



THE FUTURE IS OURS TO PROTECT

RISE UP

YOUTH
EMPOWERMENT
ON GUN VIOLENCE
PREVENTION,
LEADERSHIP
& ADVOCACY
SUMMIT

PROGRAM SCHEDULE

REGISTRATION & CONTINENTAL BREAKFAST / FOUNDERS HALL ATRIUM

9:00 AM – 9:45 AM

Participants Check-In

Participants receive event materials, enjoy a light breakfast, take pictures, and mingle.

WELCOME & OPENING CEREMONY / FOUNDERS HALL AUDITORIUM

10:00 AM – 10:15 AM

Opening GDLU Remarks / Raeisha Williams

Labor and Land Acknowledgement / Ms. Rosemary

Meet Your Elected Officials

- **State Representative**, Liz Reyer
- **Ramsey County Commissioner**, Rena Moran
- **Deputy Director**, Gloria Reyes
- **Saint Paul City Council**, Anika Bowie
- **Saint Paul School Board**, Chauntyll Allen

GDLU Executive Team / Team Introduction and the Summit's Purpose

GDLU YOUTH COUNCIL & TV SHOW / FOUNDERS HALL AUDITORIUM

10:15 AM – 10:45 AM

PANEL DISCUSSION AND TV SHOW PREVIEW

FACILITATOR: ali alowonle

Meet the GDLU Youth Council and hear about their experience with gun violence, being part of the GDLU Youth Council, and potential solutions they see for our communities.

Discussion is opened up for audience engagement with the Youth Council, and participants will get a sneak peek at our TV show.

FIRST BREAKOUT SESSION—PARTICIPANTS CHOOSE ONE OPTION

11:00 AM – 11:30 AM

PREVENTION AND ADVOCACY:

Peace Architects: Building Bridges in Community Violence Interruption

FACILITATOR: Ms. Princess Titus (Standard Edition Women) / **Founders Hall, L118**

Become a catalyst for change in your community by reducing community violence. In this transformative session you will learn how to mediate disputes, facilitate dialogue, and build sustainable peace initiatives that bridge divides and strengthen your community.

Stop the Bleed LifeSavers: Emergency Bleed Control Training / Room L

FACILITATOR: Farji Shaheer (Innovation Solutions) / **Founders Hall, L117**

Whether it's a household accident, a community incident, or a more severe emergency, knowing how to effectively stop bleeding can be the difference between life and death. This hands-on training is perfect for anyone interested in becoming a first responder within their own communities, enhancing personal confidence, and being prepared in critical times.

Pathfinders, Navigating Restorative Justice and Reentry

FACILITATOR : Elijah Norris-Holliday / **Founders Hall, L120**

Whether you are navigating your own return from incarceration or supporting a loved one, this workshop will arm you with the tools and knowledge to advocate effectively and rebuild lives with dignity and resilience. Learn how to harness the principles of restorative justice to foster healing, reduce recidivism, and advocate for meaningful changes in the justice system.

COMMUNITY AND HEALING:

Transform Your Movement; Transform Your Life: Somatic Groundwork

FACILITATOR : Angelia Guthrie / **Founders Hall, L215**

Come explore and redefine your bodily awareness, leading to inner connectivity and relief from fascial tension. Let go of old patterns that may be hindering your ability to move freely. Come enhance your physical mobility and cultivate a sense of purpose and ease in motion that will lead to a more integrated and harmonious way of being in the body.

Journal Journey – Unleashing the Power of Your Pen

FACILITATOR: Brother Ra / **Founders Hall, L211**

This interactive session is perfect for individuals looking to explore new ways of self-expression and mental clarity. Discover how the simple act of writing can become a powerful tool for self-care, helping you navigate emotions, set goals, and celebrate personal growth.

CREATIVE SUITES:

Unboxed Painting: Who We Are Beyond Limits

FACILITATOR: Shadoe Darris / **Science Education Center, 115-A**

Break free from the boxes society places on you, and reimagine yourselves as whole, powerful, and limitless. Participants will paint on individual canvases using reflective prompts to express their true identities through color, shape, and symbolism.

Rhyme Masters: The Ultimate Hip Hop Writing Experience

FACILITATOR: Kyle Skye / **Founders Hall, L213**

Step into the spotlight with this high-energy workshop designed to ignite your passion for hip hop and lyrical creativity. Perfect for young enthusiasts eager to make their mark in the music world, this workshop combines the thrill of performance with the craft of songwriting.

15-MINUTE TRANSITION PERIOD / 11:30 AM – 11:45 AM

SECOND BREAKOUT SESSION / PARTICIPANTS CHOOSE ONE OPTION, 11:45 AM – 12:15 PM

PREVENTION AND ADVOCACY:

Environmental Justice: Creative Writing

FACILITATOR: Joshua Lewis / **Founders Hall, L118**

This dynamic workshop invites participants to explore the intersection of environmental justice and storytelling. Through guided writing prompts, group discussion, and creative expression, attendees will craft poetry, prose, or personal narratives that highlight the impact of environmental issues on marginalized communities.

Understanding Reparations: Justice, History & Hope"

FACILITATOR: Tahern / **Founders Hall, L118**

This interactive workshop introduces high school students to the concept of reparations through the lens of African American history and current movements. Students will explore the meaning of reparations, why they are pursued, and how they have been applied in other historical contexts around the world.

COMMUNITY AND HEALING:

Trap Yoga Vibes: Flow & Groove to Wellness

FACILITATOR: Yonna Rose / **Founders Hall, L215**

Unleash your inner strength and serenity with "Trap Yoga Vibes," an electrifying workshop that combines the beats of trap music with the fluid movements of yoga. This unique fusion offers a vibrant twist on traditional yoga, making it accessible and appealing to young people looking for a fresh, dynamic approach to wellness and mental health.

Thrive Pathways: Navigating Trauma Healing & Mental Wellness

FACILITATOR: Marques Armstrong (Hope & Healing) / **Founders Hall, L210**

This session offers a sanctuary for those seeking to understand and overcome personal challenges and trauma, providing effective tools and strategies for self-care, resilience, and emotional healing. Harness your inner strength, cultivate a healthy mindset, and build a lifestyle that supports lasting mental wellness in an engaging, supportive environment.

CREATIVE SUITES:

Photography: Capturing the Moment

FACILITATOR: Chris McDuffie / **Founders Hall, L211**

Led by a professional photographer, this workshop focuses on the craft of capturing moments through the lens. Participants will learn about different photography styles, camera settings, lighting techniques, and composition. Ideal for both beginners and those with some experience, the session will include practical exercises to apply what you learn in real-time.

Improv Acting Essentials for Beginners

FACILITATOR: Baron Brooks / **Founders Hall, L213**

Unleash your creativity and quick thinking with our Improv Acting Essentials workshop. This workshop is ideal for anyone looking to dive into the world of improvisational theater without any prior experience. Learn how to trust your instincts and respond spontaneously.

DJing 101 - Mastering the Mix

FACILITATOR: TIGR Lily / **Founders Hall, L214**

Dive into the dynamic world of DJing designed for aspiring DJs. This hands-on experience will guide you through the basics of mixing, transitioning songs, and understanding the essential equipment. Whether you're looking to rock a party, start a new hobby, or even carve out a career in music, this workshop will set the foundation for becoming a skilled DJ.

Unboxed Painting: Who We Are Beyond Limits

FACILITATOR: Shadoe Darris / **Science Education Center, 115-A**

Break free from the boxes society places on you, and reimagine yourselves as whole, powerful, and limitless. Participants will paint on individual canvases using reflective prompts to express their true identities through color, shape, and symbolism.

LUNCH:

SOUL VIBES OPEN MIC – BEATS, BITES, AND RHYMES

W/ DJ HUH? WHAT?, 12:30 PM – 1:15 PM

STEP UP TO THE MIC

FACILITATOR: ali alowonle

Step up to the mic at the "Soul Vibes." Take the stage to express yourself. This event is your chance to shine, share, and connect with fellow young creatives. Whether you're a poet, musician, rapper, or storyteller, grab the mic and let your voice be heard.

COMMUNITY CONVERSATIONS—PARTICIPANTS CHOOSE ONE

1:30 PM – 2:00 PM

Wisdom from the Front Lines: Engaging with Our Elders / Founders Hall Auditorium

SPEAKERS: Rosemary Nevils, Nick Kaliq, Stephanie Autumn, Louis Alemayehu

Dive into a transformative dialogue with our community elders who have been at the forefront of social justice and freedom fighting. Hear their stories, understand what strategies have worked, and discuss how you can carry forward the torch of change. Bring your questions and prepare for an inspiring exchange that bridges generations in the fight for justice!

Harmony in the Hood: Shaping Our Policing / New Main Atrium

SPEAKERS: Chief Rondo, Nekima Levy Armstrong

Join us for the "Building Bridges" session, where you'll engage in a critical conversation about the evolving relationship between our community and the police. This discussion will explore the history, challenges, and future of community policing. Learn about the steps we can take to foster a safer, more cooperative environment and how you can play a part in shaping a just and equitable future for all.

Healing Together: Exploring Restorative Justice / Green Space Outside New Main

SPEAKER: Tish Jones

Step into the world of restorative justice in our "Healing Together" session. This powerful conversation will introduce you to the principles and practices of restorative justice that empower us to resolve conflicts, heal from within, and build a supportive community. Discover proactive tools and training that can help you and your peers address issues constructively and create lasting peace.

VOICES UNITED: A NATIONAL CALL TO ACTION AGAINST GUN VIOLENCE

CLOSING CEREMONY

2:00 PM – 2:30 PM

MODERATOR: Leslie Redmond / Founders Hall Auditorium

PANEL: Tristain Wild, Erica Ford, Elizer Darris, Talib Williams, Sydney Oundo

Cap off an empowering day with "Voices United: A National Call to Action Against Gun Violence," a high-impact closing conversation at the Rise Up Youth Summit. It's about engaging, questioning, and preparing to act. As part of the audience, you'll have the unique opportunity to participate actively in the discussion, contributing your own ideas and solutions.

12:00–3:00

**WELCOME
TO THE
VIBE ZONE!**

ART INSTALLATION:

Noval Noir

Cemented Patio Outside of New Main

Step into a world of expressive and impactful art. Engage with the pieces that tell stories of resilience, hope, and the power of youth voices in shaping our society.

PATCHWORK CUSTOMIZATION:

GDLU

Science Education Center Atrium

Get creative with our patchwork customization station. Bring along your denim jackets, backpacks, or any fabric item, and learn how to personalize it with vibrant patches and embroidery.

GARDENING:

GDLU

Cemented Patio Outside of New Main

Spring is time for renewal and growth. Enjoy some gardening to encourage new growth in your life!

These spaces are all about YOU. Whether you need a moment to step away from a workshop, want to chill out between sessions, need a quiet spot during lunch, or wish to unwind after a jam-packed day, these zones are designed for your relaxation and rejuvenation. Lounge, laugh, reflect, or just breathe. These spaces are here to ensure you enjoy every moment of the summit, your way.

POSTER MAKING:

Shanasha Whitson (Mothers Love)

Science Education Center Atrium

Use your creativity and imagination to create your own personalized poster.

HENNA:

Meenakshi

Science Education Center Atrium

Experience the beauty and tranquility of henna artistry. Our skilled henna artists will adorn you with exquisite designs that symbolize joy and protection.

ANIME CARICATURE PORTRAITS:

Sheena Vang

Science Education Center Atrium

Have you ever wondered what you would look like as an anime character? Now is your chance to find out! Get your unique anime caricature portrait created!