

LISTENING SESSION

TESTIMONIALS

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To better understand the concepts presented in the previous activity, we suggest that you organize a listening session around testimonials related to sexual orientation and gender identity. This allows for the mixing of cold (theoretical) and hot (experiential) knowledge to better understand how these concepts are present in everyday life. Listening to testimonies also helps develop empathy and tolerance for people from gender minorities and sexual orientations.



Duration 1h30

Participants 8 to 15

- Objectives**
- Deconstruct stereotypes about discriminated groups;
 - Promote tolerance and open-mindedness;

- Material**
- One to several speakers;
 - Cushions, comfortable sofas, etc.

- Preparation**
- Select several podcasts (approximately 2-5 minutes each extract) of testimonies of LGBTQIA+ people;
 - Prepare a series of questions related to each podcast to facilitate the discussion;
 - Place the chairs in a circle with a speaker in the middle on which the sound clips are played.

- Instructions**
- ① Ask people to sit comfortably in a circle.
 - ② Play an initial radio clip and then ask some questions:
 - ③ What did you hear?
 - ④ Who is speaking?
 - ⑤ What is the format (report, documentary, news, etc.)?
 - ⑥ Were there any things that touched or moved you?
 - ⑦ Was there anything you didn't understand?
 - ⑧ Did you like the format?
 - ⑨ Then play a new clip and ask these questions again.

Variants

- ① After each podcast, ask people to write a question on a piece of paper anonymously. Collect the questions. One person picks a question and answers it and the others can bounce around. Then a new person picks a new paper to answer it, and so on.
- ② You can also suggest that the listening session be organised as a radio show. This can last between 30 and 45 minutes.
- ③ Beforehand, select your extract and prepare several questions to accompany them.
- ④ Prepare a short lecture together. For example:
 - ⑤ → Jingle of the program [4 seconds]
 - ⑥ → Welcome words and introduction to the program (say where we are, what day it is, who the people around the table are, why we are gathered today) [1 minute]
 - ⑦ → Comma [2 seconds]
 - ⑧ → Introduction of the theme [30 seconds]
 - ⑨ → Presentation of the extract n°1 [30 seconds]
 - ⑩ → Broadcast of excerpt #1 [2 to 5 minutes]
 - ⑪ → Questions about the excerpt [5 to 10 minutes]
 - ⑫ → Closing sentences [20 seconds]
 - ⑬ → Comma [2 seconds]
 - ⑭ → Presentation of excerpt #2 [30 seconds]
 - ⑮ → Broadcast of the excerpt [2 to 5 minutes]
 - ⑯ → Questions about the excerpt [5 to 10 minutes]
 - ⑰ → Closing sentences [20 seconds]
 - ⑱ → Musical break [2 minutes]
 - ⑲ → Presentation of excerpt #3 [30 seconds]
 - ⑳ → Playing the excerpt [2 to 5 minutes]
 - ㉑ → Questions about the excerpt [5 to 10 minutes]
 - ㉒ → Closing sentences [20 seconds]

④ Sit in a circle, microphones in hand. One person will take care of the technical part, record the program and broadcast the excerpts, the other person will animate by asking questions.

④ Follow the lead. After each extract, ask people to take the microphones and ask a few questions, breaking away from the one you prepared if the conversation goes in another direction. Conclude and stop the recording.

④ If you choose to use a broadcast format, you can also divide the participants into sub-groups. Each subgroup listens to an excerpt and prepares a short presentation and a series of questions to facilitate the discussion.

Tips for facilitators

Do not hesitate to propose extracts that take into account several discriminations.

You can also think of sound bites that propose different radio forms (radio fiction, documentaries, sound creations, etc.) if you want to orient the workshop towards media education.

If you choose the form of a radio program, the exchanges may not take place easily after the excerpts are broadcast. It is important to prepare questions and to dare to lead the debate if the participants are shy, even if you want to give them as much space as possible to speak.

Debriefing

- At the end of the activity, you can ask participants several questions:
- Did you learn anything from listening to the excerpts?
- Do you have a better understanding of the concepts seen in the previous activity?
- Were there any questions left unanswered? Were there things that raised questions for you?
- Were there things that upset you, made you angry?
- What do you think of the radio format for listening to testimonials?



APPENDIX: PODCAST TIPS FOR A LISTENING SESSION

Attached is a list of podcasts suitable for listening sessions. These resources will allow you to have a group listen to testimonies that are not always accessible to everyone on a daily basis. However, they are of paramount importance when looking at issues related to VAS. Indeed, it is always relevant, see much more speaking, to hear directly, the opinion, the experience and the reality of the people concerned. Feel free to add your own to this section, or single out excerpts that were relevant to you.

Enjoy!

PODCAST NAME, PODCASTER, YOUTUBE CHANNEL	DESCRIPTION	RELEVANT EXCERPTS	THEMES
I'm Grand Mam	"Two lads, originally from Cork in Ireland and now living in London, have a cuppa and catch up each week while exploring the collective life landmarks that accompany growing up gay in the world today. Join Kevin and PJ as they navigate their way through gay London and immerse themselves in the virtues and vices of the city whilst battling with the internal shared struggle that every Irish gay man deals with when living away from home - 'what would mam think?' "		#gay #curious #coming out

PODCAST NAME, PODCASTER, YOUTUBE CHANNEL	DESCRIPTION	RELEVANT EXCERPTS	THEMES
Gender: A Wider Lens	<p>”Gender dysphoria has become a minefield for public discussion, with many afraid to express their views or question the narrative. Our mission is to examine this important and complex topic from a range of perspectives, but always through a psychological lens. By openly considering and examining gender identity, transition, and the transgender umbrella, we hope to give all interested parties permission to engage these fascinating topics with less fear and more honesty. Interviews and discussions will involve clinicians, medical professionals, academics, transgender people, parents, detransitioners and other interesting individuals whose lives have been touched by the concept of gender.”</p>		#gender #non-binary #transgender
Trans Specific Partnership Podcast	<p>”The Trans Specific Partnership Podcast is the brain-child of Joanna Cifredo and Rebecca Kling. We unpack issues related to gender and sexuality, using a trans lens to discuss everything from identity to news to pop culture. Our culture is in transition, and only the Trans Specific Partnership can break it down for you.”</p>		#transgender #trans-identity



PODCAST NAME, PODCASTER, YOUTUBE CHANNEL	DESCRIPTION	RELEVANT EXCERPTS	THEMES
Attitudes!	"A political comedy podcast hosted by Erin Gibson and Bryan Safi who cover LGBTQ+ and gender issues of the moment with hilarity and healthy doses of vulgarity and absurdity."		#humour #trans-identity #feminism #femininity #masculinity
The Bechdel Cast	"The Bechdel Cast is a podcast about the portrayal of women in movies hosted by Caitlin Durante and Jamie Loftus."		#feminism #femininity
Making Gay History	"Bringing the voices of LGBTQ history to life through intimate conversations with champions, heroes and witnesses to history"		#gay #queer #history
Nancy	"Stories and conversations about the queer experience today. Prepare to laugh and cry and laugh again."		#queer #history #humour #transgender #non-binary

PODCAST NAME, PODCASTER, YOUTUBE CHANNEL	DESCRIPTION	RELEVANT EXCERPTS	THEMES
The Guilty Feminist	<p>I'm a feminist but... one time I went on a women's rights march, and I popped into a department store to use the loo, and I got distracted trying out face cream. And when I came out the march was gone.</p> <p>Welcome to The Guilty Feminist, an award-winning podcast and live show hosted by Deborah Frances-White. We're a supportive forum to discuss our noble goals as 21st century feminists and the hypocrisies and insecurities that undermine them.</p>		#feminism #femininity #gender
The Heart	<p>Natalie and Kaitlin went from being childhood rivals to being best friends. In the height of their golden age they decide to risk it all: they decide to work together. Sibling rivalry, mental health struggles and the daunting task of creating an audio series about it all: can these women overcome the patterns they learned in childhood and live in harmony as adults?</p>		#feminism #femininity