

# DiscriminHate NoBody Newsletter



## What was the project about ?

Our objective was to find effective solutions and analyze the problem itself; discrimination and bullying among youth regarding body image and idealization of some beauty standards through social media and influencing culture.



## How was our approach ?

During our time in Sweden, Hastveda, we first decided it is a good idea to meet each other! So, we did speed dating and lots of other fun and beneficial activities to get to know each participant better because we had a long way to go all together, for the project. After each activity, we became good friends also! Which was such an important element for the project because it became easier for us to share new ideas and discuss them in a health environment.



Hello everyone!  
I am so happy that I can share my experience also with you a little, through this newsletter. It is going to be about the DiscriminHate NoBody project that I participated.

One of the most interesting activities was the scenario playing. All participants were divided into two groups, and each group had the following roles for different participants: a youngster, social worker, parents, and social media influencers. Each role was played so realistically that it helped us move even faster to our objectives. After the scenario playing, again, in small sub-groups, we worked on different aspects of the problem. One group focused on practical solutions, and one group worked on the roots of the problem. At the end, we collected our findings, and matched the practical solutions to theoretical findings of the other group. This way we were able to generate a pathway.



Also, everyday after the end of our studying and activity sessions, we had a free time in which we could discuss the day either when walking in the nature or sitting down all together in the project house, until dinner time.

For 2 days of the project time, we spent our time for working on the project in the Project Pocket office of ProQvi, in Helsingborg. Which was another great experience, because the project house was a very comfortable and free environment full of different tools and big space which we were able to use for our activities. Also, in the office we participated to another scenario play, this time, the roles between participants changed. And things got a little more intense! Because we switched the roles, it was even easier for us to understand each role, and experience different perspectives.

In conclusion, it was such a great experience that we learned a lot from, I definitely recommend similar experiences to everyone who can !

Best,

Bilge Irem Aydinler

