



Intro night

- (5min) Problem**
 - Harpers Story** 1 minute
 - What was caused her to ask this?
 - How wide spread is the issue
 - When is it happening?
 - What can be done?
 - Golden Shield Maiden Movie Uncovered**
 - Trauma wounds from bullying that last 50+
 - Culture that is body toxic
 - Culture that is teaching kids to be consumers not creators
 - Isolation, Community Breakdown, Self compassion minimal
 - Over worked mothers
 - Proximal Abandonment
 - Anxiety, Depression, Suicide - Two girls

- What to expect today**
 - Harpers Story 20/11/19 6:05 PM
 - The Movie + Research 20/11/19 6:10 PM
 - The HeArtivist Movement 20/11/19 6:20 PM
 - The HeArtivist Framework - Activity 20/11/19 6:30 PM
 - Strength Based Enquiry - Together we have the solutions 20/11/19 7:00 PM
 - Click Happy Framework 7:30 pm

- (Solution - The HeArtivists)**
 - 3 Components**
 - Body Shamed mum - how does she teach it?
 - Self compassion
 - Anxiety
 - Depression
 - Self Harm
 - Kiwi Boy taught to Man Up / Girl Numbing
 - Emotional Fluency
 - Ability to speak the words of emotion
 - Mindfulness
 - Common Humanity
 - Child who is taught to be a consumer lost in their devices?
 - Creative Resilience
 - Curiosity
 - Grit to follow it
 - The ability to ship your ideas
 - History**
 - Upper Hutt 12 girls aged 9-14
 - Boys wanted in on it
 - Wanted to learn photography and film making
 - South Auckland
 - Education System
 - Teachers are overwhelmed with NCEA
 - Don't have Wellness or mindfulness training as part of their curriculum - Where are kids supposed to get wellness support?
 - Click Happy
 - Adults
 - With Compassion
 - With Community
 - Unpack your baggage
 - Kids
 - Support them to develop
 - Self compassion
 - Emotional Fluency
 - Creative Resilience
 - Creative Mentorship

- HeArtivist Map (30 minutes)** 3 sides of the framework
 - Balanced**
 - Discerning Open Ideation
 - Creative Problem Solver
 - Magnetic Storyteller
 - Deep and Wide Creative Communities
 - Mana Power Space Holding
 - Emotional Fluency - Mindfulness
 - Grounding / Birthing / Shipping / Next
 - Diminished**
 - Walled Off
 - Lizard Brain Run Amok
 - Silent Child
 - Disconnected
 - Victim
 - Numb
 - Ungrounded
 - Off with the Fairies
 - Excessive**
 - Rabbit Holer
 - Verbal Daihorea
 - Martyr
 - Bully
 - Addict
 - Hoarder

- Activities**
 - HeArtivist Map (30 minutes)** 3 sides of the framework (see above)
 - Strengths Based Enquiry (20 minutes)**
 - 3 groups of photographers
 - Photography Mentorship
 - Groups of 3
 - Uber Beginner
 - Middle of the road
 - auto settings
 - good eye
 - Manual Settings
 - We can help youth + their community find the balanced state of creation if
 - My Super Powers are
 - These are life skills
 - What are you curious about
 - Where do you light up
 - What do others complement you on?
 - What do you secretly pride yourself on
 - Photography with the HeArtivists Frame work**
 - Community building
 - Mandi gives a 10 minute talk
 - Topic workshop
 - 10 minutes brain storming - on your 3 ideas (20 ideas per image)
 - 20 minutes of shooting for one or more ideas
 - 10 minutes of discussion and q+a
 - 2 topics per class
 - How does click happy work?**
 - Assignment per person
 - Creative Challenges
 - 6 images each per week to create
 - Balanced
 - Diminished
 - Excessive
 - Group Meet Up - Zoom or in person to finish or discuss your challenge before the following wednesday
 - Monday Deadline - Images downloaded to Google Drive File:
 - What do you learn**
 - Project based learning
 - community
 - creative problemsolving
 - meta learning
 - shipping
 - photography support
 - Conceptual photography
 - Mentorship skills
 - Collaboration
 - How to use your own super powers to change a community for the better

- You are the Guinea pigs**
 - Take this course for yourself and pay it forward to the trust
 - \$25.00 per class
 - Volunteer for the trust
 - Youth Mentor
 - Volunteer Role in the trust
 - grant writing
 - volunteer management
 - event coordination
 - fundraising

- What to bring**
 - Pivo
 - Pivo stand
 - Battery pack
 - Clamp
 - Big light and
 - Paper
 - Microphone
 - Roll of paper
 - Markers
- To Buy**
 - Batteries
- Nex time**
 - Godox Lights
 - Reflector big
 - Background and holder
 - Godox stand
 - Consent forms