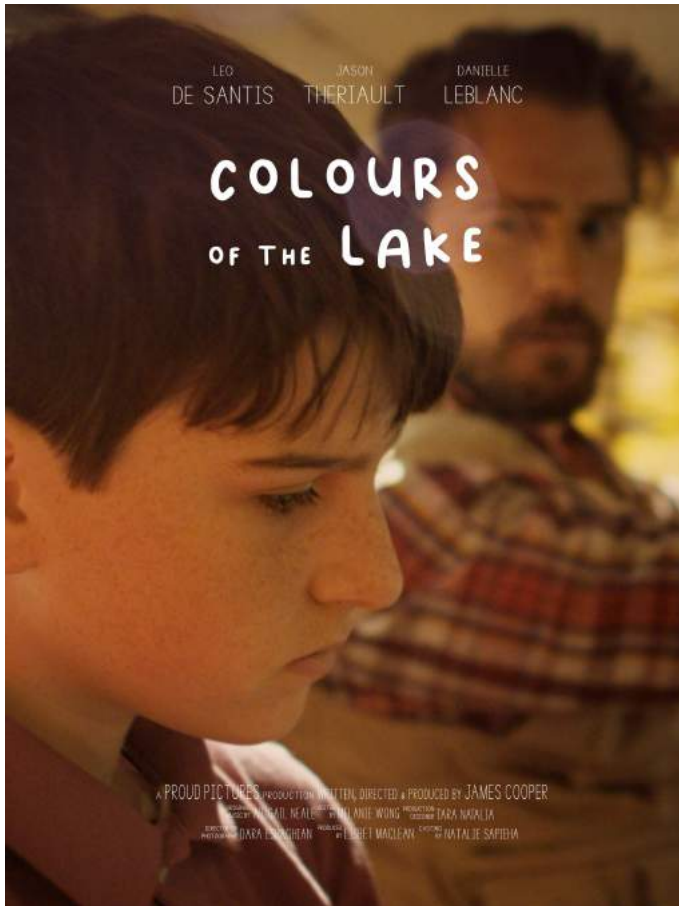
The diversity of stories and perspective being shared, that I may not have seen or heard about otherwise!



QUEER FILM FESTIVAL 2023



QUEER FILM FESTIVAL 2023



"The Get Real Festival's first ever Queer Film Festival had a selection of beautiful, hopeful films that championed queer stories and celebrated our differences. As a selected filmmaker, who has experienced many festivals, I felt very supported by the festival staff throughout the process. Honestly, it's hard to believe it was their first time running it.

My favorite part was sharing thoughts with other viewers through the message board, as it made the experience feel more social and collaborative than even some in-person festivals. I've always thought that cinema is a beautiful and useful art to connect people and build understanding, so I'm happy to see organizations like The Get Real Movement using it to encourage understanding and provide much-needed hope that queer people can find happiness in their own stories."

JAMES COOPER,
DIRECTOR OF OUR GOLD SELECTION
FOR SHORTS
"COLOURS OF THE LAKE"



QUEER FILM FESTIVAL 2023

“The Get REAL virtual screening was such a welcoming and celebratory event! The audience was really active and supportive in sharing their thoughts and reflections in the chat as we were watching the films.

The team curated a strong program of shorts that collectively represented a wide variety of queer perspectives and experiences. It was also fantastic that the event was free, so anyone could attend regardless of their location and financial circumstances.

I would certainly recommend the event next year to film fans and filmmakers alike.”

CAILLEAH SCOTT-GRIMES, DIRECTOR OF OUR SELECTION FOR SHORTS "BETWEEN US"



QUEER FILM FESTIVAL 2023

“Being a part of this year's Get Real Movement film festival was an absolute delight. We couldn't be more thrilled by the overwhelmingly positive reception our film, Red String of Fate, received within the LGBTQ2S+ community. Exploring our story through the progressive lens of sci-fi allowed us to convey our message in a unique and powerful way. We eagerly anticipate future collaborations with this festival, recognizing the importance of communities like this in fostering connections and mutual growth among Queer artists. The festival provided a valuable platform for networking and uniting creative minds, ultimately strengthening our artistic community as a whole. We are truly grateful for the opportunity to contribute to this wonderful event.”

LOVINA YAVARI ,

**CO-DIRECTOR OF OUR SELECTION
FOR SHORTS**

"RED STRING OF FATE"



QUEER FILM FESTIVAL 2023



“The work that The Get Real Movement does for the 2SLGBTQ+ community is integral in so many ways, including how we celebrate and educate the community and its allies.

I have had the absolute pleasure of collaborating with their teams on projects, learning from their speakers, and as of recent, participating in events like the Queer Film Festival. The festival brought together an amazing group of talent and I feel honoured to have been giving the opportunity to share my work as a queer filmmaker.

The team at The Get Real Movement continue to remind us all how important it is to celebrate our diverse voices and I could not thank them enough for the platform they’ve created and shared with so many.”

**TARA REID,
WRITER / PRODUCER OF OUR SELECTION
FOR SHORTS
"QUEEN"**



QUEER FILM FESTIVAL 2023

"I've been invited to speak on a fair number of panels but what I so appreciated about the getrealmovement panel is they were for real. they did their homework, their passion, enthusiasm and professionalism made the experience memorable. AUTHENTICITY isn't easy to find - found it with the peeps at the get real movement."

SHARON LEWIS,
DIRECTOR OF OUR GOLD SELECTION
FOR DOCUMENTARY
"WITH WONDER"



STEPS OF
PRIDE

The logo consists of the text "STEPS OF" in a black, sans-serif font positioned above the word "PRIDE". The word "PRIDE" is rendered in large, bold, block letters, each filled with a horizontal rainbow gradient (red, orange, yellow, green, blue, purple). A black microphone with a rainbow-colored, spherical top is positioned vertically between the letters "R" and "I". The entire graphic is enclosed within a black, rounded rectangular border.

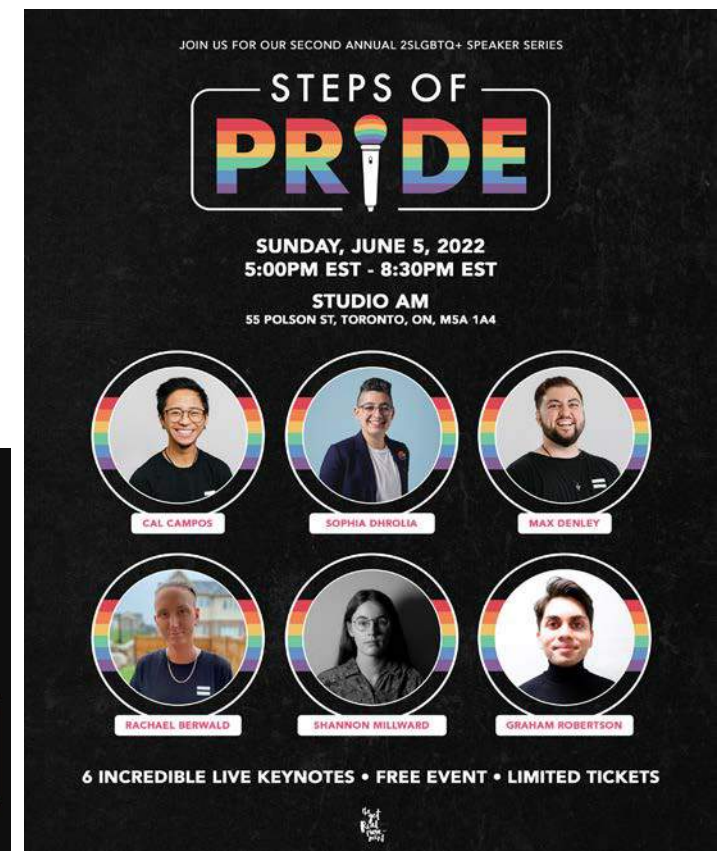
STEPS OF PRIDE - SPEAKER SERIES

- In 2021, we started Steps of Pride as a virtual speaker series designed to empower 2SLGBTQ+ individuals to open minds, foster compassion, and build community by supporting them to develop and deliver inspiring keynotes.
- After the success of the 2021 series, we were able to select 6 new speakers for year two, which we were excited to get to host in front of a live audience for the first time.

2021



2022

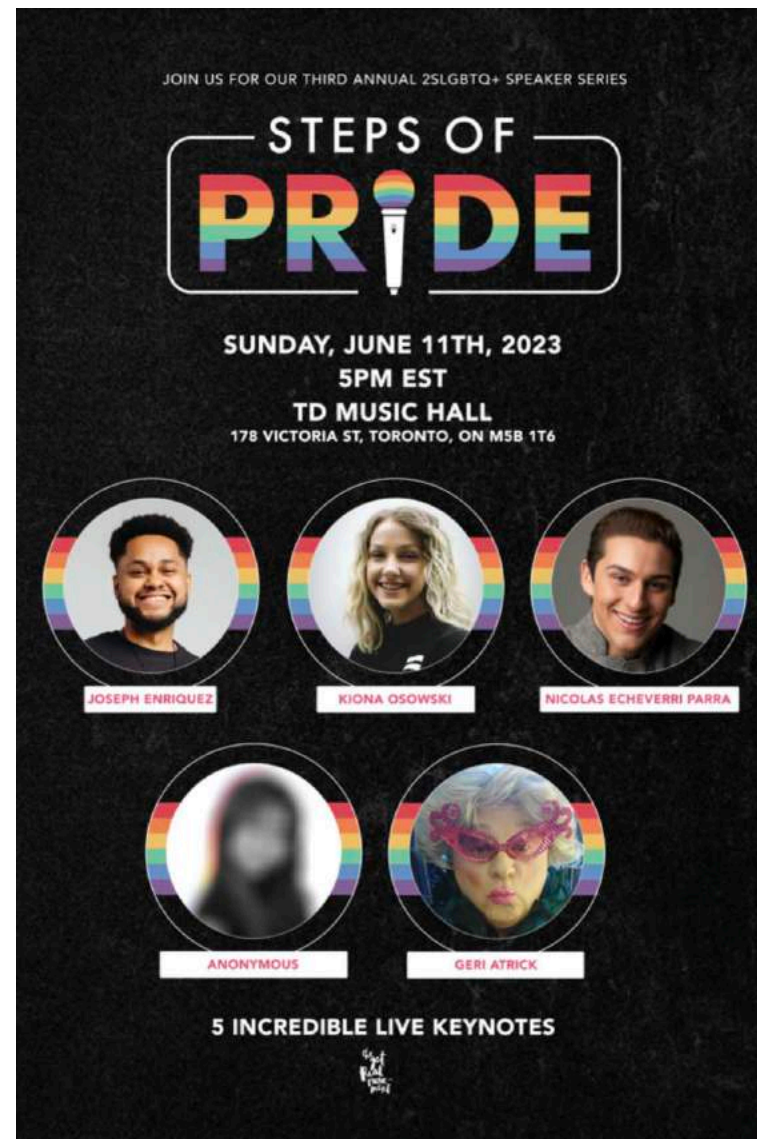


STEPS OF PRIDE - SPEAKER SERIES

2023



- For our 3rd annual Steps of Pride, we were able to provide 5 incredible speakers with an opportunity to share their stories and experiences, live and in person!
- These moving keynotes were given at the beautiful and accessible TD Music Hall for the first time this year!



STEPS OF PRIDE - SPEAKER SERIES



- 100% of attendees think that Get REAL's Steps of Pride succeeded in their mission to amplify 2SLGBTQ+ stories!
- 100% of attendees given the opportunity, would attend Get REAL's Steps of Pride again next year!

STEPS OF
STRENGTH

A graphic design featuring the text "STEPS OF STRENGTH" in a bold, sans-serif font. The word "STRENGTH" is significantly larger and has a brown-to-gold gradient fill. The text is enclosed in a thin black rounded rectangular border. A microphone icon is positioned at the bottom center, with a horizontal line extending from its base across the width of the border.

STEPS OF STRENGTH - SPEAKER SERIES



Based on the incredible feedback from the first two years of Steps of Pride, we were able to develop and film a new virtual speaker series focused amplify keynotes focused on themes of combatting racism, racial stereotypes, and racial barriers, and promoting allyship, resilience, unity, and support, called Steps of Strength!



STEPS OF STRENGTH - SPEAKER SERIES



Some of our amazing keynotes took their advocacy a step further, such as Hannah Alper's powerful keynote ["I Am Proud To Be Jewish"](#).

As a part of this powerful piece, Hannah collaborated with us on a new design to visibly state our unequivocal stance against antisemitism and raise funds for the Friends of Simon Wiesenthal Centre for Holocaust Studies in the process.

Item: **Donation Information**

Amount: **\$75.00**

Type of Donation: **One Time Donation**

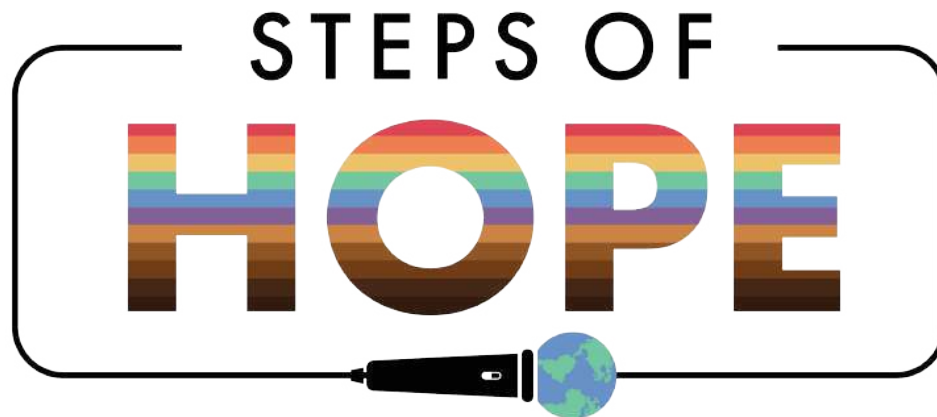
Enter a personal message: **Donations from merchandise sales 2023**





STEPS OF HOPE

- Based on the incredible feedback and success of the past three years of Steps of Pride, the amazing response to our first Steps of Strength, and building off of the success of the Fall Chapter Conference, we have officially launched our Steps of Hope speaker series, which will merge these two amazing events, to amplify even more keynote topics that work to inspire young people working to make the world a better place. This opens up types of keynotes and speakers we can welcome!
- We are set to present and record at the incredible TD Music Hall once again, in May of 2024!



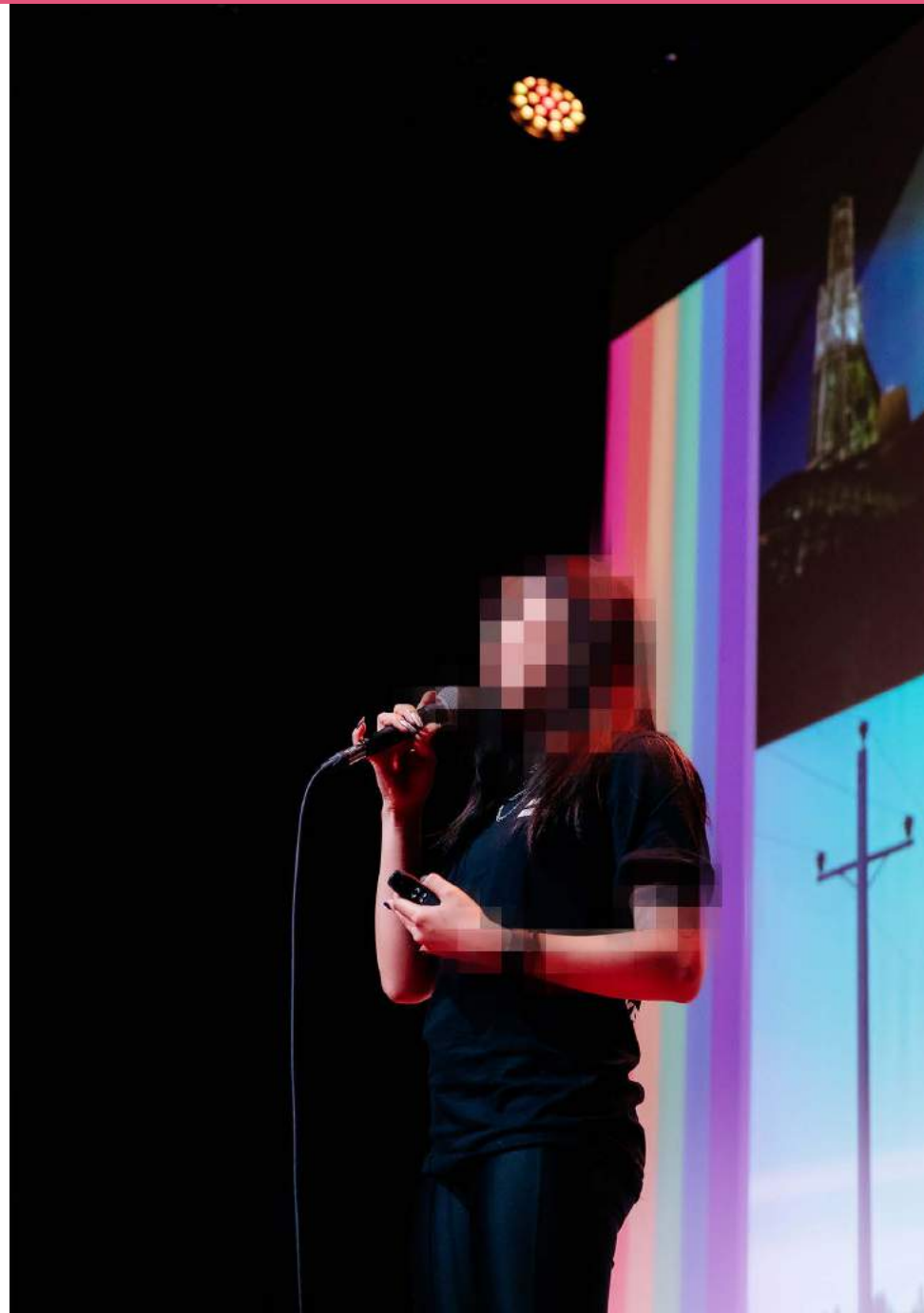
SPEAKER TESTIMONIALS

ANONYMOUS

“Having the opportunity to share my story at Steps of Pride and to work alongside the wonderful team members of the Get Real Movement was truly amazing. This will absolutely be a moment to remember in my queer journey. As a closeted person, I never thought I would have a chance where I could share my queer story with the world - however, Get Real truly broke this barrier and made it all happen!

Get Real, and particularly Courtney, have worked tirelessly with so much care, love and empathy to ensure that I was accommodated, comfortable, and protected throughout this process. The live event was honestly amazing! It was such a beautiful moment where I got to meet so many wonderful folks who share similar, different, and diverse experiences. It was inspiring to hear all the wonderful speakers that were part of this project. I will never forget this experience it as it will live in my heart forever!”

"CARVING OUT MY PROUD SPACES AS A SEMI-CLOSETED, QUEER, RACIALIZED PERSON"



JOSEPH ENRIQUEZ



“If I had to use one words to describe my experience working with the Get Real Movement for Steps of Pride, it would be “unforgettable”. From the beginning to end, I learned new skills and made memories that will last a lifetime. Throughout the writing process, I had tremendous support from the team in our collaborative effort to get this keynote kicked off!

Overall, Steps of Pride gave me an opportunity to feel like I belong and I’m grateful to have participated in such an incredible event. Other speakers also contributed in making the stage feel like a fun, inclusive environment. I look forward to being part of future events organizers by Get Real.”

"MOM LOOK! HE LOOKS JUST LIKE ME! - HOW TRANS REPRESENTATION SAVED MY LIFE"

KIONA OSOWSKI

“When I was asked to speak for “Steps of Pride” I was overjoyed. I felt so honored to be able to share my story. I hoped to inspire people, making them realize they are not alone in their struggles or experiences. Even though I had a short amount of time to write my keynote, the writing process was not only a time where I got to craft a story about my story and experiences as a Queer person, but also a time to reflect on who I am today and how far I have come. It felt unreal that I was going to be standing onstage in front of a crowd, revealing things that, many years ago, I thought I would never overcome.

When the day of Steps of Pride came, I was extremely nervous going to the venue. The instant I got there though, I was met with a supportive team who gave me all the love and support I could’ve asked for (not to mention really good food). Not only did the team at GETREAL help me feel supported, they helped me feel brave and confident in talking about my identity, my struggles and, ultimately, my strength. When it was time for me to speak in front of strangers and my friends, I no longer felt anxious. I realized that this was my story, this was my time to speak and most of all, I had a chance to inspire others to fight their way through their struggles



KIONA OSOWSKI

By the end of my speech, I felt invigorated and overjoyed that I had been given the opportunity to speak and share. I once again was met with an abundant amount of support and gracious compliments from my team and even from strangers.

I hope to continue telling my story and hopefully showing people, there's value in every single story, in every person and a story can change a life."

"I ALMOST WENT STRAIGHT OFF THE EDGE PRETENDING TO BE STRAIGHT: DECONSTRUCTING HETERONOMATIVITY & DEFEATING HOMOPHOBIA"



GERI ATRICK / JASON MACLENNAN



"In the transformative year of 2023, I was bestowed with the incredible opportunity to join The Get Real Movement, an experience that has left an indelible mark on my heart. From the very instant I accepted their invitation, I was welcomed with open arms into a community that felt more like a family. Courtney, a pillar of the movement, guided me with unwavering patience, addressing each of my inquiries with a warmth that instantly dissolved any apprehensions I had.

As the day of the event approached, an unexpected sense of nervousness washed over me. This was perplexing, considering my history of addressing large crowds, performing on stages, and even moderating debates. But there was something different about this occasion. What truly set it apart was the soothing presence of the entire staff. Their calming influence wrapped around me like a comforting embrace, coaxing out the best version of myself.

My mission for the day was to share my personal journey, a narrative that held deep significance in my life. Stepping onto the stage, an uncanny sense of belonging washed over me. It was as if the platform itself had embraced me, and I found myself ensconced in an atmosphere of profound ease. This, I realized, was the magic that transpires when you are surrounded by genuinely good-hearted people



GERI ATRICK / JASON MACLENNAN

The memory of that day has been etched into my consciousness, a mental keepsake that I will treasure for a lifetime. More than a mere memory, it's a pivotal juncture that reminds me of the potential we possess to make a difference. The essence of The Get Real Movement lies in the power of personal narratives, how sharing our stories can serve as a beacon of hope for others. A single story has the potency to alter the trajectory of another person's life, steering it towards a brighter and more positive direction. This, unequivocally, encapsulates the very essence of the movement.

In retrospect, being part of The Get Real Movement was not just an event; it was a journey into the heart of empathy, compassion, and the unyielding influence of authenticity. It taught me that the impact of one's tale extends far beyond the immediate moment—it has the potential to reverberate through time, transcending barriers and touching the lives of those we may never meet.

In 2023, I stepped onto a stage as a participant in The Get Real Movement, and in doing so, I uncovered a new sense of purpose—a purpose rooted in shared experiences, collective growth, and the unshakable belief that our stories possess the power to shape lives. This movement, wrapped in the embrace of kind souls and driven by the fervor for authentic connection, has ignited a fire within me to continue sharing, listening, and connecting. For that, I am eternally grateful.”

"LIVING THE DREAM"

NICOLAS ECHEVERRI PARRA

“Working with The Get REAL Movement as a keynote speaker in the 2023 Steps of Pride event was a life-changing experience for me and my professional and personal evolution.

Since the very beginning of the creation of the keynote, the Get REAL Team was always there by my side to guide me and help me accomplish the message and takeaways I wanted to transmit with my story. The incomparable knowledge and ease that the Get REAL Team has for public speaking and audience connection both on stage and virtually really made me feel accompanied during the whole process and made me understand the importance of details, humour, reflection and key tips to connect with the audience in a unique and desired way.



NICOLAS ECHEVERRI PARRA



The Get REAL Team was always there to understand my concerns and ideas and never refused to make my ideas possible but instead always looked for a way to make my ideas and goals clear and transmit them in a creative and professional way.

Overall, the experience was very impactful as even during the day of the event the support, comprehension and empowerment was present. I was able to give a very unique keynote with my unique personal touches guided by the professionalism and valuable experience from The Get REAL Team. I deeply thank The Get REAL Movement for such a unique experience where I had the opportunity to learn, share, empower and conquer one of my dreams of becoming a keynote and public speaker. Definitely, an unforgettable experience with the best team and generating a wholesome impact I always dreamed of.”

"TRANSFORMING SILENT WOUNDS INTO COLOURFUL SHIELDS: A GAY BOY AND HIS JOURNEY"

LATANYA FARQUHARSON

“In January 2023, I had the chance to deliver a keynote on my life as a black woman and the intersection of being a Black woman, and a parent. It was a deeply personal and meaningful topic, and I am grateful for the chance to share my perspective with others. Chris and his team played a pivotal role, helping craft this keynote through multiple edits to ensure it authentically captured my thoughts and experiences.

Balancing the internationality of being a black woman and a parent has presented both formidable obstacles and profound joys. From grappling with systemic prejudices to discovering inner fortitude through my child, this expedition has been a profound teacher in resilience, endurance, and love.

As Black women, our unique challenges often go unnoticed. Speaking up and sharing our perspectives is crucial to creating a more equitable society.

Huge thanks to The Get REAL Movement & Chris Studer for this opportunity. I'm thrilled to keep partnering with you all for more impactful conversations ahead!”



“COMBATTING THE IDEA OF AN UNEDUCATED BLACK PERSON”

**WATCH LATANYA'S KEYNOTE
[HERE](#)**

A-POLISH GENDER NORMS

A-POLISH GENDER NORMS!

Our A-Polish Gender Norms campaign was inspired by a situation that happened back in 2015. One of our University Chapters team members, Maddy, reached out to us and told us that her friend's son was being bullied for wearing nail polish at school. So we decided to get as many people as we knew, to rock nail polish proudly in solidarity with that student and we have carried on that event to this day.

In 2021 during our Born This Way Summit, one of the attendees, high school teacher and long-time supporter of Get REAL, Ali, helped us rename this initiative, thus A-Polish Gender Norms was created. With schools being back in person, and so many people reaching out wanting to get involved with Get REAL, we wanted the chance to make A-Polish Gender Norms a reality, for folks across North America who wanted to use their voice - and their nails - to stand up and speak out against gender norms, stereotypes, 2SLGBTQ+ discrimination, and bullying!



AMAZING RESPONSE!

The response from our online community to our 2023 campaign was instantaneous and incredible - surpassing all of our expectations as all 100 of the nail polish spots filled up, even faster than last year, over the course of a few days.

Once again, participants wrote in beautiful, heartfelt notes about their experiences, and why this campaign hit home for them, from teachers wanting to model inclusion for their students, to parents wanting to be supportive of their children, to adults once bullied who are now proud to support and be visible, and some beautiful notes from folks who participated last year, who said that the impact of taking part made them want to show up even more this year, and even made them feel comfortable wearing nail polish again.

It once again touched our hearts greatly to see so many students and teachers take part and build an inclusive environment. School clubs and corporations took the initiative as their own and expanded beyond our belief.

This day was full of positivity, conversation, representation and inclusion online and in person. Here are some of the photos and comments other participants posted and tweeted.

We wanted to share these responses, along with all of the photos submitted, because they were so moving and inspiring to read, especially against a backdrop of anti-2SLGBTQ+ rhetoric and bills being passed; this small and simple gesture of inclusion continues to mean so much, to so many.



A-Polish Gender Norms is all about breaking down gender stereotypes, speaking up against bullying, and being proud to be who you are! Why do YOU want to participate in this campaign?

To show example to my kids

Because I believe everyone deserves to be who they want to be and be socially accepted.

It is important to me to create a safe space for everyone to truly be themselves

I was bullied in highschool so I think its important to stand up to bullying and A-Polish Gender Norms. there should be no gender norms, just individuals who can choose to express themselves however they want and feel safe doing so.

I believe that everyone deserve to be loved no matter what gender.

Because everyone deserves the chance to express themselves freely without fear!

My son wants to wear nail polish but is afraid to do so because he doesn't want to be made fun of

I'm actually wearing the colour on my nails as I type. My daughter who just turned six really loved last year's campaign as much as I did. Today I was just reflecting on the campaign from last year while I painted my nails and this popped up in my account/ what coincidence!! It's extremely important as a mom and having a daughter to teach her how to be humble and kind on this beautiful earth. My daughter is a dancer and performer and her best friend in her jazz class is a bestie named Timmy. He loves glitz and glitter as much as she does. Throughout the year I often told random strangers about the campaign when they commented on the beautiful green colour on my nails and my daughters. Inclusive and gender neutral discussion with our children is so important, with a huge surge in social media it's so special to be able to promote equality and respect for each other in every avenue. I look forward to participating again with Miss Violet this spring !! Thank you so kindly!!

I want my kids to grow up in a world where they are free to be whoever they want to be without fear.

I am non-binary and want to help the world see that it is not a phase.

My son was bullied as a child in Grade 7-8 and 9. The schools did nothing about it.

Because everyone should feel comfortable to be them and be proud of who they are.

I want to display in my classroom that you can be yourself

I have recently started wearing Black nail polish because black is still not as stigmatized as other colors are for nail paints on men. I am slowly transitioning and this pink nail polish campaign seems like a way to the next step. Thanks ☐

I facilitate our school GSA and I want the students to know that they are free to be themselves

Because it's great to keep breaking down stereotypes until everything is normal . Everyone should feel excepted , loved and respected.

I want all to feel included and to break down stereotypes for my family and students.

Participated last year as a part of my High School and it was a great initiative. I am at a new school this year and we have a brand new GSA team, and I think this would be really helpful to shift the dynamic in our high school

My child is gay and has never conformed to traditional gender norms. We love everything you stand for and want to help him feel celebrated and loved! My husband is also an elementary teacher and would love to make his students feel safe.

To show my students that being themselves is more than okay and to combat bullying in my classroom

Awareness is key and I want to help create change!

I think it's important to show the younger generation support because growing up in today's day and age is arguably even harder than it was before

To speak out against gender norms, stereotypes, 2SLBTQ+ discrimination, and bullying.

i normally identify as a woman, but im genderfluid

Because I am a gender non-conforming individual in a space where that's challenging- I am a teacher, but so many of my students are non-binary or transgender.

We have many kids in the school I work at who are part of the LGBTQ+ community and many more who have not made themselves known. I want to help create a welcoming school for all students and I believe that part of that is just having visible signs of that.

Because I am the parent of a non-binary trans child and the leader of our school GSA who will all take part!

I am an educator and want to support and celebrate all students. This campaign is an easy, but impactful, way to show ally ship and advocate for the rights of all my students. Last year we had multiple Pride events during the month of June and went through hundreds of Pride flags. The students were pumped. Our goal is to keep this feeling active in our school community all year round.

A-Polish Gender Norms is all about breaking down gender stereotypes, speaking up against bullying, and being proud to be who you are! Why do YOU want to participate in this campaign?

I want to help build a more inclusive school community, where all students can feel supported and welcome, and where they can learn and grow, without having to deal with bullying.

Would love the opportunity to share this with our school !! Please :)

We have a SAFE (Student Ambassadors for Equity) Club at our school. My students are very passionate about equity.

Everyone! Specifically, my workplace!

I run the GSA at my elementary school. I love promoting including spaces for kids.

Because i'm coming out as non binary and I want to be proud of the person I am becoming

I want to be an ally in all ways I can

I am a lesbian woman and a leader of the Queer Peers organization at UAB. As a cis (appearing) queer person, it is our duty to continue to decrease gender norm and role potency. Our campus could really benefit from engaging in this event!

I'm a trans man and I love painting my nails to break down gender stereotypes :)

last year on my art account @rosecola.shop i supported this campaign with an original design. i shared that as an afab nonbinary person, i steered far from pink (and nail polish in general) for years due to fear of being misgendered or having my gender questioned. but as an artist, i've proudly embraced pink to my designs. also, since your last campaign, i've grown to love wearing nail polish again.

As a high school teacher and GSA Advisor, I think this campaign is so important. Too many high school students are stuck in gender boxes due to peer pressure and socialization. Challenging gender norms and breaking down stereotypes is a part of the physical Education curriculum that I spend a significant amount of time on in order to encourage folks that they should feel comfortable being who they are, and also allow others to show up in all spaces as their authentic selves.

I have ALWAYS loved working with Get Real and every campaign has been impactful for me and the people surrounding me, and this is no exception.

Because nail polish had no gender and I want people to feel safe from bullying. I am queer and want to do something to help/share information

I want to be a positive role model for my child and students

I want to participate in this campaign because I am so so proud of who I am and who I am becoming and I find myself becoming more active within the community as a result of the hurtful and bullying politics that is currently spreading through the country and my other country - the UK.

I want to participate so that I can promote the breakdown of gender stereotypes and to help educate students.

Modo Yoga Bloor West is committed to uplifting marginalized communities, and this includes breaking down and challenging gender roles! At the studio, we acknowledge how harmful the gender binary is and its history with colonization. Our community at MYBW would love to be a part of this initiative to speak up against bullying (at all ages) and to keep pushing for a world where anyone of any gender can express themselves freely.

I am a grade 5/6 combined teacher in a school that is very diverse both culturally and in terms of gender. My goal as a teacher is to create a safe space for students and show them both explicitly and implicitly that my classroom not only welcomes, but celebrates all identities. I do this by modelling inclusive behavior and language, and by displaying symbols (such as the progressive pride flag, bi flag, non-binary flag, trans flag, etc). I am also working towards the creation of a safe space club at our school that will create a soft landing place and community for 2SLGBTQIA+ students outside of my class. In doing this, I am trying my very best to break down gender norms and stereotypes, and promote pride and positivity surrounding all forms of gender and cultural diversity.

I am queer. I am proud. Let's break barriers like gender norms!!!!

My son loves to do his nails with me !!!
It's a me and him time

As a GSA leader I want to be an example for my club and all students at my school to be proud of who they are and accepting of everyone.

I believe and support your mission

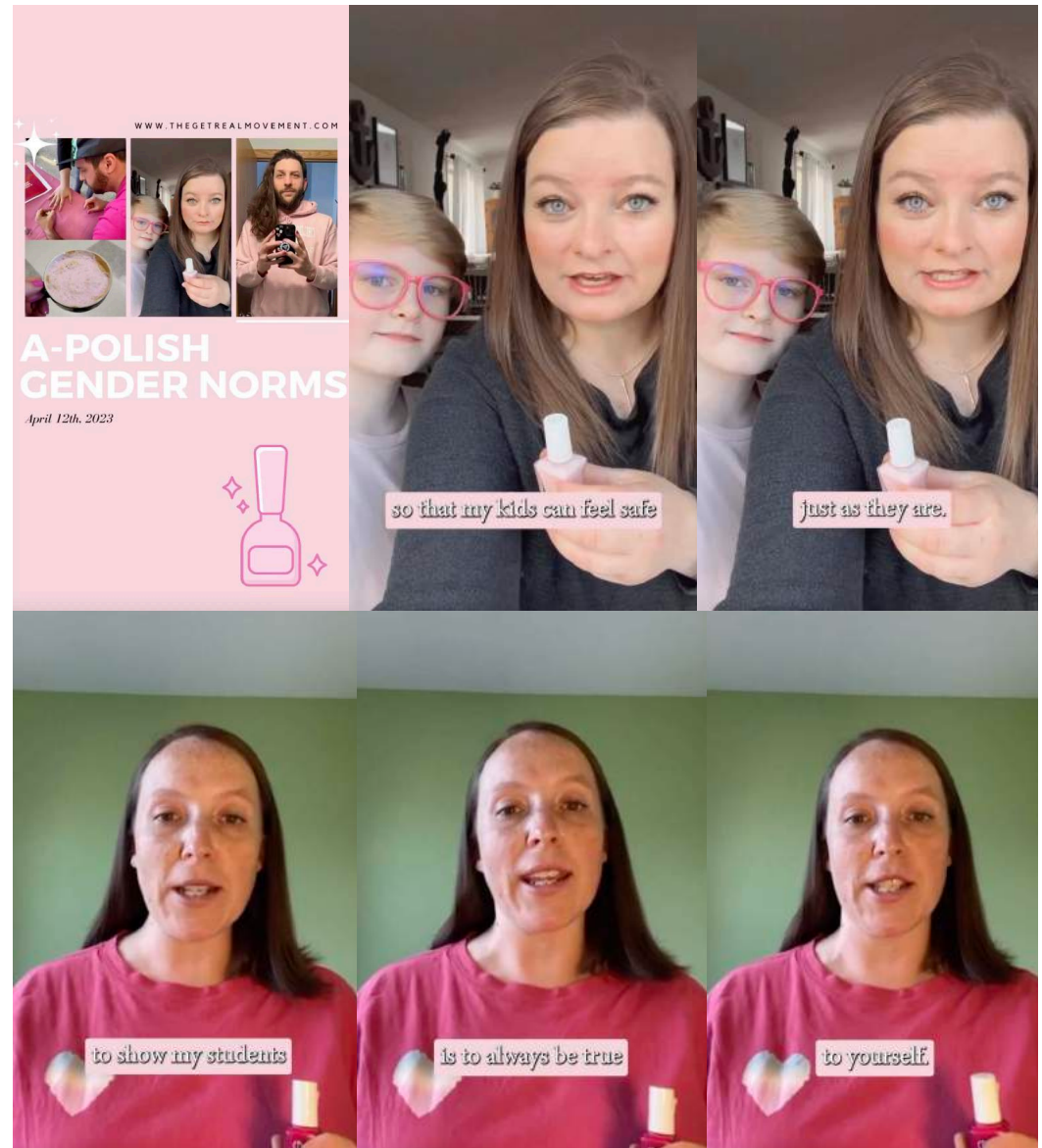
I live as a non-binary person who wears and accessorizes differently each day. I view gender as a construct.

I like to express myself in different way sometimes I use nailpolish. And using it to create help create safe spaces for others is definitely a massive plus

INTERNATIONAL DAY OF PINK X A-POLISH GENDER NORMS

Along with sending a message of inclusion and self-expression, we wanted to hear what A-Polish Gender Norms meant to the people participating.

With the footage that folks sent in, we put together a [video](#) that highlighted some of the words that some people share as to why they wants to be a part of this initiative.



Thank you everyone who
joined "A-Polish Gender Norms"
this International Day of Pink
& those who continuously stand up
against discrimination & hate.



PRIDE ON A BOAT

PRIDE ON A BOAT - AN AMAZING EVENT FOR A GREAT CAUSE

This year, we were able to bring back our Pride On A Boat event for a fourth time. This was our first time hosting this event since 2019 due to COVID, so it was a huge celebration!

On the 22nd of June, Get REAL team members, supporters, and guests set sail on the beautiful Empire Sandy for dinner and a Drag Show out on the water!



A NIGHT FOR THE BOOKS!

We welcomed 4 incredible Queens to perform through the night, while guests enjoyed food, drinks, and dancing the night away!

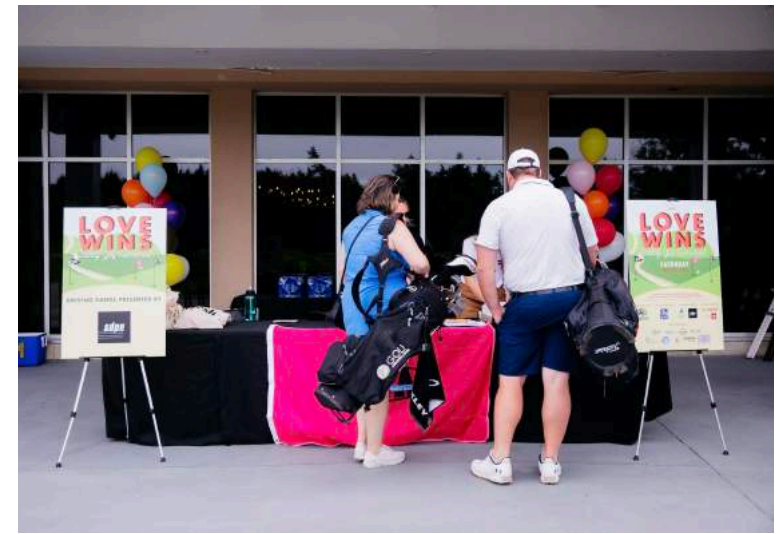


**LOVE WINS CHARITY
GOLF TOURNAMENT**

LOVE WINS - ALWAYS A GREAT DAY OUT ON THE COURSE!

This summer marked our fourth annual Love Wins Charity Golf Tournament at the beautiful Lionhead Golf & Conference Centre, in Brampton Ontario, and the summer heat made for perfect golfing weather out on the course. We had a sold out event, with 72 golfers for the day!

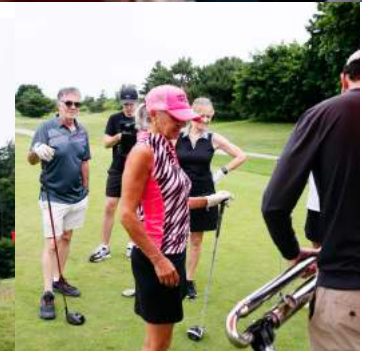
Watch this years video [here!](#)



FUNDRAISING FOR A CAUSE!

Thanks to our amazing event sponsors, prize sponsors, and golfers, we were able to raise over **\$28,000** this year. This brings us to a grand total of **\$96,000** raised by the Love Wins Charity Golf Tournament to date, in support of our programming combatting 2SLGBTQ+ discrimination and racism across Canada!

A very special thank you to our Title Sponsor Somersby, our Platinum Sponsor RBC, our Silver Sponsors Bennett Jones and spdn, our Bronze Sponsors Kaneff and Canada Life, all of our amazing hole sponsors, and all of our awesome gift & prize donors. We could not have done it without you!





THE GET REAL RESOURCE LIBRARY

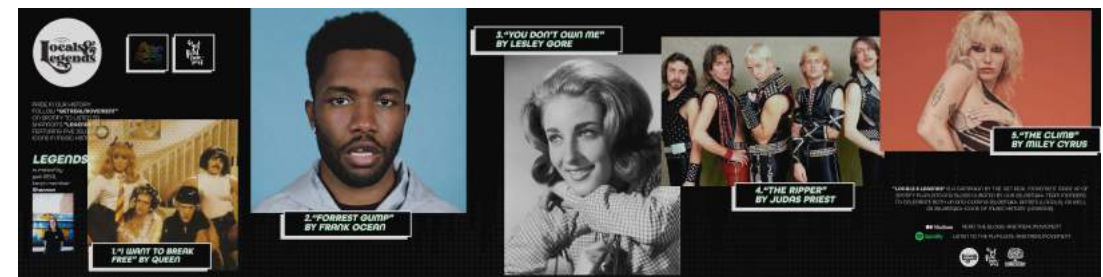
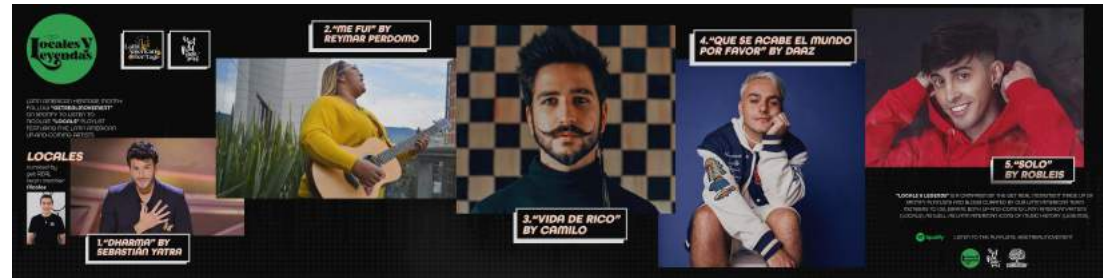


LOCALS & LEGENDS

This year we were able to expand a resource:



Our "Locals & Legends" campaign has expanded to feature music playlists curated by our 2SLGBTQ+, Black, and Latinx Speakers and Team Members to celebrate both up-and-coming Queer, Black, and Latin artists (Locals) as well as Queer, Black, Latin icons of music (Legends).



LOCALS & LEGENDS

In the first year we empowered 8x of our Black team members to create 16x playlists for Black History Month, with amazing reception!

Based on the success of year one, we were able to expand this resource for 2023!

- 5x of our Black team members created 10x playlists for **Black History Month**,
- 5x of our 2SLGBTQ+ team members created 10x playlists for our **Pride Month**,
- and 4x of our Latinx team members created 8x playlists for **Latin American Heritage Month!**



Ayyy ayyy 🔥🔥

Fire songs and fire artists!! 🔥

this playlist has all the moods

Love the additions to my music library 🥰💕



iskwe 🌊 This is so wonderful, thank you for all you do and for including me 🙌💕

16w 1 like Reply



evangelinegentlemusic Thank you soooooo much for including me in this playlist! ❤️❤️🥰❤️

15w 3 likes Reply ...

LOCALS & LEGENDS

Locals Legends

LEGENDS

1. "I WANT TO BREAK FREE" BY GUNES

2. "FORBESY OUM" BY FRANK OCCAS

3. "YOU DON'T OWE ME" BY LESLEY DORE

4. "THE DIPPER" BY JUDAS PRIEST

5. "THE CLAMP" BY RILEY CYRUS

Locals Legends

LOCALS

1. "DIAMOND LIFE" FT. ANA & LEO SOLYAN

2. "BLIND" BY BLOW THE PRODUCT

3. "MILK ON TOP" FT. TINA TOWN BY S. D. LEE

4. "COME THROUGH" BY PRYANKA

5. "THE READY" BY DETHRO

Locals Legends

LOCALS

1. "BURNING" & "DIRTY KING" BY THE CLIPS

2. "PICASSO" & "LOVE'S GOT ME HIGH" BY DESIRE

3. "BURNING" & "GET UP" BY TINA

4. "SWEAT OF YOUR BROW" & "WHAT IS THIS" BY JULY BLACK

5. "FUCK THE PAIN DOWN" & "BOYS WHO'N BE HIGH" BY FRANCES

Locals Legends

LEGENDS

1. "BOO THE WAY" BY LADY GAGA

2. "VOGUE" BY MADONNA

3. "MELTON'S SON" BY ELTON JOHN

4. "I'M NOT HERE TO MAKE FRIENDS" BY FRED BENTON

5. "BOMBAY BAMBINO" BY GIANI

Locals Legends

LOCALS

1. "VILLANO ANTILLANO" & "PUBO SEÑORA, VOL UP" BY VILLANO ANTILLANO

2. "SOMOS DÓN" BY BOLAN ESTERO (DJ SUMER)

3. "MENA" & "KI-KI" BY YENDRY

4. "TERERA ZATITA" BY TRUENO

5. "BANDS ANTON" & "LA MEMORIA" BY JESSIE BATES

Locals Legends

LEYENDAS

1. "CORRI CHERRY" & "COMELITA" & "EL CHRISTIANO" BY BUENA VISTA SOCIAL CLUB

2. "DANZA KUDURO" & "VEN DANZAR KUDURO" BY DON OMAR / LUCENZO

3. "BAILARINOS" & "BAILANDO" & "EL PASADITO" BY ENRIQUE HOLESIAS

4. "ZAMBA MALATO" BY SUSANA BACA

5. "SINCEVER, SINCEVER" BY DANIELA

Locals Legends

LOCALS

1. "THE FORCE" BY RAYMOND

2. "LOCO" BY KHALID

3. "98" BY H.E.R.

4. "STUCK ON YOU" BY RAYMOND

5. "WINDY" BY ANITA

6. "STAY ALIVE" BY RAYMOND

7. "WINDY" BY RAYMOND

8. "I'M A LION" BY ANITA LOU

9. "BLACK HISTORY" BY RAYMOND

Locals Legends

LEGENDS

1. "WINDY" BY RAYMOND

2. "WINDY" BY RAYMOND

3. "WINDY" BY RAYMOND

4. "WINDY" BY RAYMOND

5. "WINDY" BY RAYMOND

6. "WINDY" BY RAYMOND

7. "WINDY" BY RAYMOND

8. "WINDY" BY RAYMOND

9. "WINDY" BY RAYMOND

Locals Legends

LEGENDS

1. "WINDY" BY RAYMOND

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7. "WINDY" BY RAYMOND

8. "WINDY" BY RAYMOND

9. "WINDY" BY RAYMOND

**Bind
safe.**



**GEN
DER
JOY**

gear program

BIND SAFE, BENEFITS & NEED

- In 2020, we created the online educational resource “**Bind Safe**”, to be an informational hub and educational video series promoting safe binding practices, education around the basics of gender dysphoria, and additional resources for youth, parents, medical professionals, and allies.



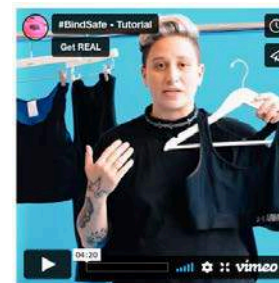
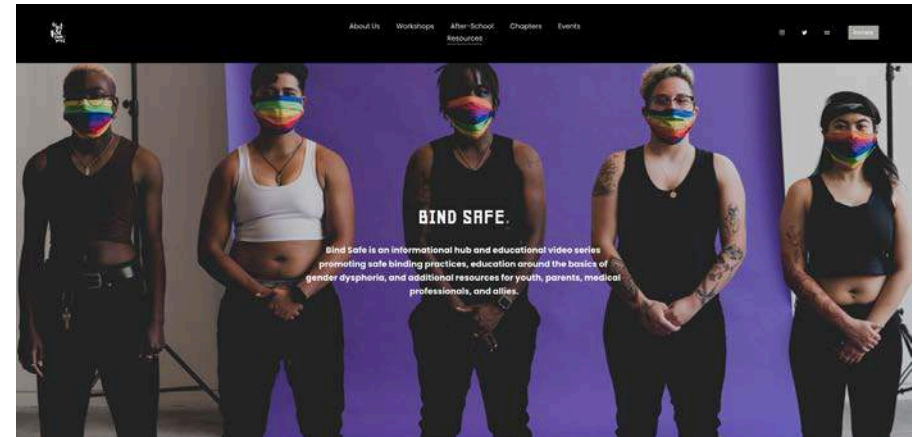
Putting on a binder for the first time can be life-changing, and the cast reflects on how that first time felt, for them.

- Both the participants from the project, who spoke to their lived experiences binding, as well as the doctors who spoke to the medical benefits, noted:

- increased happiness and confidence and decreased gender dysphoria and anxiety that so often come as a result of binding
- the need for more education and visibility to combat misinformation, unsafe binding practices, and stigma

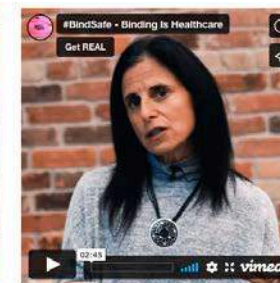
- Bind Safe: “**First Time Putting On A Binder**”

- Over the years, we had also worked to raise funds for free-binder programs like Point of Pride, but we’ve found that these organizations were also struggling to meet the demand from folks in need of binders. We wanted to create a program that would help to meet some of this need, and lead to the positive impact that we had seen over the years and through our work developing Bind Safe



In this binding tutorial, Kyra walks us through some crucial binding information, including:

- Different kinds of binders
- How to measure yourself for a binder
- How to put on a binder



In this short video, Dr. Thea Weisdorf, a general practitioner who specializes in trans care, discusses the importance of safe binding practices, and the need for open access to information about binding.



Our team has worked to create an informational PDF that includes general tips on binding, as well as a list of additional resources for continued learning and support.

GENDER JOY GEAR PROGRAM

We have finally been able to make this a reality, and this past year we launched the Gender Joy Gear Program, which is a brand new quarterly scholarship program that helps trans, non-binary, and gender diverse youth access gender affirming gear and educational resources.

We have been able to make the development of this program into a reality, and matching \$120 in donations per quarter with our project partners UrBasics and Transforming Style, as well as taking the lead role in launching, promoting, and ongoing management of this program!



GENDER JOY GEAR PROGRAM



We are now able to provide a healthy, safe, and private option at no cost for youth in an effort to support self-determination and reduce common financial and/or social barriers.

So far this program has reached:

- 75 Applicants
- 9 Recipients
- 3 More recipients to be selected for our fourth quarter!

Thank you so much for reaching out and informing me that I have been selected as a recipient of the Gender Joy Gear Program. I am thrilled to receive this wonderful news, and I can't express how grateful I am.

It's heartwarming to know that there are organizations like Get REAL that are dedicated to promoting gender affirmation, diversity, and inclusivity. I appreciate your efforts in creating a more accepting and supportive community for all gender identities.

Thank you once again for choosing me as a recipient of the Gender Joy Gear Program. I can't wait to use my gift card and experience the services from Transforming Style.

GENDER JOY GEAR PROGRAM



The response has been incredible!

- 72% of participants considered this program 'extremely helpful' in providing gender joy, with the remaining 28% considering it 'helpful'.
- 100% of participants said that this program had a positive impact on their well being.
- 100% of participants would recommend this program to other trans youth.

I believe I first heard about this program through Instagram. I was shocked when I received the email telling me I was a recipient and had the opportunity to purchase gender affirming gear with a gift card through UrBasics. It's been incredibly affirming for me to be able to pick out what I need and have the autonomy to do so. I'm really excited to receive what I got in the mail!

I'm very grateful to be able to own this as i know it can be expensive. It's help me so much and made my mental health way better

I heard about the program through social media. Someone had a video listing some great resources for free binders/ gender affirming gear, so I decided to check it out. I was struggling a lot with my dysphoria, and had no gender affirming gear. I was extremely depressed, and started to hate going out in public due to being misgendered. When I got an Email from you guys, It immediately made me feel better. I ordered a binder, And it arrived right away. The first time I put it on, I was so happy. Since then, I have been much more confident and happy with myself. Thank you!

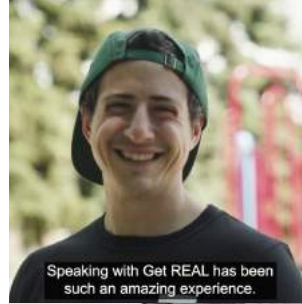
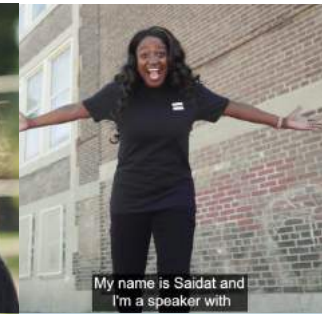
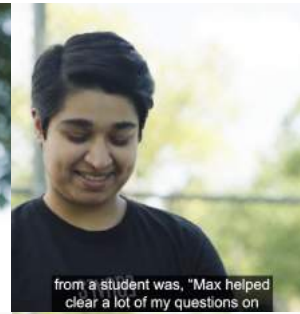
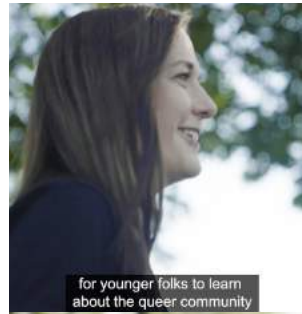
SPEAKER

Spotlight 

SPEAKER SPOTLIGHT

SPEAKER Spotlight

- In 2021 we launched “Speaker Spotlight”, our video series highlighting our amazing Get REAL facilitators, and their journeys inspiring and educating youth through their work.
- Since then we have released a total of 15x Speaker Spotlight videos, with another 5 in production now!





GET REAL'S PICKS



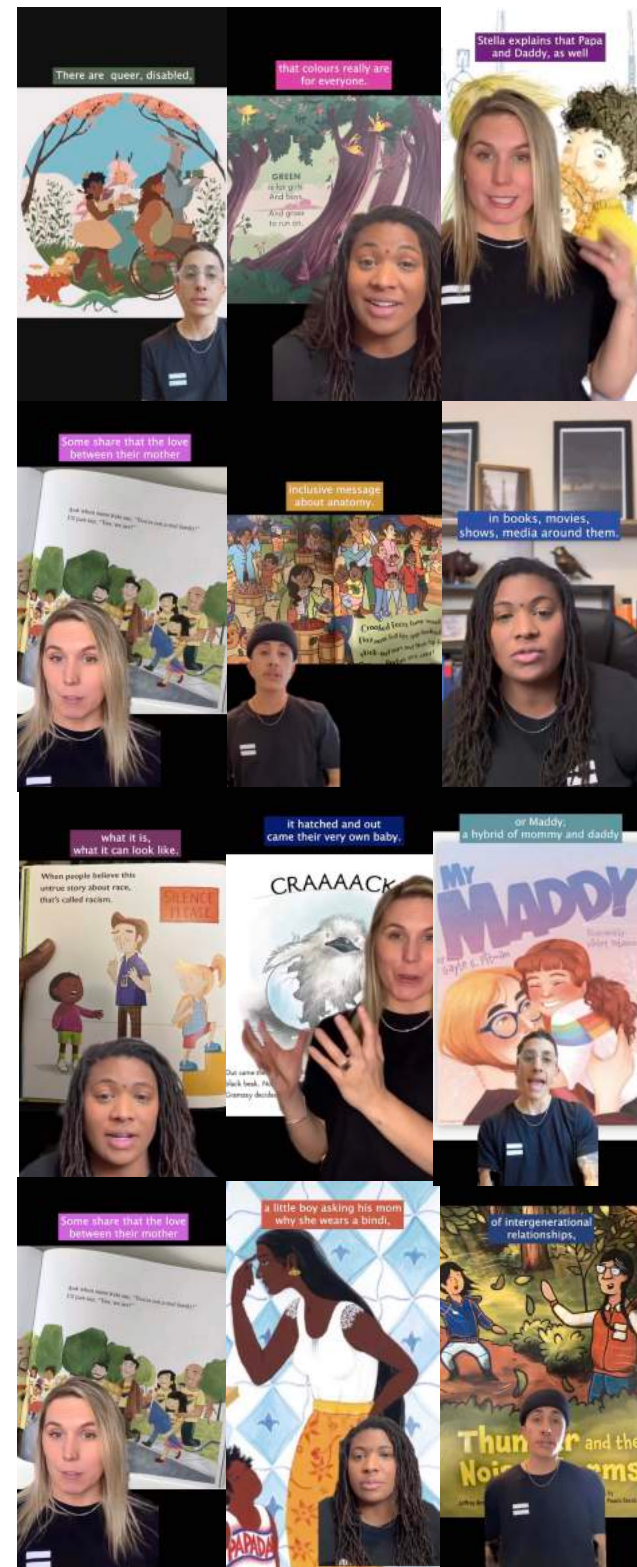
- Last year we were so excited to launch the new educational video resource with Purdys' support called "Get REAL's Picks", an online video series where our Get REAL staff and team members review books, films, and other educational resources that teachers can use to enhance lessons about social issues in the classroom!
- The video reviews are housed on our "Get REAL Library" resources page, which will also include our own resources - such as Bind Safe, Black History Matters, and Unconditional Love - as well as those of other organizations!
- So far we have produced 15 videos recommending 15 different books, which have all been given away to schools in need, and we have another 25 videos and books on the way!



GET REAL'S PICKS SO FAR

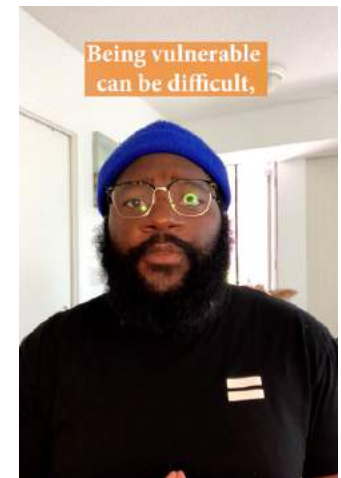
1. King & King - Linda de Haan
2. Red - A Crayon's Story - Michael Hall
3. Stella Brings the Family - Mariam B. Schiffe
4. And Tango Makes Three - Peter Parnell & Justin Richardson
5. Love is Love - Michael Genhart
6. Bodies Are Cool - Tyler Feder
7. Thunder and the Noise Storms - Shezza & Jeffrey Ansloos
8. My Maddy - Gayle E. Pitman
9. Tea Dragon Society - Kay O'Neil
10. Bitter - Akwaeke Emezi
11. Pink is for Boys - Robb Pearlman
12. Our Skin - a first conversation about Race - Meghan Madison I & Jessica Ralli
13. The Boy and the Bindi - Vivek Shraya
14. Dreadnought - April Daniels
15. Ghostboys - Jewel Parker Rhodes

[CHECK OUT GET REALS PICKS HERE](#)



Small
acts
every
day

SMALL ACTS EVERY DAY

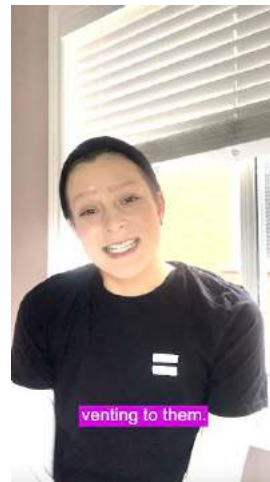
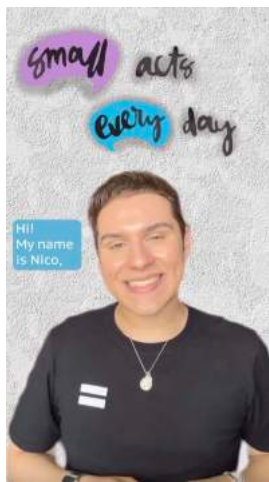
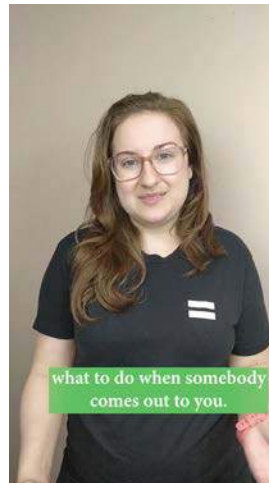
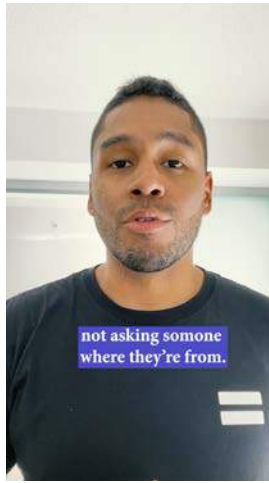
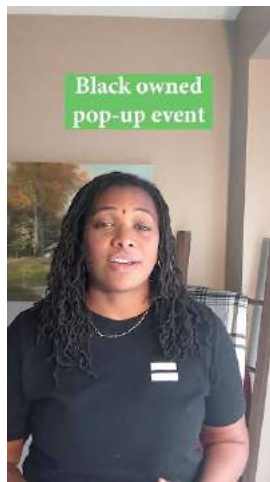


- In 2021, we launched Small Acts Every Day, our short video series featuring allyship tips from our speakers, Get REAL community members, and broader networks, including:
 - Using gender neutral language in the classroom
 - Normalizing pronoun usage for everyone, in day-to-day life
 - Teachers putting up small acts of visible support in classrooms, such as Pride flags, wearing Black Lives Matter shirts, and staying on top of harmful language
 - Being vulnerable and using one's own story and lived experiences - when you feel comfortable doing so - as a means of both education, and inspiration
 - Avoiding gendered language and assumptions when asking someone about their significant other
 - Keeping phrases and conversations gender-neutral in French classrooms

- Since then, we have continued expanding this campaign, working with our Get REAL team and community members to produce additional videos on the following themes and topics:

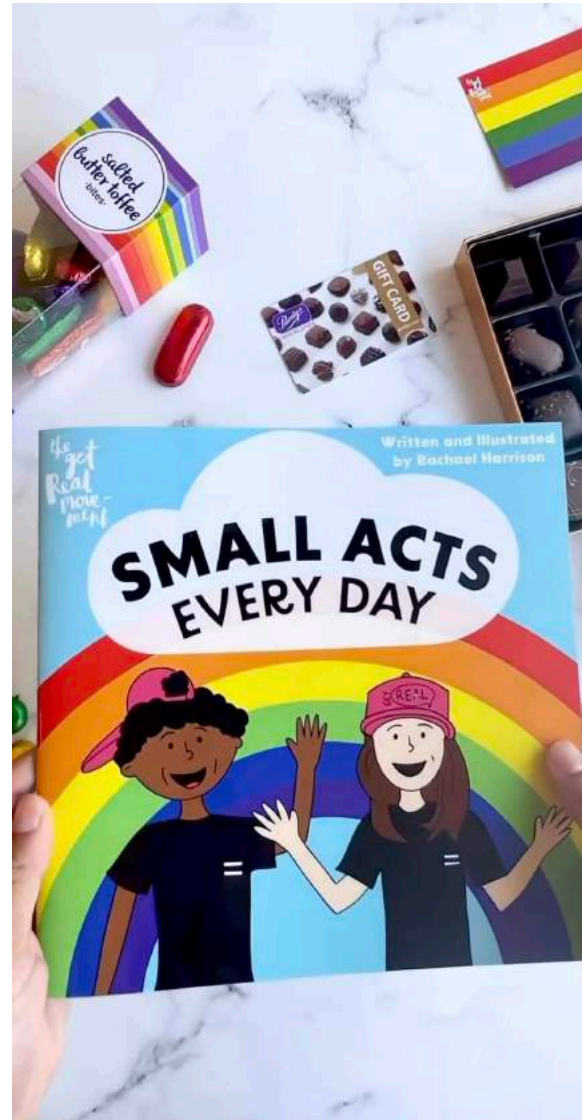


1. Being mindful of what people may be going through when asking questions, such as “Why aren’t you drinking tonight?”
2. Showing up for marginalized communities in the right ways
3. Understanding why the phrase “All Lives Matter” is harmful
4. Not using the adjective “crazy” to describe somebody, someone’s actions, or a situation
5. Putting your phone down to actively listen when people are engaging with you
6. How to correct someone who misgenders someone else, and how to receive that correction, fix, and move forward
7. Not asking someone where they’re from, if you yourself don’t have a similar lived experience to share
8. How to react when somebody comes out to you
9. Making sure that people in our lives have the capacity to listen before venting to them
10. Using one’s privilege to make space for others, such as during meetings
11. Avoiding harmful stereotypes and assumptions based on things like someone’s country of origin
12. Not using religion as a means to oppress folks in the 2SLGBTQ+ community, and recognizing that it is possible to be both religious and a part of the 2SLGBTQ+ community
13. Avoiding making comments about people’s bodies, even if they seem well-meaning
14. Normalizing asking someone what their pronouns are
15. Sending simple, small messages to friends letting them know you appreciate them, and opening up a space if they did need to talk
16. Calling someone in instead of calling someone out (when possible)
17. Being kind, and thought on social media!



SMALL ACTS EVERY DAY - THE BOOK

- In 2020, Get REAL Team Member Rachael Harrison, approached us with the concept for a children's book based on her experiences as a Get REAL speaker, but aimed towards younger audiences than we currently reach with our workshops.
- This year, we launched Small Acts Every Day, our children's book celebrating Get REAL's core values: Kindness, Uniqueness, Support, and Allyship.
- "Small Acts Every Day" is a children's book about a student's journey of feeling different and the struggle to fit in, and a teacher who notices and brings in Get REAL to run our programming for her students.
- This K-3 picture book is an excellent mental health and anti-bullying story that highlights the challenges that many students face, and encourages students to tell their story, seek support from one another and invites readers to ask themselves, "What small act can I do?"



[CHECK OUT THE BOOK OR DOWNLOAD THE LESSON PLAN HERE](#)



*Black
History
Matters*


BLACK HISTORY MATTERS

- Black History Matters is an educational multimedia campaign that we launched in 2021 to uplift Black History, allyship tips, and resources.
- This multifaceted campaign included T-Shirts featuring beautiful QR Code depictions of four Black historical figures Fred Thomas, Viola Desmond, Oscar Peterson, and Rosemary Brown; a scan of any of these QR codes leads to a microsite filled with resources, allyship tips, answers to frequently asked questions that our facilitators receive during our Anti-Racism Workshops.
- Since its inception, our Get REAL team has created, produced, and released over 28 videos on Black History.



Black History Feature

Viola Desmond



Viola Desmond played a seminal role in Canada's civil rights movement. On Nov. 8, 1945, Desmond was dragged out of the Roseland Movie Theatre in New Glasgow, N.S. and jailed by police for sitting in the "whites only" section. At the time, black people could only sit in the balcony. She was subsequently convicted of a "tax violation" for "failing" to pay the 1 cent difference between the whites only section, and the balcony seating.

Resources

Need help? These organizations are here for you.



BLACK LIVES MATTER

•Black Lives Matter Carrd•



Systemic Racism Explained

Pride
in our
History

PRIDE IN OUR HISTORY

- We launched “Pride In Our History” in 2021; similar to Black History Matters, Pride In Our History was a campaign to uplift 2SLGBTQ+ historical figures and events, provide education through our [lgbtqr.com](#) microsite, as well as raise funds for the important work of the [ArQuives](#).
- In 2022, we were able to continue this campaign; producing an additional 10 videos, and publishing an additional 5, spotlighting Angela James, Reverend Brent Hawkes, the “We Demand” Rally, Genders Beyond The Binary Throughout History, and a history of AIDS activism in Canada, as well as make our donation of \$1,160 to the ArQuives for their important work preserving and amplifying 2SLGBTQ+ history.
- In 2023 we have continued publishing new videos for this campaign, totaling in 20 videos and counting, providing more education about 2SLGBTQ+ history!



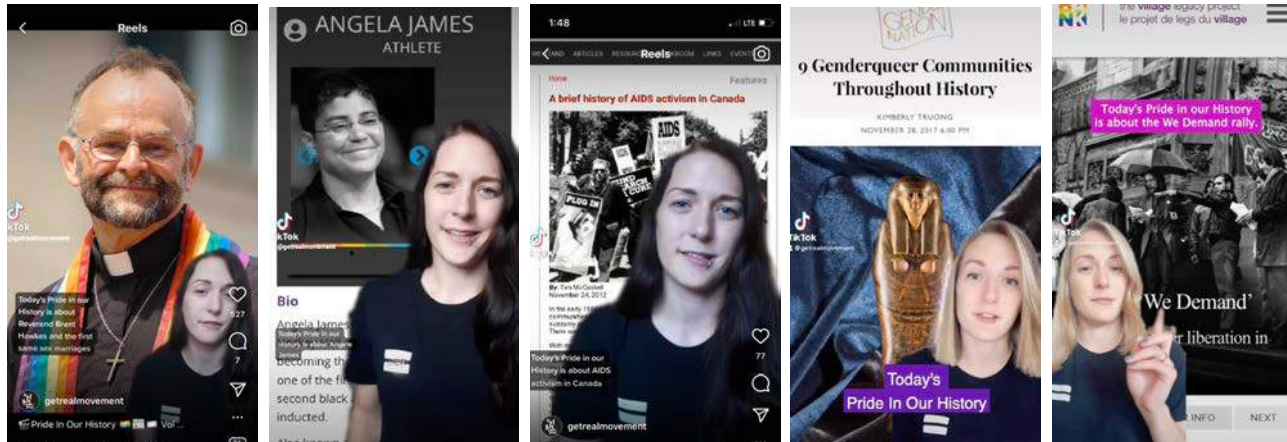
Pride
in our
History

History is made up of inspiring stories that need to be shared by artists, writers, educators, activists, and storytellers today.

For me, taking Pride in our History means learning and sharing the stories of those who paved the way for future generations. It means appreciating the hardships and triumphs of everyday people who became trailblazers and activists through their resistance and resilience. It means understanding the courageous actions of two-spirit, lesbian, gay, bisexual, transgender, and queer individuals who faced hate, fear, and adversity, and who fought against it all in order to create positive change. Being storytellers today means fulfilling a duty to honour our past and to ensure the memories of those who came before us are preserved and cherished. We tell these stories to inspire new generations to pick up where others left off. We take Pride in our history to keep our stories alive. And because the lessons those stories teach us can propel us forward as we continue to work towards a stronger, more accepting, and more equitable future.

We take Pride in our History because it gives us hope and strength for the future.

Alyssa Jeffrey
The Get Real Movement



Dear The Get REAL Movement Inc.,

Thank you; your donation made using CanadaHelps has been completed.

Your donation confirmation number is: C14004603

Below is a summary of your donation and information about your tax receipt:

Charity Name: The


ArQuives: Canada's LGBTQ2+ Archives **THE ARQUIVES**
Canada's LGBTQ2+ Archives

Donation Amount: \$1,160.00
In support of: Annual



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Pride In Our History
Rupert Raj



Rupert Raj is a pansexual trans man of East Indian and Polish descent who has made a lasting impact in Canada. Rupert founded

◀ ◻ ◻ ◻ ◻ ▶


Pride In Our History
Chris Bearchell



Chris Bearchell is known as an incredibly influential and notable person in the fight for queer rights in Canada.

◀ ◻ ◻ ◻ ◻ ▶


Pride In Our History
Bernard Courte



Raised in Quebec, Bernard Courte was a writer, educator, and strong advocate for both the French language

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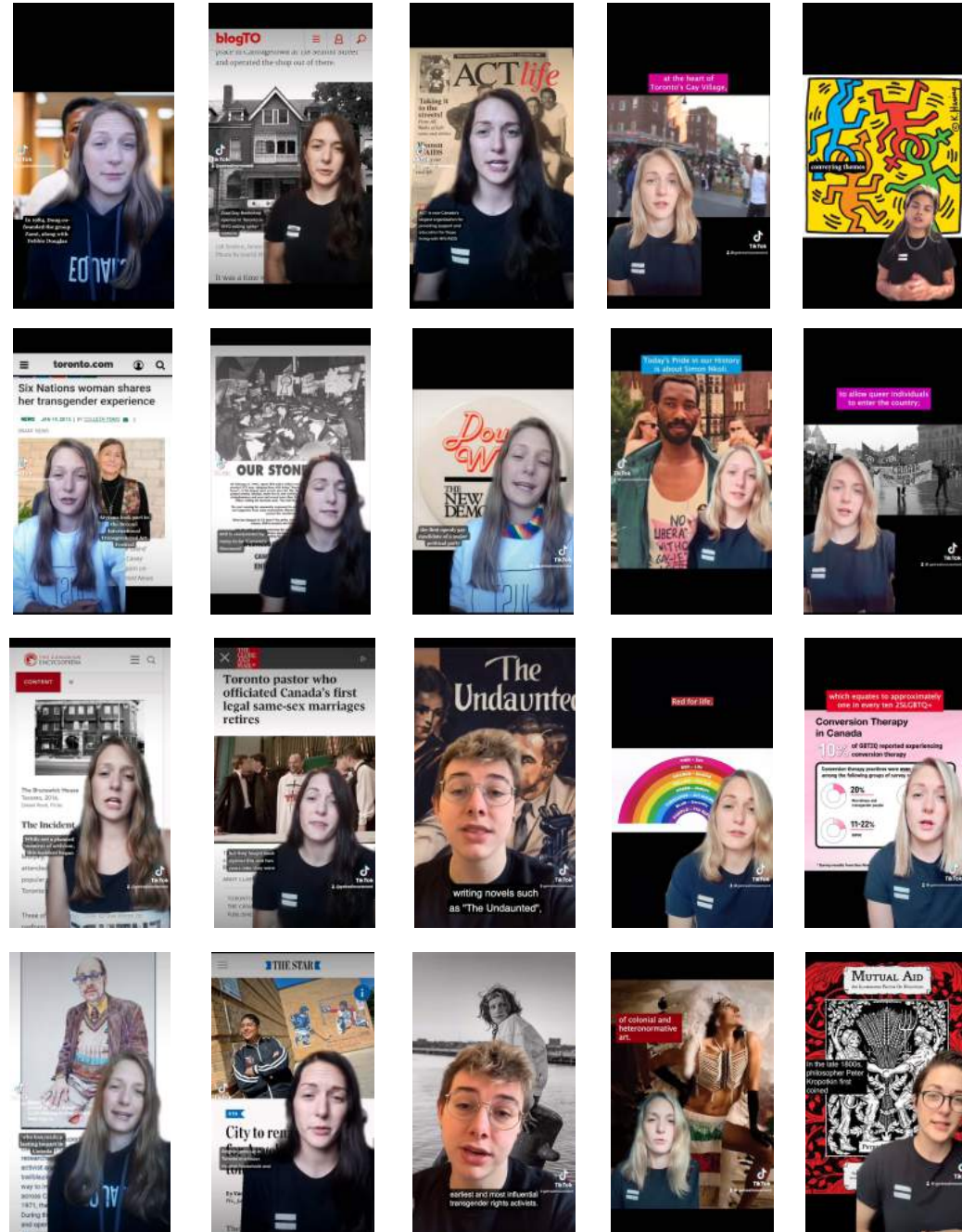
Pride In Our History
Douglas Stewart



Douglas Stewart created a much needed space when he helped form the organization Zami for Black queer

PRIDE IN OUR HISTORY SHORT VIDEOS:

1. Douglas Stewart
2. Aiyanna Maracle
3. Pat Murphy
4. Rupert Raj
5. Canadian 2SLGBTQ+ Bookstores & Magazines
6. Operation Soap
7. Brent Hawkes
8. Angela James
9. AID's Activism
10. Douglas Wilson
11. Alan L. Hart
12. Sylvia Rivera
13. Trans March
14. Simon Nkoli
15. Harvey Milk
16. Kent Monkman
17. Keith Haring
18. 'We Demand' Protest
19. Conversion Therapy Banned
20. Mutual Aid



[**CHECK OUT THE MICROSITE HERE**](#)

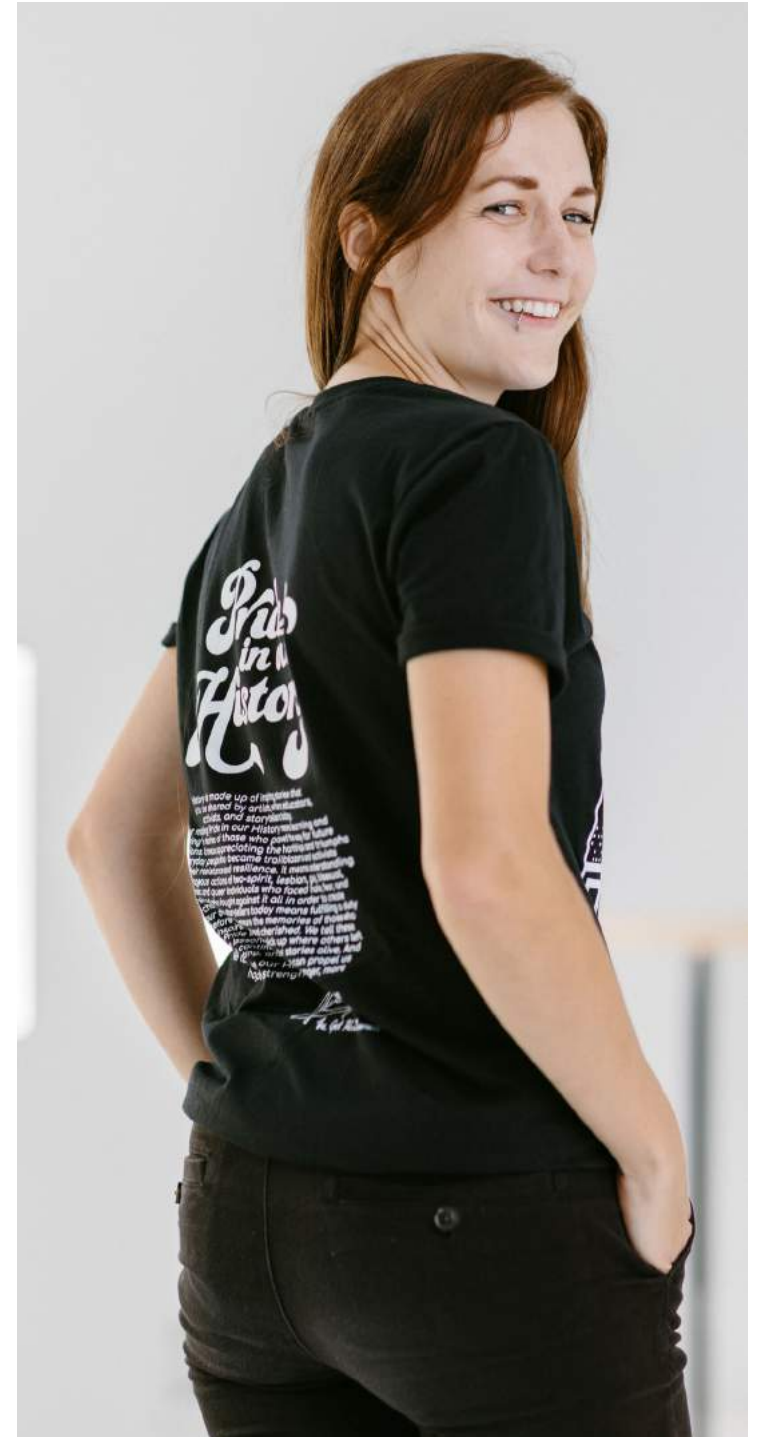
"Pride in our History is a video series that has allowed our team to spread awareness about various people and events, important to 2SLGBTQ+ history within Canada and globally.

The development of this resource has allowed us to dive deeper into the abundance of overlooked and underrepresented trail blazers who deserve celebration and appreciation for creating the world in which we can continue to do the work that we do today.

As someone who has done the research, writing, and filming for many of the videos in this series, I have thoroughly enjoyed learning about this history and getting to share that learning journey with others; to date, the videos from this series have been viewed over 130,000 times, which is incredible.

Thank you to our amazing partner TikTok Canada for supporting us in using our platform to celebrate, provide education on, and raise awareness of queer history and its impact on today's present and future world."

ALYSSA JEFFREY
GET REAL SPEAKER AND TEAM LEAD
FOR PRIDE IN OUR HISTORY



**POSITIVE
SPACE KIT**

POSITIVE SPACE KITS

- One of the resources we were most excited to launch in 2022 were our Positive Space Kits, which were designed in response to the countless teachers who reach out to us asking for physical resources - flags, stickers, and buttons - to help them increase the visibility of their positive space groups and/or G.S.A.'s (which typically stands for Gay-Straight Alliances or Gender-Sexuality Alliances).
- Study after study (GLSEN, University of British Columbia, etc.) confirm that the presence of positive space groups, especially those that are active and visible, make not only 2SLGBTQ+ students, but in fact all students, feel more accepted, less anxious, less prone to bullying and harassment, and feel significantly safer, because of their presence.
- But so many teachers do not have adequate resources to make their Positive Space Groups as visible, and as effective, as they would like, which is where our Positive Space Kit comes in!
- By transforming our logos, merchandise, and educational materials into stickers, magnets, and flags, we have been able to create an amazing Positive Space Kit to help support teachers and students, in their efforts to create, and amplify, their positive space group at their schools.

[LEARN MORE HERE](#)



SUPPORTING POSITIVE SPACE GROUPS AND G.S.A.'S (AROUND THE WORLD!)

- Thanks to our amazing partners, donors, and University Chapters, we are proud to say that we have been able to provide over 200 kits to elementary schools, high schools, and middle schools in need across Canada, as well as provide the 100 of those recipients with extra Black History Matters gear, to wear the message all year round!
- We can't wait to continue growing the reach of our Positive Space Group and G.S.A. support, in 2024, and beyond!



Positive Space Kits Feedback

"I am so grateful for the free resources you provided! The students at our school feel this learning can be done/ started at any age (we are a primary/junior school), and should be talked about openly as a school community. Representation, inclusivity, and community have become a large part of our conversations (some sparks from our stickers!). Thank you again, I would love to receive any other similar resources you may be offering in the future!"

Positive Space Kits Feedback

"This kit is amazing. We used most of it in a high traffic area within the school, I went to each class to promote it and bring awareness to the resources. The stickers and cards were all gone within two days! This is a major success in foster a safer space here at school. There have been many students who have voiced their positive opinions on having so much inclusive support within their school. Thank you so much for all you do, we are so incredibly grateful and appreciative!"

Positive Space Kits Feedback

"The Positive Space Kit has had a huge impact on the students in my classroom as well as those that enter it. The carefully curated items ensures that minority groups of students feel better represented (people of colour as well as those part of the LGBTQ2S+ community) and have generated thoughtful discussion.

One of the students remarked how he had never seen a "Black Lives Matter" symbol like the magnet I received, and he felt like it was edgy and really spoke to him.

The magnets are neat as they are "cool" and having the QR codes on them allows those students with cell phones to access the information in a way that feels safe to them."




GET REAL AWARDS



- We are so excited to have brought back our Get REAL Hero Awards, recognizing different individuals, schools, and organizations going above and beyond to create safe inclusive spaces and make a difference in this world!
- This year, as an organization Get REAL selected two winners;
 - Adriana Withers from VC Ultimate,
 - The York School Board

[LEARN MORE ABOUT OUR AWARDS HERE](#)



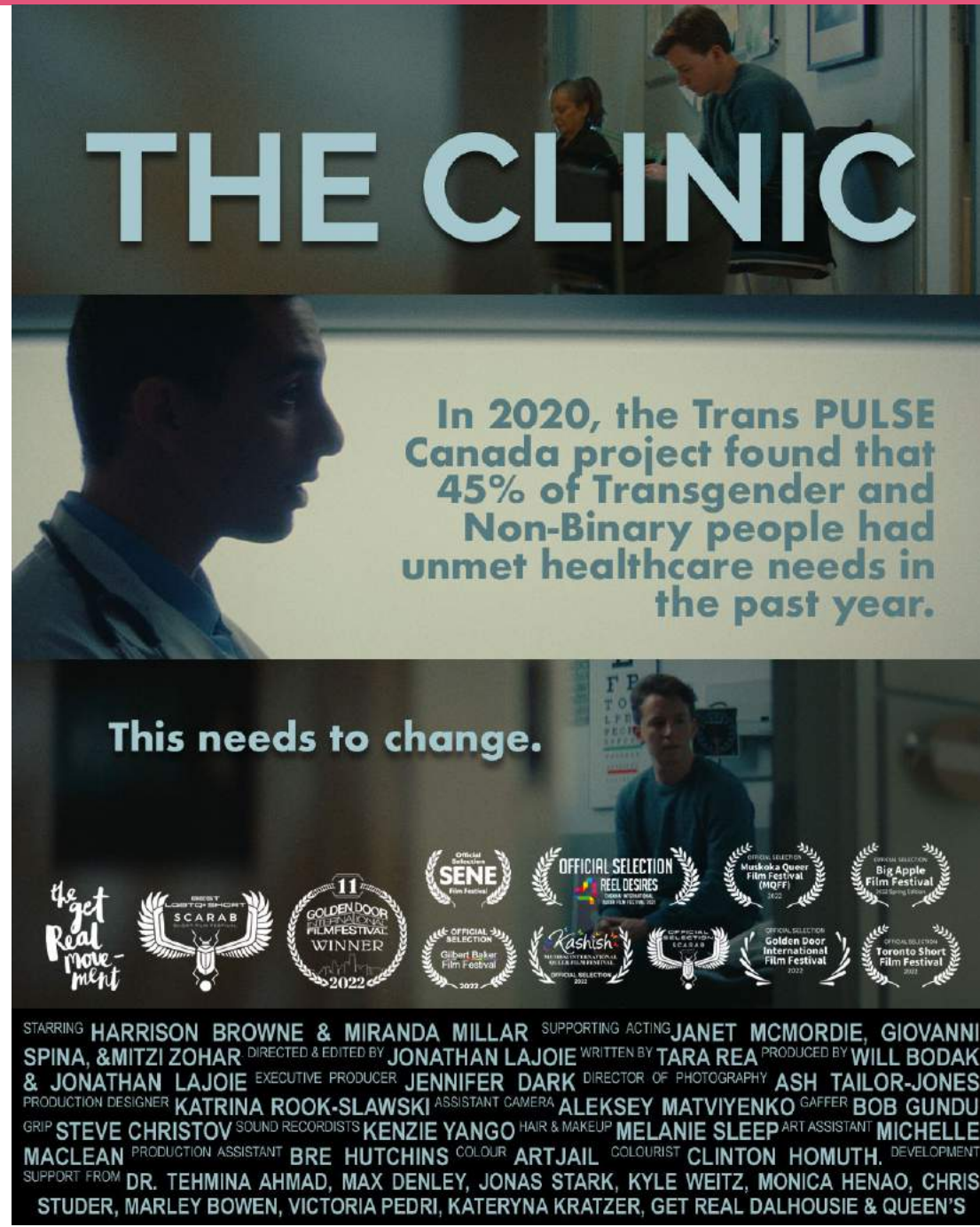
 yorkschoolgsa





“THE CLINIC”

- “The Clinic” is a short narrative film and educational resource to help doctors and medical practitioners make their offices safer and more inclusive.
- In 2022, we expanded “The Clinic” with an informative virtual panel with multiple doctors and Get REAL team members, discussing the importance of accessible gender affirming healthcare for trans and gender non-conforming individuals
- We are also proud to say that The Clinic was made Official Festival Selection at 9 film festivals, around the world, winning:
 - 2x Best LGBTQ+ Short Film Awards
 - Best Short Film
 - Best Production Value
 - Best Direction
 - Most Evocative/Emotional Impact



[**CHECK OUT 'THE CLINIC' HERE**](#)



the get
Real
move-
ment

LET'S KEEP
PRIDE IN
THE GAME

KEEP PRIDE IN THE GAME

- Keep Pride in the Game is a campaign in response to the uproar caused by professional hockey players declining to wear Pride warm-up jerseys during the previous season.
- This campaign aims to promote the importance of league-wide support for the 2SLGBTQ+ community by highlighting that it loses its significance without the backing of the entire league. The launch of this initiative coincides with the NHL's recent decision to prohibit the use of Pride jerseys in the future.
- This resource provides information on the importance and power of inclusion, as well as tips to support the creation of safer spaces in sports.



CHECK OUT THE THE VIDEO
& LEARN MORE HERE

During the height of Pride festivities, the NHL declared that its teams will no longer wear special jerseys in support of Pride and other causes. This decision sends a loud message:



that hockey isn't for everyone.

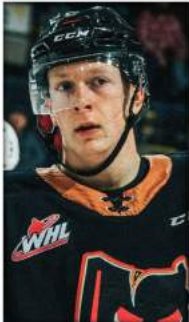
In response, we have launched:

Keep Pride in the Game



@Gary Bettman - where is the support you promised?

STATEMENT FROM NHL COMMISSIONER GARY BETTMAN
ON LUKE PROKOP'S DECISION TO PUBLICLY COME OUT AS GAY



"On behalf of the National Hockey League, we are proud of Luke Prokop for today's announcement and I would like to thank him for sharing his truth and for being so brave.

"I share his hope that these announcements can become more common in the hockey community. LGBTQ players, coaches, and staff can only perform at their absolute best if they live their lives as their full and true selves. We do not take the meaning and importance of this announcement lightly.

"We pledge to do everything possible to ensure that Luke's experience is a welcoming and affirmative one and continue to work to ensure that any current or future NHL Player contemplating following in his trailblazing footsteps knows our League is ready to provide full support."

#KeepPrideInTheGame



Hockey should be for EVERYONE!

show you agree by taking the following actions:

- ✔ Watch this video and visit our site www.KeepPrideInTheGame.com to learn why this matters, and how you can help create more inclusive hockey spaces.
- ✔ Sign and share our petition www.change.org/KeepPrideintheGame
- ✔ Share our video and tag the @nhl



Pride Tape is an Edmentum product, developed to promote LGBTQ awareness and acceptance in sport. (CBK)

"As a gay lifelong hockey player and fan, I still feel an overwhelming sense of joy when I see NHL players and teams using Pride Tape.

The visibility and intentionality of players using Pride Tape helps hockey move toward the vision of making it a space for everyone, especially LGBTQ+ youth."

-Joey Gale,
Pride Tape. Co- Founder



"The NHL has stripped away the chance for young LGBTQ+ fans to see players wearing a jersey that symbolizes inclusion and support for a community that is so often targeted."

Harrison Browne

NHL's Pride nights collide with LGBTQ+ political climate

Blackhawks decide not to wear Pride Night warmup jerseys prior to game against Canucks

The Blackhawks are the third team to scrap plans to wear pride-themed warmup jerseys.

NHL COMMISSIONER GARY BETTMAN HINTS THAT LEAGUE MAY GET RID OF PRIDE NIGHTS: 'MORE OF A DISTRACTION NOW'

Report: NHL looking at cancelling Pride Night celebrations
Gary Bettman and the NHL, dial things back a notch following backlash.

Rangers release statement after not wearing advertised Pride Night uniforms

The Rangers originally planned to wear special pride-themed jerseys in warmups, but that never happened.

Wild latest NHL team to not wear Pride jerseys on Pride Night



Bettman: NHL to evaluate Pride nights in offseason after some players refuse to wear jerseys

CBSports.com
Sports Net

"Seeing players wearing Pride jerseys, even just for warmups, makes me think that I do not need to hide who I am in this game."

-Carson Gates,
Queer NCAA Hockey Player

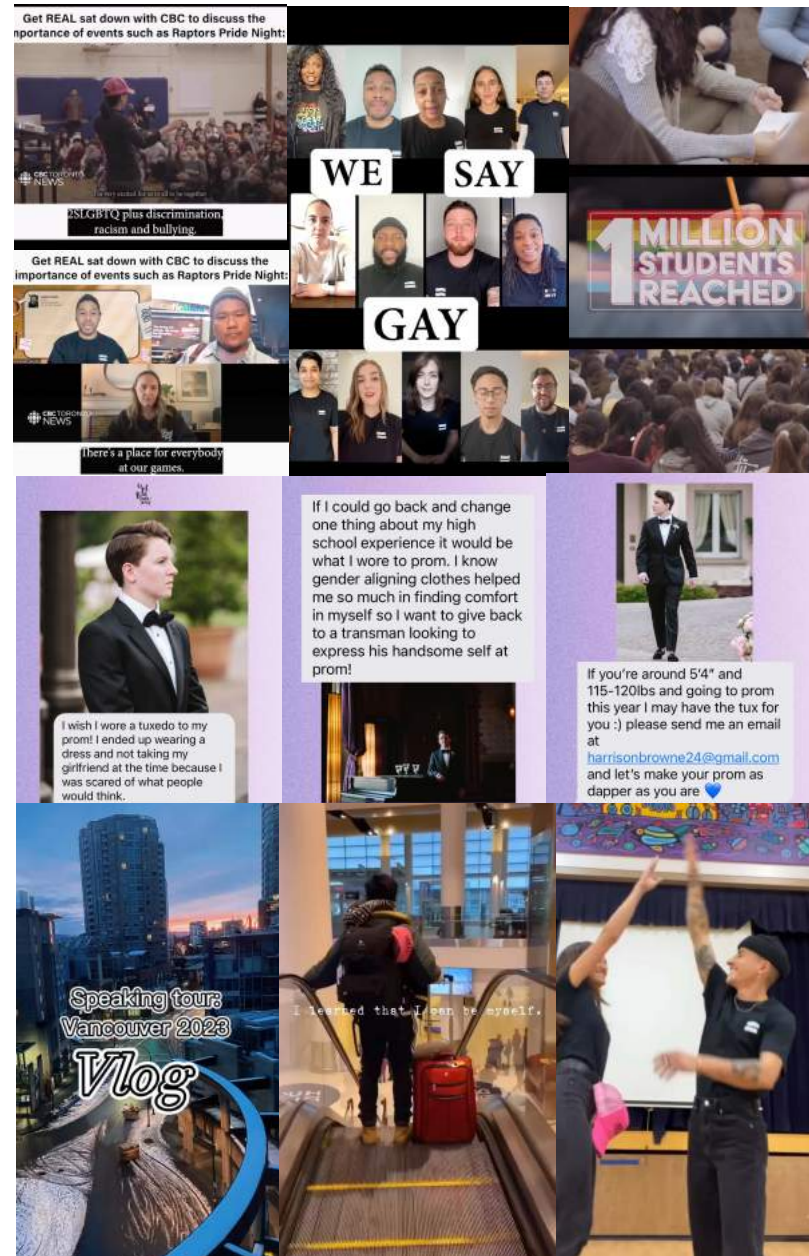
"I choose to fight for inclusion for all in sports, but especially hockey because I don't want anyone to feel like they have to choose between the sport they love and living the life they've always dreamed of."

-Jessica Platt,
Professional Women's Hockey Players Association



ADDITIONAL MEDIA PROJECTS

- This year, thanks to the crucial funds raised through our merchandise, we were able to undertake additional original media projects, sharing our programming and the work of our team members with our online community of supporters, sharing important education in accessible ways, spotlighting important and innovative initiatives.
- Some of our original media projects from 2023 have included:
 - Our 1 Million Students carousel & video
 - Social carousel for an incredible tuxedo giveaway for a student to wear to Prom
 - Nico's continued 'Good News Report'
 - Speaking with CBC to discuss the importance of Raptors Pride Night, which led into our 'Keep Pride in the Game' campaign
 - An educational carousel in response to recent book bans
 - Tour wrap up videos, showing the impact of our workshops across Canada
 - Our team's "We Say Gay" video & merchandise promotion, fundraising for Equality Florida
 - And more!



RAISING AWARENESS



We have continued to find new and innovative ways to share our message, as well as provide support when facing specific issues that we care about!


- In the past year, we have continued to fundraise and been able to donate over \$200 to Equality Florida because of our 'We Say Gay' merchandise!
- We continue to fundraise with our 'Hoodie Cam' campaign for Colin Kapernic's 'Know Your Rights' Camp!

You paid \$200.00 USD to EQUALITY FLORIDA ACTION, INC.

RAISING AWARENESS


- We have just launched our new 'For the Love of Humanity' toque this winter, raising funds for Doctors without borders!

for the love of humanity




for the love of humanity

**all funds raised go towards
Doctors without Borders**




the get Real movement



MSF is also committed to "bearing witness, amplifying patient and staff experiences and speaking out to bring abuses and intolerable situations to the public eye", and their repeated calls for an "urgent, sustained ceasefire" to "allow vital humanitarian aid to enter the Gaza Strip at a scale sufficient enough to meet the enormous needs" is a position we as an organization strongly echo as well.

No human life is any less deserving of safety, medical treatment, freedom from discrimination, and human dignity.

We stand with all organizations and people speaking out against antisemitism, islamophobia, and hate in all forms, and calling for a ceasefire, humanitarian aid, the safe return of all civilian hostages to their families, and for our inalienable human rights to be protected and upheld for all.



Seven-month-old Memo with his mother Fatmata at the Paediatric Unit of MSF Kenema hospital in January, Sierra Leone, 2020. (© Vincenzo Livieri/MSF)

Dear Chris,

Thank you for choosing to support Doctors Without Borders/Médecins Sans Frontières (MSF) with a gift of \$315.00, which will help us provide emergency medical care for communities caught in crisis.

You help make it possible for MSF to respond to humanitarian emergencies as soon as they happen - from outbreaks of disease to disasters and conflicts. Your support helps us plan for the unexpected and be ready to act whenever and wherever the needs are greatest.

Again, thank you so much for your generosity. For updates on MSF's work and the impact of your support please visit us at doctorswithoutborders.ca.

Sincerely,
Joseph Belliveau
Executive Director, MSF Canada

P.S. Your tax receipt is enclosed. If you have any questions or concerns, please contact our donor relations team.

RAISING AWARENESS



- One of our amazing team members, Max, approached us with the desire to create a selection of designs with the aim of having not only folks from the trans community speak out and be visible in the face of increasing anti-trans and anti-2SLGBTQ+ legislation, but to produce pieces of merch that allies would wear proudly as well.
- We then collaborated with an amazing trans tattoo artist, GRIMM, to create these three beautiful pieces to provide different options for folks wanting to show their support, their pride, and their allyship in different ways, with funds from the collection going to support our third cohort of 2SLGBTQ+ Virtual Counselling Program!
- “No Transphobic Bills”, “Louder than Hate”, “Louder than Fear” merchandise is now available!
 - The “Louder than Hate” collection is an opportunity to wear your allyship proudly, showing trans communities that you won’t let hate win. The hate is loud. So we need to be louder.
 - The “Louder than Fear” collection lets you proudly show that you are not afraid of people being themselves. Fear is a tactic used to feed transphobia. But this fear is often fueled by misinformation and lies. This fear is being used to divide us. Fight back with learning and with love.
 - The “No Transphobic Bills” collection is a way for us to visibly show that we are not going to be divided and that we will not stand behind any bills that try to erase our trans family. Anti-Trans Bills aren’t just passing in the United States. Here in Canada, we have seen aggressive protests outside of schools and violent outbursts at board meetings, libraries stormed and teachers threatened, children at sporting events harassed and traumatized by adults, political figures vowing to rollback protections for trans people, and a growing transphobic rhetoric that mirrors the one developing worldwide.



SOCIAL MEDIA IMPRESSIONS

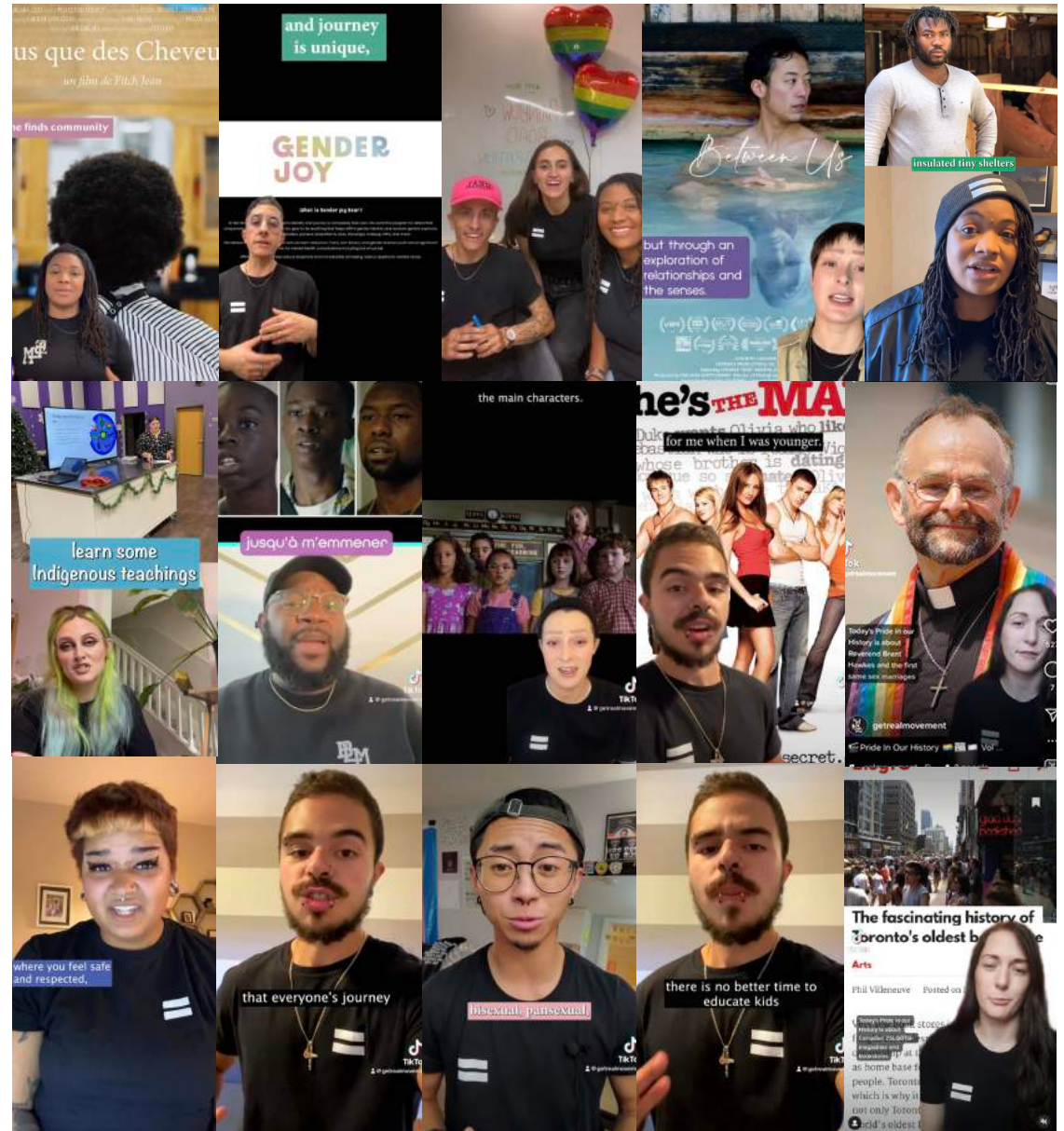
Social Media Totals
from 2023:

(including other videos and social media posts)

Total Likes:
89,865

Total Reach:
1,112,437

Total Impressions:
1,550,022



What is something you learned from the workshop?
What will you do to be an ally in your community?
"I learned that it's OK to be your
I can be an ally by listening to
others stories."

Saw you guys
first semester
and got inspired
to come out.
thank you.

I just wanted you let you guys
know how wonderful the
presentation that you did at my
school was. It was a month or
two ago but I didn't really think of
how much I could relate to some
of the things the presenters said
until now. When people at my
school actually listened to you
guys I felt just a little safer
knowing that it's ok to be part of
the LGBTQ+ community (even
though I'm out to very few
people). I just wanted to say
thanks for being such an
amazing organization! ❤️❤️❤️

I learned that we should be
respectful to everyone, because
we don't know what's going
on in their life.

Wanted to say more than thank you
actually. The first time I heard
queerness openly talked about (bc
not a thing in South Asian culture)
was through a Get Real guest
speaker in school, so it's SUPER cool
to now have our post re-shared on
your story :)

I'm going to stand
up to the kids making
fun of gay people, depression,
autism,
your presentation
was an eye opener

Seeing all over ur posts have gotten
me to tell friends that I'm bi. Thanks
for giving me that courage

I learned It's OK
to be gay

I just wanted to thank you for doing
the presentation at my school it was
really inspirational. It made me feel
like I wasn't alone being lesbian and
it inspired me to come out to my
friends. Thank you! 🏳️🌈😊

I support
you, whatever
gender or sexuality
you identify with.

What is something you learned from the workshop?
What will you do to be an ally in your community?

I learned that it is okay no matter
what gender you are.

Hi, I just wanted to say thank you for
everything you guys do. Two people
come to my school two years ago
when I was in grade 8. I know it's a
little late but I just want to thank you
guys for telling me that it's okay to be
different. I finally figure out who I am
because of you guy and I will forever
be grateful. ❤️🧡💛💚💙💜

I learned that people are
not always the gender there
born and inside they could
different.

hey, you guys did an assembly for our
school, I just wanna say that
both ur stories have inspired me sm
and touched my heart. I've been
struggling with my sexuality and
mental health, not to mention some
family and friendship problems, and
that entire presentation rily helped in a
way.

Thank you so much,
both of you, I was
so inspired by your
presentation this morning!
I know people who suffer
from a mental illness and
now I feel like I'm more
prepared to help them!

10/10 Loved
It!

Thank you so much for creating this
page I only recently found it but
since I've been following I've built the
strength to come out to my parents
and friends, this page has made me
feel welcome and made me realize
that there are so many accepting
people out there and that I was
hanging out with the wrong people
and following the wrong pages. So
thank you

you can be an ally in
your school by using
the right pronouns
for people

What is something you learned from the workshop?
What will you do to be an ally in your community?

so many of us are just
as similar as we are different

STUDENT FEEDBACK

THANK YOU SO MUCH FOR THE SUPPORT IN 2023!

We want to sincerely thank you for your support in 2023. It has meant so much in terms of the programming that we have been able to do. Wishing you a healthy, safe, and happy holiday season from all of us at Get REAL, and we can't wait to share what we have in store for 2024!

Sincerely,

Chris Studer & Marley Bowen
Executive Directors
The Get REAL Movement

