For secondary and upper secondary school

Download the instruction sheet on guytalk.se before you get started.

Love

Warm up statements - answer YES/NO

- I've been in love with someone.
- I feel loved (for example by family members, friends, partner etc).
- I've been miserably in love.
- I've been disappointed by someone I care about.

Questions:

- Have you ever been in love with/had a crush on someone?
  Possible follow-up question: If yes, how did it feel?
- Can you name a few examples of words or actions that could harm a relationship?
- Have you ever felt a social pressure of having a relationship?
  Possible follow-up question: If yes, do you think it’s common to experience that sort of pressure?
- How would you define a good relationship?
- What are your thoughts on the couples norm*?

* Couples norm: A societal expectancy on adults to date and live together in pairs in a (often heterosexual) romantic relationship.

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Fragility

Warm-up statements - answer YES/NO:

- I've gone along with a certain type of talking/jargon that I don't really feel OK with.
- Now and then I get stressed over school, but I don’t talk to anyone about it.
- Sometimes I’m unable to cry, even though I want to.
- It’s easier to be open with my thoughts and feelings online than it is offline.

Questions:

- When was the last time you were really sad? Describe what happened.  
  *Possible follow-up question:* How did you express your sadness?
- How does it feel to be sad? What makes you cry? How does it feel in your body? Does it feel different when you let it out compared to when you hold it in?
- Do you get easily angry or irritated?  
  *Possible follow-up question:* Are there times when you’ve regretted turning angry or irritated? How would you have wanted to react instead?
- Are you comfortable seeking support from, or talking with, other guys when you are sad or need help?
- What do you think might happen if you repress your feelings?  
  *Possible follow-up question:* Why do you think one might repress one’s feelings?
Sex

Warm up statements - answer YES/NO

- It's easy to feel whether or not someone is consenting to intimacy (for example cuddling, kissing or hugs).
- My school has taught me enough about sex.
- I have someone who I trust and can talk to about body- or sex related questions.
- It's common to watch porn.

Questions:

- What would you say sex is?
- Do you think there is a pressure on having sex?
  Possible follow-up question: If yes - why do you think that is?
  Possible follow-up question: According to you, how does that pressure show (for example, do people make fun of virgins)?
- Can you turn to your guy friends with questions or concerns about sex?
  Possible follow-up question: Why/why not?
- Why do you think it's important to never touch, flirt with or kiss someone who doesn't want you to?
- Is there any difference between sex and porn? If yes, what?
- Do you think porn can affect our ways of thinking of sex? How?
Avoidance

Warm up statements - answer YES/NO:

- There are things I don’t talk about with anyone.
- I often joke or laugh about my problems or things I find tough or difficult in order to hide what I really feel.
- When I feel down, I distract myself (for example by playing video games or working out) so I don’t have to think about my feelings.
- If I find a task to be difficult or boring I often hold off on dealing with them straight away.

Questions:

- Sometimes we don’t act rationally when we’re feeling down; instead of dealing with these feeling, we might try to avoid them. Do you relate to this kind of behaviour? How?
  
  Possible follow-up question: How do you avoid your problems? By sleeping, partying, working out, studying, eating, gaming?

- How do you think people around you are affected when you avoid your problems? Feel free to give some examples.
  
  Possible follow-up question: Do you think a lot about what effect your feelings has on people in your life?

- What do you think happens if you avoid problems instead of dealing with them? How does it affect you?
  
  Possible follow-up question: Can you give examples on alternative strategies that might be better than avoiding your problems?

- If you have a problem that you can’t solve - how does that make you feel? What can you do to prevent the problem from getting you down?
  
  Possible follow-up question: Can you talk about it with your guy friends?
Friendship

Warm up statements - answer YES/NO

- When I hug another guy, I finish with a firm pat on the back.
- I act the same way around guys as I do around those who aren’t guys.
- I’m comfortable with showing emotions in front of other guys.
- My guy friends and I are good at supporting each other.

Questions:

- When do you feel lonely? How does that feel?
  
  Possible follow-up question: Is it OK to be lonely? Why/why not?

- Have you ever experienced peer-pressure? How did that feel?
  
  Possible follow-up question: Have you done anything because of peer-pressure that you later regret?

- Do you tell your friends you love them and that they are important to you? Why/why not?
  
  Possible follow-up question: Do your guy friends tell you that they love you and that you are important to them?

- Do you believe guys share their emotions to their friends to a lesser extent than others?
  
  Possible follow-up question: Why do you think that is?
  
  Possible follow-up question: If yes, would you like things to be different between you and your friends? Why/why not?

- Do you and your guy friends act or talk in a way that make others feel unwelcome?
  
  Possible follow-up question: How could you and your guy friends change that?

- Can you tell your friends if you’re angry at or disappointed with them?
Ego

Warm up statements - answer YES/NO

- I tend to take up too much space from time to time during class.
- I've been jealous when someone I love has spent time with others.
- I get a kick out of getting lots of likes on social media.
- I've got high self-esteem.
- I've mistreated someone to gain respect, approval or friends.
- I find it hard to admit when I'm wrong.

Questions:

- Have you ever been jealous? What did that feel like?
  
  *Possible follow-up question:* Are there different types of jealousy? What are they like? What makes them different?

- Is there an idea of what a guy "should be”? Do you have any examples of what you’ve been taught a guy should/shouldn’t be?
  
  *Possible follow-up question:* How does that make you feel? How does it affect your self-esteem?

- What do you think happens when a guy doesn’t talk or act in a way that guys are expected to?

- How does it feel when someone questions you in front of others? For example on social media.

- Do you compare yourself to other guys? If yes, how? Why do you do it?

- Do you find it difficult to apologize to other people?
  
  *Possible follow-up question:* How does it feel when other guys apologize to you?

Thank you!

Thank you for using Make Equal’s initiative #Guytalk for secondary and upper secondary school. You can find our manual for teachers (currently only available in swedish) with more questions on this theme at [http://alltviintepratarom.se/](http://alltviintepratarom.se/). Good luck!