Workshop ③

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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.

Check-in round

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

How are you feeling today?

5

I can handle anything

4

I feel good

3

I'm ok

2

I'm here (at least)

1

Difficult, not much
is going right

0

Crappy day, the fetal position
suits me best

Co-funded by the
European Union

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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

Third meeting

What did we do last time?

Any questions that have come up?

Today's workshop

Violence and relationships

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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!

What does the human rights code say?

FN:UN Universal Declaration *Articles 3 and 5*

- Everyone has the right to life, liberty and personal security.
- No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

CEDAW - Convention on the Elimination of Discrimination and All Forms of Violence against Women

Convention on the Rights of the Child *Article 19*

- The child has the right to be protected from physical or mental violence and from neglect or exploitation by parents or other carers.

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Exercise — Relationships

Exercise

Good relationship

Bad relationship

Exercise

Good relationship 👍

- Respect
- Trust and confidence
- Communication
- Shared interests
- Support and encouragement
- Personal development
- Time and space

Bad relationship 👎

- Negativity
- Lack of respect
- Distrust and betrayal
- Conflicts
- Control and manipulation
- Lack of support
- Isolation
- Violence

What is violence?

What is violence?

"Violence means any act directed against another person which, by causing injury, pain, fear or offence, causes that person to do something against his or her will or to refrain from doing something he or she wants to do"
- *Per Isdal*

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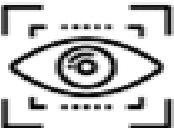# Different types of violence

PHYSICAL

NEGLECT/MALTREATMENT

PSYCHOLOGICAL

DIGITALT

VIOLENCE

MATERIAL

SEXUAL

ECONOMIC

LATENT

How does violence in close relationships differ between the genders?

Violence against men

- More often victims of psychological than physical violence
- Difficult to identify as a victim of violence (macho culture).
- Fear of not being believed/being accused
- Average number of victims of fatal violence in a relationship: 2 persons per year (BRÅ 2017-2023)

Violence against women

- Violence is generally more severe
- More repeated
- More sexualised
- With more controlling elements
- Average number of victims of fatal violence in a relationship: 14 people per year (BRÅ 2017-2023)

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Exercise

Is it ok to...?

Exercise

Is it ok to?

Agree completely   **Don't agree at all**

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Exercise

HOT SEAT - Is it violence …?

"Violence means any act directed against another person which, by causing injury, pain, fear or offence, causes that person to do something against their will or to refrain from doing something they want to do"

- Per Isdal

Where can you turn to for help? Examples in Sweden

- Kvinnojourer
- Trans-, tjej och ungdomsjourer
- killar.se
- Jourhavande medmänniska
- Ungarelationer.se
- Telefonlinje - välj att sluta

- UMO
- Kurator
- Lärare på skolan
- Socialtjänsten
- Polis

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Don't forget to take photos

Questions

Check out round

SUN

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

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Thanks for participating!

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