

# LET'S TALK ABOUT FRIENDSHIP

# #GLOBALGUYTALK

CONVERSATION GUIDE

A COOPERATION BETWEEN:

MAKE  
EQUAL

Si. Swedish  
Institute

# HOW TO USE THIS GUIDE

This guide contains several questions on the topic of friendship that you can choose from when hosting a #globalguytalk. They have been divided into different categories: decide which questions you will answer and in which order. Choose questions based on what is most suitable for the target group and the local context.

## INTRODUCTION

*"I've been thinking about something lately. When I meet up with my male friends, we always do something. I mean, an activity or something. We rarely just meet up and talk and spend time with each other. We're always playing sports or watching a movie. It's a bit odd when I think about it, because sometimes I just want to talk. Talk about how we feel, about our friendship, about our relationships with our partners or whatever. But it's like it's impossible – it just doesn't happen. I wonder why that is and what would happen if we started having more deep*

*conversations.”*

This story shows you how you can open up and speak from the heart when joining the **#globalguytalk**. The topics in this guide are: **male friendships** and how they differ from friendships with other genders. You can also talk about what it's like to get closer to your friends and what it's like to **support someone** during emotionally difficult times. You can discuss **loneliness** and how men act in general, and what impact that has on people around them.

# WARM-UP STATEMENTS – ANSWER YES OR NO

- When I hug another guy, I often end the hug with a pat on the back.
- I show emotions among other men when I'm sober.
- I think that my male friends would like to have a closer friendship with me.
- My friendships with guys are the same as friendships with anyone else.

# QUESTIONS LEVEL 1

- What are the benefits of friendships? Possible follow-up

question: Is there anything missing from your male friendships?

- **How do you and your male friends react when somebody brings up a sensitive or difficult subject?** Possible follow-up question: Are some subjects harder to talk about with male friends, compared to with women you know?
- **Think about a situation when you felt strong peer pressure. How did that feel?** Possible follow-up question: Have your peers pressured you into doing something that you later regretted?
- **If you're new at a job/school/association and meet someone that you would like to spend time with outside of that context, how would you do that?** Possible follow-up question: What does a friendship need for it to last?
- **Do you speak differently when there are only men present? How?** Possible follow-up question: Do you speak differently when no men are present? How?
- **Are you uncomfortable hanging out with men without having any activities planned?** Possible follow-up question: Are you comfortable hanging out with anyone when you don't have an

activity planned?

# QUESTIONS

## LEVEL 2

- **What makes you feel lonely?**  
Possible follow-up question: If you've felt lonely for an extended period of your life, why do you think that was?
- **Do you ever tell your friends that you love them and that they're important to you?** Possible follow-up question: How do you nurture your relationships with your friends? Do you take initiative to spend time?
- **Do you think that people can feel unwelcome in some groups of men? What behaviour makes people feel unwelcome?**  
Possible follow-up question: How can you make everyone feel welcome?
- **Do you tend to take part in activities with men but 'just talk' with women and others?**  
Possible follow-up question: How do you think your non-male friends feel about that?
- **Do you feel like you can be yourself with all of your friends? Do you feel like you have to act**

more manly with certain friends?

- If a male friend says or does something that you find inappropriate, are you able to stand up to him or tell him off?

# QUESTIONS

## LEVEL 3

- If you and a male friend were told to lie down and hug, how would that feel? Possible follow-up question: Do you show closeness with friends through physical touch? How?
- Are you comfortable telling a friend that you're mad at them or disappointed in them? If not, what would it take for you to feel like you could? Possible follow-up question: Is it more likely for you to be honest with your friends after drinking alcohol?
- Do you have a close friend that you can talk to about things that have social stigma? Like porn, grief, or mental health. Possible follow-up question: If not, how do you think that affects you?
- Do you think that it is possible to have friendships between genders? For example, men and women being friends with each other.