



Youmo in practice

– A guide on how to talk to young migrants
about health, sexuality and gender identity

Promoting young migrants' health and participation in society through increased knowledge about health, sexuality and gender equality

The Youmo project is operated by the Swedish Agency for Youth and Civil Society in cooperation with UMO.se. The project is fully financed by the Swedish government and has been running since 2016. It is a cross sectoral cooperation involving a government agency, a public sector owned company, several regional authorities and several NGOs.

The target groups are young migrants, refugees and asylum seekers, as well as youth-workers and professionals who meet these young people.

The project is composed of three parts:

1. The website www.youmo.se

Youmo.se is a site in six languages for young migrants from ages 13 to 20. Youmo.se answers questions about sex, health and relationships, as well as gives information about gender equality and rights in Sweden. The site is well known and has had more than 1 million unique visitors since april 2017.

2. The handbook "Youmo in practice"

"Youmo in practice" is a handbook that empower adults in how they can talk with young migrants about issues relating to health, sexuality and gender equality. The handbook has 28 methods for adults to do together with young migrants.

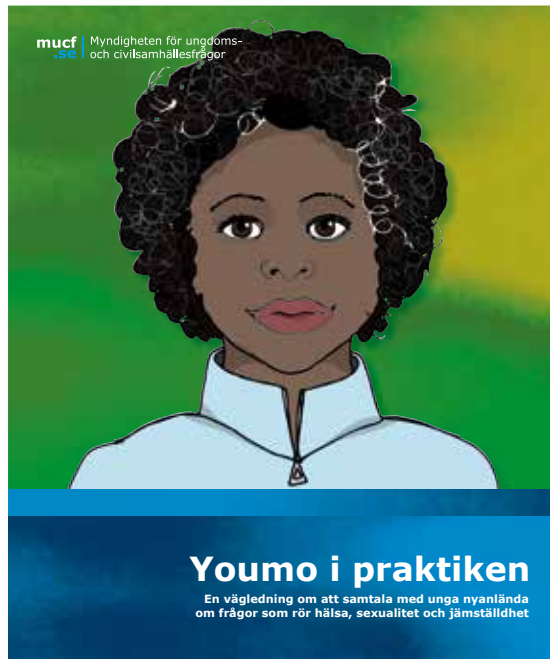
3. "Right to know!" seminars for adults

One day seminars that presents all the parts of the Youmo project, Trauma sensitive care, how to discuss issues relating to health, sexuality and gender equality with young migrants as well as & a local example of work with young migrants and health, gender equality and sexual and reproductive health and rights.

The handbook Youmo in practice

The handbook Youmo in practice provides guidance and know-how for youth workers and professionals who meet young migrants, refugees and asylum seekers through their professional or voluntary work. The Handbook empower adults in how they can talk with young migrants about issues relating to health, sexuality and gender equality. Youth-workers and other professionals need support and courage to engage in discussions with young migrants on topics that adults might find difficult themselves, especially together with people with a migrant background. To support adults in these discussions the Swedish Agency for Youth and Civil Society (MUCF) wrote the handbook "Youmo in practice".

The focus of the handbook is to empower adults in how they can talk with young migrants and give them



tools to discuss issues relating to health, sexuality and gender equality. It also guides them in how they can do this in a rights-based and inclusive way.

This helps adults to provide young migrants with the much longed for contact with an adult that respects and listens to what's important in their lives. Having supportive relationships with adults is a well-known factor for well-being.

Youmo in practice guides the reader through the content on youmo.se, provides suggestions for ways to tackle the subjects and gives suggestions for discussions through methods, both for one-on-one meetings and for group discussions. All the methods are directly linked to the content on the website Youmo.se.

The handbook is divided into two parts, where the first part gives a general introduction and presents some guiding principles.

These are:

- Young people, a heterogeneous group
- Different attitudes towards sexuality and the Swedish context
- Choosing to be inclusive
- Young people's rights as a foundation
- Having the courage to discuss and ask about sensitive issues

The second part consists of 28 methods describing step by step how you can facilitate a good one-on-one or group discussion on the different topics.

Over 10 000 copies of the handbook have been spread since 2017. The handbook is still only available in Swedish but there are plans for an English translation. In this folder there are three translated methods for you to get an idea of how the handbook works.



The body

Method: Your body, your rules

Group exercise

Film

The method is based on the movie *You decide over your body* under the theme *The body* on youmo.se

The aim is

- To inform about the universal right to decide over one's own body
- To inform that violence, force and control in sex and relationships are illegal in Sweden

Step 1

Start the showing of the film with a short introduction on how you're about to see an animated movie about sex, relationships and Swedish law. The film will also be about human rights. They apply to everyone in the entire world. A few times there'll be pictures of naked bodies, but only very briefly.

Step 2

Show the film!

Step 3

Continue by reflecting together on what you've seen, for instance with the following questions:

- Was there anything that was difficult to understand?
- What was the film about, what topics were raised?
- What are your thoughts now that you've seen and heard this?

You can do this in a circle where everyone gets to speak one at a time. Only the one who's got the word may speak or choose to pass their turn to the next participant.

Step 4

You can use quotes from the film to help with the feedback round, for instance:

"No one else is allowed to make decisions about when you have sex or with whom you should have sex, no one in your family can decide, either. The Swedish law is crystal clear about this."

- **What do you think about this?**

"It doesn't matter if you change your mind during a kiss, you can change your mind whenever you want to."

- **What do you think about this?**

Step 5

- How can you show that you want to do something sexual with someone else?
- In what ways can you show someone that you don't want to do something sexual?
- What can you do if someone doesn't respect that you don't want to?
- What can you do if you've experienced something that feels bad?

Step 6

End the discussion by saying that if someone has sex with you even if you don't want to, you can get so scared that you freeze and can't fight back. If someone did something sexual to you that you didn't want to, you can feel bad about it afterwards and then it's important to talk with someone about it, for instance a school counsellor or the youth clinic. You can get help to start feeling better when you talk about difficult things. You can also report it to the social services or the police.

Hints

You can also look at other content on youmo.se and in this guideline as a way to prepare yourself for managing these discussions. Other subjects might be raised as well when you watch the film, so be prepared for that as well. The film touches on many different topics and can therefore be an opening for many questions about the body and sexuality.

- Is masturbation dangerous?
- Were there two boys kissing in the film?
- Is it okay to have sex without being married?
- What is your family allowed to decide?
- Can you stop in the middle of sex?
- How do you report something to the police?



Discussion

The aim is

- To create a space for discussing love, being in love and attraction
- To give the opportunity to vocalise feelings related to being in love

Step 1

Start by saying that you'll be talking about love. There are different kinds of love and to be allowed to feel and show love is important to be able to feel good.

Step 2

Ask the group:

- What different words are there for love in the languages that are spoken in the group?
- Are there different words for love depending on whom it's for, for instance friends, family, partners, animals or God?
- What words are there for being infatuated or in love?

Be clear that the participants only need to share as much as they want to. Some of the questions can be perceived as private and you don't have to talk about yourself.

Step 3

Continue by asking:

- What do you think of when you hear "love"?

Write down everything you comes up!

- What's love for you?
- Whom can you feel love for?
- How does it feel to love someone?
- Why do we need love?
- Can we live without love?

Step 4

End the discussion by confirming that love comes in many forms and tell the group that during one can find new people to feel love for, make new friends and get new family members throughout all of one's life.





Feeling bad

Method: Trauma

Film

The method is based on the movie Have you experienced something frightening? under the theme Feeling bad on youmo.se.

The aim is

- To put feeling bad and trauma into words
- To create a permissive space to talk about feeling bad and trauma in one-to-one discussions

Depending on what lead to the discussion and that you'll watch the film together, one way to start the discussion could be to say that you think it would be good for you to watch a short animated film together. It's about how it can feel when you've experienced something very frightening.

Step 1

Watch the film together!

Step 2

Reflect on the film together, for instance with the following questions:

- Was there anything that was difficult to understand?
- What do you think about when you hear and see this?

Step 3

Tell more about different kinds of very frightening experiences, for instance bombings, to see someone get shot or physically attacked or to get shot or attacked yourself, a difficult birth or medical procedure, that you yourself or someone else gets sexually abused, to have been forced to hurt someone else, natural disasters, that someone threatens your family. You can then repeat what the film said about how you feel – how it can feel after such an experience.

Step 4

Ask:

- Do you recognise anything from the film or that I mentioned?
- Do you want to talk about it?

Depending on what the discussion is about and on who you are, the discussion might have to be ended in different ways. Maybe the young person seems to want to share more thoughts, experiences and feelings. Maybe you'll end with deciding when you'll meet the next time. Maybe you'll need to discuss where you can turn to get professional help. You can use the Seeking help section on youmo.se.



Want more information?

Please e-mail us on
youmo@mucf.se

In 2015, youth health counsellors across Sweden noticed a dramatic increase in questions from young asylum seekers. Around 70 000 asylum seekers, under the age of 18, came to Sweden in a short period of time. Language barriers – most spoke only languages such as Dari, Arabic or Tigrinya – made it difficult or impossible to provide answers, especially when it comes to sexual health. At the same time the Swedish Agency for Youth and Civil Society, MUCF, presented a report on access to sexual and reproductive rights for young people in Sweden. That report also stressed that young migrants had lower access to their sexual and reproductive rights than other young people in Sweden. In response, the project Youmo was founded.