

Workshop

Elektra

EN DEL AV FRYSHUSET

5



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FRYSHUSET



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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.



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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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Today's workshop

Our last meeting



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Overview of all the meetings

- Convention on the Rights of the Child & Human rights
- Norms
- Relationships & violence
- Honour-related violence and oppression



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Short movie – Selma and Adam



Link to movie: https://youtu.be/_59sdJJSyuU



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How can I get involved?



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Elektra's Ambassador training

- Empowering young people through dialogue, training and value-based exercises.
- Prevention - Young people as role models and agents of change.
- Opinion building work



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From participant to certified Ambassador



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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 and collectivism
- Different types of violence
- Honour
- HBTQ+
- Civil Courage
- Mental health / Mental illness



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Video about Elektra Ambassador training

Link to movie: <https://youtube.com/shorts/OLcl5qufFbk?si=3L5YNVBfjuBliABp>



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Register your interest in getting more information about Elektra's Ambassador training programme



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Exercise: 4 corners



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**If you are together, you
have the right to check
each other's text messages
and social media.**



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**Your own
alternative**

**If you are together, you have
the right to check each
other's text messages and
social media.**

1

**Yes, if you love each
other, you are open
about everything.**

3

**No, just because you're
together doesn't mean you
have the right to see each
other's text messages and
social media.**

2

**Well, you don't have
to share everything.**



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**You hear a negative rumour about a
classmate, what do you do?**



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4
—

Your own
alternative

1
—

Nothing, it's none
of my business!

3
—

I would tell those
spreading the rumour
to stop.

**You hear a negative
rumour about a classmate,
what do you do?**

2
—

I would have asked
my friend if the
rumour was true.



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**Your friend tells you that their
parents won't let them play
football anymore because they
have to focus on their studies
and career,
what do you do?**



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4

**Your own
alternative.**

1

**Nothing, it's none
of my business!**

**Your friend tells you that their
parents won't let them play
football anymore because they
have to focus on their studies
and career,
what do you do?**

3

**I agree with the
parents, career is
important.**

2

**I would support my
friend to do what
they want to do.**



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If you suspect that someone close to you is being victimised:

- Tell them that you feel worried about them.
- Ask how they are feeling and how they are doing in their relationship.
- It can be good to keep in regular contact, even if they withdraw.
- Tell them that there is help available, for example from the police, youth clinic or school counsellor.



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Evaluation



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Do you want to learn more?

Films and series:

- När mörkret faller
(When darkness falls, in Swedish)
- en blomma i afrikas öken
(A flower in the African desert, in Swedish)
- Vad ska folk säga
(What will people say, Norsk film)
- Prayers for Bobby
- The stoning of Soraya
- Lik Meg , Urfilm.se
- Gud som haver barnen kär, SVT
(God who loves children, in Swedish)
- Uppdrag granskning: Bortförd (Abducted, 3 parts in Swedish), SVT
- Unorthodox, Netflix

Podcasts:

- OrigoPodden, (Origo Podcast)
Spotify
- Efter hedersvåldet 1 september
2023, P1 Dokumentär

(After honour -related violence 1
September 2023, P1
Documentary)

Books:

- *Desert flower* by Cathleen Miller
och Waris Dirie
- *Starless nights* by Arkan Assad
- *Who said anything about love?*
by Elaf Ali
- *Burned alive* by Souad
- *Living a feminist life* by Sara
Ahmed
- *Våld i nära relation* (Violence in
intimate relationships) by Eveliina
Sinisalo och Linn Moser Hällen (in
Swedish)
- *I hederns skugga : De unga
männens perspektiv* (in the
shadow of honour : The young
men's perspective by Dilek Baladiz
(in Swedish)
- *Ett ord för blod* (A word for blood)
by Faysa Idle (in Swedish)



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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Thanks for participating!



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