

HEY THERE!

Hooray for having a #guytalk!
What follows is a checklist to get started.



#guytalk at a NGO/school/youth center or other

- Make enough time for the dinner - meaningful conversations take time!
- Invite everyone in the organization that identifies as male. Write in info mails, social media, put up posters, but most of all you should invite people eye to eye. Sometimes you might have to convince them and get them excited about it being a good idea! It might also be a good idea to invite groups of limited sizes, for example a board or work group
- If you belong to a sports club, youth center or school you can make time for the men in the organization and then divide them into groups of 3-5 persons
- Download the instruction sheet and toolkits on the website. Print them out and bring them to the #guytalk
- If you're over the legal drinking age - Be mindful of that alcohol often is considered a norm and that the presence of alcohol might make some participants uncomfortable. If alcohol is considered a norm among your friends, try breaking the norm during the #guytalk and serve something else
- Make sure you have a separate room, so the participants feel safe
- For some people the conversations can get very emotional. It's important that you as a leader try to be of good support to them. Listen and comfort the person, but respect their integrity. If the person realizes that he needs professional help and lives in Sweden you can advise them to go to the website 1177.se.
- You don't really have to meet over food. The conversation is the essential thing and you can experiment with the rest of the setup
- If you use the toolkits on guytalk.se we want this to be clear in the invitation. For example, you could write "Our toolkits have been created by the organization Make Equal (makeequal.se/english)"