



SingOUT

Sacramento Gay Men's Chorus

What is SingOUT?

The Sacramento Gay Men's Chorus is proud to launch **SingOUT**, a new education initiative that brings interactive workshops and assemblies to high school and middle school students throughout the Sacramento region. We are pleased to partner with the Sacramento County Office of Education's **Any Given Child** program.

SingOUT programs are led by SGMC artistic staff and use music and storytelling to spark conversations about authenticity, respect, and celebrating differences. By encouraging students to embrace their own identities while honoring others as their whole selves, SingOUT aims to create safer, more supportive school environments where every young person can thrive.

The Sacramento Gay Men's Chorus (SGMC) has been raising voices and building community through music since 1984. With a mission to be a beacon of artistic excellence and LGBTQIA+ visibility, inspiring social change, and a legacy of inclusion through the joy of music, the chorus brings people together from across the Sacramento region to celebrate diversity, advocate for equality, and create joy through song. Whether presenting beloved classics, bold new works, or fabulous productions with a queer twist, SGMC continues to inspire and uplift, sharing the power of music to connect and transform lives.

Who is SingOUT for?

SingOUT presentations are designed for grades 9-12. We are also in the process of developing a presentation for grades 6-8.

What Happens in a SingOUT Presentation?

Welcome & Introduction

School host or GSA member introduces the chorus and sets expectations for respect and participation.

Musical Performances

SGMC shares engaging songs to spark energy and connection, interwoven with stories and learning.

Stories & Learning

- Chorus members briefly introduce themselves, highlighting diversity in age, background, and experience.
- Some chorus members share personal experiences around identity, resilience, and acceptance.
- Students learn about empathy, respect, and LGBTQ+ terms in an age-appropriate, supportive way.

Interactive Dialogue

- Students are invited into discussion about bullying, being an “upstander” (a person who intervenes on behalf of somebody who is being harassed or bullied), and creating safe spaces.
 - Q&A provides space for honest questions in a safe environment.
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Audience Outcomes

Students leave SingOUT assemblies with:

- A deeper sense of belonging and authenticity
 - Practical tools for being an “upstander” against bullying
 - An appreciation for how music can connect diverse communities
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Alignment with National & California Standards

National Alignment

CASEL’s Five Core SEL Competencies (Collaborative for Academic, Social, and Emotional Learning)

- Self-Awareness: Students reflect on their own identities, strengths, and values.
- Self-Management: Encourages resilience, confidence, and expression of authentic self.
- Social Awareness: Builds empathy and understanding of diverse identities.
- Relationship Skills: Strengthens communication, listening, and conflict resolution.
- Responsible Decision-Making: Promotes inclusion, respect, and ethical choices.

(Source: CASEL, “What is the CASEL Framework?” — <https://casel.org/fundamentals-of-sel/>)

- **Character & Social-Emotional Development (CSED) National Guidelines**
 - Supports moral reflection, civic engagement, and ethical action.
 - Reinforces positive character traits such as respect, responsibility, and compassion.

(Source: Character.org, “CSED National Guidelines 2022” — <https://character.org/wp-content/uploads/2022/04/CSED-Natl-Guidelines-2022.pdf>)

California Alignment

- **Transformative SEL (T-SEL) Competencies** (California Department of Education)
 - Identity: Students explore and affirm their authentic selves.
 - Agency: Empowers students to act as “upstanders” who contribute to safer school communities.
 - Belonging: Builds inclusive environments where every student feels valued.
 - Collaborative Problem-Solving: Fosters dialogue around respect, equity, and justice.

(Source: California Department of Education, “Transformative SEL Competencies” — <https://www.cde.ca.gov/ci/se/tselcompetencies.asp>)

- **California School Priorities**
 - School Climate & Engagement: Promotes respect and safe learning environments.

- Student Achievement: Research shows SEL skills enhance academic success.
- Equity & Inclusion: Directly supports CDE's commitment to equitable education for all students.

(Source: California Department of Education, "Transformative Social and Emotional Learning (T-SEL)" — <https://www.cde.ca.gov/ci/se/tse/asp>)

Program Length & Format

SingOUT presentations are typically **45–60 minutes** long, making them ideal for school assemblies or class periods. The program is flexible and can be tailored to fit the needs of your school community.

Mission, Vision, and Values

Vision

We envision a vibrant regional community where the Sacramento Gay Men's Chorus is a beacon of artistic excellence and LGBTQIA+ visibility, inspiring social change, and a legacy of inclusion through the joy of music.

Mission

The Sacramento Gay Men's Chorus cultivates joy through artistic excellence, fostering belonging, and uplifting the LGBTQIA+ community.

Values

1. **Joy:** We ignite happiness and connection through vibrant performances that engage our audiences and enrich our communities.
 2. **Belonging:** We cultivate an inclusive and welcoming space where our members and community feel seen, valued, and embraced.
 3. **Excellence:** We strive for artistic brilliance, delivering performances that uplift and inspire at a high standard of performing arts.
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Technical Requirements

- Electric Piano or Piano (full 88 keys)
 - If electric, it must have:
 1. Weighted keys
 2. Damper pedal
 3. Built-in music stand
 - Piano Bench
 - 2 Music Stands
 - Conductor Platform (if needed)
 - Risers / Platforms for Chorus (if possible)
 - 3–4 Condenser Mics
 - 3 Solo Wireless Mics
 - 2 Mic Stands
 - Monitor at Keyboard (foldback to singers)
 - Monitor(s) on Stage (foldback to piano)
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