

HEY THERE!

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



Guidance for a private #guytalk

- Make a list over friends, acquaintances, relatives or others who identify as males you want to invite - then do it! Usually you get the best response if you talk to them directly (through texts/chat/phone calls). Sometimes you might have to convince them and get them excited about it being a good idea!
- Download the instruction sheet and toolkits on the website. Print them out and bring them to the #guytalk
- 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
- 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.
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