



INTER-AMERICAN FOUNDATION

## **Coming Out- Beyond Fear Camp**

### **Purpose:**

- Capture the different experiences of LGBT youth from different socioeconomic backgrounds to be able to contribute to the creation of an LGBT Coming out document, specific to our community.
- Stories shared can show people (both gay and straight) that individuals from the LGBT community can be happy, strong persons who contribute to the country's development.

**Date:** August 2<sup>nd</sup> - 4<sup>th</sup>, 2019

**Place:** Jaguar Creek Lodge

**Camper Profile:** 20 youth from the LGBT community between the ages of 18-24, both males & females, screened and selected by OC staff

### **Expected Outcomes:**

At the end of this camp participants will

- Identify 10 newly developed or existing personal strengths or attributes
- Identify the role self esteem plays in a healthy life
- Explain the definition of gender and how gender awareness can impact their everyday lives
- Identify different types of bullying
- Identify 2 ways to prevent bullying when experienced by others
- Identify their gender identity with assurance
- Identify at least 2 advocates in Belize helping to advance social injustice
- Design and create a piece of artwork depicting individuals coming out experience

After the camp participants will

- Share artwork at Coming Out Publication launch
- Engage in informal meeting with stakeholders and government officials

### **Activities:**

- Wall of strength and attributes
- Development of a Personal portfolio that includes assessments on talents, interest and skills
- Bullying activity
- Advocates of the past, present and future presentations
- Yoga
- Campfire (Sharing stories)
- Night hike
- Scavenger hunt
- Obstacle course

### **M&E**

- Pre/post test for each session
- Overall evaluation from facilitators



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## Proposed Schedule

### DAY 1

11 AM	Departure from Belize City
1 PM	Tentative arrival at JCL
	Tour of facility/check in
2 PM	Introductions/ Expectations/Rules of camp & JCL
3 PM	Bonding Activity
6 PM	Dinner
8 PM	Night hike

### DAY 2

6:30 AM	Yoga
8 AM	Breakfast
9 AM	Icebreaker
9:30 AM	Self Esteem & Health
11 AM	Personal Development
12 NOON	Lunch
2 PM	Gender Identity
3 PM	Bullying
4 PM	Scavenger Hunt
6 PM	Dinner
8 PM	Campfire

### DAY 3

6:30 AM	Yoga/Wellness Exercise
8 AM	Breakfast
9 AM	Wellness exercises/icebreaker
9:30 AM	Advocates of past, present, future
10 AM	Coming Out Activity
12 NOON	Lunch
1 PM	Sharing of stories
2 PM	Wrap up/ Next Steps
4 PM	Departure