



## **MPIPP TRAINING AND PRESENTATIONS NOW AVAILABLE**

All of MPIPP’s offerings are based on social science research and engage participants in active learning to promote equality and wellbeing for LGBTQ people and allies.



### **The KNOW US PROJECT™ (KUP)**

KUP conversations are about telling personal stories about what it has been like to experience discrimination, bias, prejudice, or hate crimes. As individuals become sensitized to the mental health consequences of discrimination and stigma, research tells us that they are more likely to actively support public policy regarding equality for LGBT people. MPIPP offers this workshop to help LGBT people and allies learn how to have effective KUP conversations to build public support for LGBT equality... one conversation at a time.

### **RADICAL WELLBEING FOR LGBT CHANGE AGENTS**

Discrimination is bad for your health. Research has also shown that being exposed to contentious political and legal debates is predictive of poorer health for LGBT people. LGBT people and our allies can benefit from working on wellbeing – to protect and enhance our health and to strengthen ourselves for the work of making our communities less noxious with prejudice, discrimination, and violence. MPIPP offers this workshop to help LGBT people and their allies learn effective health-promoting strategies.

### **LGBTQ... YOU MIGHT BE AN ALLY, TOO!**

LGBTQ communities are places where we strive to be inclusive of the spectrum of human diversity, but prejudice within our communities is a common problem that leaves us divided, hurts our community members, and stagnates progress. Many LGBTQ people have privileged identities in race, ethnicity, sex, national origin, religion, ability, language, age, social class, or size, for example. As LGBTQ people, we strive to be allies where we have privilege. MPIPP offers this workshop to learn how to reduce prejudice against LGBTQ people who face multiple oppressions in everyday interactions through effective prejudice reduction skills.

### **DON'T BE A BULLY BYSTANDER**

Bullying is a problem for many youth, and especially for youth whose sexual orientations and gender identities and expressions are marginalized. The problem of bullying involves not only the youth who bully and those bullied, but also the peers and adults who witness bullying, or bystanders. MPIPP offers this workshop to learn how to reduce bullying and promote inclusion by learning how to effectively “stand up” rather than “stand by.”



## **PRESENTATIONS AVAILABLE FOR THOSE IN THE EDUCATIONAL COMMUNITY**

### **LGBTQ STUDENTS: WHAT WE ARE LEARNING ABOUT RISK, RESILIENCY, AND EFFECTIVE SUPPORT STRATEGIES FOR EDUCATORS**

This presentation, designed for educators and those who work with LGBTQ young people, helps educators understand the importance and risk associated with minority stress and how this risk impacts mental and physical health and safety as well as academic achievement. Research regarding resilience is described as participants brainstorm how to build multiple levels of support for affected students. This session, while focused on LGBTQ students, is effective at helping educators understand the importance of a healthy and supportive environment for all minority students.

### **BULLYING IN SCHOOLS – A MENTAL HEALTH PERSPECTIVE**

This presentation is geared towards educators, school board and PTO members, and others who interact with students – particularly those who are lesbian, gay, bisexual, transgender, questioning or who are perceived to be any of these. The emphasis is on understanding the nature of bullying and its negative impact on mental. Discussions include emotional and physical bullying and violence as well as cyber-bullying. Michigan and national data is presented.

### **OTHER TOPICS FOR PRESENTATIONS, DISCUSSIONS, AND TRAINING**

- What does the research say about gay and lesbian parents and their children?
- Money Matters: Pay Gaps and Employment for LGBT People.
- Confronting the Harm of Anti-Trans Discrimination and Violence.
- Sexual Orientation might be Fluid, that doesn't make it a "Choice:" Understanding Empirical Distinctions.
- Marriage and Mental Health? How the "Freedom to Marry" Relates to our Psychology.
- Advocacy on the Couch: How psychologists can responsibly use research in public policy advocacy.
- Mental health Consequences of Anti-Gay Legislative and Ballot Initiatives.

*These are some of our most requested topics. Have a topic not listed here? Or just a question you think might be answered in the research? We might already have something for you, and we would like to hear from you.*

*Please feel free to contact MPIPP's project coordinator with any of your requests and curiosities:*

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Please note that there is no charge for an MPIPP presentation for your organization. However, we do ask that sponsoring organizations arrange for the space, refreshments (if desired), and publicize the training/discussion event.