

PREVENTION STRATEGIES

Overview



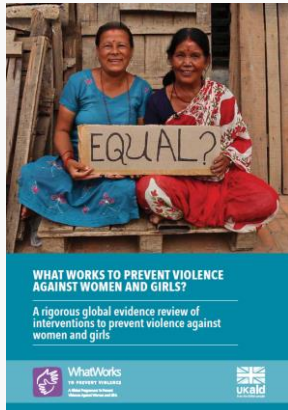
PREVENTIONCOLLABORATIVE



In this topic, we will provide a brief overview of prevention strategies that have proven effective at reducing violence.

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PREVENTION IS POSSIBLE



Relationship skills strengthened
Empowerment of women
Services ensured
Poverty reduced
Environments made safe
Child and adolescent abuse prevented
Transformed attitudes, beliefs, and norms

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Over the last two decades, a range of programmes to prevent violence against women have been developed and tested. While no single programme has prevented violence entirely, various interventions have proven effective at reducing it—measured by decreases in experiences of violence reported by women and perpetration of violence reported by men.

Different organisations and frameworks, such as the RESPECT framework developed by the World Health Organization and UN Women, use different ways to categorise violence against women prevention programmes depending on the types of violence they address, who they engage, and how they work.

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PREVENTION STRATEGIES



Policy and structural change



Media & Edutainment
(+ Group Education)



Community Mobilisation



Parenting Programmes



Couples Programmes



Economic Transfers



Addressing Harmful Alcohol Use



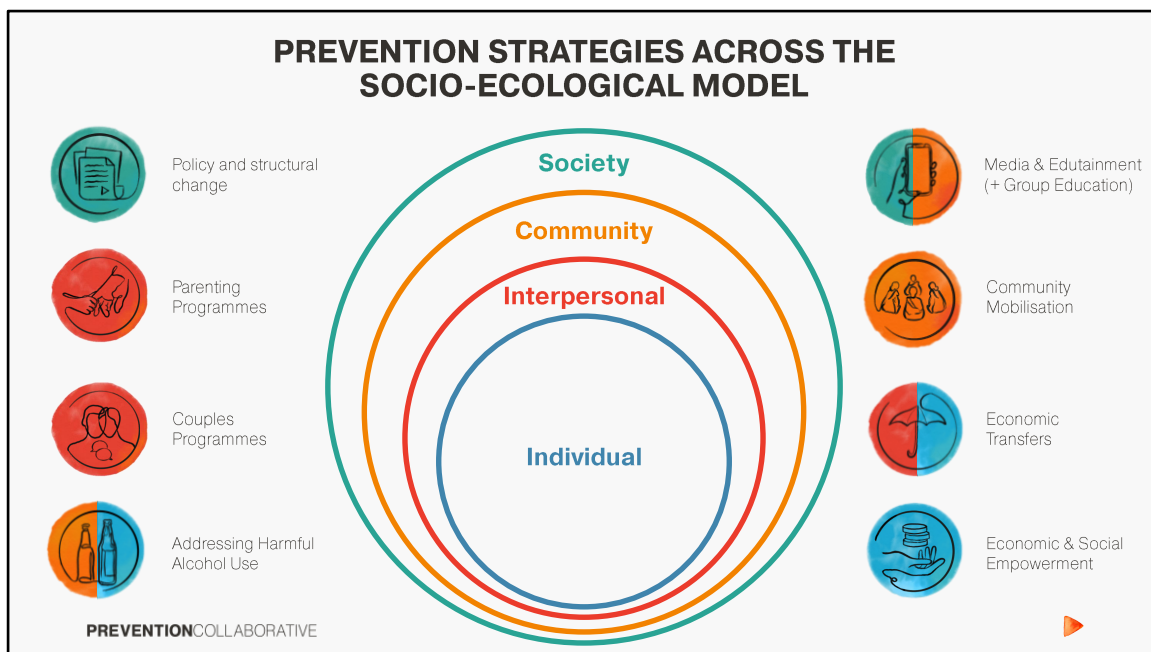
Economic & Social Empowerment

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At the Prevention Collaborative, we've grouped programmes into eight prevention strategy categories currently used in the violence against women prevention field, with a focus on strategies that seek to prevent intimate partner violence. This list of prevention strategies is not exhaustive and continues to grow as more evidence and learning emerges on what works to prevent violence.

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Here, we mapped the prevention strategies onto the socio-ecological model to show the primary levels each strategy uses as an entry point to reduce violence.

- At the **individual level** (the circle in blue), prevention strategies include addressing individuals' harmful alcohol use, fostering women and girls' social and economic empowerment, and using economic transfers to reduce household poverty and economic tensions.
- At the **interpersonal level** (in red), couples or parenting programmes work with groups of men and women following participatory curricula designed to foster critical reflection, build relationship skills, and shift attitudes and behaviours over time.
- At the **community level** (in orange), there are programmes that work to foster new positive norms around gender and combatting violence against women through community mobilisation and edutainment.
- And, finally, at the **society level** (the circle in green), many programmes focus on changing laws that discriminate against women, such as those on marriage, divorce, and inheritance rights for land and property.

You'll note that several strategies are mapped to more than one level, shown by having more than one colour. This has to do with the specifics of the intervention: for example, addressing harmful alcohol use can be a programme at the individual level, while regulation of alcohol outlets can be an intervention at the community level.

COUPLES' PROGRAMMES



- Usually follow an intensive curriculum of 10 to 20+ participatory sessions delivered by trained facilitators
- Focus on building healthy, violence free relationships through (1) critical reflection about gender and power dynamics and (2) relationship skills building
- Growing evidence that programming can be delivered safely to couples

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Let's take a look at one of these prevention strategies: couples' programmes.

Recognising that women's risk of violence is higher when power relations are unequal and when there is high relationship conflict and poor communication, couples' programmes work with both members of a heterosexual couple to promote healthy relationships. They are typically group-based and follow a curriculum of workshops focused on fostering critical reflection about gender and power dynamics and building knowledge and skills for healthy, non-violent relationships.

While historically there has been some hesitancy in working with couples due to fear that it would increase women's risk in already violent relationships, evidence shows that carefully designed and implemented couples' programmes can transform gender relations and reduce violence both against women and against children, contributing to breaking cycles of violence.

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COUPLES' PROGRAMMES: *INDASHYIKIRWA*

CARE Rwanda, Rwanda Women's Network, and Rwanda Men's Resource Centre

Four key components

- 21 session couples' training – recruited from village savings and loans associations (VSLAs)
- Subset of couples trained in community mobilisation and activism (adaptation of SASA!)
- 14 women's safe spaces opened at sector level to assist victims
- Sensitisation of opinion leaders

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The *Indashyikirwa* programme in Rwanda is a real-life example of a couples' programme.

Indashyikirwa was designed to reduce levels of intimate partner violence as well as to improve response services and support for survivors. The programme works by shifting attitudes and behaviours at the **individual** and **interpersonal** levels, as well as by transforming wider social norms that tolerate violence and underpin inequalities between men and women.

Heterosexual couples were recruited from village savings and loans associations and enrolled in a 21-session curriculum over five months. In each group, a male and a female facilitator worked together to deliver the curriculum to 15 couples. The curriculum used a framework focused on exploring positive and negative uses of power, gender relations, and skills building. It included sessions on addressing key triggers of intimate partner violence, including intoxication, jealousy, and disagreements over money. Some couples were also trained to be community activists and engage other community members in dialogue and activities around power, gender, and violence against women.

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Couples' training vs VSLA alone

55%

Decrease in experiences of intimate partner violence reported by women

47%

Decrease in perpetration of intimate partner violence reported by men

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Among couples who participated in the couples' training, there was a 55 percent reduction in the odds of women reporting experiences of physical and/or sexual intimate partner violence and a 47 percent reduction in the odds of men reporting perpetration of physical and/or sexual intimate partner violence.

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PREVENTION STRATEGY DEEP DIVES



Couples
Programmes



Parenting
Programmes



Economic & Social
Empowerment

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Coming soon! We will offer deep dives on effective prevention strategies on the Prevention Collaborative Learning Lab: <http://learn.prevention-collaborative.org>.

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feminist inspired | evidence driven