

Lauren Crandall

Miss Upstate New York 2015



Lauren Crandall is a 22 year-old graduate of SUNY Oneonta and current employee of SUNY Adirondack. An avid learner, Lauren earned Magna Cum Laude status with her Bachelor of Arts in English, while minoring in Sociology and Women and Gender Studies. At SUNY Oneonta, Lauren served as the community service chair and then president of the local social-service sorority Pi Delta Chi.

A leader on campus, she earned Gold Level status in the Leadership Education and Development (LEAD) Program, worked in Residence Life and the Academic Advisement Center, and was an intern at the Gender and Sexuality Resource Center. She now acts as a Residence Hall Director, advisor to the Residence Hall Association, and a member of the Leadership Development Task Force at SUNY Adirondack.

Lauren Crandall has *extensive* training in areas such as Safe Spaces and Diversity Education and through national organizations including the Gay, Lesbian, Straight Education Network (GLSEN) and the Anti-Defamation League (ADL). She also has in-depth, working knowledge of New York State bullying policies, effective communication, the coming out process, developing diversity-focused youth groups, and more.

Some more information on Ms. Crandall:

- Selected as one of 40 persons from across the nation to participate in the Safe Schools Advocacy Summit held by GLSEN in Washington DC
- Published poet and journalist, specializing in slam poetry and spoken word
- Member of the Sigma Tau Delta English Honor Society
- Member of the Order of Omega Greek Honor Society
- Member of the Omicron Delta Kappa Leadership Honor Society

Helping Students Thrive: It's E.A.S.Y.



As Miss Upstate NY 2015, Lauren Crandall is dedicating this year of service to promoting the platform, Helping Students Thrive: It's EASY. This platform focuses on developing welcoming, safe, and inclusive educational environments in which all students are able to thrive- regardless of sexual orientation or gender identity.

Helping Students Thrive: It's E.A.S.Y. involves four different themes to make schools safer and affirming: Education, Advocacy, Safe Spaces and Youth Groups. Throughout her time as Miss Upstate New York 2015, Ms. Crandall hopes to develop each of these components in K-12 schools and within colleges across New York State.

All youth deserve quality educational opportunities.

Just the Facts

Harassment, Bullying, and Victimization is Prevalent in OUR Schools

- Over **80%** of Lesbian, Gay, Bisexual, Transgender (LGBT) students in **New York State** have been **verbally harassed or threatened** in school
- **95%** LGBT students in New York hear **homophobic remarks** (e.g., "that's so gay," "fag" or "dyke") regularly while at school

These Incidents Are Affecting Students and School Climate

- More than 30% of LGBT children in the United States have attempted suicide- that's **over 4 times** the average for all students
- **80%** of transgender students report feeling **unsafe at school** because of their gender expression
- Students who face **frequent harassment** based on sexual orientation or gender expression have a **lower GPA** than students who were less often harassed (2.9 vs. 3.2)
- **31% percent** of LGBT students missed at least **one day** of school in the past **month** because of **safety concerns**

*Lauren Crandall, Miss Upstate New York, can develop a custom presentation, training, or workshop for any combination of the four components of her platform:
Education, Advocacy, Safe Spaces, & Youth Groups.*

Sessions can be 30 minute concise presentations up to a 4 hour course divided into 2 days.

EDUCATION - Informational workshops and seminars based on programming developed by numerous national organizations including the Anti-Defamation League and the Gay, Lesbian, Straight Education Network. Ms. Crandall has designed several age appropriate seminars to best impact K-12 students.

ELEMENTARY SCHOOL PROGRAM #1: "Strong Words Make Strong Classrooms"

Recommended Length: 1 hour

- Workshop Goals: Students will learn the importance and impact of words and explore how to speak with respect. Understanding what makes people unique and special, they will develop an appreciation for differences building a better and more fun classroom. Students will be able to visualize positive and negative words as being the foundation to our self-esteem.

ELEMENTARY SCHOOL PROGRAM #2: "My Family Rocks!"

Recommended Length: 1 hour

- Workshop Goals: Every family is different, but that does not make one family better than the others. Step-families, cross-generational families, multi-racial families, single-parent families, and families with same-sex parents will all be covered in this interactive workshop. Students will learn about various types of family structures and how each family is unique.

JUNIOR HIGH/MIDDLE SCHOOL PROGRAM: "My Super Awesome Special Self"

Recommended Length: 1.5 hours

- Workshop Goals: Before endeavoring to develop cultural knowledge and awareness about others, we must first uncover and examine personal social and cultural identities. Students will reveal and discuss different facets of their individuality. They will then discuss negative and positive stereotypes associated with identities and how they react to each of those stereotypes.

HIGH SCHOOL PROGRAM: "Sticks and Stones *and* Words Can Hurt Me"

Recommended Length: 1.5 hours

- Workshop Goals: Designed for students aged 14+, this workshop dives into what really is sexual orientation and gender identity. Students will discuss the fluidity of gender norms over time, and what the repercussions are when someone breaks those gender norms. Emotional and heartfelt, coming out stories and instances of bullying will be touched upon in depth, leaving students fully grasping how a simple word or phrase can impact someone's life.

COLLEGE/UNIVERSITY PROGRAMS: Each college seminar is individually designed based on need and group size. Ms. Crandall can also assist colleges/universities in the creation of LGBTQ Speakers Bureau programs to hold panels to educate their communities for years to come. These workshops are intended to "train the educators" by helping college aged students develop personal testimonies which they will spread to others in their communities. Speakers Bureaus are designed to teach college students to be leaders in educating others about LGBTQ struggles.

ADVOCACY - An engaging presentation for local youth to become involved in advocacy for bills such as the Safe Schools Improvement Act. Ms. Crandall will educate students on circumstances of their peers across the nation, while simultaneously training students in public speaking and professionalism, encouraging involvement in politics, and inspiring leadership. Ms. Crandall teaches valuable life skills, while inspiring and promoting confidence in students to work toward a goal. Bills that will be covered include the Safe Schools Improvement Act and Student Non-Discrimination Act.

SAFE SPACES - Workshop inspired by the GLSEN Safe Space programming, including official GLSEN informational Safe Space Kit. This presentation is aimed mostly at administration, staff, and/or faculty in the development of a Safe Space program and corresponding network of allies and resources at the school. Ms. Crandall can also be booked to assist in regular Safe Space trainings as a rotating presenter for new network members.

YOUTH GROUPS – Small, intimate workshops for students interested in creating a student led group at their school or trainings for already-existing club executive boards or general body members. Ms. Crandall can cover topics such as gaining administrative support, membership growth, how to publicize your events, getting involved in charitable/philanthropic events, successful fundraising, and working toward a bigger goal as a club.

Other Events

Lauren Crandall is also available as a public speaker to discuss other topics. She has worked in Multicultural Affairs, Academic Advising, Admissions, and Student Affairs at three separate colleges and has knowledge and experience in various other areas of life. Contact her directly to set up a workshop, seminar, or program about the following:

- Goal Setting
- Lobbying State and Federal Legislators
- The Importance of Community Service and Volunteerism
- Female Leadership and Empowerment
- Ending Bullying and Victimization
- Miss America Organization offers Young Women
- Overcoming Adversity
- Resume & Cover Letter Building
- Cultural Competency and Recognizing Diversity

To book Ms. Crandall for your class, student group, or organization, please fill out the attached Appearance Request Form. More information available at LaurenElizabethCrandall.wordpress.com.

Further inquiries can be made to LaurenElizabethCrandall@yahoo.com