

# Workshop 2

**Elektra**  
EN DEL AV FRYSHUSET



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# Elektra

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**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.



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# 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



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# 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



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# **At our last meeting...**

**What did we do last time?**

**Any questions that have come up?**



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# Exercise

**Greeting**



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# Today's workshop



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**All emotions are ok!**

**Think a little extra about how we express ourselves.**

**It's OK to leave the room - a teacher/leader will  
follow you out!**



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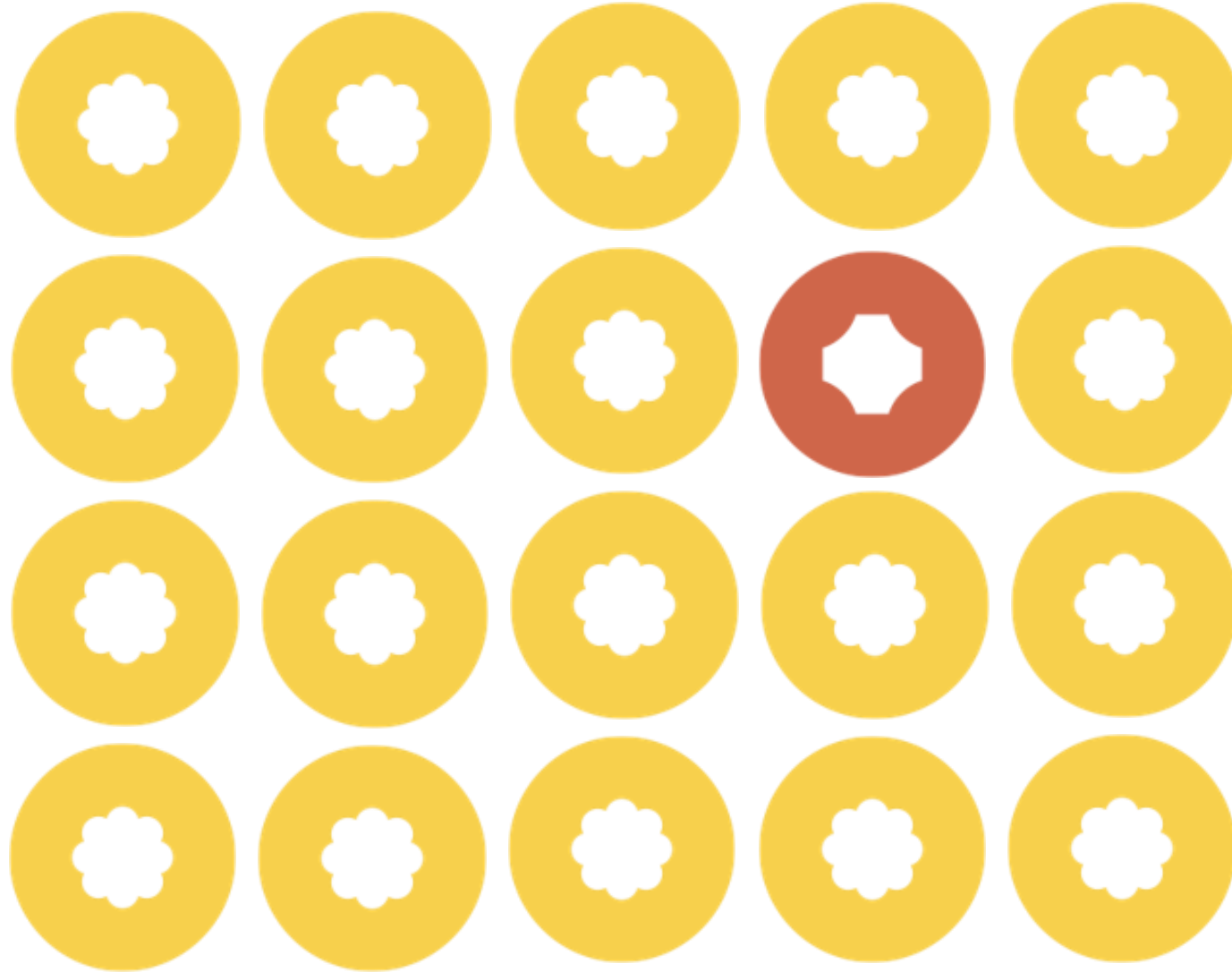
# Which one stands out?



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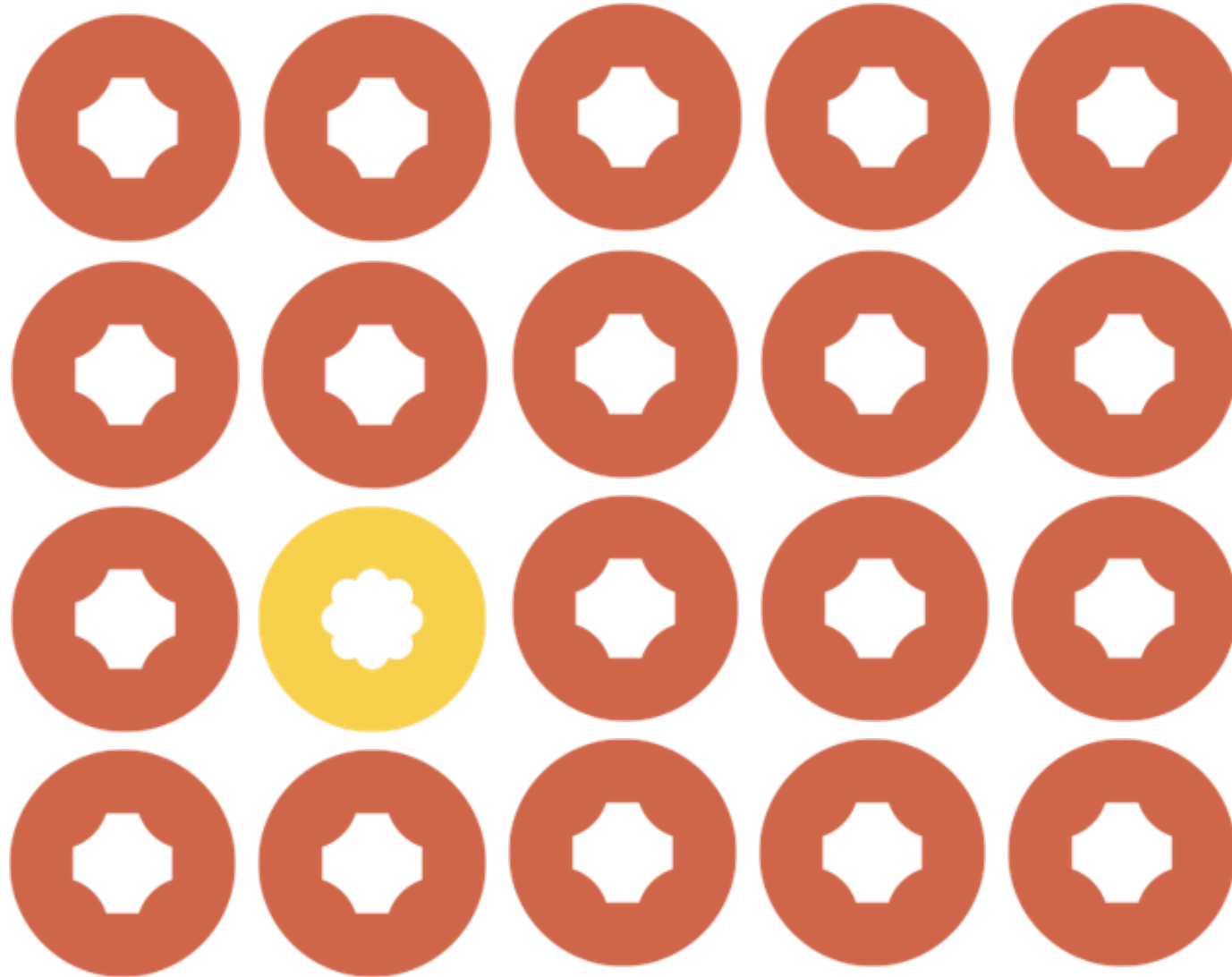
# Which one stands out now?



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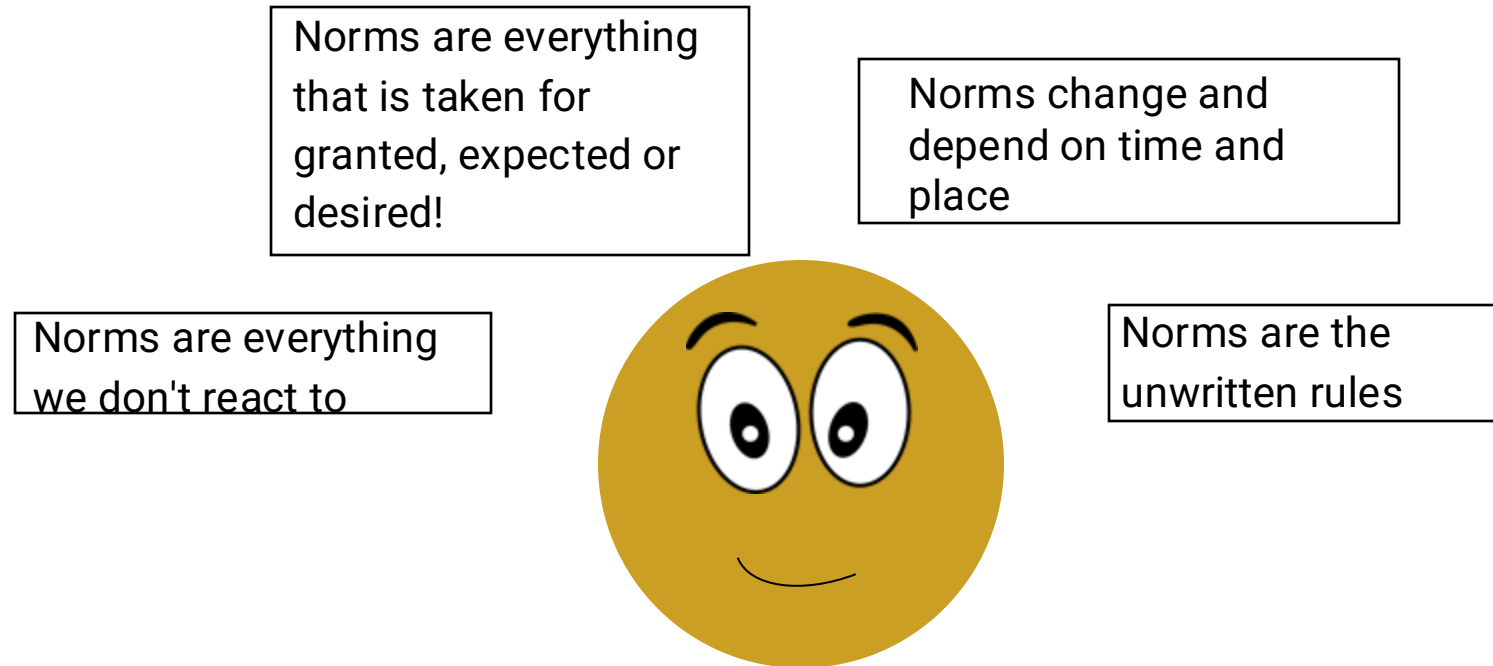
# Which one stands out now?



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# What are norms?



# **What norms make things easier for us?**



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# **Are norms problematic?**

**Certain norms are used to define, value  
and categorise people**



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# **Which norms can restrict us?**



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# **Exercise: 4 corners**



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**I am most influenced by ...**



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**4**  
**—**

Your own  
alternative

**1**  
**—**

What my parents  
think

**3**  
**—**

What I see and read on social media

**2**  
**—**

What my friends think



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**Where do you notice gender norms the most in your life?**



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**4**  
**—**

Your own alternative

**1**  
**—**

At school

**Where do you notice gender  
norms the most in your life?**

**3**  
**—**

At home

**2**  
**—**

Exercise / Leisure  
activities



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# Exercise



**Arms crossed**



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# Quiz!



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**In the 18th century, men wore pink silk clothing with floral embroidery and tights. Their hairy legs were seen as problematic.**



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**In the 18th century, men wore pink silk clothing with floral embroidery and tights. Their hairy legs were seen as problematic.**

**- True!**



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**When computers arrived in the 1940s, computer programming was seen as a “woman's job” as they were considered better at planning.**



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**When computers arrived in the 1940s, computer programming was seen as a “woman's job” as they were considered better at planning.**

**- True!**



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**Up until 1650, women were more likely to be priests than men.**



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**Up until 1650, women were more likely to be priests than men.**

**- False!**



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**In the 19th century, boys were prepared to do almost anything to get a place in the American football cheerleading squad.**



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**In the 1800s, boys were prepared to do almost anything to get a place on the American football cheerleading squad.**

**- True!**



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**In ancient times, it was the norm for men to cry.**



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**In ancient times, it was the norm for men to cry.**

**- True!**



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# Exercise — Roles

**What is  
typically  
female?**

**What is  
typically  
male?**

**What is  
typically  
non-binary?**



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# Gender norms

**Characteristics, behaviours and body shapes  
associated with being a girl, boy or non-binary.  
That a certain behaviour is masculine or feminine.**



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# Don't forget to take photos



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# Questions



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# Check out round



**SUN**

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



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# Thank you for listening!



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