



Medicus Mundi
Switzerland

Health for all



Conversation Café

Reclaiming spaces for sexual and reproductive rights



Facilitated by Martin Leschhorn, MMS

MMS Conference: Sexual health and rights under pressure: resistance and challenges

Bern, 19 April 2023



Aims of the session

1. Deepening the discussion on strengthening sexual health and rights
2. Capturing the reflections and ideas of all the participants
3. Achieving a common understanding on how to reclaim spaces for sexual and reproductive rights



Conversation Café Agreements

1. Open-mindedness: Listen to and respect all points of view.
2. Acceptance: Suspend judgment as best you can.
3. Curiosity: Seek to understand rather than persuade.
4. Discovery: Question assumptions, look for new insights.
5. Sincerity: Speak from your heart and personal experience.
6. Brevity: Go for honesty and depth but don't go on and on.



Conversation Café

Finding yourself bringing together friends, family and neighbors online? Get the group to agree on these principles and you'll have richer, more productive conversations!

open-mindedness

Listen to & respect all points of view

1

2

acceptance

Suspend judgement as best you can

curiosity

Seek to understand rather than persuade

3

4

discovery

Question assumptions & look for new insights

sincerity

Speak from your heart & personal experience

5

6

brevity

Go for honesty and depth - don't go on and on

For more resources, including guides for hosting conversations...



Question to be explored

How do we reclaim spaces for sexual and reproductive rights in a hostile environment?

Marching in solidarity with Uganda's LGBTI community, Alisdare Hickson from Canterbury, United Kingdom, 17 May 2021, [link](#)





How to proceed (1)

- Groups with up to 8 people
- Define a volunteer as a host – only task: the café agreement should be followed.
- Use a talking stick, while you are talking



How to proceed (2)

- 1st round: Pass around the talking object; each person speaks briefly on the topic, no feedback or response. (1 minute per person)
- 2nd round: Again with talking object, each person deepens their own comments or speaks to what has meaning now. (1 minute per person)
- Dialogue: Open, spirited conversation. Use talking object if there is domination, contention, or lack of focus. (20 minutes)
- 3rd round: Collect your ideas and insights and write it on the poster. (10 minutes)



On the method:

- Liberating Structures: Conversation Café

<https://liberatingstructures.de/liberating-structures-menu/conversation-cafe/>

- Conversation Café

<https://conversationcafe.org/>