

# portrait Y

## Program Brief

An innovative youth-driven classroom program that propels technology through Canadian art and digital media to educate adolescents on how to build healthy relationships.



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**portraitY**, is a youth-driven intervention program that brings a custom app to public high schools to prevent teen dating violence. Our inclusive curriculum uses Canadian art and digital media to disrupt stereotypes and discriminatory attitudes that can lead to violence. With a trauma-informed lens, we teach adolescents the facts about sexuality and the essential skills necessary to navigate relationships online and off.

The **portraitY** curriculum is complementary to sexuality education in high schools. Our trained team delivers six workshops on iPads to youth in grades 7 to 12.

### **Our interventions, activities and resources help develop youths' relational skills by:**

- informing about various aspects of sexuality including consent, relationships, gender, and sexual violence
- equipping with the tools to be critical of representations of stereotypes, gender, and sexuality in their lives
- building up social skills (empathy, communication, critical thinking, perspective taking, etc.) that promote healthy relationships
- motivating to effect change through collaborative art & digital media-making

## Workshop 1 - Healthy Relationships

This workshop aims to provide a common foundation of knowledge for key concepts that are instrumental to understanding youth dating violence, like sexuality, and healthy/unhealthy/abusive relationships. In addition to participating in collaborative brainstorming, youth will also complete in-app activities such as a pop quiz and a must-have list for a healthy relationship.

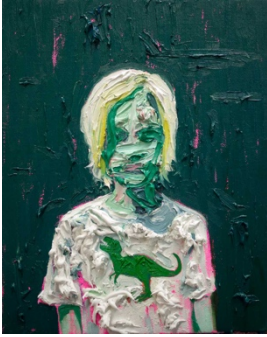


Image 1. *Him*, Kim Dorland, 2013, Oil, acrylic, spray paint on jute over wood panel

- To understand the principles of a safer/brave space
- To build a broad understanding of what is sexuality
- To recognize the characteristics of healthy/unhealthy/abusive relationships
- To become familiar with the **portraitY** mobile app

## Workshop 2 - Gender Stereotypes

The second workshop of the series invites youth to build their understanding of gender roles and stereotypes - to reflect on their implications on the self, others, and relationships. Canadian artworks and an art video are used as a tool for inquiry and to promote emotional engagement through the mobile application. Youth will learn strategies to deconstruct and critique art; these will serve as a basis for deeper critical thinking with other forms of visual and media-related content in Workshop 3. Youth will be encouraged to reflect on their and others' emotional responses to art and the implications of these emotions to understand the larger impact and power of art as a tool of influence.



Image 2. *Girl with Blue Bow*, Janet Werner, 2019, Oil on canvas

- Understand gender roles and gender stereotypes
- Identify how art can be used as a tool to reproduce or challenge gender stereotypes
- Acquire critical media/art literacy tools to deconstruct gender stereotypes in art
- Recognize the potential impacts of gender representations on others and on the self

## Workshop 3 – (Me)memes and Digital Media

Youth will revisit strategies to analyze and critique media, within a digital context and with different forms of visual media, including (Me)memes. By deconstructing (Me)memes, participants will investigate how social media contributes to the ways we think about gender, gender roles, and relationships. Through discussions and (Me)meme-making, they will also engage with notions of digital citizenship and empathy as they question their thoughts and behaviors related to posting and sharing social media content.



Image 3. *Crystal System*, David Altmejd, 2019, Sculpture

- Identify how social media perpetuates gender roles and stereotypes
- Acquire critical-thinking skills through the exploration of digital media
- Build digital literacy skills
- Identify strategies to respond to problematic digital media

## Workshop 4 - Dating Scripts

This workshop builds on knowledge of gender stereotypes to further investigate how these influence dating scripts. Youth will work to identify and deconstruct harmful scripts and their impacts in a variety of scenarios, through group discussions, in-app questions, and portrait-making that encourages perspective-taking. They will also learn different strategies for active listening and bystander intervention.



Image 4. *Night Bloomer*, Kris Knight, 2014, Oil on canvas

- Understand the key elements of a healthy relationship including communication, respect, and boundaries
- Identify strategies to deal with unhealthy relationships and access support resources when needed
- Develop their socio-emotional skills in relation to dating and relationships through portrait-making

## Workshop 5 – Consent

This workshop involves an in-depth exploration of consent and sexting. Youth learn about the multiple facets of consent (physical and verbal indicators of consent, consent and the law, non-consent and violence) and the legal and emotional ramifications of sexting. The workshop ends with portrait-making and portrait-sharing, an exercise that will develop youth’s notion of empathy and consent when sharing personal images of themselves and others.



Image 5. *Untitled*, Rojin Shafiei, 2015, Photography

- Understand consent, its roles in relationships (online, in person) and the different ways consent is communicated
- Develop communication skills related to giving and identifying consent
- Understand laws pertaining to consent and the sharing of intimate media content
- Identify the various reasons someone might want/not want to share intimate media content
- Become familiar with resources / strategies that address non-consensual distribution of images.

## Workshop 6 – Be the Change

This workshop encourages youth to use art and media-making to take a stance against gender-based and teen dating violence. To end the workshop series on a positive and collaborative note, youth will create and upload their own unique media to the application to create a group collage that celebrates the collaborative impact of their work.



Image 6. *Ornament and Correction*, Winnie Truong, 2009, Soft pastels and colored pencils on paper

- Equip youth with tools and info to enact positive social skills when expressing themselves online
- Encourage self-expression about social change through digital media-making
- Explore an ecological model for social change
- Demonstrate the power of collective social impact

Our partners: