

# Workshop 1

**Elektra**  
EN DEL AV FRYSHUSET



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# FRYSHUSET



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# FRYSHUSET

---

Sweden's largest organisation for young people!

Fryshuset has been working with young people since 1984. All young people. Even those who no one else has believed in. Our door is always open to anyone who wants to get involved and grow - regardless of their background, interest and ambition.



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Elektra

EN DEL AV FRYSHUSET



Co-funded by the  
European Union

Elektra  
EN DEL AV FRYSHUSET

# Elektra

EN DEL AV FRYSHUSET

---

**Elektra** works to prevent honour-related violence and oppression through education and awareness initiatives. Our main target group is young people aged 13 - 25.

We provide training and lectures for professionals, schools, authorities and others who come into contact with young people.

Elektra is a national organisation with offices in Stockholm, Göteborg and Malmö.



Co-funded by the  
European Union

Elektra  
EN DEL AV FRYSHUSET

# Elektra's key topics

- Human rights, Convention on the Rights of the Child
- Democracy and freedom
- Prejudice and norms
- Discrimination and racism
- Gender equality and equal opportunities
- Sex, living together and relationships
- Migration and integration
- Culture and traditions
- Individualism och collectivism
- Different types of violence
- Honour
- HBTQ+
- Civil Courage
- Mental health / mental illness



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Five workshops

The objective is to empower young people through a process of dialogue, education and value-based exercises.

- We will visit you a total of five times.
- We will discuss various topics, including human rights, norms and honour-related violence and oppression.



# Today's workshop



**Introduction**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



# Check-in round

- Name
- Pronouns

He/Him/His - She/Her/Hers  
They/Them/Theirs

How are you feeling today?

**0**

Difficult, not much  
is going right

Crappy day, the fetal position  
suits me best

**1**

I'm here (at least)

**2**

I'm ok

**3**

I feel good

**4**

I can handle anything

**5**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Group Contract



Listen to understand



Participate by being present



Respect each other's opinions



Bring warmth to the table



Respect each other's time



No mobiles and headphones



Safe space for questions

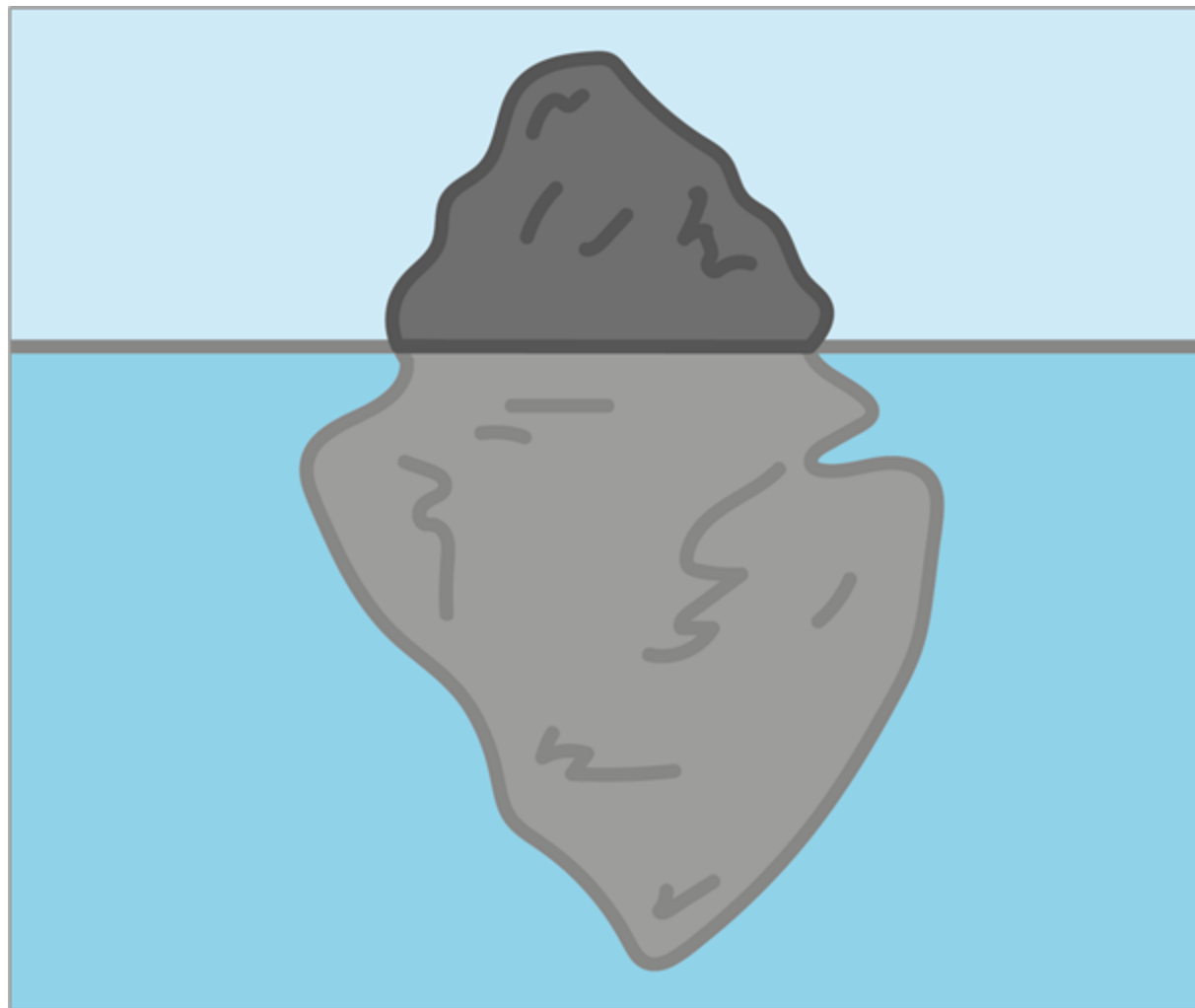


What is said in the room – stays in the room



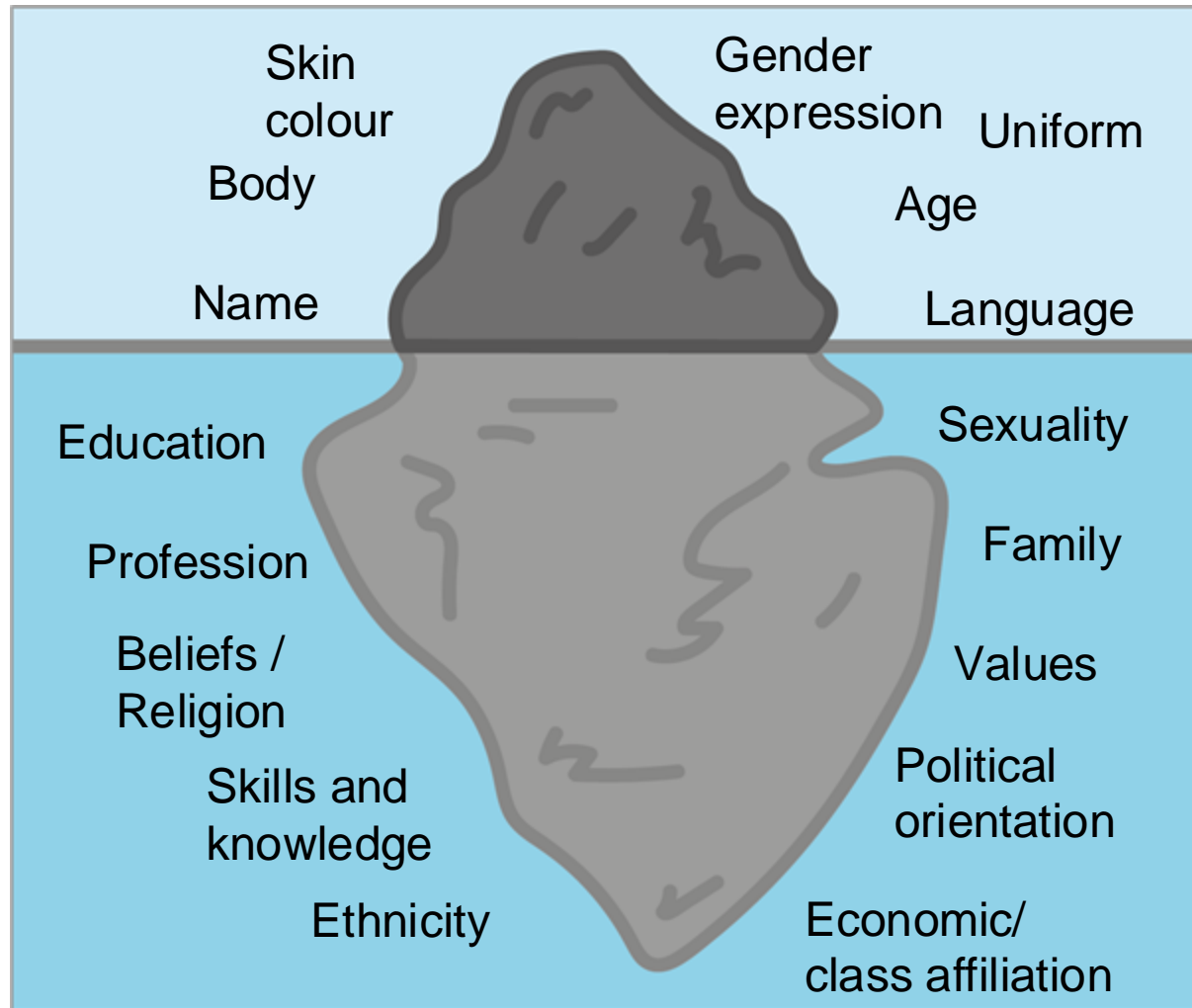
Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



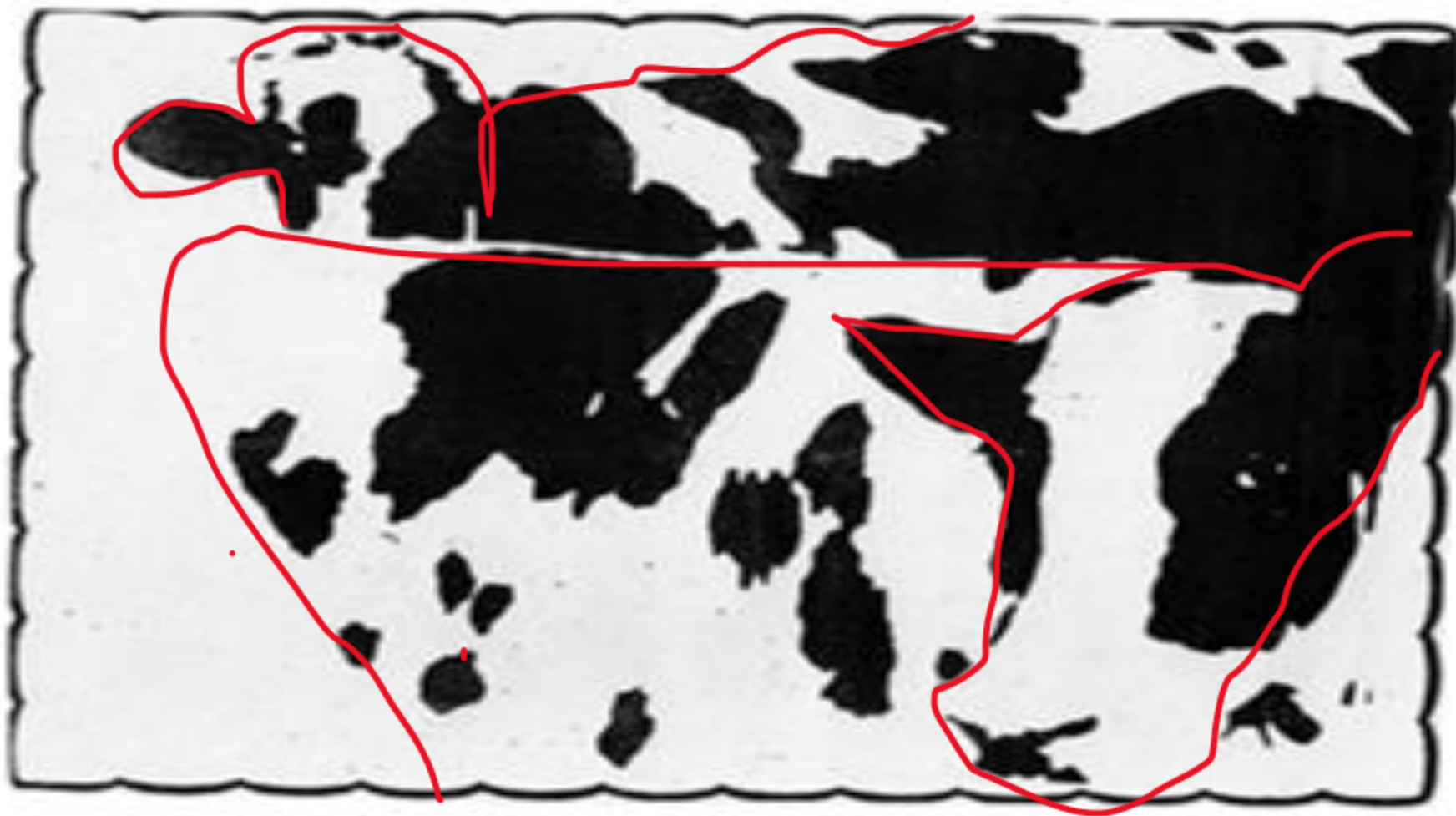
Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Exercise



**Everyone who...**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Exercise



## **The Convention on the Rights of the Child**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



# The Convention (CRC)

**2**

All children have the same rights and are of equal value

**6**

All children have the right to life and the right to development

**3**

The best interests of the child are to be taken into account in all decisions that affect children.

**12**

All children have the right to express their views and have them respected.



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

**HOT SEAT**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Exercise

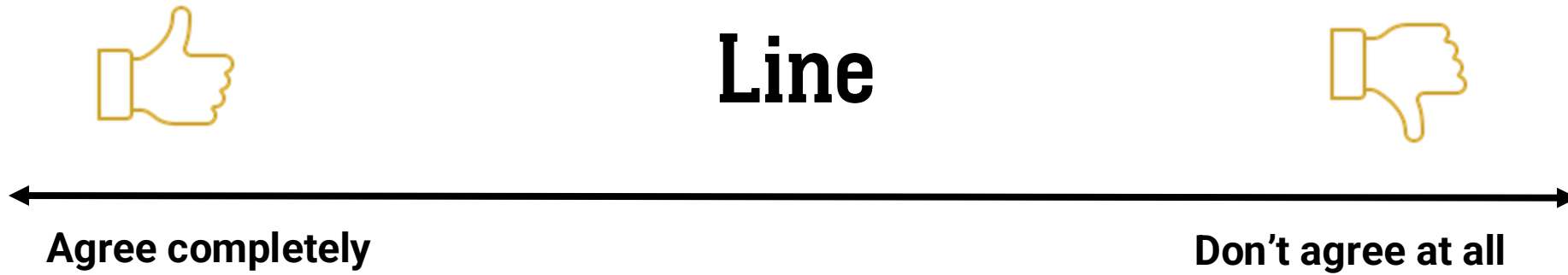
**Line**



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Exercise



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Evaluation



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Don't forget to take photos



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Questions



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET

# Check out round



**SUN**

Success of the day  
Uncertainty of the day  
New insights of the day



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET



# Thanks for participating!



*@elektrafryshuset*

Email: [elektra@fryshuset.se](mailto:elektra@fryshuset.se)

Funded by the European Union. Views and opinions expressed here are those of the author(s) only and do not necessarily reflect those of the European Union or CERV. Neither the European Union nor the granting authority can be held responsible for them.



Co-funded by the  
European Union

**Elektra**  
EN DEL AV FRYSHUSET