

HEY THERE!

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



Public #guytalk at restaurant, concert etc.

- Think about why you want to have a #guytalk, make it relevant for you and your target group. For a #guytalk at a festival this could be “we as festival organizers want our festival to be safe and fun and thereby want our visitors to reflect over sex, violence and friendship in preparation for the festival season”
- 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
- Create a Facebook event
 - ▶ Write why you want host a #guytalk and why people should come
 - ▶ Be specific about how a #guytalk goes down; what is the purpose and who are the target audience (everyone who identifies as guys or men)?
 - ▶ Write what your theme is. We recommend having a theme per dinner in the order: love, friendship, ego, sex, escape routes, fragility
 - ▶ Share the accessibility of the venue in the Facebook event, for example if it is accessible for people who use a wheelchair
 - ▶ Advertise the event and target guys to reach more potential guests
 - ▶ Invite friends, family, acquaintances. Make the invites personal!
 - ▶ Share the Facebook event a couple of times before the dinner
 - ▶ The day of the dinner: share and encourage people, for example by sharing “I'm glad that so many are coming, see you tonight!”
- Invite sports associations, senior clubs etc. directly if you want to attract more men
- Share on all your channels: Twitter, Instagram, newsletter, homepage
- Be mindful of that alcohol often is considered a norm and that the presence of alcohol might make some participants uncomfortable. Try to break the alcohol norm during the dinner and serve something else

- If the dinner is held at a restaurant - make sure to book the entire restaurant or a private room so that the participants feel safe
- The more people that participate in the #guytalk - the clearer you must be about the rules
- Make enough time for the dinner - meaningful conversations take time!
- 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
- 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)"
- 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**.