TBH
To Be Honest
2022
NEW STUDENT ORIENTATION PLAY

WATERLOO UNDERGRADUATE
WUSA
STUDENT ASSOCIATION
UNIVERSITY OF WATERLOO
PERFORMANCES

PREMIERE PERFORMANCE
THURSDAY  SEPTEMBER 1ST  3:00 P.M.

ORIENTATION PERFORMANCES
MONDAY  SEPTEMBER 5TH  7:15 P.M. & 9:00 P.M.
TUESDAY  SEPTEMBER 6TH  7:15 P.M. & 9:00 P.M.

TERRITORIAL ACKNOWLEDGEMENT

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River. Our active work toward reconciliation takes place across our campuses through research, learning, teaching, and community building, and is centralized within the Office of Indigenous Relations.
WHAT IS IN THE PLAY?

- Homesickness
- Diversity & Acceptance
- Substance Use
- Campus Safety
- Dating & Relationships
- Building Connections
- Empowerment
- Academics
- Mental Health
- Sexual Health
- Consent
- Peer Support
- Sense of Belonging
- Building Connections
- Academics

UNIVERSITY OF WATERLOO PRODUCERS

Sandra Gibson (she/her), Manager, Health Education and Promotion
Campus Wellness, University of Waterloo | sandra.gibson@uwaterloo.ca

Becky Wroe (she/her), Orientation & Member Transitions Manager
Waterloo Undergraduate Student Association | rlwroe@uwaterloo.ca
CAST
Avery Lehmann (she/they) as Dani
Benny Faulknor (he/him) as Curtis
Conor Murphy (he/they) as Nick
Hannah Daudlin (she/her) as Akasha
Kayla Burmaster (she/her) as Grace
Leo Guo (he/him) as Ethan
Paula Bornacelli (she/her) as Heather
Samuel Soga (he/him) as Jimmy

PRODUCTION TEAM
Amanda Kind (she/her) Director
David Atkins (he/him) Script Advisor
Steve Lehmann (he/him) Music Producer
Raechele Lovell (she/her) Choreographer
Monica Durlak (she/her) Stage Manager
PRINCIPLES OF INCLUSIVITY

1. Acknowledge individuals have unique and particular needs in the learning and work environment.

2. Respect each individual’s right to express and present themselves relative to their religion, culture, ethnic background, sexual orientation, gender identity, physical and mental ability.

3. Promote inclusivity by reasonably adjusting procedures, activities and physical environments.

4. Focus on the capability of the individual without assumptions or labels.

5. Be inclusive in all forms of communication.

6. Serve all with sensitivity, respect, and fairness.
The name TBH: To Be Honest was chosen through a student and staff poll. I think it's a wonderful choice because the name really expresses the core of our new version of the student orientation play - we're talking about subjects and exploring situations that are so universal but often downplayed because they can be difficult, awkward, or embarrassing. Students starting university are experiencing so much change all at the same time - things like being anxious about being somewhere new, trying to make friends, experiencing romantic relationships, managing long-distance relationships while in a new environment, trying to succeed academically, feeling unprepared or unworthy, figuring out what’s comfortable and enjoyable for them while managing their own expectations and the expectations of others - it's a lot. We tried to uncover all these feelings in TBH: To Be Honest so the students watching feel less alone and know how to access resources to help them get through the tough stuff and help them get involved and connected on campus.

The show mostly uses current pop songs weaved into the story. When we were considering music for the show, there wasn't a song we could find that captured the pressure and uncertainty that students feel when they arrive on campus and start university, so, we decided to write one. The original song TBH: To Be Honest comes at the very beginning of the show and is meant to share with the audience how these characters are feeling - both excited and worried - as they start their journey.

The cast and I worked collectively to develop the lyrics - we spent a number of hours discussing the feeling of entering university or starting any new experience and key words and phrases started to emerge. Then we connected the lyrics to a melody and began to build what is now TBH: To Be Honest, the song.

Amanda Kind
Verse 1
Everything feels like it’s moving so fast
Can’t keep up but I can’t go back
Away from my small town for the first time
One my own, leaving home, hope I get it right

Pre-Chorus
Who am I?
Who do they want me to be?
Who am I?
Do I even know me?

Chorus
To be honest, I don’t know
Exactly how this is gonna go
To be honest, I’m a bit of a mess
I don’t have it figured out just yet
But I’m trying, redefining
Stumbling to find my way
To be honest, I’m afraid
Hope everything’ll be okay
TBH

Verse 2
Waves of anxiety come and they go
Scroll through my phone, breath, and try to cope
Wondering if I fit into this crowd
Are you new?
Yeah me too?
Are we friends now?

Pre-Chorus
Who am I?
Who do they want me to be?
Who am I?
Do I even know me?

Chorus
To be honest, I don’t know
Exactly how this is gonna go
To be honest, I’m a bit of a mess
I don’t have it figured out just yet
But I’m trying, redefining
Stumbling to find my way
To be honest, I’m afraid
Hope everything’ll be okay
TBH
CAMPUS RESOURCES

HEALTH SERVICES
519-888-4096
uwaterloo.ca/campus-wellness/health-services

COUNSELLING SERVICES
519-888-4096
uwaterloo.ca/campuswellness/counselling-services

WATERLOO UNDERGRADUATE STUDENT ASSOCIATION (WUSA)
recept@wusa.ca
wusa.ca

ACCESSIBILITY SERVICES
519-888-4567 Ext. 35082
access@uwaterloo.ca
uwaterloo.ca/accessability-services

EQUITY, DIVERSITY, INCLUSION & ANTI-RACISM (EDI-R)
equity@uwaterloo.ca
uwaterloo.ca/human-rights-equity-inclusion

STUDENT SUCCESS OFFICE
519-888-4567 Ext. 84410
uwaterloo.ca/student-success

SEXUAL VIOLENCE PREVENTION & RESPONSE OFFICE
svpro@uwaterloo.ca
uwaterloo.ca/sexual-violence-prevention-response-office

OFFICE OF ACADEMIC INTEGRITY
uwaterloo.ca/academic-integrity

INDIGENOUS RELATIONS
indigenousrelations@uwaterloo.ca
uwaterloo.ca/indigenous

ATHLETICS AND RECREATION
519-888-4567 Ext. 35869
warriorsinfo@uwaterloo.ca
athletics.uwaterloo.ca

CENTRE FOR CAREER ACTION
519-888-4047
uwaterloo.ca/career-action

SEXUAL VIOLENCE PREVENTION & RESPONSE OFFICE
svpro@uwaterloo.ca
uwaterloo.ca/sexual-violence-prevention-response-office

UW CHAPLAINS
uwaterloo.ca/chaplains
CAMPUS RESOURCES

SPECIAL CONSTABLE SERVICES
On Campus ext. 22222
Off Campus 519-888-4911
uwaterloo.ca/special-constable-service

TURNKEY DESK
519-888-4434
turnkeys@wusa.ca
wusa.ca/services/turnkey-desk

CAMPUS RESOURCES - STUDENT RUN

GLOW CENTRE FOR SEXUAL AND GENDER DIVERSITY
glow@wusa.ca
wusa.ca/services/student-run-services/glow

MATES PEER SUPPORT
mates@wusa.ca
wusa.ca/services/student-run-services/mates

RACIAL ADVOCACY FOR INCLUSION, SOLIDARITY, AND EQUITY (RAISE)
raise@wusa.ca
wusa.ca/services/student-run-services/raise

WOMEN’S CENTRE
womenscentre@wusa.ca
wusa.ca/services/student-run-services/womens-centre

WATERLOO INDIGENOUS STUDENT CENTRE (WISC)
wisc@uwaterloo.ca
uwaterloo.ca/stpauls/waterloo-indigenous-student-centre

PEER HEALTH EDUCATION
phe.coordinator@uwaterloo.ca
@uwhealthyu
OFF-CAMPUS RESOURCES

GOOD2TALK POST-SECONDARY STUDENT HELPLINE
Free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.
1-866-925-5454  Text: 686868  good2talk.ca

HERE 24/7
Addictions, Mental Health & Crisis Services
1-844-437-3247  here247.ca

CONNEX ONTARIO
Confidential, mental health and addictions services, and free live answer 24/7 service.
1-866-531-2600  Text: 247247  mentalhealthhelpline.ca

SEXUAL ASSAULT SUPPORT CENTRE OF WATERLOO REGION
A 24-hour support line for survivors of all genders and those supporting survivors. Support available in more than 200 languages.
519-741-8633  sascwr.org

SEXUAL ASSAULT AND DOMESTIC VIOLENCE TREATMENT CENTRE
Medical care and options following sexual assault. STI and pregnancy options, evidence collection and counselling following a recent assault. Confidential treatment options available.
St. Mary’s General Hospital  519-749-6994

SHORE CENTRE
Sexual Health Options, Resources & Education
130-235 King Street East, Kitchener
519-743-9360  info@shorecentre.ca  shorecentre.ca
CAMPUS WELLNESS
FOR YOUR PHYSICAL AND MENTAL HEALTH NEEDS

We're here to help enhance and support your wellness in a safe, respectful, and inclusive environment. Our offices are a place where human rights are respected and where 2SLGBTQ+ people, and their friends and allies, are welcome and supported.

HEALTH SERVICES
STUDENT MEDICAL CLINIC
• physician appointments
• nursing services
• nutrition services
• laboratory services
• sexual health care:
  • birth control
  • emergency
  • contraception
  • pregnancy tests
  • STI testing
• gender-affirming care
• injections:
  • allergy
  • immunizations
  • travel
• asthma testing and education
• smoking cessation support
• wart clinic
• travel clinic

COUNSELLING SERVICES
• individual counselling
• counselling groups and workshops
• crisis intervention
• same day appointments
• identifying and working through barriers causing distress:
  • past or present trauma
  • depression and anxiety
  • stress management
  • relationship concerns
  • disordered eating
  • sleep issues
  • grief and bereavement
  • anger management
  • suicidal thoughts
  • addictions

HEALTH SERVICES - FAMILY MEDICAL CLINIC
• primary health care to families of our international students
Peer Support Student-run Services

From WUSA

WUSA Women’s Centre
Providing a female-positive and supportive environment on campus

WUSA Mates
Peer support service for undergraduate students

WUSA Glow Centre
Oldest continually-running university-based 2LGBTQ+ group in Canada

WUSA RAISE
Racial Advocacy for Inclusion, Solidarity and Equity

Visit wusa.ca/services for all the details
Creating a long-term vision for UWaterloo, grounded in decolonization.

Advancing the goals of the Truth and Reconciliation Calls to Action.

Providing Campus-wide support. Student Resources. Events and Workshops. Community Engagement. Consultation.

University of Waterloo
Office of Indigenous Relations

https://uwaterloo.ca/indigenous/
University of Waterloo
Office of Indigenous Relations

National Day for
Truth and Reconciliation

September 30, 2022
BMH Green

7am: Sunrise Ceremony
10:30am: Opening Remarks
11:00am: Walk Around Ring Road
11:45am: Feast & Learning Circle

uwaterloo.ca/indigenous/national-day-truth-and-reconciliation-2022
The Sexual Violence Prevention and Response Office supports anyone within our campus community who has experienced or been impacted by sexual violence (survivors, victims, friends, bystanders, those who have received disclosures, and so on.). They can meet to speak confidentially about what happened (where you can share as much or as little as you prefer); provide information on supports and resources; help facilitate accommodations; explore reporting options available within the University and off campus; and discuss safety planning.

The SVPRO also provides support and information to those who have received a disclosure or someone supporting someone impacted by sexual violence, helping them to know best practices for listening and responding.

Contacting SVPRO will not initiate an investigation. SVPRO is also not a crisis service.

SVPRO hosts initiatives, events, and educational opportunities throughout the year focused on Responding to Disclosures, Bystander Intervention, Unpacking Rape Culture and Creating Consent Culture!

uwaterloo.ca/svpro  svpro@uwaterloo.ca  @UWaterlooLife
It’s easier than you think:

Do you want to...

Would it be ok if we...

How does this feel?

Is this still okay?

Get consent before and during sexual activities. Check with your partner(s) and make sure they give you consent before you proceed.

YES means YES

SEXUAL VIOLENCE RESPONSE COORDINATOR
519-888-4567 ext. 40025
EMPOWER ME BY STUDENTCARE

No issue is too big or too small! All interactions are confidential.

Mental Health & Wellness Counselling Services
1-844-741-6389
Good2Talk is a free, confidential #MentalHealth service for post-secondary students in Ontario, available 24/7/365.

CALL: 1-866-925-5454
TEXT: 'GOOD2TALKON' TO 686868
VISIT: GOOD2TALK.CA

@Good2TalkON
DRINKSMART TIPS

1. Plan
Plan your drink count and your ride home before your night begins. Don’t let anyone influence how much alcohol you consume.

2. Pour
Pour and measure your own drinks where possible.

3. Count
Track the number of drinks you consume.

4. Time
Limit yourself to one drink per hour, giving your body the ability to process the alcohol.

5. Balance
Alternate your drinks with a pop or water and eat before and while you drink.

Don’t let your drinking do your thinking.
Find more tips at drinksmart.ca
the road to success is paved with integrity
SELF-DIRECTED WORKSHOP
REWIRING FOR HAPPINESS

To register: Go to LEARN
Click Self Registration
Click Rewiring for Happiness
Enroll in the Course
We’re like your high school’s main office...
but friendly!

- Form drop off
- OSAP + other financials
- Transcripts + other docs
- Quest course enrolment
- Questions of any kind

askthecentre@uwaterloo.ca

519-888-4567 ext. 42268
First floor, Needles Hall
WHAT IS PORTAL?

Portal is the University of Waterloo student digital assistant. It's a personalized app and website made exclusively for Waterloo students to keep them informed of campus services, events, and news and to provide tailored academic information in one convenient platform.

Portal was conceived and created right here at Waterloo as a joint initiative between the Student Success Office (SSO) and Information Systems and Technology (IST). With ongoing development through collaboration and student feedback, the Portal team strives to consistently evolve UWaterloo Portal with student needs in mind.
Developed with UW Special Constable Services and the Safety Office, WatSAFE provides quick and convenient access to campus safety and emergency resources, including:

- emergency contact information;
- a personal safety toolbox, including flashlight and a send your location function;
- safety and emergency resources;
- campus maps; and much more!

Downloading the WatSAFE app to your mobile device keeps you connected to campus, while the in-app alert and push notification features allow you to stay informed of major campus emergency events - even when you’re on the go.

uwaterloo.ca/watsafe
SCRIPT ADVISORY - STAFF & FACULTY

Alannah Johnson, Equity Specialist, Equity, Diversity, Inclusion & Anti-racism · Alero Ogbeide, Equity Specialist, WUSA · Amanda McKenzie, Director, Quality Assurance, Office of Academic Integrity · Ashley McKnight, New Student Transition Manager, Student Success Office · Brendan Lowther, Director, Student Engagement, WUSA · Dave Logan, Manager, Counselling Services, Campus Wellness Dianne Weir-Rowsell, Associate Director, Campus Wellness-Health Services · Donna Rheams, Senior Manager, Wellness & Active Living, Athletics & Recreation · Emily Burnell, Associate Director, Equity, Diversity, Inclusion & Anti-racism · Erin Sioui, Peer Health Coordinator, Health Promotion · Heather Westmorland, Associate Director of Student Transition and Learning Services, Student Success Office · Jazz Fitzgerald, Manager, Student Equity and Community, Student Success Office · Jean Becker, Associate Vice-President, Indigenous Relations · Jennifer Gillies, Associate Director, AccessAbility Services · Jennifer McCorriston, Associate Director, Health Promotion · Jeremy Steffler, Faculty Equity Officer, Faculty of Mathematics · Jillian Watkins, Health Promotion & Evaluation Specialist, Health Promotion · Kalpita Gaitonde, Health Promotion and Evaluation Specialist, Campus Wellness · Kevin George, Indigenous Special Projects Coordinator, Indigenous Relations · Kierra Young, Services Manager, WUSA · Meaghan Ross, Sexual Violence Response Coordinator, Sexual Violence Prevention & Response · Meryl Norris, New Student Transition Specialist, Student Success Office · Melissa Potwarka, Health Promotion and Evaluation Specialist, Campus Wellness · Melissa Thomas, Director, Marketing, Communications and Outreach, WUSA · Nancy Heide, Director, Student Service Centre · Neil Cornwall, Special Constable, Special Constable Services · Robin Stadelbauer, Indigenous Relations Coordinator, Indigenous Relations · Stacey Sage, Communications & Media Relations Manager, WUSA · Stephanie Cullen, Manager, Residence Life, Campus Housing · Tanya Andrews, Manager, Counselling Services, Campus Wellness.
We couldn't have done it without you.

Thank you for valuable contributions and outstanding support!

**SCRIPT ADVISORY - STUDENT FOCUS GROUPS AND CONSULTATION**

*Student Advisory Committee, Campus Wellness · Peer Health Education Volunteers, Campus Wellness · Glow Centre for Sexual and Gender Diversity, WUSA · MATES Peer Support, WUSA · Racial Advocacy for Inclusion, Solidarity, and Equity (RAISE), WUSA · Women's Centre, WUSA.*

**PRODUCTION SUPPORT - TECHNICAL, STAGING, PROPS, WARDROBE**

*Christopher Greenhalgh, Director of Technical Theatre, Communication Arts (Staging & Props) · Emma Goulding, Production Support (Props) · Erin Pritchard, Coordinator, Purchasing & Business Development, W Store (Wardrobe) · Hannah Daudlin, University of Waterloo, TBH: To Be Honest, Dance Captain · Samantha Patrick, DiverseWorks Dance Company, Choreography Assistant · Yvonne Ertel, Technical Customer Service Coordinator, W Print, · Ryan MacAdam, Mitchell McCloy, Kevin Coelho, Owen Mitchell and the team at Sherwood Systems.*

**PRODUCTION SUPPORT - COMMUNICATIONS & MARKETING**

*Brandon Sweet, Associate Director, Internal and Leadership Communications, University Communications · Grace Wong, Student Mental Health Project Coordinator & Communications, Campus Wellness · Namiko Huynh, Communications (Co-op), Campus Wellness · Natalie Szwec, Graphic Designer (Co-op), WUSA · Robbyn Hesch, Health Promotion and Evaluation Specialist, Campus Wellness · Sonia Tessaro, Marketing Specialist, WUSA.*

**PRODUCTION SUPPORT - FACILITIES**

*Athletics and Recreation, University of Waterloo · Conrad Grebel University College · Scott Pearson, Manager, Facility Operations & Membership, WUSA · Susanne Keppler, Conference Services Manager (Accommodations/Residence) · Tony Bairos, Moving & Storage Coordinator, Central Stores.*
LOOKING FOR MORE HEALTH AND WELLNESS INFORMATION?

@UWaterlooWellness
Follow Campus Wellness on Instagram and Facebook for health information and updates from Health Services and Counselling Services.

@UWHealthyU
Follow Peer Health Education for posts from UWaterloo students on healthy lifestyle tips.

Feedback:
Your feedback is an integral part of our show.

Please let us know your thoughts by completing the online feedback form.