

Inclusion and identity related workshops, presentations, and facilitations on campus

Title	WHAT IT IS	WHO GIVES IT	Length	INTENDED AUDIENCE	HOW TO REQUEST IT
Civility, You and Mizzou	As part of the campus-wide Show Me Respect campaign, the Chancellor's Diversity Initiative has developed a free, 15-20 minute, awareness-building online learning module for MU faculty and staff. The module is designed to provoke thought, provide information and tools, and generate some discussion about building a culture of civility in our individual units/departments as well as campus-wide. A facilitation guide is also available for those who would like to have follow-up discussions in their work areas.	Online learning module (Chancellor's Diversity Initiative)	15-20 minutes	Staff and faculty	http://civility.missouri.edu/education/civility-you-mizzou/
Diversity 101	This online class is a highly interactive introduction to diversity particularly as it pertains to working at MU. A core aspect of the course design is peer-to-peer learning through discussion boards in order to draw upon the rich and diverse experiences of colleagues across campus. Other aspects of the class include videos, reflection journal, and self-guided activities	Online Course (Chancellor's Diversity Initiative)	4 weeks long, 2-5 hours per week	Staff and faculty	http://cdi.missouri.edu/programs-services/diversity101/
Diversity, Difference and Conflict	Workplaces are filled with all kinds of diversity...differing beliefs, values, communication styles, work styles, and personalities. No matter who you work with, occasional conflicts are inevitable. So, the question becomes, does "difference" make a difference when you are faced with conflict in the workplace? And more importantly, how	Online (Chancellor's Diversity Initiative)	20-30 minutes	Staff and faculty	http://cdi.missouri.edu/conflict/

	does our approach to conflict impact these relationships? Explore these questions and more through a free 20-30 minute online training, "Diversity, Difference, and Conflict: Awareness and Skills Building for Enhancing Workplace Effectiveness."				
Diversity and Inclusion Education and Consultation	The Chancellor's Diversity Initiative provides customized education and professional development on topics ranging from, but not limited to, diversity awareness, identity, active listening, communication styles and cultural values, diversity skill-building for academic and work environments, diversity management for managers and leaders, strategies for an inclusive classroom, best practices for academic search committees, and creating a disability friendly workplace. Custom workshops on other topics or consultation for specific issues can be requested.	Chancellor's Diversity Initiative	Varies	Staff, faculty, students *We typically focus on student trainings in the academic realm (class presentations or training for student employees).	http://cdi.missouri.edu/programs-services/training-consulting.php (see online request form) or contact Niki Stanley at 573-882-8532 or stanleys@missouri.edu
RESPOND: Partnering for Campus Mental Health	About 1 in 5 of us will experience a diagnosable mental illness this year. All of us experience emotional pain or distress at times in our lives. Most of us want to help yet often feel uncertain about what to do or say. RESPOND will empower you to offer effective support to a student or colleague. The course provides a basic overview of symptoms often associated with mental health problems and offers an action plan to help you RESPOND effectively. The course will address campus policies such as FERPA, disability accommodations, Title IX, and MU mental health resources.	Counseling Center	8 hours	Faculty, Staff Student partnership coming soon.	http://respond.missouri.edu

Take Action for Mental Health	<p>MU Counseling Center staff offers a 2.5 hour workshop <i>Mental Health 101</i> teaching students, faculty, or staff how to effectively respond to someone experiencing a mental health problem or crisis. The workshop provides a brief overview of signs and symptoms of mental health problems, addresses stigma associated with mental illness and help seeking, and provides concrete skills for taking action to help a friend, family member, or colleague who may be experiencing emotional difficulties or considering suicide. Learn how you can make a difference and possibly save a life.</p>	Counseling Center	1-2.5 hours	MU Community	huttoncc@missouri.edu
Rethinking Disability	<p>Presentation topics may vary and are described below:</p> <p>*This presentation can be modified based on the audience, but the general purpose is to help others think differently about disability: e.g. to become acquainted with the differences between the medical model and the social model, to understand how the social model informs the work we do, to understand how to identify barriers in the environment.</p> <p>*Also present on Universal Design/Universal Design for Learning, and while we're not the definitive experts, we have had enough experience that we can provide a good overview for those who know little to nothing.</p> <p>*Have also provided presentations on Planning an Inclusive Event and on Disability Etiquette and Person First language.</p>	Disability Services	Varies	All audiences	mudisabilitycenter@missouri.edu

Difficult Dialogues- Interactive Theater Group	A typical performance includes a 10-minute sketch in which a class or student study group encounters diversity issues they don't know how to handle. After the brief scene has been performed, the actors remain in character and engage in dialogue with the audience. Following small-group discussion, the actors begin to re-enact the scene, but audience members are invited to volunteer to replace the instructor and try out their own ideas to improve the situation. The interactive theatre methods employed draw upon the techniques of Augusto Boal's Theatre of the Oppressed, a social-action theatre form building upon Paulo Freire's Pedagogy of the Oppressed.	Interactive Theater group	No time listed	All audiences	bls73b@mail.missouri.edu – Barbara Salvadori
OUTreach Panels	OUTreach panels consist of about four panelists sharing nothing other than their personal stories. Each panelist will share what coming out meant to them – each panelist coming out with their own identity, as varied and unique as each of our lives: lesbian, gay, bisexual, transgender, queer, ally, and so much more. After the initial introductions, panelists open the floor to questions.	Student volunteers (LGBTQ Resource Center)	1 hour	Students, faculty, staff	http://lgbtq.missouri.edu/outreach-panels/
Safe Space	Learn to be a resource for LGBTQ students, staff and faculty and how to work towards being an ally. Safe Space is a program meant to teach the basics of LGBTQ identities and culture through an overview of definitions, current cultural, social, and political issues, activities, and plenty of time for Q&A. *Once going through the program you are provided with a Safe Space card to	Safe Space Trainers (LGBTQ Resource Center)	Varies	Students, faculty, staff	http://lgbtq.missouri.edu/safespace/

	display.				
<p>Doing the Mackle-MOST: Allyship in Pop Culture</p> <p>*Level: Skills to Resist Oppressive Systems to Promote Equity</p>	<p>This is a presentation offered by the Diversity Peer Educators in which participants get a better understanding of why being an ally means demonstrating through actions.</p>	<p>DPE (Multicultural Center)</p>	<p>1 hour</p>	<p>All audiences</p>	<p>http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/</p>
<p>Four Corners</p> <p>*Level: Skills to Resist Oppressive Systems to Promote Equity</p>	<p>This program allows participants to reflect on how they have potentially disenfranchised others or participated in systems of privilege and power; as well as how they have grown and learned from these experiences and how they continue to do so.</p>	<p>DPE (Multicultural Center)</p>	<p>1 hour</p>	<p>All audiences</p>	<p>http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/</p>
<p>Game of Life</p> <p>*Level: Skills to Interact with Others to Promote Inclusion</p>	<p>Game of Life is an experiential exercise that simulates the systematic injustice of today's society. Participants are simulatively placed in experiences that can be oppressive to groups of particular identity.</p>	<p>DPE (Multicultural Center)</p>	<p>2 hours</p>	<p>All audiences</p>	<p>http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/</p>
<p>Gender Boxes</p> <p>*Level: Awareness of Structures, Institutions, and Isms</p>	<p>The activity "Gender Boxes" explores what people mean when they say "Act like a lady" and "Be a man." It addresses the pervasive gender norms, expectations, and stereotypes that affect our everyday life, as well as the negative consequences it has on us all.</p>	<p>DPE (Multicultural Center)</p>	<p>1 hour</p>	<p>All audiences</p>	<p>http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/</p>
<p>Heterosexism Guided Fantasy</p> <p>*Level: Awareness of Structures, Institutions, and Isms</p>	<p>Facilitator leads group in guided fantasy that depicts a society that is very different from the one we live in regards to inequities as it relates to sexual orientation.</p>	<p>DPE (Multicultural Center)</p>	<p>1 hour</p>	<p>All audiences</p>	<p>http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/</p>

How to Deal with Microaggressions *Level: Skills to Resist Oppressive Systems to Promote Equity	This is a presentation offered by the Diversity Peer Educators in which participants learn what a microaggression is and what it means to be tokenized and how they can address these instances when they occur with others or even themselves.	DPE (Multicultural Center)	Varies: 1/1.5 hours	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Meeting at the Intersections *Level: Awareness of Self and Others	This program demonstrates how identities do not live in isolation, but are often discussed as they do. Participants will be challenged to choose between identities depending on statements that are read with a debrief that focuses on how our identities work together to create our experience.	DPE (Multicultural Center)	1 hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Popcorn *Level: Awareness of Structures, Institutions, and Isms	This program allows individuals with an empowering platform to vocalize what they never want to hear again said about their identity group, what they are proud of within their identity group, and what they need from allies towards their identity groups.	DPE (Multicultural Center)	1 hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Privilege Walk *Level: Awareness of Structures, Institutions, and Isms	Privilege walks helps participants learn to recognize how power and privilege can affect our lives even when we are not aware it is happening. It is a visual representation of how we don't choose to be privileged or marginalized and cannot control privilege, only how we benefit or reject it.	DPE (Multicultural Center)	1 hour	All Audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Self-Segregation vs. Self-Preservation *Level: Skills to Resist Oppressive Systems to Promote Equity	This session assists participants in how to understand the concepts of self-segregation and self-preservation and how they are applicable and perceived within different communities.	DPE (Multicultural Center)	1 hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
	Facilitator leads group in a guided				

Sexism: Guided Fantasy *Level: Awareness of Structures, Institutions, and Isms	fantasy that depicts a society that is very different from the one we live in terms of gender inequities.	DPE (Multicultural Center)	Varies: 1/1.5 hours	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Target *Level: Awareness of Structures, Institutions, and Isms	This program is best done with a group that has an established community or relationship. It demonstrates how stereotypes and assumptions of identity groups impact the individuals within them whether negative or positive and how we can learn about the experiences of others to challenge our own bias.	DPE (Multicultural Center)	1 hour	All audiences, however preferably somewhat well acquainted groups	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
The Lived Experience *Level: Skills to Interact with Others to Promote Inclusion	This facilitation provides and opportunity for participants to practice their listening skills, as well as how they reflect on their own privilege, practice validating the experiences of others, and/or sharing experiences of marginalization with the end goal of being better listeners and understanding difference in experience.	DPE (Multicultural Center)	1 hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
What I Believe *Level: Awareness of Self and Others	This program implores participants to explore what they believe in regards to a variety of topics, why they believe their perspective, and how they would explain it; as well as how they practice listening to the perspectives of others	Diversity Peer Educators (Multicultural Center)	1 hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
What We Do Not See *Level: Awareness of Self and Others	This program is designed for participants to learn about a person who is different than them through the eyes of that person. Participants share what they believe people see when they look at them and the internal qualities they do offer others.	Diversity Peer Educators (Multicultural Center)	1 Hour	All audiences	http://multiculturalcenter.missouri.edu/request-a-dpe-program-2/
Islam 101	This presentation offers detailed explanations over the five pillars and six articles of faith in Islam. It additionally	Muslim Speaker's	1 Hour	All audiences	http://msbcolumbia.weebly.com/

	goes over the demographics of Muslim Americans, concepts of religion and culture, and women in Islam.	Bureau of Columbia			
Islam and Gender	This presentation delves into the ways in which Islam empowers women socially, politically, and economically. The topic of hijab and the Muslim American woman's experience is also covered.	Muslim Speaker's Bureau of Columbia	Varies: 1/1.5 hours	All audiences	http://msbcolumbia.weebly.com/
Green Dot Presentation	A Green Dot presentation will introduce audiences to the Green Dot Strategy which encourages bystanders of potentially violent situations to safety intervene and stop violence before it happens. Audiences will be given time to think about realistic ways they could intervene in potentially violent situations and time to explore barriers to intervening.	Green Dot Team (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-involved/student-groups/rsvp-educators/
Healthy Relationships	This presentation is a combined program with SHAPE. It will focus on what constitutes a healthy relationship with the understanding and time for processing the uniqueness and subjectivity of the term "healthy" for each relationship.	RSVP Educators & SHAPE (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
How to Help a Survivor	This presentation shares the RSVP Center's Listen. Believe. Support model for survivor allyship. The goal of this presentation is to give loved ones of survivors the tools they need to be the best support systems possible for the survivors in their lives.	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
Introduction to the Dynamics of Relationship Violence	This presentation is designed to share foundation-level information about relationship violence. Content will include definitions, laws, myths/facts, how to identify victim-blaming, how to help a friend and an introduction to Green Dot. This presentation is considered a prerequisite for most groups and organizations interested in	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/

	Understanding Relationship Violence & Culture.				
Introduction to the Dynamics of Sexual Violence	This presentation is designed to share foundation-level information about sexual violence. Content will include definitions, laws, myths/facts, how to identify victim-blaming, how to help a friend and an introduction to Green Dot. This presentation is considered a prerequisite for most groups and organizations interested in Understanding Sexual Violence & Culture.	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
“Not Anymore” Follow Up Discuss Facilitation	“Not Anymore” is the online training required for first-year students and greatly encouraged for the rest of campus. After groups and organizations have taken the training, RSVP Educators and/or staff are happy to facilitate a group discussion about power-based personal violence and everyone’s role in preventing it.	RSVP Educators (RSVP Center)	50-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
Stalking and Technology	This presentation is designed to share foundation-level information about stalking, especially as applicable to a college campus. Content will include definitions, laws, myths/facts, how to help a friend and an introduction to Green Dot. This presentation is considered a prerequisite for most groups and organizations interested in Understanding Stalking & Culture.	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
Understanding Relationship Violence & Culture	This presentation is for audiences wanting to move further into issues of relationship violence. A foundation level of knowledge is essential for groups requesting Understanding. This presentation can and will be tailored to include a group’s specific area of interest regarding relationship violence and the culture in which such crimes happen.	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/

Understanding Sexual Violence and & Culture	This presentation is for audiences wanting to move further into issues of sexual violence. A foundation level of knowledge is essential for groups requesting Understanding. This presentation can and will be tailored to include a group's specific area of interest regarding sexual violence and the culture in which such crimes happen.	RSVP Educators (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
You Have Options	You Have Options is a resource-focused presentation presented by staff from the RSVP Center and the Title IX Office. The goal of the presentation is to ensure those directly and indirectly affected by power-based personal violence are aware of their campus and community resources.	RSVP Center & Title IX (RSVP Center)	30-90 minutes	All audiences	http://rsvp.missouri.edu/get-educated/request-a-program/
Services for Independent Living (Outside University Group)	*General SIL/Disabilities Presentation *PAVE Presentation (People Advocating for the Voice of Equality) *ADA/Accessibility Presentation *Assistive Technology Presentation/Demonstration *Others	Services for Independent Living	No time listed	All audiences	http://www.silcolumbia.org/contact-us/speakerrequest/
A Little Respect Shape Respect	Let's talk about the myths, assumptions and realities surrounding gay, lesbian, transgender, bisexual and queer (LGBTQ) sexuality. Multiple programs exist and can be tailored to the group's needs. In collaboration with the LGBTQ Resource Center.	Shape Educators (Student Health Center)	One hour	Students and program can be tailored to group needs	http://studenthealth.missouri.edu/programs/shape/requestform.html
Abstinence: Voicing the Choice Shape Communication	Skill development will include negotiation, overcoming peer pressure and the barriers to remaining abstinent, identification of safer sex options, and comfort discussing abstinence or postponing sexual activity. Students explore the definition of abstinence as a small group and evaluate values and beliefs associated with sexuality	Shape Educators (Student Health Center)	One hour	Students	http://studenthealth.missouri.edu/programs/shape/requestform.html

<p>Exploring Your Options</p> <p>Shape <i>Protect</i></p>	<p>At some point in life, many people will use contraceptive methods to prevent sexually transmitted diseases and unintentional pregnancies. In a relaxed, comfortable, non-judgmental environment, peer educators will facilitate discussions on various contraceptive choices including; advantages, disadvantages, cost, and where to obtain them. Abstinence is explored as an option as well.</p>	<p>Shape Educators</p> <p>(Student Health Center)</p>	<p>One hour</p>	<p>Students</p>	<p>http://studenthealth.missouri.edu/programs/shape/requestform.html</p>
<p>Relationship Violence Program</p> <p>Shape <i>Respect</i></p>	<p>The purpose of this program is to raise awareness surrounding the issue of relationship violence. This program provides the student with an opportunity to investigate the different types of violence and to understand the appropriate terminology used in discussing relationship violence. Other topics addressed include the prevalence of relationship violence among college students, the process of identifying and correcting myths associated with relationship violence, and the exposure of the student to campus and community resources related to relationship violence. Following the presentation, students will have a better understanding of his/her role in addressing relationship violence in his/her community. It is suggested that this presentation be conducted in collaboration with the RSVP Educators from the RSVP Resource Center. We would be happy to contact them.</p>	<p>Shape Educators in collaboration with RSVP Educators</p> <p>(Student Health Center)</p>	<p>One hour</p>	<p>Students</p>	<p>http://studenthealth.missouri.edu/programs/shape/requestform.html</p>
<p>Spin the Bottle</p> <p>Shape <i>Protect</i></p>	<p>The purpose of this program is to investigate sexual health information including STIs, pregnancy prevention, diversity intersections, and healthy sexuality in a fun and interactive way. This format offers a more intimate</p>	<p>Shape Educators</p> <p>(Student Health Center)</p>	<p>One hour</p>	<p>Small groups, students</p>	<p>http://studenthealth.missouri.edu/programs/shape/requestform.html</p>

	program for students and promises many interesting discussions.				
“What’s it all about?” Shape Protect	This program will discuss sexual health concerns while specifically discussing and demonstrating effective sexual health preventative measures including annual health screenings, STI testing, Testicular and Self Breast Examinations. This program can be specifically tailored to the audience based on their needs. This presentation can be adapted to address specific men, women and gender, non-conforming sexual health concerns as well as LGBTQ health.	Shape Educators (Student Health Center)	One hour	Students	http://studenthealth.missouri.edu/programs/shape/requestform.html
Autism Mentor Program	As the prevalence of autism spectrum disorder (ASD) increases, the number of young adults with ASD who attend college or university has consistently increased as well. AMP was created in 2014 for the purpose of helping students on the autism spectrum navigate the natural rigors of higher education. The Autism Mentor Program is intended to improve the success of college students on the autism spectrum by educating and training their peers to become effective mentors. In turn, the mentors will provide support to those on the autism spectrum and help them achieve their desired university experience.	Student Health Center	All semest er	Students on the autism spectrum and trained student mentors	millercolt@health.missouri.edu : Colton Miller, Ph.D.
International Student Growth Group	With the increasing amount of international students attending Mizzou, the International Students Growth Group was created in 2015 to support all levels of international students. This group is designed to support international students’ cultural adjustment and help them to develop cultural, social, emotional and academic competency. It is a 7 weeks program and it has a cost of \$35.	Student Health Center	All semest er	All levels of international students and visiting scholars who have paid the pre-paid student health fee	wankay@health.missouri.edu : Kayan Phoebe Wan, Psy. D.
STOP Traffic	Presentation on Human Trafficking	STOP Traffic	30-50 minute s	All audiences	mustoptraffic@gmail.com

Listening Skills	When discussing mental health with friends, family and peers listening is vital. This presentation goes over the importance of listening, what to do if a friend needs to talk, how to begin a conversation and teaches the skill of active listening. Students will leave the presentation prepared to have difficult conversations.	Active Minds (Wellness Resource Center)	30 minutes	All audiences	http://wellness.missouri.edu/peer_presentations.html
Stop the Stigma	Ending the stigma surrounding mental health is a key goal of Active Minds. This presentation teaches students what mental health is, debunks some myths surrounding mental health and teaches students how to be there for their friends when their friend is in need. This presentation is great for all audiences!	Active Minds (Wellness Resource Center)	45 minutes	All audiences	http://wellness.missouri.edu/peer_presentations.html
What is Anxiety?	Anxiety and stress are often confused. This presentation sheds some light on differences between stress and anxiety in a "Myth busters" format. Presenters will debunk myths in this interactive presentation!	Active Minds (Wellness Resource Center)	45 minutes	All audiences	http://wellness.missouri.edu/peer_presentations.html
Sober in College (Panels)	Presentation provides the experience, strength and hope of college students in recovery from alcohol and drug addiction. Students briefly share their personal path into alcoholism\addiction, how they discovered recovery and the experience of being a college student in recovery at the University of Missouri.	Sober in College (Wellness Resource Center)	50 minutes	All audiences	http://wellness.missouri.edu/peer_presentations.html
Body Positivity	This interactive presentation is designed and delivered by the Women's Center Coordinator. While subtopics generally include a blend of media literacy, health and wellness, body diversity, self-care and sharing empowerment, content can be tailored to a group's specific needs.	Women's Center	30 min –one hour	Students	womenscenter@missouri.edu

Self-Care	This interactive presentation is designed and delivered by the Women's Center Coordinator. While subtopics generally include a blend of effective communication, general empowerment, time management, inner dialogue, and healthy boundaries, content can be tailored to a group's specific needs.	Women's Center	30 min - one hour	Students	womenscenter@missouri.edu
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