

LET'S TALK TEENS

#GLOBALGUYTALK

CONVERSATION GUIDE

A COOPERATION BETWEEN:

MAKE
EQUAL

Si. Swedish
Institute

HOW TO USE THIS GUIDE

This guide contains several questions that you can choose from when hosting a **#globalguytalk** for teens. 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

'A year ago, my family and I moved to a new place, and I felt so relieved. It's like starting over, in a way. My friends and I used to be so mean to each other, mean to the teachers, and just cruel to everyone. We behaved awfully and were always looking for trouble. I didn't actually like it, but they were my only friends, so I didn't feel like I had a choice. And worst of all, no one really talked to me about it. They just said stuff like, "Oh well, you know how they are, just ignore them".'

'I've never really understood the idea of guys always talking down to girls. When

we make jokes about them, and how we talk about them makes me a bit uncomfortable, but I keep joining in. Even when my dad makes a mean joke about my mum, I laugh. One time, my friend made a cruel joke about my sister, and I felt like I had to defend her. But he just laughed and said it was a joke and that I should calm down. What could I do?

This conversational guide is for teens, mainly tested on the people between 13–19 years of age. We hope this guide can inspire you to open up and speak from the heart during the **#globalguytalk**.

With this guide, you'll get to talk about **love, sex, avoidance, friendship** and **ego**.

The questions in the **#globalguytalk** for young men exceed what you usually have time for in one **#globalguytalk** session. Make sure you split the questions into one or two themes per session.

THEME: LOVE

**WARM-UP
STATEMENTS –
ANSWER YES OR
NO**

- I've been in love with someone.
- I feel loved (for example by family members, friends, partners, et cetera).
- I've been in love with someone who didn't love me back.
- I've been disappointed by someone I care about.
- I've let down someone I love.

QUESTIONS

LEVEL 1

- Have you ever been in love or had a crush on someone?
Possible follow-up questions: If so, how did it feel? If not, do you want that to happen?
- Can you name a few examples of words or actions that could harm a relationship?
- How would you define a good relationship?
- Have you been able to express to someone that you have feelings for them? How?

THEME:
VULNERABILITY

WARM-UP STATEMENTS – ANSWER YES OR NO

- I've gone along with a certain type of banter/jokes that I'm not okay with.
- Now and then, I get stressed over school or other activities, but I don't talk to anyone about it.
- Sometimes, I can't cry, even though I want to.
- It's easier to be open with my thoughts and feelings online than it is offline.

QUESTIONS

LEVEL 1

- How does it feel to be sad?
- What makes you cry? How does it feel in your body? Does it feel different when you let it out compared to when you hold it in?
- Are you comfortable seeking support from other guys when you are sad or need help? Why/why not?

THEME:
SEX

WARM-UP

STATEMENTS – ANSWER YES OR NO

- It's easy to know whether someone is consenting to intimacy (for example cuddling, kissing or hugging).
- My school has taught me enough about sex.
- I have someone whom I trust and can talk to about body or sex-related questions.
- It's common to watch porn.

QUESTIONS

LEVEL 1

- What is sex?
- Can you turn to your male friends with questions or concerns about sex? Possible follow-up question: Why/why not?
- Do you think there is pressure to have sex? Possible follow-up questions: If so, why do you think that is? What do you think that pressure looks like?
- Do you think there is pressure to *not* have sex? Possible follow-up questions: If so, why do you think that is? According to you, what does that pressure look like?

THEME:
AVOIDANC
E

WARM-UP STATEMENTS – ANSWER YES OR NO

- There are things I don't talk about with anyone.
- I often joke about things that I find difficult to talk about in order to hide what I really feel.
- When I feel down, I distract myself (for example by playing video games, sports or working out) so I don't have to think about my feelings.
- If I find a task difficult or boring, I often postpone dealing with it.

QUESTIONS

LEVEL 1

- Sometimes we don't act rationally when we're feeling down; instead of dealing with these feelings, we might try to avoid them. Do you relate to this kind of behaviour? How?
Possible follow-up questions: How do you avoid your problems? By sleeping, partying, working out, studying, eating, gaming or other ways?
- How do you think people around you are affected when you avoid your problems? Feel free to give some examples. Possible follow-up question: Do you often think about how your feelings affect the people in your life?
- What do you think happens if you avoid problems instead of dealing with them? How does it affect you? Possible follow-up question: Can you give examples on alternative strategies that might be better than avoiding your problems?

THEME: FRIENDSHI P

**WARM-UP
STATEMENTS –
ANSWER YES OR
NO**

- I feel comfortable hugging other guys.
- I act the same way around guys as I do around everyone else.
- I'm comfortable with showing emotions in front of other guys.
- My male friends and I are good at supporting each other.

QUESTIONS

LEVEL 1

- Have you ever experienced peer pressure? How did that feel?
Possible follow-up question: Have you ever regretted something that your peers pressured you into doing?
- Do you tell your male friends that you love them and that they are important to you? Why/why not? Possible follow-up question: Do your male friends tell you that they love you and that you are important to them?
- Do you believe guys share their emotions with their friends less often than others? Possible follow-up questions: If so, why do you think that is? Would you like that to change between you and your friends? Why/why not?
- Can you tell your friends if you're angry or disappointed in them?

THEME: EGO

**WARM-UP
STATEMENTS –
ANSWER YES OR
NO**

- I tend to take up too much space when I'm in a group.
- I've been jealous when someone I love has spent time with others.
- I like the validation I get from receiving likes on social media.
- I have high self-esteem.
- I've treated someone poorly to gain respect, approval or friends.
- I find it hard to admit when I'm wrong.

QUESTIONS

LEVEL 1

- Are there rules about what a guy 'should be'? Do you have any examples of what you've been taught a guy should or shouldn't be? Possible follow-up question: How does that make you feel? How does it affect your self-esteem?
- What do you think happens when a guy doesn't talk or act in a way that guys are expected to?
- Do you compare yourself to other guys? If so, how? Why do you do it?

QUESTIONS

LEVEL 2

- Have you ever felt social pressure to have a relationship?
Possible follow-up question: If so, do you think it's common to experience that sort of pressure?
- What are your thoughts on the norm and expectation that adults should date and live together as couples in, often heterosexual, romantic relationships?
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QUESTIONS

LEVEL 2

- **When was the last time you were sad? Describe what happened.** Possible follow-up question: How did you express your sadness?
- **Do you get easily angry or irritated?** Possible follow-up questions: Are there times when you've regretted becoming angry or irritated? How do you wish you had reacted instead?
- **What do you think might happen if you hold back your feelings?** Possible follow-up question: Why do you think someone might hold back their feelings?

QUESTIONS

LEVEL 2

- Do you think it's important never to touch, flirt with, or kiss someone who doesn't want you to? Why?
- How do you know if someone consents to being physically touched?
- What are the differences between having sex in real life, and sex portrayed in porn? (Not meant to include details, but the general idea.)
- Do you think porn can affect our ways of thinking about sex? How?
- Do you think you can watch 'too much' porn? What do you think the consequences are of watching a lot of porn?

QUESTIONS

LEVEL 2

- **If you have a problem that you can't solve, how does that make you feel? What can you do to prevent the problem from getting you down?**

Possible follow-up question: Can you talk about it with your male friends?

QUESTIONS

LEVEL 2

- When do you get lonely? How does that feel? Possible follow-up question: Is it okay to be lonely? Why/why not?
- Do you and your male friends ever behave in a way that makes others feel unwelcome? Possible follow-up question: How could you and your male friends change that?
- Do you have mostly male or non-male friends? Why? Possible follow-up question: Is there a difference in the friendships you have with men and friends who are not men?

QUESTIONS

LEVEL 2

- Have you ever been jealous?
What did that feel like? Possible follow-up questions: Are there different types of jealousy? What are they? What's the difference between them?
- How does it feel when someone questions you in front of others?
For example, on social media.
- Do you find it difficult to apologise to other people?
Possible follow-up question: How does it feel when other guys apologise to you?