



HOPE LAB

2024 LGBTQIA2S+
VIOLENCE PREVENTION LAB



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HOPE LAB was a project designed for **LGBTQIA2S+ advocates ages 18+ who are passionate about ending cycles of violence within our community.**

It aimed to empower them with the space, knowledge, and skills to **develop innovative violence-prevention strategies.**

During the course of the program, participants **built community, gained skills, and grew as leaders in their communities!**

Participants followed User-Centered Design process:

IDENTIFY

Focus on a very specific user group that they are passionate about, noting ages, location, identities

RESEARCH

List out various issues the identified user group faces and how they interact with each other/create cycles

MAPPING

Identify existing orgs and strategies that either complement or compete with developed ideas

STRATEGIZE

Develop unique strategies for the user group that addresses listed issues in preventive ways



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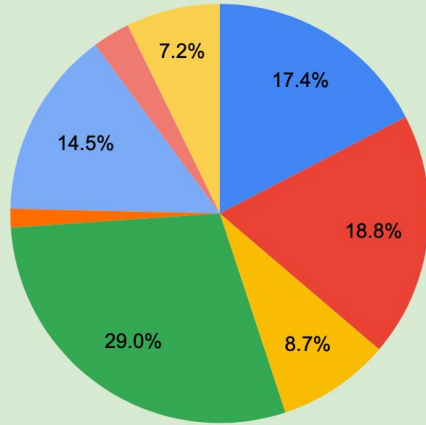
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HOPE LAB had **44 applicants** for this year's program! Here's a demographic breakdown:

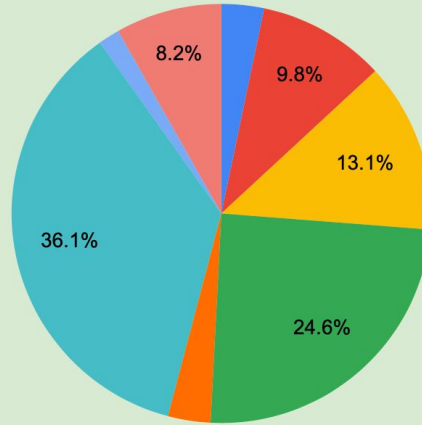
Race & Ethnicity

- Asian
- Black/African American
- Indigenous/Native American/Alaska Native
- Latinx/Latine
- Pacific Islander
- White
- Undisclosed
- Other



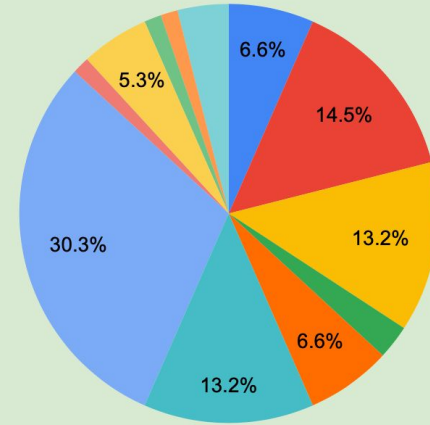
Gender Identity

- Agender
- Genderfluid
- Man
- Nonbinary
- Two-Spirit
- Woman
- Prefer Not to Share
- Other



Sexual Orientation

- Asexual
- Bisexual or Bi+
- Gay
- Fluid
- Lesbian
- Pansexual
- Queer
- Questioning
- Straight or Heterosexual
- Two-Spirit
- Prefer Not to Share
- Other



25 Applicants identified as transgender



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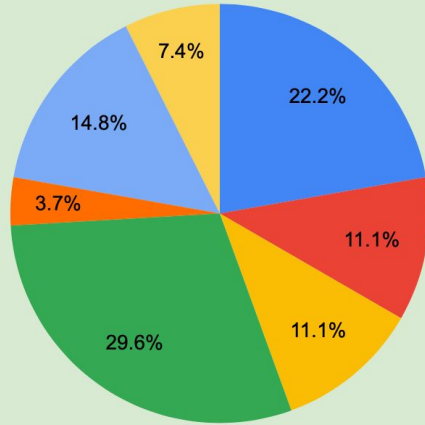
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Of the 44 applicants, **18 were selected** for this year's HOPE LAB. See their demos below:

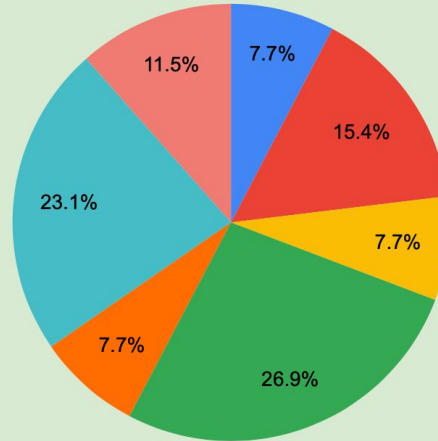
Race & Ethnicity

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- Other



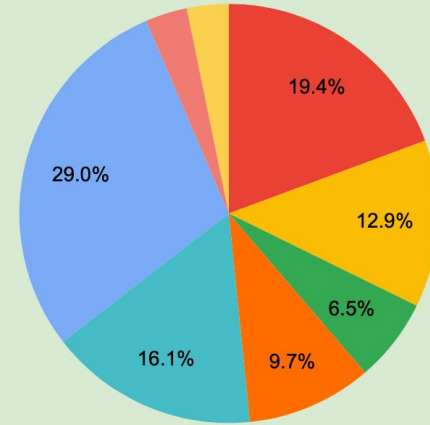
Gender Identity

- Agender
- Genderfluid
- Man
- Nonbinary
- Two-Spirit
- Woman
- Other



Sexual Orientation

- Bisexual or Bi+
- Gay
- Fluid
- Lesbian
- Pansexual
- Queer
- Questioning
- Straight or Heterosexual



10 Participants identified as transgender



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Overview of Week of HOPE LAB

(May 6-10, 2024 @ LA Plaza de Cultura y Artes)

Day 1

Remote Day! For this day, participants were asked to **contact 2-3 local organizations doing something unique to prevent violence** in their community. Participants had the day to do this on their own time.

Day 2

First In-Person Day! On this day, participants were able to meet each other for the first time. They created a STEEP analysis of LGBTQIA2S+ issues and identified the 6 user groups they wanted to focus on.

Day 3

On this day, participants were split into groups based on their assigned user group. They brainstormed ideas for violence prevention strategies, using a template provided in their Participant Workbook.

Day 4

On this Day, Participants had the chance to refine their ideas and "pitch" them to a 5 community leaders who were able to give helpful feedback, insight, and resources to consider.

Day 5

On our final day, Participants were able to present their ideas to community stakeholders, peers, and community org representatives for feedback and celebration during an event called Advocacy in Action!



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Overview of Week of HOPE LAB DAY 2 Photos





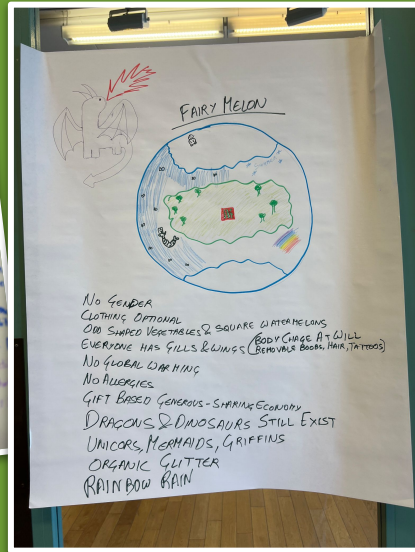
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Overview of Week of HOPE LAB DAY 3 Photos





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Overview of Week of HOPE LAB DAY 4 Photos





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Overview of Week of HOPE LAB DAY 5 Photos - Advocacy in Action!





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Participant Feedback

“I can’t believe we did that all in just a week! Just proves the power of queer folks and that anything is possible.”

“I feel like I learned so much from each of you, and I feel like I really understand how to create change and to positively impact mental health. You’re all so wonderful.”

“I’m taking away so much love from this week. Right now there’s so much going on and the world feels so heavy. So this has been such a heart-warming experience, I appreciate you all.”

“I feel like I learned how to love myself more and feeling such a sense of community. This is the very first time where I’ve been in an exclusively queer and trans space, and I’m excited to take more steps in my queer journey.”





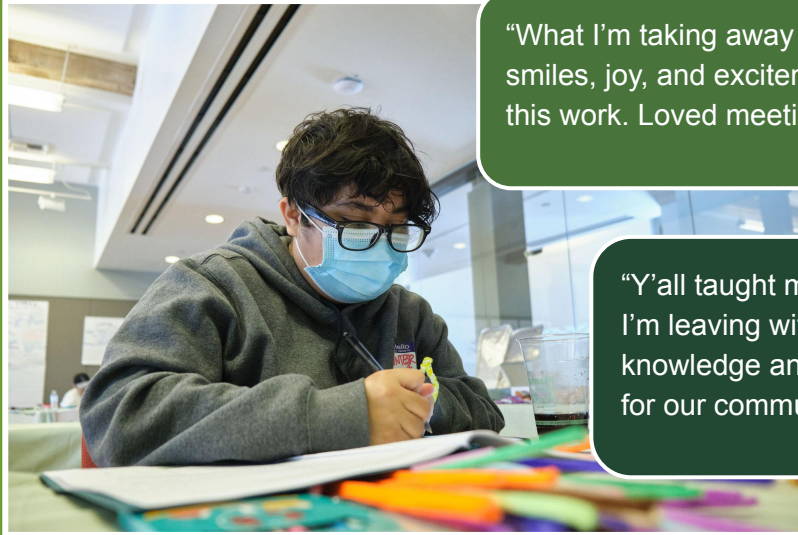
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Participant Feedback



“What I’m taking away from this is smiles, joy, and excitement to continue this work. Loved meeting you all!”

“Y’all taught me so much, and I’m leaving with so much knowledge and so many ideas for our community.”

“This has been one of the most life-shaping experiences I’ve ever had. Hearing each of your stories and doing this research has exposed me to so many different perspectives. Before this I would say that I hope to be a leader in my community day, but through this experience I’ve realized that I AM a leader in my community. I’m so excited to take these lessons back to my community and create more change. Even the breathing activities are a part of my daily routine!”



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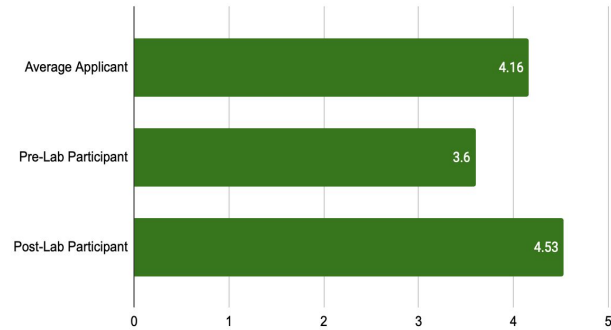


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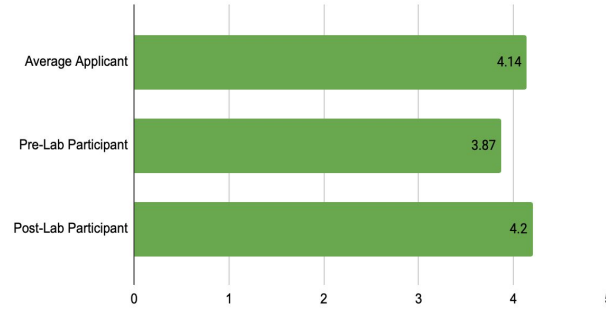


Impact on Participants Measured by Likert Scale Surveys

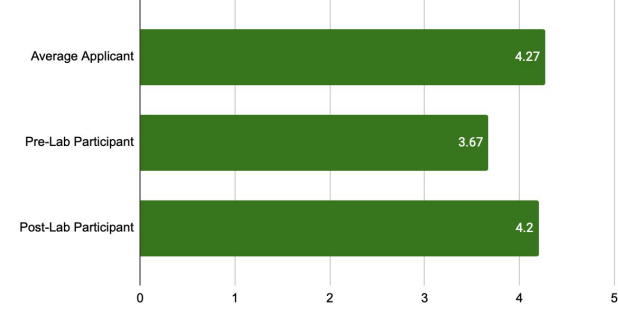
If I have a concern or problem, I know what to do and who to talk to



I am comfortable seeking mental health assistance when needed, regardless of my sexual orientation or gender identity



I know the necessary steps it takes to arrange an appointment for myself with a mental health professional if needed





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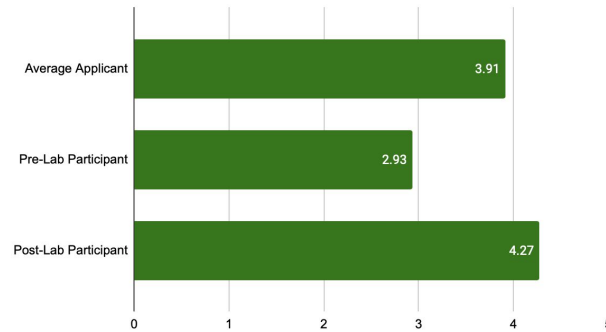


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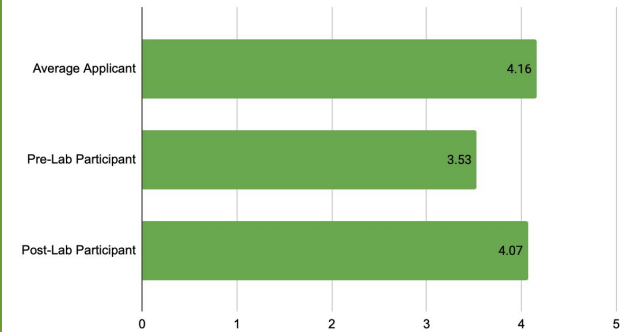
I know ways to advocate for my own mental health.



I feel safe when accessing mental health services.



I know ways to advocate for my community's mental health.





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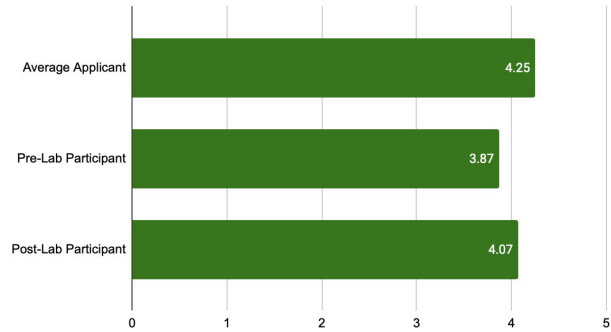


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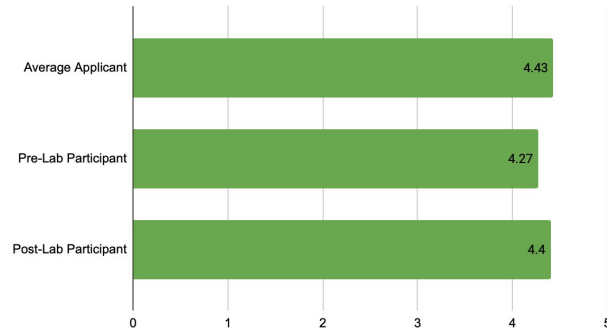


Impact on Participants Measured by Likert Scale Surveys

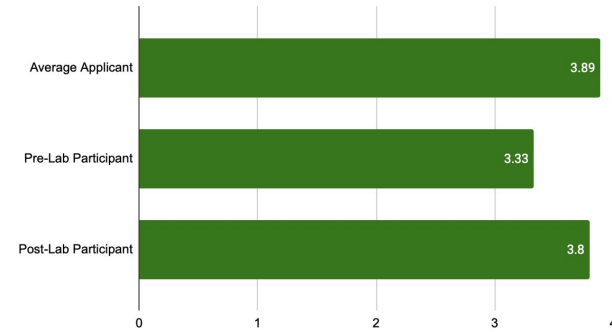
I am able to distinguish positive and negative coping mechanisms.



I am comfortable talking about mental health issues with my community.



When I am in distress, I practice healthy coping mechanisms.





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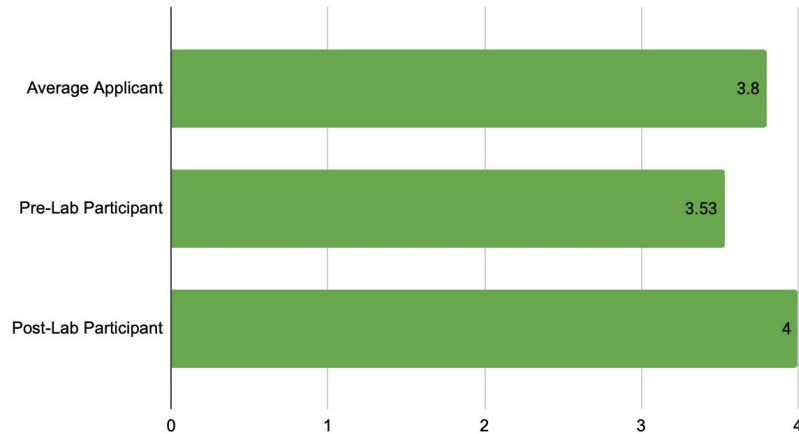


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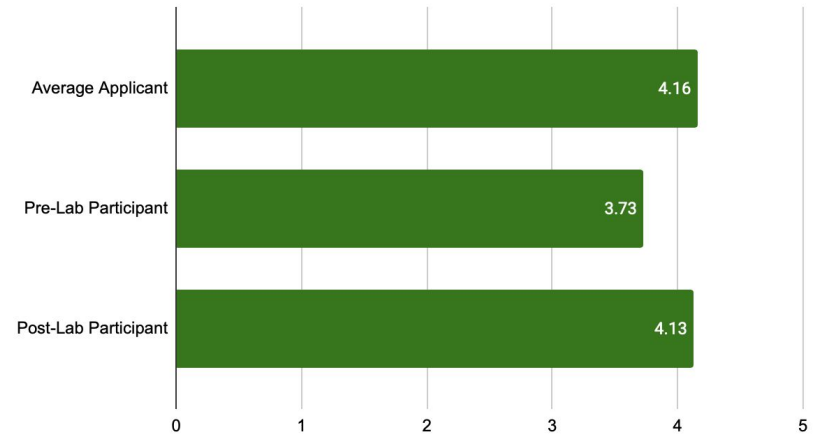


Impact on Participants Measured by Likert Scale Surveys

I know how to develop user-centered strategies.



I see myself as a leader in my community.





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Impact on Participants From Post-Lab Survey



encouraging, intergenerational
informative
opening, **generative,**
inspiring, kinship, dream, inclusive, reflective,
fun, sweet, inspirational,
community, **innovative,**
effective, challenging, imagine, refreshing, fulfilling, enriching
phenomenal, innovate, healing, liberating, organized, educational,
inspiring, eye, exciting, productive,
awakening, **healing**, revitalizing, creative, loving
motivating, intense



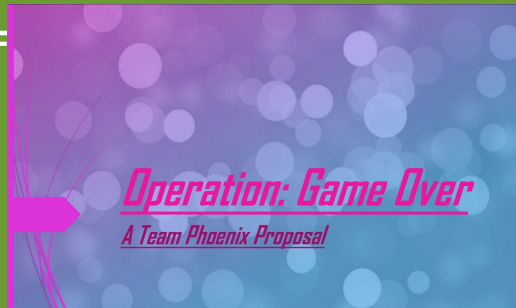
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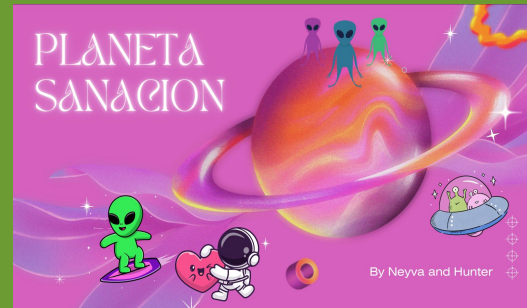
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API TGI+ Intergenerational Gardening Program



Bisexual POC Interagen. Gaming/Storytelling



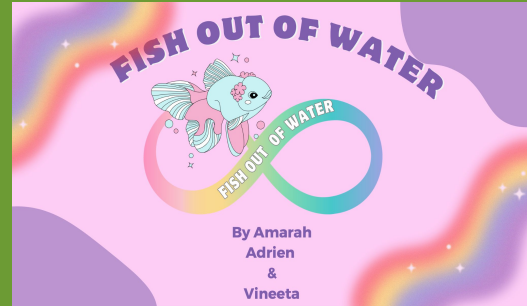
Lesbian Latine Youth Mentorship & Retreat



Two-Spirit & Indigenous Art, Storytelling, Collectivism



Latino LGBTQ+ Interagen. Storytelling



Neurodivergent QPOC Media & Film Lab



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