

# Introduction

This is an overview of the evaluation surveys conducted with Zone leaders and participants of Free Zones. The report is in 2 sections:

Zone Leaders- based on 20 responses

Young people

- . The before Survey- based on 71 responses
- . The After survey- based on 62 responses
- . Comparisons and summary



# Summary and recommendations

- Findings show the importance of breaking taboos and understanding rights in discussions on love, relationships, and sexual health. It emphasizes the need for these topics to be addressed more adequately in schools and at home, Free Zone has been instrumental in enabling this to happen amongst participants.
- The most popular elements of the program have been about sex and relationships, and the relaxation exercises and true or false exercises have been highly appreciated.
- The "Free You" cards have also been very popular to work with.
- Findings also highlight the effectiveness of communication tools, such as card decks and scales, in facilitating discussions on sensitive topics.
- The findings show that respondents valued practical tools and methods, support from the workplace, and mental health and self-esteem in their experiences.
- Regarding the quantitative measures, the heatmaps show where stories cluster together the most, indicating common beliefs or experiences. In the first triad, "method and practical tools" were weighted most strongly. In the second triad, "support from the workplace in terms of resources, time, management, etc." was the strongest desire. In the third triad, "mental health and self-esteem" was the most significant.

- The majority of respondents attended the Free Zone training in person, with positive feedback on the value of the education and its impact on personal growth.
- Key themes identified include the importance of a balanced approach in the training, practical application of knowledge, and the value of support and exchange within the learning environment.
- The training had a significant impact on participants' understanding of honor-based violence and their ability to intervene appropriately.
- The Free Zone program empowered youth, helped them find their voice, and fostered self-expression. It also increased their knowledge and awareness, promoted personal growth and identity exploration, and had a positive impact on their overall well-being.
- The most popular sections of the Free Zone material were related to sexual education and relationships, with interactive exercises being appreciated.
- Challenges identified included overcoming the fear of expressing emotions, building trust and feeling safe within the group, and discussing sensitive topics.
- The program had a significant impact on school culture, changing perspectives and encouraging more people to consider its importance.
- Recommendations include continuous support and recognition from the school organization and the use of visual aids to enhance understanding.

# Overview of Responses

A total of 20 responses were collected from zone leaders across 5 different areas (Helsingborg, Kristianstad, Lund, Östra Göinge & Eslöv)

50% currently hold a free zone 50% had held one previously, but not currently

75% attended the training in person 25% attended digitally

The background features several thick, wavy, overlapping bands of color. At the top, there are shades of orange and yellow. Below these, there are bands of a darker orange and a bright red. At the bottom, there are bands of a dark red and a deep maroon. The lines are smooth and curved, creating a sense of movement and depth.

# Sektion 1: utbildningen

1.1: Om en arbetskollega/vän skulle vara intresserad av att gå utbildningen och frågar dig vad du tycker. Baserat på din egen erfarenhet, vad skulle du svara för att uppmuntra eller avråda hen?

**Svaren var överväldigande positiva och erkände värdet av utbildningen både för de personer som deltog och de fördelar som de kunde förmedla.**

The responses were overwhelmingly positive, acknowledging the value of the education for both the individuals who participated and the benefits they could convey.

#### Exempel

“Gå utbildningen. Oerhört bra information om ämnet, bra material och tydliga verktyg att arbeta med. Utbildningen är som ett verktyg för en själv i alla situationer där det går att ställa rätta frågor,”

“Ett viktigt och värdefullt verktyg för att skapa förändring och göra skillnad för många ungdomar i vårt samhälle. “

“Utbildningen har så många användningsområden och inte bara i jobb med ungdomar med utländsk bakgrund utan jobb med människor över lag

Gå den!!! “

“Ett jättebra material med bredd, strukturerat och välgjort. “



## 1.2: Vad var mest värdefullt för dig som du framförallt tog med dig från utbildningen?

The responses indicate that leaders now comprehend the issues and context surrounding honor-based violence and possess practical tools and empowerment to intervene appropriately.

### Exempel:

“Kunskap om vad heder är, vilka konsekvenser och hur det kan se ut för ungdomar att leva i kontexten.”

“Att jag kan göra skillnad. Att det går att förändra livssituationen för många ungdomar som lever i en hederskontext. “

“Verktyg att arbeta med grupper, gediget material som är lätt att följa ihop med den lösningsfokuserade samtalsmetodiken.”



## 1.3: Vad var särskilt bra med utbildningen?

Balanced Approach: The first theme emphasizes the importance of maintaining a balance among various aspects, such as factual information, methodology, and communication techniques. This balance contributes to personal growth and empowerment.

Practical Application: The second theme highlights the significance of practical application in the learning process. Exercises and tools provided enable participants to actively engage and apply their knowledge in real situations, especially when facilitating groups and assisting young individuals.

The Value of Support and Exchange: The third theme underscores the value of support and exchange within the learning environment. Follow-up from trainers and the opportunity to share experiences with others are seen as immensely valuable elements in the learning process. Additionally, the presence of experienced facilitators and relevant materials adds to the overall richness of the learning experience.

Exempel:

Det var en balans mellan fakta, metodik , samtalsmetodik och att jag själv blev stärkt på så kort tid.

Kunskapen , att få göra övningar och prova verktygen på riktigt. Materialet med övningar och upplägg är det som gör att en kan driva grupper och hjälpa ungdomar. Uppföljningen av utbildarna och erfarenhetsutbyten var oerhört värdefulla .

Högt i tak. Värdefull bredd på de erfarenheter och kunskaper som behandlades med bra kursledare och material.

## 1.4: Vad var inte så bra eller kunde ha gjorts bättre?

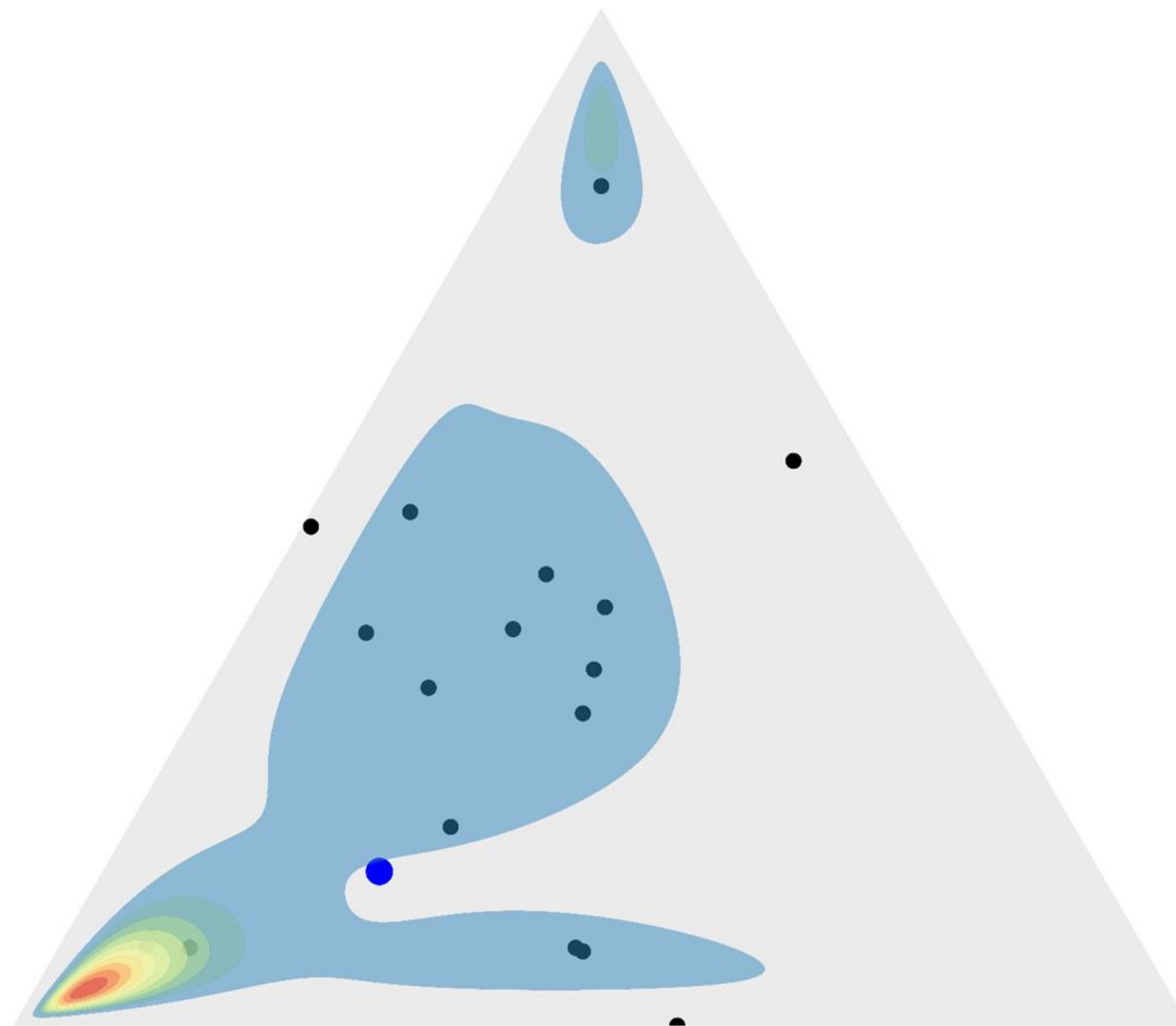
Det fanns väldigt få negativ feedback eller föreslagna förändringar. De föreslagna ändringarna handlar främst om en önskan om att mer av utbildningen skulle vara IRL för att få en ännu mer personlig upplevelse.

There was very little negative feedback or proposed changes, the proposed changes being mainly about the location of the temple, with respondents wanting the training to be personal and local.

“En önskan om att ha gått utbildningen IRL och då ha mer tid för reflektion och mer träning.”

Genom att gå utbildningen utvecklade jag...

Kunskap och teoretisk förståelse



Metod och praktiska redskap

Personlig utveckling / Trygghet

Den blåa punkten visar genomsnittet för hela gruppen.

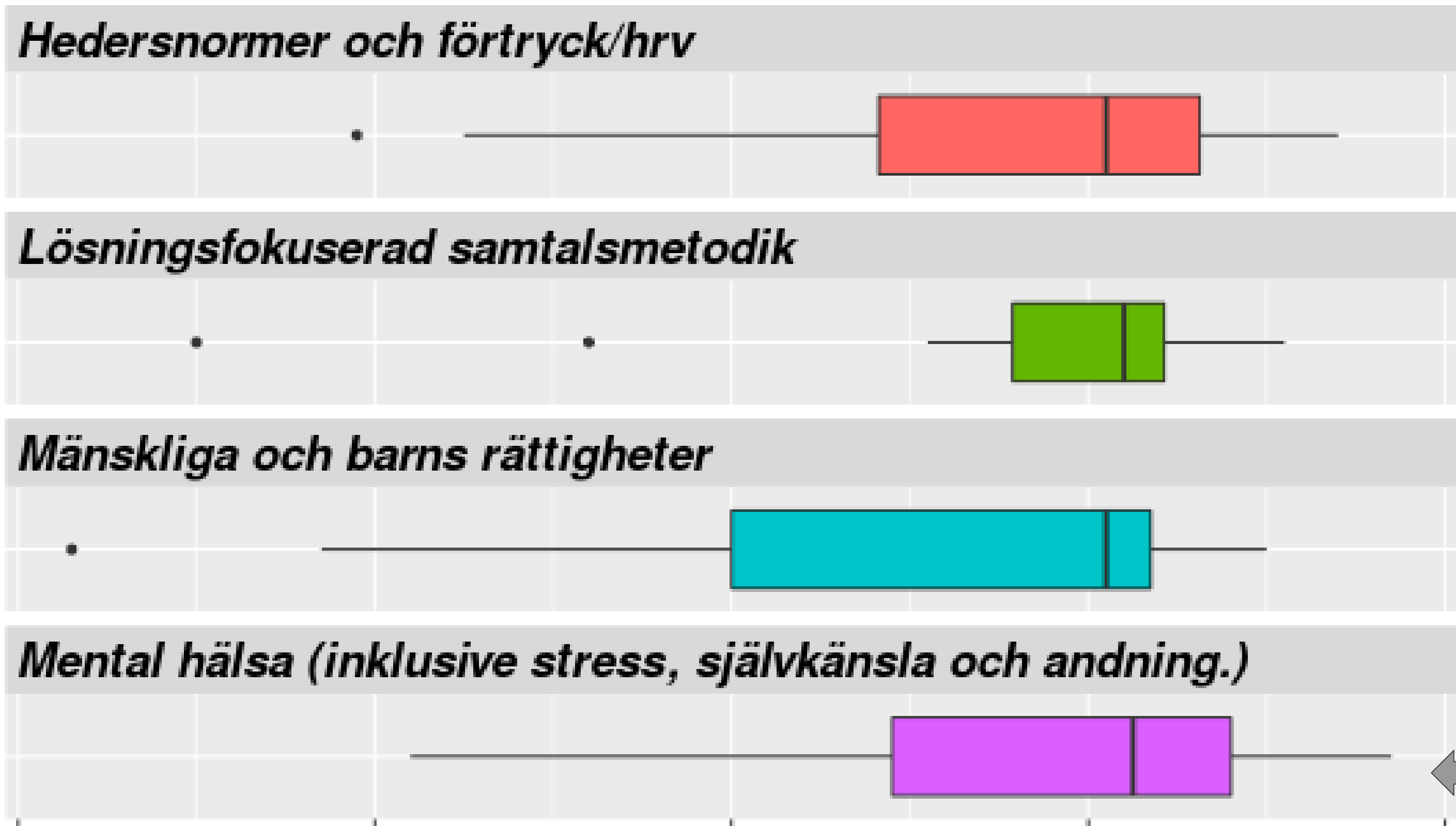
Värmekartan visar var berättelser klustrar ihop sig mest.

Utifrån detta kan vi se att de flesta svarande upplevde att alla tre elementen var representerade i deras berättelser, men överlag vägdes "Metod och praktiska redskap" något starkare.

**Heatmaps:** a type of graphical visualisation that looks at the density of responses. It's largely used to understand where there are common beliefs or experiences that cluster together, this might indicate a cultural pattern or area of impact. The red the shading shows where stories are most densely clustered.

The larger blue dot shows the average across the whole group.

For this triad, we can see that most respondents felt that all three elements were represented in their stories, but overall, "Method and practical tools" were weighted most strongly.



I genomsnitt är detta det viktigaste

Att lära mig om detta är inte viktigt för mig

Att lära mig om detta är jätteviktigt för mig

# Har det funnits några andra fördelar eller färdigheter som du utvecklat genom att gå utbildningen?

Effective Communication and Engagement: This theme emphasizes the ability to have meaningful conversations and engage with youth even outside the formal Zone program. It underscores the importance of approaching sensitive topics in a thoughtful manner and the impact it has on building relationships and facilitating discussions.

Cultural Understanding: The second theme focuses on gaining a better understanding of people from other countries. It suggests that the education has provided insights into cultural diversity and promoted a broader perspective on interacting with individuals from different cultural backgrounds.

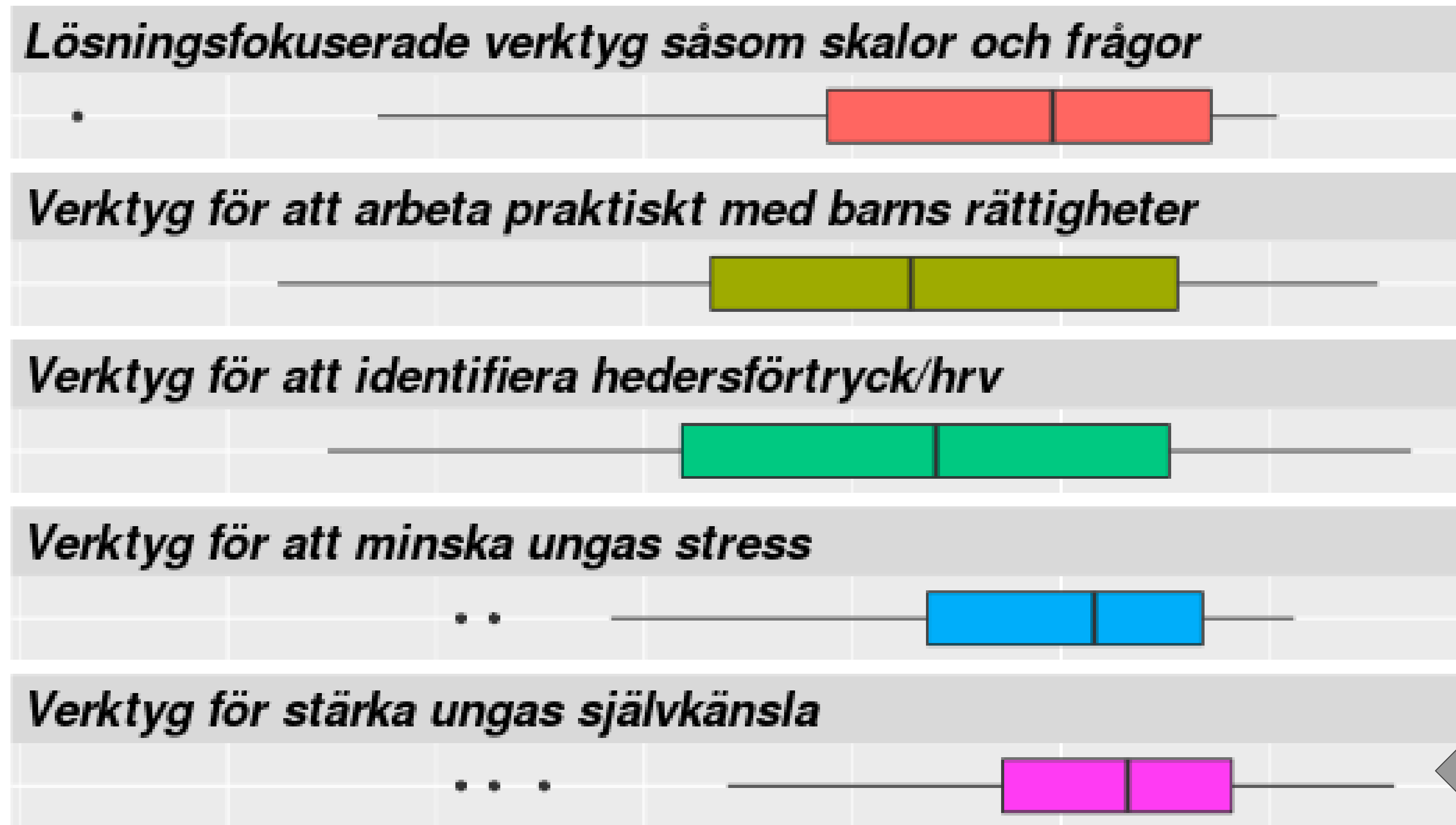
Self-Development and Personal Growth: The third theme revolves around personal growth and self-awareness. It highlights the education's impact on an individual's knowledge and skills, leading to a transformative experience. Mentioning that the acquired tools are used in personal life and become a lifestyle indicates a profound influence on the participant's personal development.

**Exempel:** “Tycker att jag kunnat närma mig deltagarna på ett annat sätt genom att våga att bjuda in till svåra samtal. Det lösningsfokuserade förhållningssättet tar jag med mig vart jag än går och redskapen har blivit en livsstil för mig både i yrket och privat.”

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# Sektion 2: Verktygen





I genomsnitt upplevs detta som det mest värdefullt

Detta verktyget har inte varit av något värde

Det här verktyget har varit otroligt värdefullt



## Finns det några andra verktyg som du har lärt dig att använda som har varit värdefulla?

**Effective Meeting Structure:** This theme highlights the importance of having a structured approach to meetings, where energizers play a crucial role in capturing attention and maintaining focus. It emphasizes the significance of creating an engaging and dynamic environment for effective communication and participation.

**Communication Tools:** The second theme focuses on the various tools used for communication, particularly in discussions related to sexual health. Mentioning the card deck and the scale as valuable tools indicates their effectiveness in facilitating conversations and providing a framework for exploring sensitive topics.

**Utilizing Technology:** The third theme emphasizes the use of technology, especially the FreeZone app, as a valuable resource for the participants. It suggests that the app has provided valuable support and engagement, and its inclusion has enhanced the overall learning experience. Additionally, the exercises linked to each section are mentioned, indicating the importance of practical application and hands-on learning in the education.

## **Sektion 3: Metoden och ungdomen**

# Beskriv med ett par meningar vad du anser vara de största förändringarna/ påverkan för de unga som deltagit i Fria Zoner:

**Empowerment and Self-Expression:** This theme focuses on how the zones have influenced the youth, making them more confident, helping them find their voice, form their opinions, and dare to express their thoughts. It emphasizes the effects of the zones in promoting self-esteem, encouraging emotional expression without judgment, and fostering respect for different opinions.

**Knowledge and Awareness:** This theme highlights the acquisition of knowledge and awareness among the youth. They gain knowledge about subjects like virginity, sex, and rights, which could potentially impact their own future lives. The zones provide an opportunity for the youth to explore new perspectives, learn about unfamiliar topics, and develop a deeper understanding of themselves and the world around them.

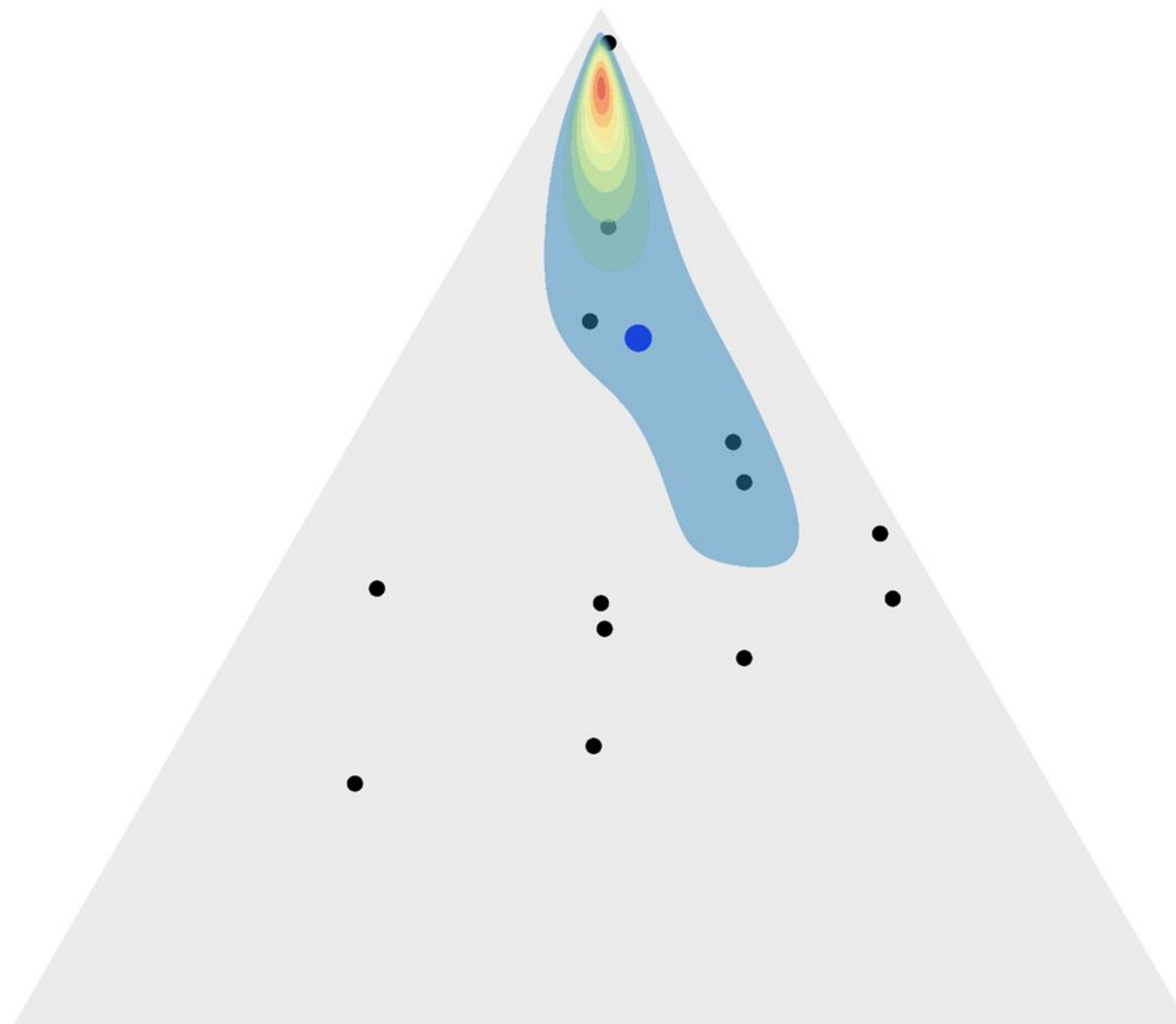
**Personal Growth and Identity Exploration:** This theme revolves around the personal growth and identity exploration experienced by the youth. They have the chance to identify their self-worth, recognize their value, and nurture it. Through the zones, they discover strategies and tools to meet their needs, develop a stronger sense of self-esteem.

**Creating a Safe and Open Environment:** This theme underscores the importance of creating a safe and open environment within the zones. The youth feel comfortable opening up, asking questions, and expressing themselves without fear of judgment.

**Positive Impact and Benefits:** This theme focuses on the positive effects and benefits of the zones. The youth become more self-aware, recognizing their needs and rights. They develop a willingness to learn and further explore their personal development, needs, and future.

Vilken påverkan tror du att deltagarna främst skulle uttrycka att zonen gett dem?

Psykisk hälsa och självkänsla



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For this triad, we can see that most respondents felt that all three elements were present, but 'Psykisk hälsa och självkänsla' was the most significant.

Styrka från  
ättighetsperspektivet

Relationer och  
gemenskap



## Har Fria Zoner gett de unga några andra fördelar?

**Stress Management:** Participants have learned tools to reduce and handle stress effectively. This includes relaxation exercises that help them relax better over time. The aim is to empower them to take control of their lives and influence their own well-being positively.

**Sense of Community:** The group setting has allowed participants to form new friendships and develop deeper connections with the adults involved. This sense of community creates a supportive environment where they feel understood and not alone.

**Increased Confidence:** Through various activities and exercises, participants have gained confidence in expressing themselves in front of others. This newfound confidence extends to making more independent decisions and becoming more daring in various aspects of their lives.

Overall, the program focuses on fostering emotional well-being, social connections, and personal empowerment among the participants.

### Exempel:

De har fått verktyg att minska stress, hantera stress när det kommer och framför allt att de KAN påverka sitt liv.

Stärkande av gruppen och en lättare kontakt med mig som kurator. Jag får en naturlig ingång liksom.

## Vad skulle du säga vara den största utmaningen för ungdomarna när de deltar i Fria Zoner?

The most prominent themes can be summarized as follows:

**Overcoming Fear of Expressing Emotions:** One of the significant challenges for the participants has been the fear of speaking openly about sensitive and forbidden topics in front of the group. This might involve missing other school subjects during "Zone" hours, leaving the class and friends, and feeling comfortable enough to talk about personal issues.

Building trust and feeling safe within the group have been crucial for many to open up and actively participate in the discussions.

**Building Confidence and Self-Expression:** Participants have faced the task of daring to take up space, share their innermost thoughts, and speak up for themselves. Formulating ways to improve and understand the underlying needs behind their emotions has also been a challenge. This includes addressing issues related to self-esteem and self-identification, especially concerning hand-related problems. They have also learned to talk about their experiences and begin to communicate more openly. **Social Interaction and Time Constraints:** The program takes place during school hours, which may cause time constraints and add pressure to the participants. Despite this, they have managed to overcome the social aspect of speaking in front of others and saying positive things about themselves. When a student is absent, others have had the opportunity to step up and contribute to the group discussions.

Overall, the program focuses on creating a safe and supportive environment where participants can develop confidence in expressing themselves, discussing sensitive topics, and building connections with others in the group. It aims to help them grow personally and emotionally while overcoming their fears and insecurities.

## Vilken del av Fria Zoner materialet skulle du säga är extra populärt? Varför?

De mest populära avsnitten har varit sex och relationer och de övningar som uppskattats mest är avslappningarna och sant och falskt övningarna.

Free you korten har också varit väldigt populära att jobba med.

The most popular themes and exercises were:

**Sexual Education and Relationships:** A significant focus of the program is on addressing questions and concerns related to sex, relationships, and sexual health. Many of the participants lack adults to talk to about these topics, especially as they enter their first relationships. This theme is characterized by the popularity of "True or False" questions and discussions around love, relationships, and sexual health.

**Interactive Exercises:** Participants have shown a strong preference for interactive exercises such as card games and forum games, like "True or False" and "Lovebombing." These activities provide a platform for them to ask and receive answers to anonymous questions about relationships and sex, fostering open and honest discussions.

**Breaking Taboos and Understanding Rights:** The program also aims to break taboos surrounding discussions on love, relationships, and sexual health. It highlights the importance of understanding one's rights in these contexts. This theme highlights the idea that these topics are often not adequately addressed in other settings, such as in the regular teaching within schools and at home.



## Vilken del av Fria Zoner materialet skulle du säga är minst populärt? Varför?

För en del har skalorna varit utmanande. Delen kring stress har också kunnat vara utmanande. Rättighetsdelen har varit minst populär. Det kan vara för att de redan känner till en hel del om ämnet.

Norms and Rights: The participants have a good understanding of norms and rights, making it a less challenging topic for them. There's a desire to elevate the material to a higher level.

Difficulty with Self-Reflection and Scales: Some participants had difficulty with self-reflection and working with scales. It was a challenge to explain the task clearly to everyone, and some struggled to grasp the concept.

Challenges with Written Work and Verbal Discussions: Some participants found it difficult to write answers to guidance questions and engage in verbal discussions, especially when there was a lot of talking involved.

More visual aids like images and video clips were suggested to enhance understanding.

## Vilken/vilka övningar i materialet anser du har störst påverkan på de unga? Varför?

Positive Impact of Relaxation Exercises and Self-Reflection: Participants found relaxation exercises, where they initially stressed themselves and then relaxed through self-reflection, to be a powerful experience. These exercises, along with activities related to norms and love, were particularly impactful. They helped participants manage stress and enhance their self-esteem.

Empowerment Through Discussion and Self-Expression: Engaging in discussions and exercises where participants took a stand on various statements had a positive impact. It empowered them by boosting their confidence in their knowledge and ability to express themselves. Lovebombing, although initially unfamiliar, had a lasting positive effect, encouraging them to reflect even after leaving the program.

Open Discussions on Relationships, Love, and Self-Esteem: Participants appreciated exercises related to relationships, love, sexual health, and self-esteem. These topics are often not easy to discuss openly among young people but are essential for their well-being. Building self-esteem and belief in oneself was highlighted as particularly impactful.

These themes collectively contribute to the personal growth and well-being of the participants.

Avslappning och " ta ställning" övningar. Många av dem är stressade och upptäcker att avslappning fungerar. Många elever tycker om att ta ställning till olika påståenden för de upptäcker att de kan mycket och att de kan formulera sig väl vilket stärker deras självkänsla.

de kan mycket och att de kan formulera sig väl vilket stärker deras självkänsla.

Relationer och sexuell hälsa, frågeställningar som inte är öppna för diskussion i alla kontexter.

## Vilken/vilka övningar i materialet anser du varit mest utmanande för de unga? Varför?

**Challenges with Homework Completion:** Homework assignments were often forgotten and not completed by some participants, indicating a need for improvement in this area.

**Challenges in Discussing Sexual Topics and Love:** Participants faced difficulties with discussions on sex, love, and personal compliments. Some found it uncomfortable or challenging to talk about these topics, especially those from non-Swedish cultural backgrounds.

**Struggles with Self-esteem and Self-confidence:** Building self-esteem, self-confidence, and self-discovery were common challenges. Many participants found it tough to open up and discover themselves, indicating a need for support in this aspect.

These themes highlight areas where participants may need additional guidance and support.

# Reflektera över din egen roll som zonledare. Vad har personligen gjort mest intryck på dig och påverkat/förändrat dig som mest?

**Transformation in Leadership Style:** The respondents experienced a significant shift in their leadership approach. They moved from leading groups with spontaneous conversations to a more structured approach. This change resulted in greater benefits for all participants and positively influenced their leadership skills not only during sessions but also in other school-related roles.

**Importance of Creating Safe Spaces for Quiet Students:** The text emphasizes the need to identify and support quiet students who may not draw attention to themselves but have significant needs for discussion and guidance. The author realized the importance of providing a safe forum for young people to open up.

**Continuous Learning and Growth:** The respondents highlighted the continuous learning and growth experienced through facilitating these sessions. This includes gaining knowledge, self-reflection, understanding cultural influences on young people, and developing effective communication skills.

Att se den förändring sin många deltagare genomgår. Vissa vågar inte säga så mycket i början men efter hand ser man hur de öppnar upp.

Min utmaning att inte leda grupperna som jag brukade göra, med spontana samtal, låta gruppens dynamik ta oss vidare, utan leda med struktur, hålla tider och följa materialets upplägg. Det var krävande i början men resultatet och vinsten för ALLA deltagare blev så mycket mer. Så mitt ledarskap förändrades- till dess bättre. Jag tycker att det har inte bara påverkat mig under träffarna utan även i annat arbete på skolan där mina kunskaper i ämnet togs tillvara och jag kunde påverka/stötta kollegor.



## Avsluta meningen "Att vara involverad i Fria Zoner är"...

att påverka ungars liv på riktigt.

livsviktigt

det absolut bästa och mest förebyggande med/i mitt jobb

fantastiskt

Lärorikt och väldigt roligt. Det är verkligen utvecklande för en själva också.

att vara starka tillsammans

Lärorikt, berikande, roligt

att få vara en liten beståndsdel i att göra skillnad för någon annan.

inspirerande

viktigt

att få vara en liten beståndsdel av en annan människas värld, att få växa och lära tillsammans men framförallt att få de unga att växa och hantera verktyg för att finna sig själva.

Ett viktigt jobb

Systerskap

Utmanande men lärorikt.

att känna sig trygg och veta att tips och stöd finns ett mail bort

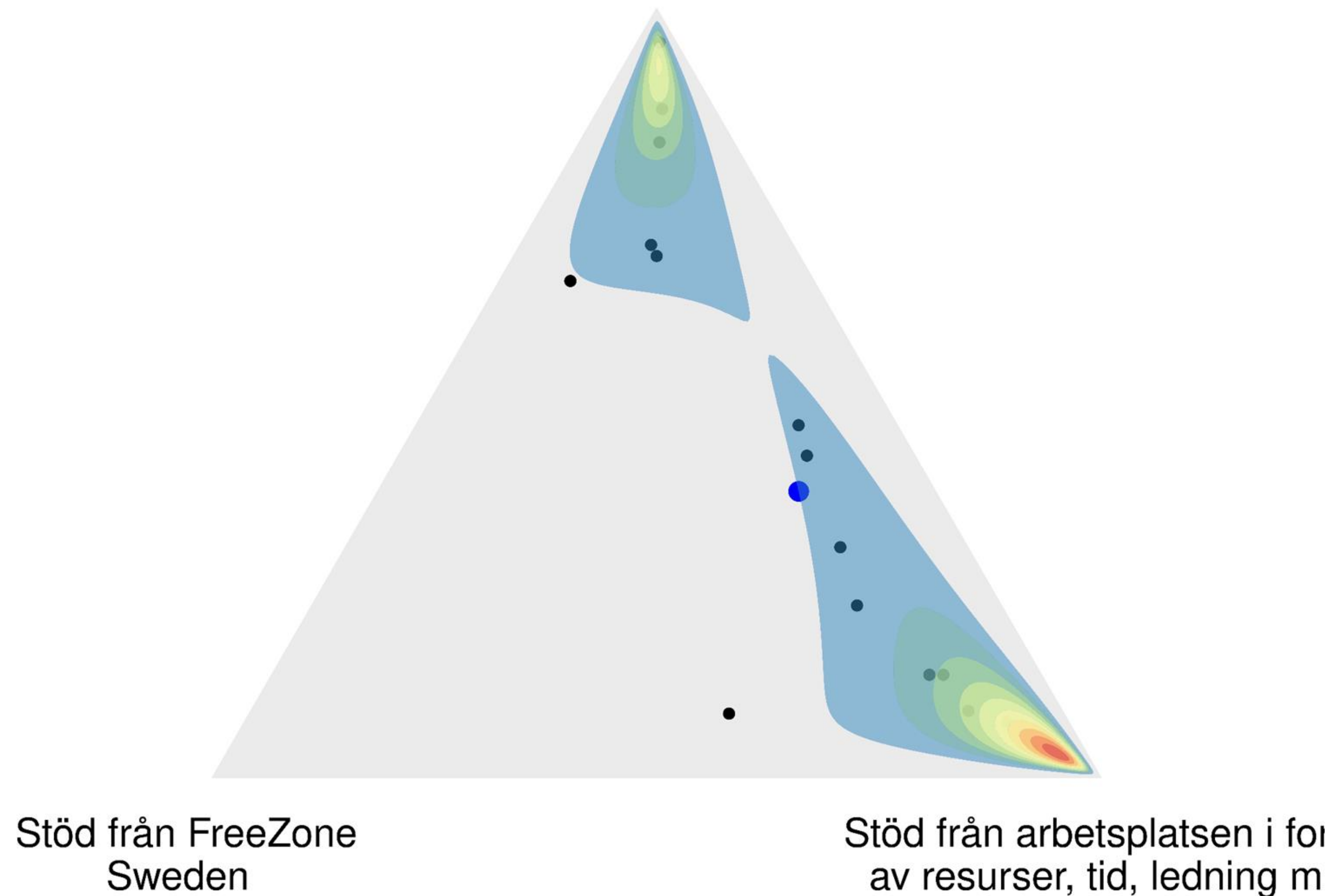
Spännande, utvecklande och en ögonöppnare även för oss vuxna.

Är det bästa redskapet som vi använd och som stärker våra unga.

att få bidra till ett bättre liv för unga!

Vad behöver du för att förbättra ditt arbete med Fria zoner på din arbetsplats?

Mer kunskap och trygghet i att arbeta med Hrv och Fria Zoner.



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For this triad, we can see that 'Stöd från arbetsplatsen i form av resurser, tid, ledning mm' is over all the strongest desire, with 'Mer kunskap och trygghet i att arbeta med Hrv och Fria Zoner' being very closely second.

## Vad skulle du med ett par meningar säga vara den större påverkan på arbetsplatsen av att du/ni utbildats till Fria zoner ledare och bedriver/bedrivit Fria Zoner?

**Impact on School Culture:** The program has influenced the entire school by changing perspectives on the subject. It has encouraged more people to consider the importance of the program's perspective on various issues.

**Challenges and Support for Fria Zoner:** While some express the positive impact of the conversation methodology, others highlight the challenges in maintaining its presence within the school organization. They emphasize the need for continuous support and recognition of the program's value.

**Benefits of Fria Zoner in Student Engagement and Well-being:** The absence of the program is noted to negatively affect student participation, community, and well-being. It is seen as having a positive impact on strengthening students in various ways, including their emotional well-being.

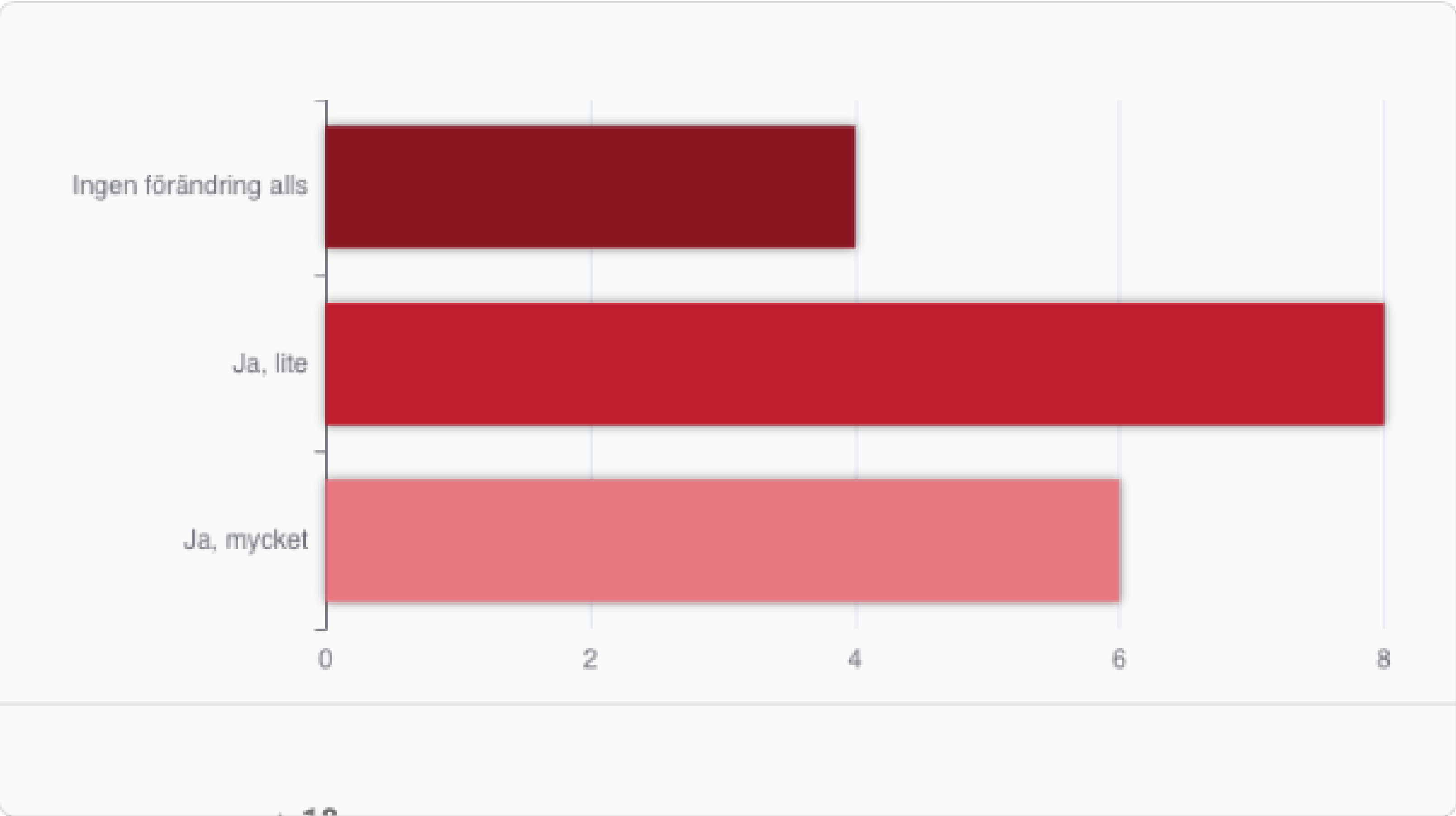
Det har påverkat hela skolan genom att fler har börjat se genom våra glasögon på ämnet och hrv nu finns med som en viktig del i vårt arbete ihop med att vi både vågar se och fråga.

Att vi har en metod som vi kan använda både hälsofrämjande och förebyggande och som vi kan lita oss mot när vi möter hedersrelaterade situationer.

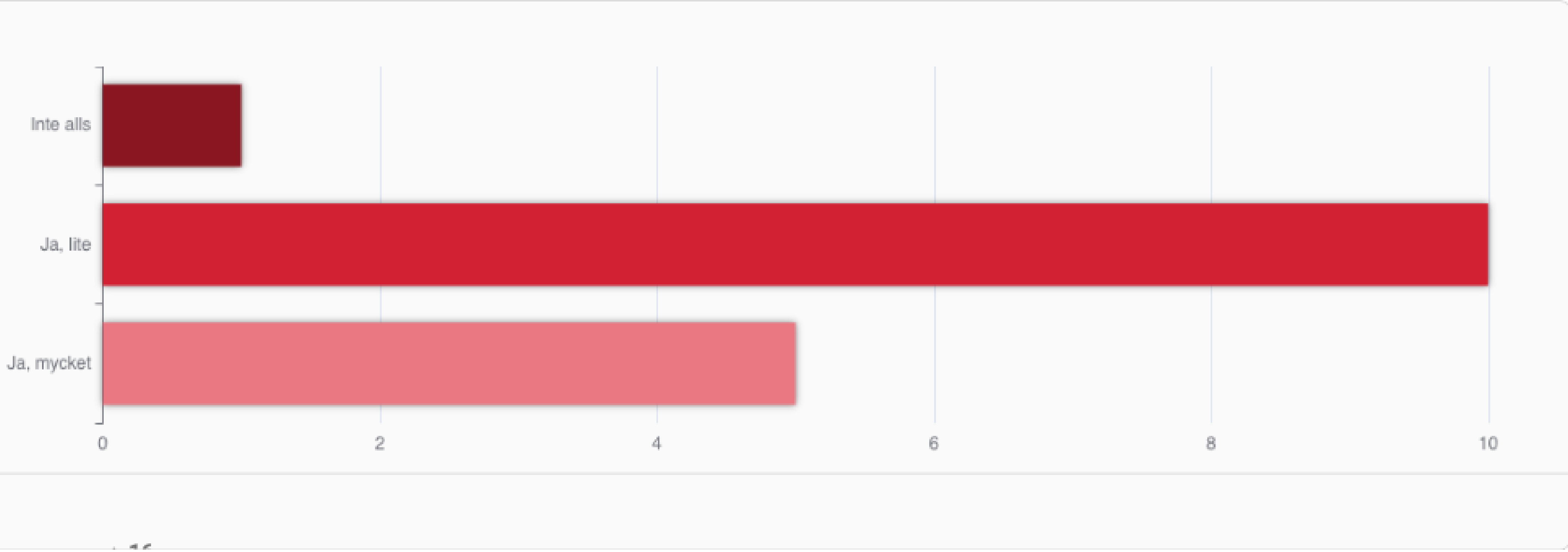
Det är A och O om ledningen stöttar Fria Zoner arbetet. Gör de inte det så riskerar hrv perspektivet att försvinna, liksom de positiva effekterna vi ser hos deltagarna.



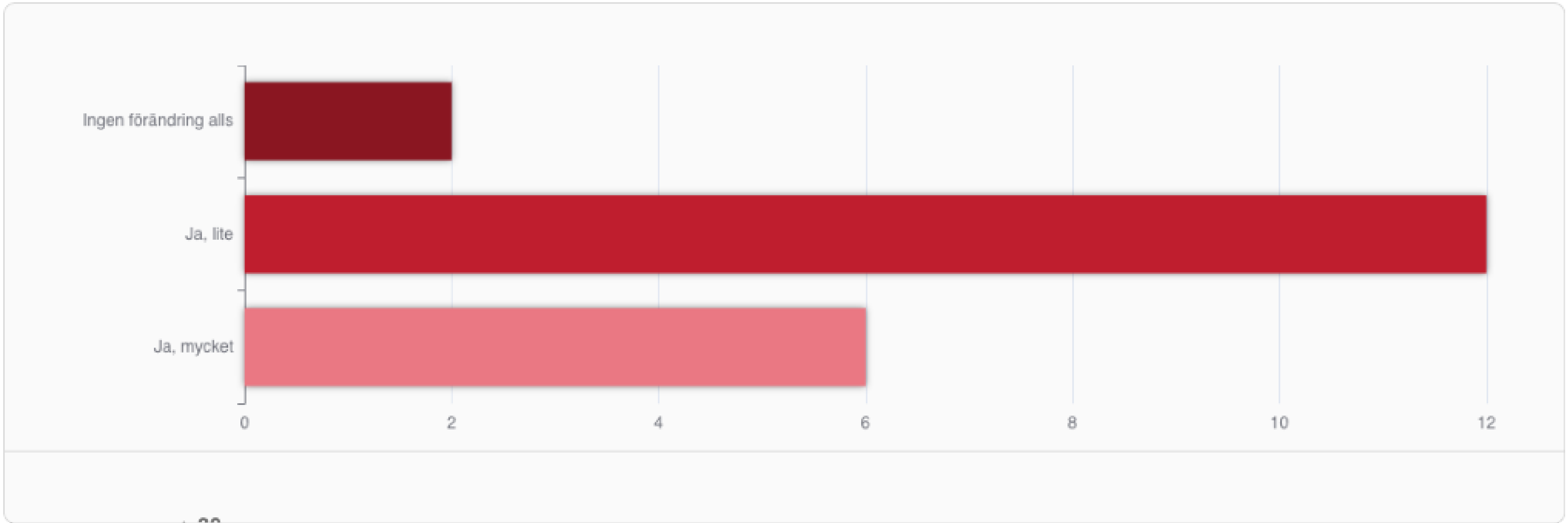
# Har din arbetsplats beredskap påverkats av din/ert samarbete med FreeZoneSweden?



Har antalet unga som ber om stöd, kopplat till hrv, förändrats kopplat till er ökade kunskap om hrv och arbete med Fria Zoner?



Har medvetenheten och synligheten på din arbetsplats kring unga som lever med hrv påverkats av ert Fria Zon arbete/utbildning?





# Section 2: Young people

# Summary of Before Survey

## Vad har du för förväntan på /önskar du få ut av att vara med i en Fri Zon?

- Increased self-esteem and liking oneself more.
- Less stress and more positive thinking.
- Being more self-assured.
- Getting to know oneself and the class better.

### Community and Social Interaction:

- Talking about important things and opening up more.
- Feeling welcome and accepted.
- Everyone should feel welcome and accepted.
- Everyone becoming better friends.

### Learning and Development:

- Learning new things.
- Developing and gaining more knowledge.
- Developing personal and social skills.

### No Specific Expectations or Wishes:

- Many participants do not seem to have specific expectations or wishes, but are open to see what happens.

### Other:

- Wanting to skip classes or have easier classes to feel better.

In summary, participants' expectations and wishes are related to personal growth and self-esteem, creating a sense of community and increasing social interactions, as well as the opportunity to learn and develop together. Many are open to seeing what happens and seem to have a positive attitude towards participating in the group or activity.



## När jag gått färdigt Fria Zoner vill jag ha förändrat.....

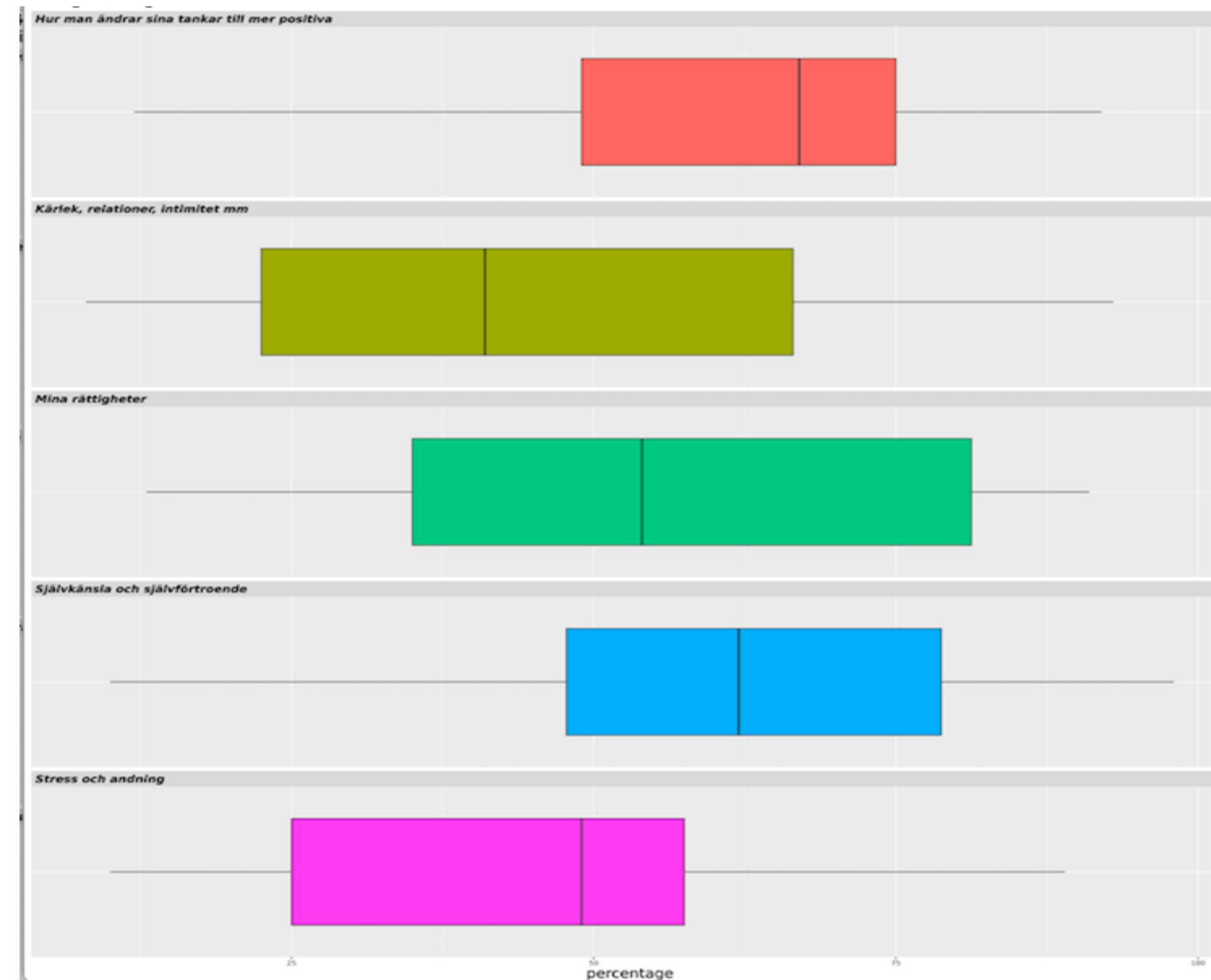
Themes: Self-confidence, self-esteem, personal growth, mindset, self-awareness, stress management, improving self-image, learning, contentment, mood, well-being, becoming calmer and kinder, with many being unsure of what they would like to change or develop as a result of taking part

Fortsätta att stå upp för den jag är och förverkliga mina drömmar i livet.

Klicka och dra de färgade etiketterna på skalan dit du tycker det passar bäst med dina förväntningar och vad som är viktigt för dig.

On average 'Hur man ändrar sina tankar till mer positiva' was rates the highest/ most important.

'Kärlek, relationer, intimitet mm' was rated the lowest on average, but over all, all of the topics were seen to be relatively important



Att lära mig om detta har inte varit viktigt för mig

Att lära mig om detta har varit jätteviktigt för mig



## Det jag framförallt vill få ut av Fria Zoner är:

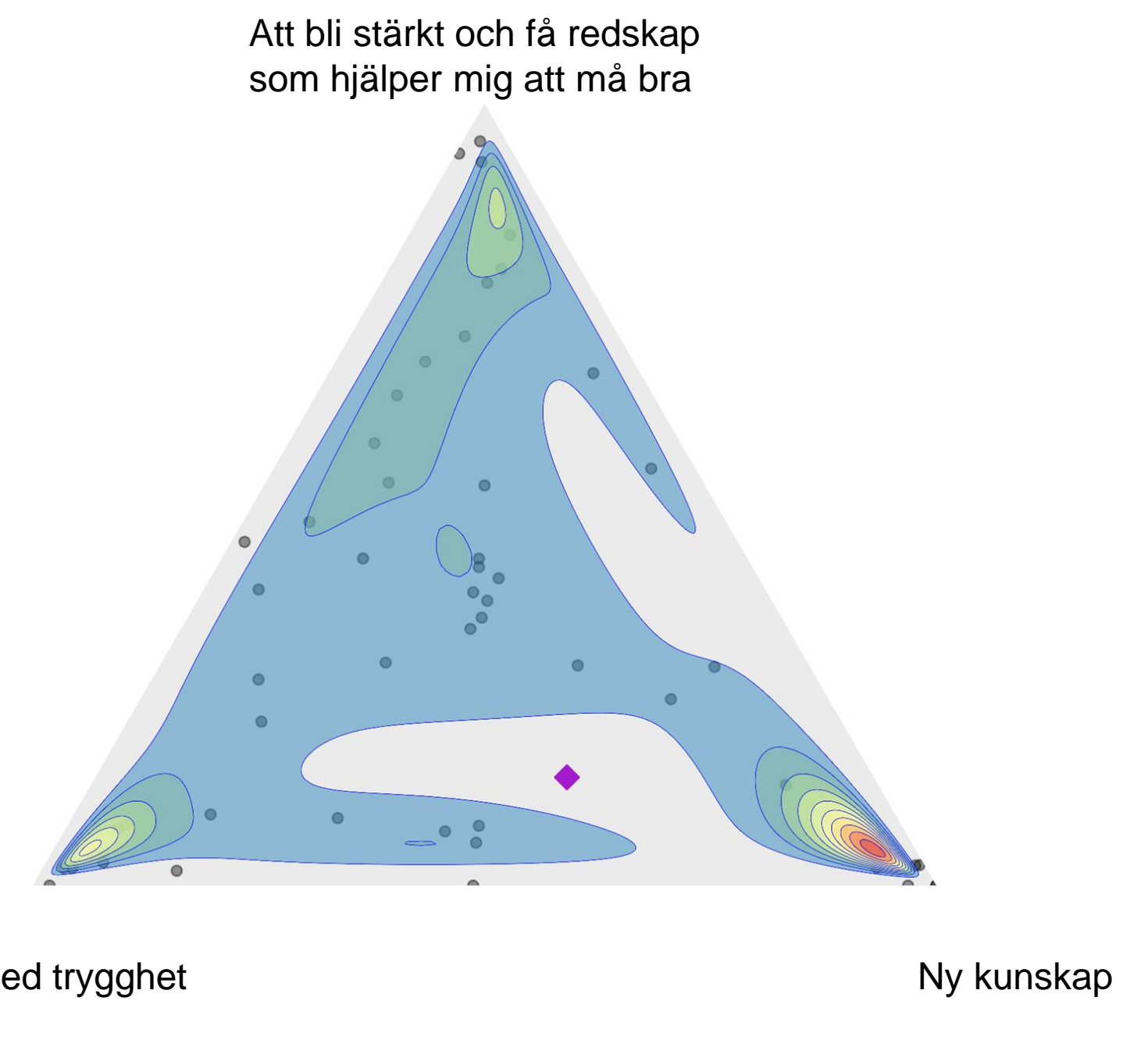
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**Heatmaps:** a type of graphical visualisation that looks at the density of responses. It's largely used to understand where there are common beliefs or experiences that cluster together, this might indicate a cultural pattern or area of impact. The red the shading shows where stories are most densely clustered.

The larger purple dot shows the average across the whole group.

This triangle shows that people had mixed ideas about what they wanted to get out of the Fria Zoner, but 'Ny kunskap' was weighted the strongest



# Summary of After Survey

## Om en vän skulle vilja gå med i en Fri zon, vad skulle du då säga för att uppmuntra eller avråda hen att gå med?

Encouragement to Participate: Many responses express encouragement for others to join the Free Zone program, highlighting its benefits such as learning, reflection, and a break from regular classes.

Benefits Mentioned:

- Learning Opportunities: Participants mention gaining new knowledge and insights during the sessions.
- Break from Classes: It is noted as a positive to have a break from regular lessons to explore the things that matter to the young people

Personal Experiences:

- Sharing: Some share their positive experiences attending the Free Zone, which includes learning, reflecting on thoughts, and feeling supported.

Focus on Personal Growth:

- Self-Expression: Encouragement to express feelings and thoughts in a safe environment.
- Reflection: Discussions about sensitive or personal topics, emphasizing self-awareness and reflection.
- Building Confidence: Mentions of improving self-esteem and confidence through participation.

Community and Support:

- Sense of Community: Participants talk about feeling a sense of community, support, and camaraderie within the Free Zone.
- Peer Influence: Encouragement to join if a friend is interested, suggesting it as a way to connect with others.

These key areas highlight the positive aspects of the Free Zone program, focusing on personal growth, learning, community, and the supportive environment it provides.

*De borde pröva gå med i en Fri Zon för man lär sig något och man kan uttrycka sina känslor där vilket är bra.*

*Jag tycker er värdegrund är viktig och jag skulle yrka min vän att gå för att känna gemenskap, stöd och att de kan få hjälp med att lita på och tro sig själv*

*Att en Fri zon är för alla oavsett bakgrund .*

*Det är kul och i Fria Zoner kan man ställa frågor som man inte vågat ställa.*

*Att det kan hjälpa med ganska mycket, även om man väljer att vara helt tyst så kan man bara lyssna och lära sig nya saker och förstå att du inte är själv om tankarna man pratar om i Fria Zonen.*

## Vad tyckte du var extra bra med Fria Zoner?

**Community Building:** Participants appreciated the sense of community fostered by the program. They enjoyed talking to each other, feeling a sense of togetherness, and engaging in deep conversations.

**Self-Esteem and Learning Environment:** The regularity of the program and the opportunity to skip class and relax were seen as beneficial to self-esteem. Participants liked the break from traditional lessons and enjoyed learning new things in a different environment.

**Fun and Activities:** The program included activities such as coffee breaks, games, and various exercises. Participants found these activities enjoyable and engaging.

**Inclusivity:** There was a positive response to the inclusive nature of the program, where activities were done as a class rather than separating by gender.

**Learning Opportunities:** Participants appreciated the chance to learn about a variety of topics, including societal issues, love, stress, rights, and the body.

**Open Communication:** Participants valued the opportunity to freely express themselves without judgment. They could share their thoughts and feelings, ask questions, and hear others' opinions, creating a supportive and open atmosphere.

**Personal Growth and Development:** The program was seen as beneficial for personal development, providing opportunities for learning, self-expression, and reflection.

**Reward and Recognition:** Participants mentioned receiving a certificate at the end of the program, indicating a sense of achievement and recognition for their participation.

In summary, the key themes include community building, self-esteem, enjoyable activities, inclusivity, learning opportunities on various topics, open communication, personal growth, and recognition. Participants found the program to be beneficial for their development and appreciated the supportive environment it offered.



## Vad tycker du hade kunnat göras annorlunda/bättre?

### Desire for More Engagement and Variety:

- Participants express a desire for more engaging activities, such as more play, discussions about interesting topics, and different exercises.
- They suggest being in smaller groups for better interaction and communication.

### Positive Satisfaction with the Program:

- Most participants express satisfaction and contentment with the program, mentioning that they are already perfect or very good.
- Some participants appreciate the free zones, noting that they were beneficial because they weren't just about sitting and talking but also included different exercises and discussions.

## Vad har varit den största utmaningen/svårigheten för dig att vara med i Fria zoner?

### Expressing Emotions and Thoughts:

- Participants found it challenging to put their feelings into words.
- They struggled with speaking up, especially about uncomfortable topics.
- Some mentioned the difficulty of expressing themselves in front of others, particularly in the beginning.

### Self-Expression and Confidence:

- Participants mentioned the challenge of challenging themselves and being brave to say what they think.
- They found it difficult to speak in front of others and maintain concentration.
- Some expressed a desire to learn how to apply the concepts learned in the program in their everyday lives.

### Engaging in Discussions and Activities:

- Participants noted the challenge of focusing all the time during discussions and activities.
- Some found it difficult to participate in discussions or ask questions.
- There were mentions of finding it hard to avoid laughing during certain activities or discussions.

Many of the responses state that they were able to overcome these challenges through the programme.

## Vilken/vilka träffar tycker du har varit de bästa? Varför?

**Enjoyment of Varied Activities:** Participants appreciated a variety of activities, including breathing exercises, games, and discussions. They enjoyed the different formats and settings of the meetings, such as when they were divided into groups, had coffee breaks, played games, and engaged in discussions.

**Learning and Engagement:** There was a strong emphasis on learning and engagement through asking questions to learn new things. Participants found value in the meetings where they could learn about rights, self-esteem, relationships, stress, and the body. They also enjoyed the meetings where they sat in a circle and answered questions, finding it fun and insightful to hear others' perspectives.

**Positive Feedback on Meetings:** Overall, participants gave positive feedback about the meetings, describing them as equally good, enjoyable, and beneficial. They appreciated the mix of topics discussed, such as self-esteem, stress, and relationships. Some specifically mentioned the first meeting as particularly positive, where they discussed self-esteem and confidence.

## Vilken/vilka övningar tycker du har gett dig mest?

**Breathing Exercises:** Many participants mentioned various forms of breathing exercises, such as closing eyes and breathing for relaxation, jogging, and specific techniques to induce relaxation.

**Affirmations and Positive Thinking:** There were mentions of changing thoughts to be more positive, compliment exercises, and the importance of relaxation in promoting positive mental states.

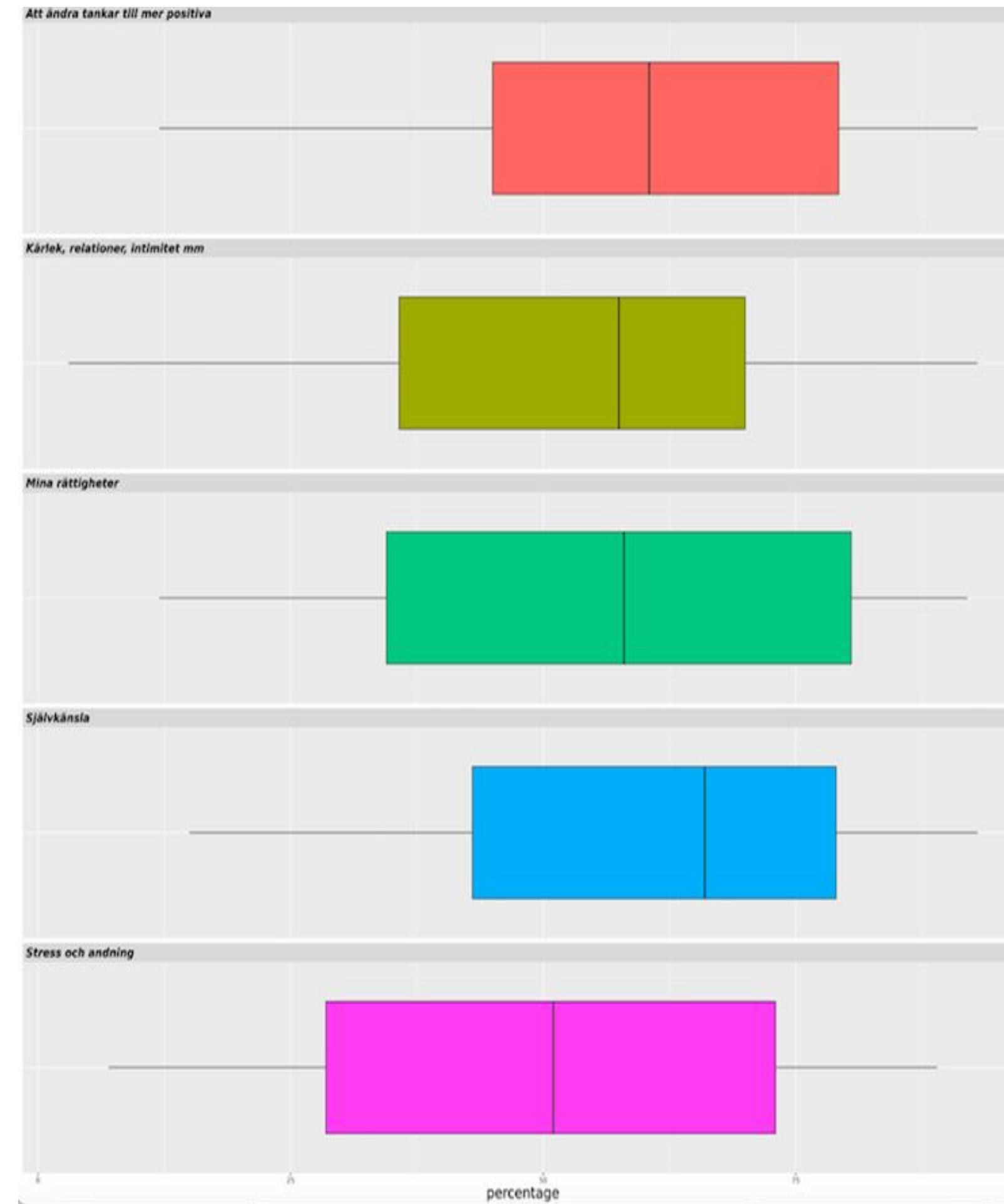
**Various Activities in Free Zone:** Participants discussed different activities and games conducted in Free Zone sessions, like standing in a line for statements, four corners, and other practical exercises that helped in discussions about rights, relationships, and being oneself.

These themes suggest a focus on practical techniques for relaxation and positive mental states were most beneficial.

Klicka och dra de färgade etiketterna på skalan utifrån hur viktigt det har varit för dig att lära dig om just detta.

All options had an average rating of over 50%, suggesting they are all seen as important, “Självkänsla“ had the highest average rating

Att lära mig om detta har inte varit viktigt för mig



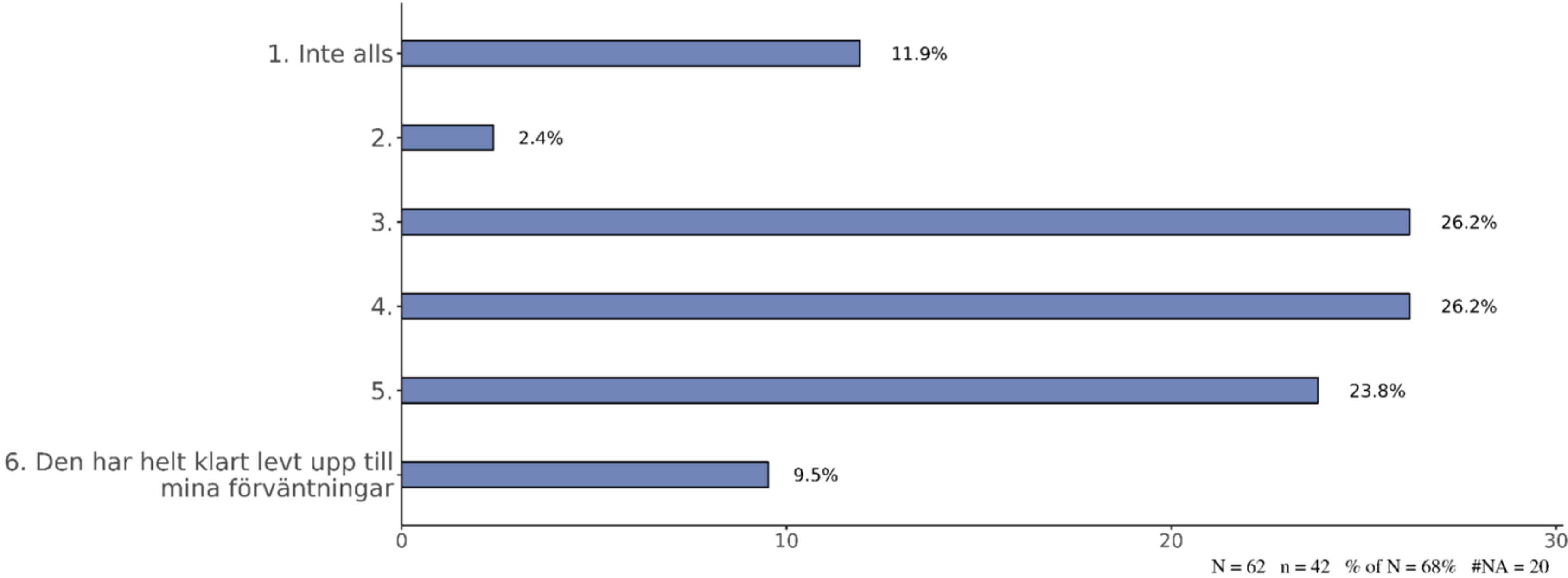
Att lära mig om detta har varit jätteviktigt för mig





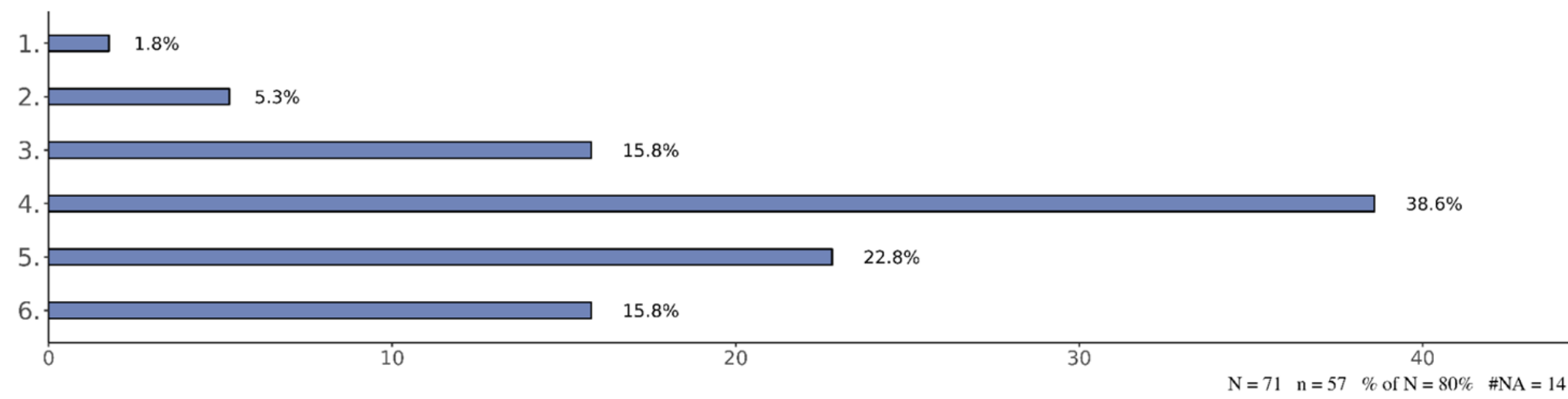
# Impact and Comparison

**Om du ser tillbaka till vad du hade för förväntning med att vara med i en Fri Zon, hur pass har zonen levt upp till din förväntning?**



1. Påståendet stämmer inte alls med dig och din upplevelse ← → 6. Påståendet stämmer helt med dig och din upplevelse

**Jag har god kunskap om och känner till mina rättigheter.**



**Jag har god kunskap om och känner till mina rättigheter.**

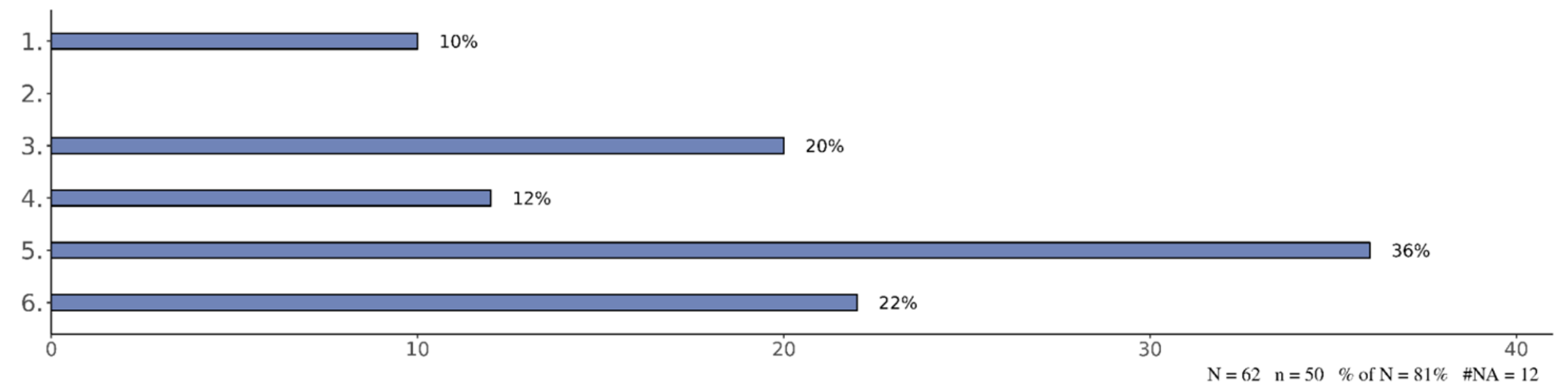
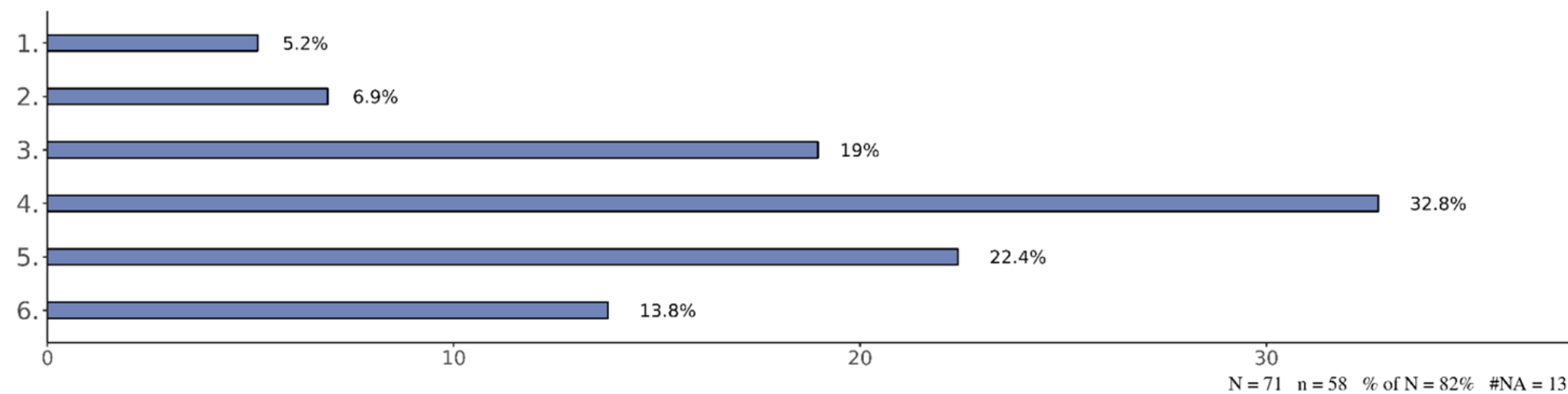


Figure 1: (above) The modal average increased from 4 to 5

**Jag har en god kunskap om stress och dess påverkan av mäendet och livet**



**Jag har en god kunskap om stress och dess påverkan av mäendet och livet**

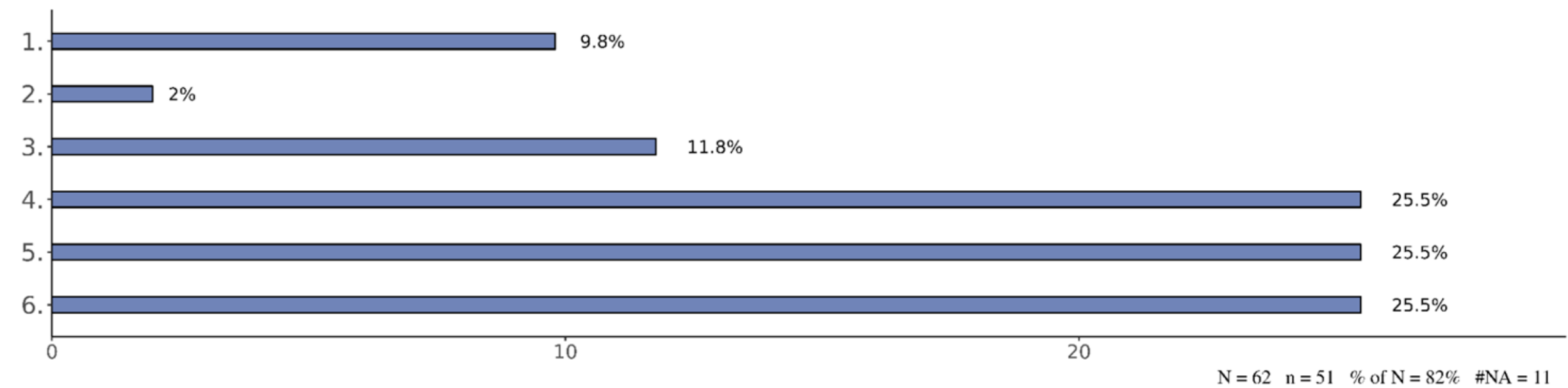


Figure 2 The modal average increased from 4 to 4,5 & 6 equally

# Summary

Overall, the results show that the young people have benefited greatly from taking part in the Free Zones, although at the beginning many of them were unsure of what to expect, responses show that they developed key skills and knowledge to manage their well-being, feel better about themselves and to express themselves better and connect with others.

Overall, the sentiment is mostly positive, with expressions of enjoyment, learning, and fun. There are some neutral expressions like "okay" and a few negative or uncertain sentiments, but the majority of the responses indicate a positive experience in the Free Zone activities.

- "kul och intresant" (fun and interesting)
  - "kul" (fun)
  - "Roligt och lärorikt" (fun and educational)
  - "lärorikt" (educational)
  - "bra kul och roligt" (good, fun, and enjoyable)
  - "jätte roligt och lärorikt" (very fun and educational)
  - "en jättebra erfarenhet för mig" (a great experience for me)
  - "roligt och jag har fått nya kunskaper och önskar att jag kunde ha det igen" (fun and I have gained new knowledge and wish I could do it again)
- 
- "ibland har det varit kul när vi lekte men annars var det tråkigt" (sometimes it was fun when we played but otherwise it was boring)
  - "Ganska svår att förstå vad det var vi egentligen gjorde" (Quite difficult to understand what we actually did)

# Conclusion

The majority of Zone leader respondents attended the Free Zone training in person and provided positive feedback on the value of the training and skills development in both the leaders and young people and its impact on personal growth.

However, there were also mentions of some participants not completing certain activities, suggesting a need for improvement in that area.

The evaluation also highlighted the effectiveness of practical techniques for relaxation and positive mental states. Participants discussed activities and games conducted in Free Zone sessions, such as complement exercises and relaxation exercises, which were highly appreciated.

The "Free You" cards were also popular tools for self-reflection and exploration. Furthermore, the program's impact on school culture was significant, leading to changes in perspectives and encouraging more people to consider its importance.

Challenges identified included overcoming the fear of expressing emotions, building trust within the group, and discussing sensitive topics.

Recommendations include continuous support and recognition from the school organization and the use of visual aids to enhance understanding.

Overall, the findings emphasize the value of practical tools and methods, support from the workplace (for zone Leaders), and addressing mental health and self-esteem in the Free Zone program. These insights can inform future enhancements.