



**Center for Non-Violence
and Peace Initiatives**
A Division of Equity and Diversity
Voice: (973) 655-7033
Fax: (973) 655-7656

PROGRAM REQUEST FORM

NAME: _____

DEPARTMENT/ORGANIZATION: _____

PHONE NUMBER: _____ E-MAIL: _____

DATE OF PROGRAM: _____ / _____ / _____ TIME: _____ to _____

PROGRAM LOCATION: _____

NUMBER OF ANTICIPATED STUDENTS/PARTICIPANTS: _____

Please choose a topic from the following list or request an unlisted topic below:

Peace

- ____ Meditation 101
- ____ The Principles and Philosophy of Yoga

Domestic Violence

- ____ Healthy Relationships
- ____ Domestic Violence/Sexual Assault

Student Empowerment/Development

- ____ Team Nica*
- ____ The Role of Students in Democracy *

Diversity

- ____ Power of Words:
Examining Common Language Used in
our Communities
- ____ Diversity/ Multicultural Awareness
- ____ Deconstructing Racism*

Fair Trade

- ____ Fair Trade Initiatives
- ____ Equity for Developing Countries
- ____ Team Nica*

____ Other Program (please specify): _____

By signing below I certify that I am responsible for the program listed above including advertisement, reservation of space/location, flipchart/markers, and any other equipment. I will notify the Center for Non-Violence and Peace Initiatives **24 hours** prior to the workshop to confirm or cancel the program.

All advertisements **MUST** include the Center for Non-Violence and Peace Initiatives and the Students Against Violence, a Class III Org. of the SGA, Inc. on all promotional materials and must be approved by the department a **week** before the program. For approval of all promotional materials please e-mail them to Kevin McGowan at mcgowank@mail.montclair.edu.

Signature of Requestor: _____ Date: ____/____/____

For Office Use Only

Speaker(s) _____

Confirmed _____ Date _____

Initial(s) _____

Center for Non-Violence and Peace Initiatives Program Descriptions

Meditation 101

The Principles and Philosophy of Yoga

The Power of Words: Examining Common Language Used in our Communities

Diversity/ Multicultural Awareness

A “four corners” exercise where participants are asked to think critically about different statements regarding race, religion, gender, and sexual orientation, etc. Small groups of students are asked to discuss their opinions and report out to the larger group.

Deconstructing Racism

This program introduces students to the concepts of power, privilege, and the roots of American racism.

Domestic Violence

Healthy Relationships

An examination of the successes and failures we all face when developing and sustaining relationships with our partners, with particular attention paid to ways that unhealthy relationships can lead to serious issues of emotional and physical violence.

Domestic Violence/Sexual Assault

An analysis of the true definitions of domestic violence and sexual assault, the impact such violence has on each of us, and the resources available to all members of the campus community. Statistical information is also shared about the prevalence of these devastating acts of violence.

Student Empowerment/Development

Team Nica

A description of the Center’s delegations to Nicaragua since 2008. Particular attention is paid to student awareness regarding issues of social justice, especially in the developing world. Student participants are provided with information regarding how they can become involved in the Team Nica project, as well as other resources for creating change for the people of Nicaragua.

The Role of Students in Democracy

Often students at institutions of higher education are not aware of the tremendous power they have in creating change on their campus, in their community, nation, and planet. This presentation allows participants to see themselves as agents of change within democratic institutions. The historic role of college students in the civil rights movement, environmental rights movement, women’s rights movement, and anti-apartheid movement is highlighted.

Fair Trade

Fair Trade Initiatives: Equity for Developing Countries

Picking up on the achievements of Montclair Township and other fair trade communities, what steps can we take to make MSU a fair trade University. This presentation highlights the importance of fair trade in creating equity for workers in the global marketplace. It also provides awareness for students about working conditions which are not a product of fair trade policies.



LGBT Center
A Division of Equity and Diversity
 Voice: (973) 655-7563
 Fax: (973) 655-7656

PROGRAM REQUEST FORM

NAME: _____

DEPARTMENT/ORGANIZATION: _____

PHONE NUMBER: _____ E-MAIL: _____

DATE OF PROGRAM: ____/____/____ TIME: _____ to _____

PROGRAM LOCATION: _____

NUMBER OF ANTICIPATED STUDENTS/PARTICIPANTS: _____

Please choose a topic from the following list or request an unlisted topic below:

- ___ Homophobia and Heterosexism 101
- ___ Queering the Classroom
- ___ LGBT 101: How to be an Effective Ally
- ___ LGBT Issues in Faith and Spirituality
- ___ Health Care and the LGBT Community
- ___ Sex, Gender Role, Gender Identity, and Sexual Orientation: Exploring the Complexity of Sexuality
- ___ The "T" in LGBTQ: The Diversity of Transgender Identity and Experience
- ___ Diversity/Multicultural Awareness
- ___ Making YOUR Space a Safe Space (Customizable Session)
- ___ Other Program (please specify): _____

By signing below I certify that I am responsible for the program listed above including advertisement, reservation of space/location, flipchart/markers, and any other equipment. I will notify the LGBT Center **24 hours** prior to confirm or cancel the program.

All advertisements and promotional materials **MUST** include the LGBT Center as a co-sponsor and must be approved by the center a **week** before the program. For approval of all promotional materials please e-mail them to Amie MacMath at macmatha@mail.montclair.edu

Signature of Requestor: _____ Date: ____/____/____

For Office Use Only

Speaker(s) _____

Confirmed _____ Date _____

Initial(s) _____

LGBT Center Program Descriptions

Homophobia and Heterosexism 101

This session explores the experiences of the LGBT Community through the use of guided imagery and interactive exercises. Participants will be challenged to put themselves in the shoes of an LGBT individual and gain a greater understanding of homophobia and heterosexism in our society. This workshop will create a safe space for participants to ask questions, to understand and respect each other's points of view, and to reflect on one's own feelings about the LGBT community.

Queering the Classroom

This session seeks to provide current faculty or future educators with the tools needed to ensure that their classroom is inclusive for LGBT students. It addresses the need to understand and recognize the existence of heterosexism within the academic setting and how to infuse the Queer perspective throughout the classroom experience. Participants will walk away with a better understanding of how to effectively use language within the classroom, how to introduce inclusive examples throughout the duration of the class, and how to ensure a safe space for LGBT students to engage in the academic process.

LGBT 101: How to be an Effective Ally

How can we increase our willingness, readiness, and skill in working to promote the dignity, inclusion, equality, and social justice for and with lesbian, gay, bisexual, and transgender (LGBT) people? Together, participants will brainstorm ways of being effective allies and explore how to build a safe climate and connection with LGBT people, how to listen and act effectively, and what potential resources and/or follow-up may be useful. The workshop will allow participants to discuss a range of potentially challenging situations, and propose creative responses.

LGBT Issues in Faith and Spirituality

Where does the LGBT Community fit within communities of faith? Can they coexist? This session allows for open examining religious texts and history, participants will leave with a better understanding of how to create a safe space for LGBT individuals within faith communities and how to talk about issues of the LGBT community and spirituality as they arise.

Health Care and the LGBT Community

This session explores the range of physical and emotional health concerns that face the lesbian, gay, bisexual and transgender (LGBT) community; as well as how to best support the health and well-being of these individuals. In the workshop, participants learn about the unique challenges that arise when it comes to accessing health care in the LGBT community and ways to ensure equitable practices.

Sex, Gender Role, Gender Identity, and Sexual Orientation: Exploring the Complexity of Sexuality

This session seeks to unwrap the concept of sexuality and sexual identity and gender, in order to clarify and distinguish among four distinct (but often confused) areas: sex, gender role, gender identity, and sexual orientation. The workshop will define and offer examples within each area and will address questions of the origins of each, where each potentially falls in the continuum of bio/physiology vs learning/social construction, and how discreet, consistent, and/or fluid these categories are. Participants will come away with a much clearer picture of the complexity of sexuality.

The “T” in LGBTQ: The Diversity of Transgender Identity and Experience

This session begins with defining what is currently meant by the concept of “transgender,” and how it differs from sexual orientation. It presents transgender as an umbrella term, covering a wide range of identities and experiences, having in common people whose gender identity and/or gender expression differs from the sex they were assigned at birth. Participants will be able to discuss the diversity of trans communities, including but not limited to: transsexuals (including female-to-male (FTM) and male-to-female (MTF)), intersex people, cross-dressers, drag kings and queens, and other gender-variant people. Furthermore, participants will leave with a better understanding of the range of choices and challenges transgender people face, such as whether, when, and how to hormonally and/or surgically alter their bodies; and how to manage in a world based on traditional, binary definitions of sex and gender.

Diversity/Multicultural Awareness

A “four corners” exercise where participants are asked to think critically about different statements regarding race, religion, gender, and sexual orientation, etc. Small groups of students are asked to discuss their opinions and report out to the larger group.

Making YOUR Space a Safe Space (Customizable Session)

This session is a custom session specific to the office/area that the participants occupy and run. The workshop/discussion will examine what existing facilities, policies, and programs are LGBT friendly within the area and what additional steps can be taken to make a more LGBT friendly Safe Space.



The Women's Center
 Student Center Rooms 420-422
 A Division of Equity and Diversity
 Voice: (973) 655-5114
 Fax: (973) 655-7656

PROGRAM REQUEST FORM

NAME: _____

DEPARTMENT/ORGANIZATION: _____

PHONE NUMBER: _____ E-MAIL: _____

DATE OF PROGRAM: _____ / _____ / _____ TIME: _____ to _____

PROGRAM LOCATION: _____

NUMBER OF ANTICIPATED STUDENTS/PARTICIPANTS: _____

Please choose a topic from the following list or request an unlisted topic below:

Women's Issues

- ___ The Women's Movement 101
- ___ Feminism 101
- ___ Women and Healthcare in the US
- ___ Intro to Activism/Young Activists
- ___ Food is a Feminist Issue

Domestic Violence

- ___ Healthy Relationships
- ___ Intimate Partner Violence

General Interest

- ___ How to Fail Well
- ___ Programming for Success
- ___ Stress Management

Faith and Spirituality

- ___ Sabbath Keeping as an Interfaith Experience
- ___ Finding Religion/Keeping the Faith:
an Introduction to Spiritual Seeking for College Students
- ___ Exploring Rumi from a Christian Perspective
- ___ Walking the Labyrinth
- ___ The Basics of the Enneagram

Diversity

- ___ Diversity/Multicultural Awareness

___ Other Program (please specify): _____

By signing below I certify that I am responsible for the program listed above including advertisement, reservation of space/location, flipchart/markers, and any other equipment. I will notify the Women's Center **24 hours** prior to the workshop to confirm or cancel the program.

All advertisements **MUST** include the Women's Center and the Office of Equity and Diversity on all promotional materials and must be approved by the department a **week** before the program. For approval of all promotional materials please e-mail them to Kate Smanik Moyes at smanikmoyesk@mail.montclair.edu.

Signature of Requestor: _____ Date: ____/____/____

For Office Use Only

Speaker(s) _____

Confirmed _____ Date _____

Initial(s) _____

Women's Center Program Descriptions

Women's Issues

- The Women's Movement 101 - This 30-45 minute presentation provides a basic overview of the Women's Movement in the United States of America. (30-45min)
- Feminism 101 - There's that "F" word again... What is feminism? Why are we so scared of that word? Is there room for Men in modern feminism? Find out the answers to these questions and more. This 45-60 minute presentation can be tailored to your group's needs and questions. (45-60 min)
- Women and Healthcare in the US - Everyone knows that there are problems with healthcare in the United States of America, but did you know that the struggle to obtain coverage and the cost of coverage disproportionately affects Women? This presentation provides a basic overview of the healthcare system in the US and the way in which this system affects individuals differently based on race, class, gender and sexual orientation. (45-60 min)
- Intro to Activism/Young Activists - What makes a modern day activist? Who are the activists that are making amazing changes today? How can you join a movement or find space for your own activism? (30-60min)
- Food is a Feminist Issue - Questions about where and how our food is produced have been cropping up everywhere from the NY Times Best Sellers list, to newspaper, magazine and television spots dedicated to food production and consumption. Food is a hot topic, but is it feminist? Why should we be worried about who makes our food and what's in it? Join us for a 50 minute presentation on food and feminism. (50 min)

Domestic Violence

- Healthy Relationships - We know that Intimate Partner Violence, and unhealthy relationships are a problem, but do we know what characterizes a healthy relationship? Join us for a 45 minute workshop that covers the basics of healthy relationships and learn what you can do to improve and strengthen your own relationships, now and in the future. (45min)
- Intimate Partner Violence - Learn about what characterizes Intimate Partner Violence, from the behaviors that identify a potential abuser, to the cycle that perpetuates an abusive relationship. Then join in a conversation about the ways in which we can work together to end this worldwide problem. (45-60min)

Faith and Spirituality

- Sabbath Keeping as an Interfaith Experience - The understanding that human beings require periods of rest in order to recharge and ready themselves for the week ahead is not a uniquely Judeo-Christian truth. In this workshop we will explore the way in which periods of rest appear in a variety of world religions and then explore the way in which "Sabbath" times can aid us all in our day to day lives. (30-60 minutes)
- Finding Religion/Keeping the Faith: an Introduction to Spiritual Seeking for College Students - College is a great time to explore who we are as individuals and what we believe, but beginning that exploration can be daunting. In this workshop we explore the

experience of finding religion by looking at the ways in which we can experience new traditions and find our own unique way to the divine. (60 minutes)

- Walking the Labyrinth – In the last 10-15 years the spiritual discipline of Labyrinth Walking has become an integral part of the faith journey for individuals and communities alike. Explore the history of the Labyrinth and it's interfaith connections and then conclude with an experience of labyrinth walking for your group. (60-75 minutes)
- The Basics of the Enneagram – There are many ways to experience and explore our personalities. This two part workshop will explore one way in which to learn about yourself and to learn about the personality types present in your group. In part one we explore a basic understanding of the Enneagram. At the end of part one participants are given the tools to find their own personality type in this system. In part two we explore the personalities in the group. What did participants learn about themselves, and what might be helpful to them as they continue to work as a group, and then in the future. (2 x 60 minute sessions)

Diversity

- Diversity/Multicultural Awareness

General Interest

- How to Fail Well – We all know that failure is a part of life, but do we know what it means to fail well? In this workshop we will look at a variety of failure scenarios and then explore the ways to successfully work our way out of those failures into new understandings. By the end of the workshop participants will have the tools necessary to step away from their panic in moments of “failure” and find solutions that encourage their own development, and integrity. (50-60 minutes)
- Programming for Success – Join the Women's Center staff for an hour of exploration as we look at our future possibilities through the creation of specific goals and plans for achieving those goals. This workshop explores the nature of goal setting, the pitfalls and hindrances to achieving one's goals, the 5 elements necessary to achieve a goal, and the 4 stages of change. (60-75min)
- Stress Management – Learning to manage stress is one of the crucial keys to academic success as a college student. This interactive workshop helps students identify the stressors in their lives and to come up with concrete ways to manage that stress. (60 min – 120 min)