

HEY THERE!

Welcome to #guytalk! What follows is a checklist with things to consider before, during and after



Before the conversation

- Agree within the group that what is shared during the #guytalk is said in confidence and stays in the room
- Decide how the groups are going to be divided. You can discuss one-on-one, or in groups of three to five people
- If you're discussing in a group, select a moderator whose mission it is to keep the discussions respectful and on topic. This role can be switched up during the conversation when a new question is picked.
- Decide how to divide the talking time. The most common ways are talking lists, doing rounds, raising hands or another system for making sure that everyone gets a chance to speak up. If you're talking in a group, it's advised to start with a round and then open the floor for comments.

During the conversation

- Base what you're saying on your own experiences. Say "I" instead of "men/us men"
- When others are speaking it's important to remember that we all have different experiences and like different things. Don't judge and never question somebody else's experiences
- Don't interrupt. Listen to each other. A good idea is to let at least two people speak before you ask for the word again
- Feel free to ask follow-up questions, even though no one is required to answer them
- Interpret kindly. It takes courage and trust to share your experiences.

- Make sure that everyone can ask if they don't understand. The goal is not to say the "right" thing.
- Start by reading the introductory story in the toolkit. After that you can move on to the warm up statements. Then you can work through the questions. You don't have to go through the questions in any specific order, but it's recommended to discuss the "questions for further self-examination" at a second #guytalk

After the conversation

- Do a final round where everyone gets to answer these questions;
 - ▶ Does anyone want to correct, add to or comment on any topic that was discussed during the conversation?
 - ▶ How did it feel discussing these topics?
 - ▶ What will you take with you from the conversation?
 - ▶ Are there any changes that you want to make in your life, as a result of the conversation?
 - ▶ Do you want to meet again?
- Set a date for the next #guytalk
- Optional: start a group chat or an email thread where you can continue the discussion after the dinner is over
- Remind each other that what was shared during the #guytalk stays in the room
- Encourage others to arrange a guytalk. For example, you can post a picture from the guytalk on social media under the hashtag #guytalk