

BiTastic! Workshop Information

11:30 - 12:30

Room 1

The Diversity Spectrum

Calum Campbell

People have used flags to show their identities for some time – from the rainbow flag, to the bi flag, to flags for almost every identity label we could have. We'll talk for a bit about identities and their flags, which ones resonate with us – and then we'll have a go at creating personal identity flags, using colours and symbols to share what we want to communicate about ourselves. Then we can see what our own spectrum of diverse coloured flags looks like.

Room 2

Including Minority Ethnic Bisexual and Trans People

Tatenda Nyatsanza, Equality Network

An informal chat about how minority ethnic bisexual and trans people can be better included in services, including LGBT spaces.

Room 3

Talking About Our Relationships

Russ Wolf

A safely held space for bi and trans people to talk with each other about their relationships with family, friends and romantic partners. The workshop will be an open discussion in which people may choose to discuss some of the following questions: How do I come out? How do I deal with questions from others about my relationship(s)? What relationship style works best for me? How do I find like-minded people? How do I deal with biphobia and transphobia when making new friends or dating?

13:30 - 14:30

Room 1

Challenging Assumptions

Lisa Charlwood-Green, The WOW Network

This workshop will look at assumptions people make about gender and sexual orientation, either in work or socially, and how this damages relationships and self esteem. We will then look at how we can work both

as bi and trans people, and also as allies, to remove barriers and create safe environments.

Room 2

How to Keep Increasing Trans Equality

James Morton, *Scottish Trans Alliance*

This workshop is open to anyone who wants to learn more about trans equality activism. Discuss current levels of trans equality and hear about ways you can help end the gaps in legal protection and improve trans inclusion in services and employment. Exchange trans activism tips and build your skills and confidence.

Room 3

Mental Health: Supporting Ourselves

Rowan Alison

At least 1 in 4 people will have experienced mental health difficulties at some point in their lives and with long waiting lists and reduced services it isn't easy getting help. This is a session for people with mental health difficulties to share coping strategies and will introduce a few tools to improve mental health and fitness which we can all use at home as well as

offering a chance for everyone to share their own ideas and experiences.

Note: This is not a therapy session and may not be suitable for discussing detailed individual situations.

14:35 - 15:35

Room 1

Bisexual Quiz

Calum Campbell

Fun, light-hearted team quiz about all aspects of bisexuality from the serious to the trivial. Come with friends and make a team, or team up at the session – we'll find a way to include everyone.

Room 2

Intersectionality: Disability + LGBT

Emma Scott, Disability Equality Scotland

This workshop is a chance to discuss the issues that affect those who are both disabled and identify as LGBT and to suggest ways in which organisations such as Disability Equality Scotland can be more inclusive.

Room 3

Trans Relationships

Russ Wolf

A safely held space for transgender, non-binary, genderqueer, and intersex people to discuss how being gender-variant affects our close relationships, especially with cis gendered partners, family members and friends. How can we help others to understand and accept us? How can we communicate about sex or sexuality? Do we talk about it and who with? What helps us to talk openly about ourselves with close people and what is difficult?

Restrictions: For those who do not identify with the gender to which they were assigned at birth, including those who are questioning their gender identity.

16:00 -17:00

Room 1

Bisexual Role Models and Allies

Cat Telford, Stonewall Scotland

This session aims to empower attendees to begin looking at how they can be active agents of change and create more inclusive environments. Through group discussion and reflective practice, the session

will encourage attendees to consider the importance of LGBT role models and non-LGBT allies and how they have the capacity to be an active role model or ally in their personal environments.

Room 2

Young and BiTastic!

Sam Rankin, Equality Network

A space for 16- 25 year olds who are bisexual, transgender or questioning their sexual orientation and/or gender identity. Participants will decide what they want to talk about.

Restrictions: 16 - 25 year olds only.

Room 3

Preventing Sexual Violence: Let's Talk About Consent!

Melody McIndoe, Rape and Sexual Abuse Service Highland (RASASH)

What makes good sex? How do we communicate consent? What even is consent and what does the law say about it? Are LGBT+ folk more vulnerable to sexual violence, and if so, why? In this interactive workshop we'll explore sexual consent, communication and the key to preventing sexual violence.

Restrictions: 16 years and over only.