

HEY THERE!

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



Guidance for a Coworker #guytalk

- Think about why you want to have a #guytalk, make it relevant for you and your coworkers/employees. For example you can write “We want our workplace to be safe for everyone and because of that we want our employees to reflect on how they are affected by masculinity norms and find tools for positive change.”
- If you want an introduction (30 minutes or longer) to get the conversation started send an email to utbildning@makeequal.se and we'll set you up with a lecturer
- 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
- Make sure you have a separate room, so the participants feel safe
- 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
- 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.
- Download the instruction sheet and toolkits on the website. Print them out and bring them to the #guytalk
- 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)”
- [Click here](#) if you want to download this guide

