

FAT

Timeout Dialogue

Script, duration 45 or 75 minutes

What happens at the Swimming pool?

Min	time	Part
5		Start
3		Introduction
5		Buzzing in pairs
25		Joint dialogue
5		Themes to be discussed further
25		Continue the joint dialogue
2		Writing insights
3		Sharing insights
2		Thank you and ending

Duration 75 min

Alternatively 45 min, leave out the parts in red

On the right, you can find a suggested way of verbalising the matter and tips:

Basic font: you can say it like this, for instance. You can also verbalise the matters as you see fit.

Font in italics: help for the instructor for leading the discussion.

TIMEOUT

Start

Today, we're having a Timeout Dialogue based on the Yksittäistapaus short film.

I will lead the discussion.

Let's try to share our own thoughts and experiences confidentially.

We don't have to agree. But let's try to understand the matter at hand and each other better.

In the discussion, we don't have to make decisions or resolve anything. We can talk in peace.

We use the Rules of constructive dialogue in the discussion, now let's briefly go through them...

5 min

Rules for constructive discussion

Timeout Foundation and Yksittäistapaus

1. **Listen** to others, do not interrupt or start side discussions.
2. **Participate in the shared discussion** and use respectful language.
3. **Share** your own experiences and thoughts.
4. **Ask** if you didn't quite understand.
5. **Be present and respect** others and the atmosphere of trust.
6. **Take your time to think about the matters and summarise.** Give room for incompleteness. What did we learn from discussing the matter together? What insights did we gain?

These rules can be seen here on the website
(and also on the floor/wall throughout our discussion).

Do we all commit to these rules together?

Great, let's continue.

- *Ask everyone not to use their mobiles or laptops during the discussion.*
- *You can ask if it's ok that you limit the duration of answers. Usually the participants, especially adults, support this.*
- *Are you having a break? If yes, tell the participants when the break is being held.*
- *It's good to emphasize that the meaning of the Timeout Dialogue is to give as many as possible the possibility to speak out their views and thoughts.*

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Introduction

We will now see the short film called **Fat**.

After that, we will have some time to talk about the short film and the thoughts it provoked in us.

If you encounter some challenging or unpleasant emotions today you can choose to just follow the conversation. You can find advice and information about where to find help from yksittaistapaus.fi, page "Things to know"

→ *Think in advance about what you will do if the participants remember difficult experiences or if someone feels uncomfortable. You can also say that you can be approached later if someone has something on their mind.*

3 min

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Buzzing in pairs

Find a partner. Discuss together what kind of thoughts the film evoked in you.

What happened at the swimming pool?

Why did the characters of the film behave as they did?

What kinds of thoughts did their behaviour evoke in you?

Did some of the persons act or behave wrongly, how?

(If you want, you can share with your partner if you have had experiences of the theme of the short film. This is voluntary.)

Make sure that there is enough time for both of you to share your thoughts. In all, you have about five minutes for this.

You can start...

...It's now time to bring your discussions in pairs to a close.

5 min

Tools for the leader

- You can approach a few pairs directly and ask them if it's hard to get the conversation started.
- Use as many support questions from the adjacent page as needed to deepen the conversation. Before the discussion, choose at least a few questions you want to ask if you don't have time for all of them.
- Already before the discussion, get to know the facts on the web page and use them as support for the discussion, if necessary.
- If necessary, remind the participants of the rules of constructive dialogue to which everyone has committed.
- Direct the participants to connect what they are saying to what has been said previously and share their own thoughts and/or experiences.
- Make sure that also the more quiet ones have a chance to participate and that the active ones do not overly control the dialogue.

TIMEOUT

Joint discussion

It would be great to hear now what you talked about. Who would like to go first?

And what did the rest of you talk about, something similar or completely different? What kinds of thoughts did you have of the short film and the behaviour of its main characters?

- What kind of power was exercised in the film? Who in the film exercised power?
- Why is not okay to comment on someone else's body?
- What could body peace mean in practice?
- How should we act so that everyone could live in body peace?
- What creates the need in us to comment on the bodies of other people?
- What can you do if you witness inappropriate comments or if someone makes comments about you in an inappropriate manner?
- What are the things that affect how a child learns to talk about other people?

25 min

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Themes to be discussed further

We have now raised at least a few of the main themes in the discussion, such as X, Y and Z. Now, it would be good to discuss together which of these themes we will focus on.

Discuss together with a new pair on which theme you would like to focus. You have a few minutes to do this... done?

Which theme should we focus on? Who would like to go first? The theme of Y was mentioned many times, should we take that one?

- *A good topic: 1) is relevant to as many participants as possible 2) is unclear or filled with tension.*
- *If no consensus is reached, the instructor will choose the topic.*

5 min

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Continue the discussion

Now, let's continue the discussion on the topic Y we just decided we will discuss further.

Tell me about an event or situation that has affected the way you think about this topic.

Who would like to go first?

What kinds of thoughts and/or experiences came to the minds of the rest of you while you were listening?

Now we have already heard from some of you. So next I would like to ask who has not participated yet in the discussion and what do you have on your mind?

- *You can give an example, if necessary. Share your own thought or experience that has affected your views of the topic at hand.*
- *Pay attention to those who have not said anything at this stage, at the latest. Ask what they think about the topic or the discussion.*

25 min

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Writing insights

Thank you for a great and constructive discussion!
Next, we will write the insights we gained in this discussion.

Think of a few insights or thoughts that remained in your mind from the discussion. Did you get any new thoughts of the topic? Do you perhaps now think differently about something than before?

Write these in the comment collection box on the website (or in your own paper).

You don't have to write your own name.
(I will collect the insights written on paper at the end and create a summary for all of us.)

You have a few minutes to do this.
Pick one you would like to share with others.

2-3 min

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Sharing insights

Now I would like to ask each of you to share one insight or thought about this discussion or topic in one sentence.

Do you see something differently after having seen the film?

Let's start with you...

→ *Choose a person who is likely to share their own insight with others as the first person.*

3 min

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Thank you and ending

What did this Timeout dialogue and the topic feel like? What kind of a feeling or vibe did you get from the joint discussion?

Thank you all!

(Bring the insight papers to me before leaving. I will create a summary and share the insights with you later.)

Hopefully, we can continue the discussion at some point!

2 min

NOW YOU SEE IT

Find more on
yksittaistapaus.fi



YKSITTÄISTAPAUS

TIMEOUT