

USER MANUAL

#GLOBALGUYTALK

SHORT VERSION

A COOPERATION BETWEEN

MAKE
EQUAL

Si. Swedish
Institute

USER MANUAL #GLOBALGUYTALK SHORT VERSION

This is a short version of the user manual. If it is your first time arranging a [#globalguytalk](#), it is recommended to read the full version available at www.globalguytalk.com.

CHECKLIST TO GET STARTED

Read through this manual (there is a long version as well)

- Which men should be invited?
- Where are you going to arrange the talk?
- Which conversation guide should you use?
- Choose level of questions - more advanced the further you go.
- Read through the conversation guide in advance and choose the questions that you want to use and in which order.

Start talking!

Preparing for the conversation

- Anything shared in the group stays in the group
- Decide how the conversation should be led
- Decide how you will share the floor
- Create an open conversational environment
- Find your own order of questions

During the conversation

- Start with yourself and your own experiences
- Avoid critiquing others
- Interpret kindly
- No one needs to 'perform'
- No recording or note-taking

Reflections after the conversation

- How did it feel to speak on these topics?
- Did something feel difficult or uncomfortable?
- What will you take with you from this experience – and is this something you would consider doing again?
- Have you learned anything about yourself during the conversation? (Share, if you feel comfortable doing so)
- Are there any concrete changes you want to make in your life that you discovered during the conversation?
- If you want to continue these conversations, you can start a group chat or something similar where you can keep in touch and schedule new conversations.
- Remind each other that everything said during the conversation stays in the group.
- Encourage other men to take initiative and hold their own conversations – or why not invite more men and hold a new conversation on your own?
- Go to globalguytalk.com and register your conversation – your reflections are anonymous. With your contribution, we can build a global map and show how many conversations have been held and where men are speaking the most. If you want to tell others on social media, tag your post with [#globalguytalk](https://twitter.com/globalguytalk).

How do I arrange a digital #globalguytalk?

- In digital environments, it is more difficult to read facial expressions and body language. Therefore, it is even more important to go through this manual carefully before the conversation begins.
- Try to find a way to ask for the floor, for example by writing in the chat.
- For increased comfort and security, everyone should have their camera on.
- Agree on a platform that works for everyone. There are many platforms for holding digital meetings and conversations. Make sure the platform is secure, supports multi-party calls and is cost-free. Also, make sure that there is no time limit that is too short.
- Whatever is said during the conversation stays within the group
- No one is permitted to record the conversation, take screenshots, or document what is said in the conversation in any way. Look into how these functions work on the platform you are using so that you can create rules together. For example, on many platforms, a red lamp is lit when someone is recording.