



Antidote is a grassroots network of over 150 girls and women in Greater Victoria. We represent diverse ages, professions and interests, ethno-cultural, linguistic and religious backgrounds and affiliations in the community. Antidote was created in 2004 following a groundbreaking research project conducted by the Department of Women's Studies at the University of Victoria exploring the lived realities of racialized minority and Indigenous girls in Greater Victoria.

We are committed to promoting the visibility and wellness of racialized minority and indigenous girls and women in our communities. Antidote is a unique volunteer-based organization that focuses on creative and participatory methods to bridge community, activism and research.

Our projects build community capacity and promote leadership and social change in the area of diversity and cross-cultural understanding. Members are actively involved in the planning and decision-making process of projects and initiatives.

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NINE SHORT FILMS BY NINE YOUNG WOMEN

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NICHOLLA ROMERO

SADAF POURMAND

GLORIA FIGUEROA



This DVD and zine project showcases a series of short documentaries and writings produced by girls who were members of the antidote's We're Just Sayin' (formerly Gurlz Club). Funded by the Canadian Council on Learning, this Antidote project engaged a group of racialized minority and Indigenous girls (9-18 years old) to produce knowledge regarding health, identity, and social ex/inclusion through an intensive multi-media project. The project supported knowledge and skill mobilization by centering the voices of girls living in a predominantly Euro-Western Canadian city. The goal was to raise public awareness of the impact of gendered racisms and social exclusion on girls' physical, emotional, spiritual, and mental health.

Working in partnership with a local Victoria independent film organization called MediaNet, the girls worked closely with filmmaker Grace Salez, who taught them skills in storyboarding, film production, and editing. The girls produced a DVD containing nine short films discussing a wide range of topics such as HIV/AIDS, racism, immigration, xenophobia, girlhood, body image, and solidarity. The films and accompanying

ACKNOWLEDGEMENTS:

FUNDERS:

Health and Learning Knowledge Center at the University of Victoria
Canadian Council on Learning
Vancity
United Way-Youth Initiatives

PARTNERS:

Intercultural Association of Greater Victoria
MediaNet
Women's Studies- University of Victoria
Students of Colour Collective

SPECIAL THANKS TO:

Grace Salez (media consultant and mentor)
Winnie Chow (project coordinator)
Linley Faulkner (Gurlz Club facilitator)
Alison Preece (for her ongoing support)
angela polifroni (editorial assistance)

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