Workshop 5 Elektro



FRWSHUSET



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.









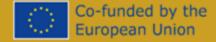




Elektra works to prevent honour-related violence and oppression through education and awareness initiatives. Our main target group is young people aged 13 - 25.

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?

I'm here (at least)

ľm ok

Difficult, not much is going right

Crappy day, the fetal position suits me best

5 I can handle anything

3 I feel good





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



Today's workshop

Our last meeting



Overview of all the meetings

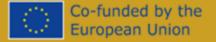
- Convention on the Rights of the Child
 & Human rights
- Norms
- Relationships & violence
- Honour-related violence and oppression



Short movie – Selma and Adam



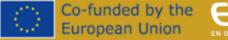
Link to movie: https://youtu.be/59sdJJSyuU





How can I get involved?







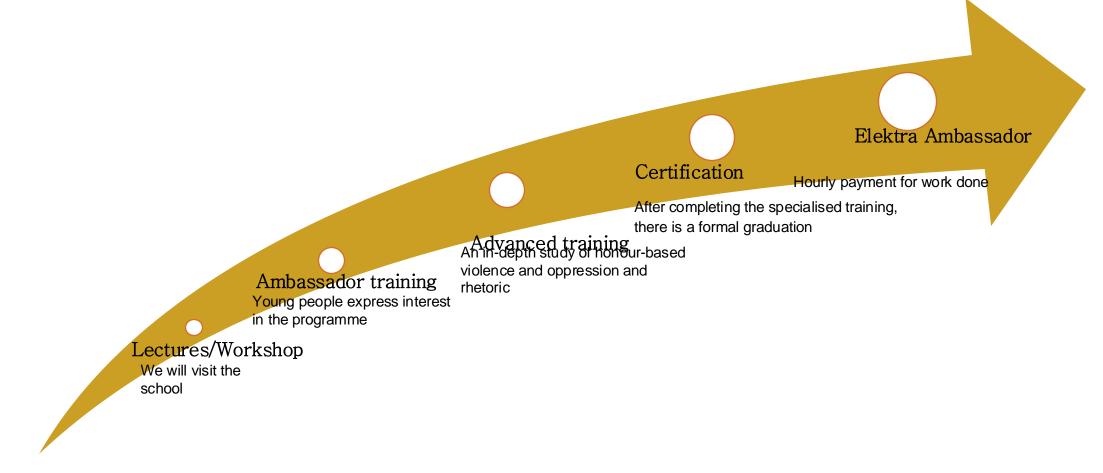
Elektra's Ambassador training

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





From participant to certified Ambassador







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

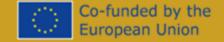




Video about Elektra Ambassador training

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







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





Exercise: 4 corners



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

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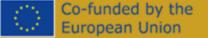
1

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.

Well, you don't have to share everything.





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

4
Your own alternative

1

Nothing, it's none of my business!

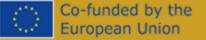
You hear a negative rumour about a classmate,

what do you do?

<u>3</u>

I would tell those spreading the rumour to stop.

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





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?

4
Your own alternative.

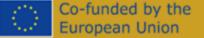
3

I agree with the parents, career is important.

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?

Nothing, it's none of my business!

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





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 the they withdraw.
- Tell them that there is help available, for example from the police, youth clinic or school counsellor.

Evaluation





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 , Urpay.se
- Gud som haver barnen kär, SVT (God who loves children, in Swedish)
- Uppdrag granskning: Bortförd (Abducted, 3 parts in Swedish), SVT
- Unorthodox, Netflix

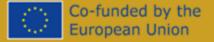
Podcasts:

- Origo Podden, (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 f\u00f6r blod (A word for blood) by Faysa Idle (in Swedish)





Don't forget to take photos





Questions







Check out round



SUN

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





Thanks for participating!



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