

Preventing violence against women

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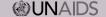














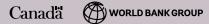












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RESPECT women:

Preventing violence against women

























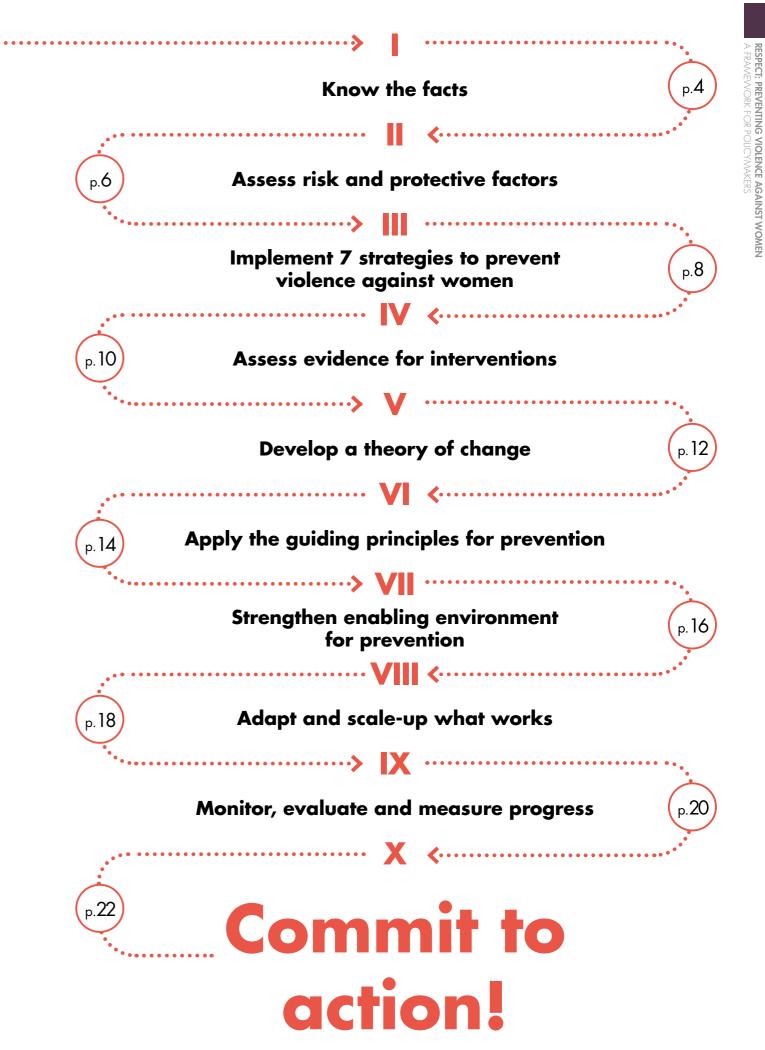




Introduction

The primary audience for this document is policymakers. Programme implementers working on preventing and responding to violence against women will also find it useful for designing, planning, implementing, and monitoring and evaluating interventions and programmes.

Table of contents



RESPECT: PREVENTING VIOLENCE AGAINST WOMEN

Know the facts

Violence against women (VAW) is a **violation of human rights**, is rooted in gender inequality, is a **public health problem**, and an impediment to sustainable development.

Nearly 1 in 3 (35%) women worldwide have experienced physical and/or sexual violence by an intimate partner or sexual violence, not including sexual harassment, by any perpetrator.

Globally, **30%** of women have experienced physical and/or sexual violence by an intimate partner in their lifetime.

Adolescent girls, young women, women belonging to ethnic and other minorities, transwomen, and women with disabilities face a **higher risk** of different forms of violence.

Humanitarian emergencies may exacerbate existing violence and lead to additional forms of violence against women and girls. Globally between 38%-50% of murders of women are committed by intimate partners. Violence negatively affects women's physical and mental health and well-being. It has social and economic consequences and costs for families, communities and societies. Low education, exposure to violence in childhood, unequal power in intimate relationships, and attitudes and norms accepting violence and gender inequality increase the risk of **experiencing** intimate partner violence and sexual violence Low education, child maltreatment or exposure to violence in the family, harmful use of alcohol, attitudes accepting of violence and gender inequality increase risk of perpetrating intimate partner violence. The majority (55-95%) of women survivors of violence do not disclose or seek any type of services. Violence against women and girls is **preventable**. To prevent violence, mitigate the risk factors and amplify the protective factors.

Assess the risk & protective factors

Risk **Factors**

Discriminatory laws on property ownership, marriage, divorce and child custody

Low levels of women's employment and education

Absence or lack of enforcement of laws addressing violence against women

Gender discrimination in institutions (e.g. police, health)

SOCIETAL

Availability of drugs, alcohol

Harmful gender

male privilege

High levels of

unemployment

High rates of

violence and

crime

poverty and

autonomy

norms that uphold

and limit women's

and weapons

COMMUNITY

High levels of inequality in relationships/ male-controlled relationships/ dependence on partner

Men's multiple sexual relationships

Men's use of drugs and harmful use of alcohol

Childhood experience of violence and/ or exposure to violence in the family

Mental disorders

Attitudes condoning or justifying violence as normal or acceptable

INTERPERSONAL

INDIVIDUAL

SOCIETAL

COMMUNITY

INTERPERSONAL INDIVIDUAL

Laws that:

• promote gender equality

promote women's access to formal employment

address violence against women

Norms that support nonviolence and gender equitable relationships, and promote women's empowerment

Intimate relationships characterized by gender equality, including in shared decisionmaking and household

responsibilities

Non-exposure to violence in the family

Secondary education for women and men and less disparity in education levels between women and men

Both men and boys and women and girls are socialized to, and hold gender equitable attitudes

Protective Factors

Relationships skills strengthened

Group-based workshops with women and men to promote egalitarian attitudes and relationships



Couples counselling and therapy





Empowerment of women

Empowerment training for women and girls including life skills, safe spaces, mentoring



Inheritance and asset ownership policies and interventions



Micro-finance or savings and loans plus gender and empowerment training components





EXAMPLE

Group-based Workshops

In the two-year period following the implementation of Stepping Stones in South Africa with female and male participants aged 15-26 years, men were less likely to perpetrate intimate partner violence, rape and transactional sex in the intervention group compared to the baseline.

EXAMPLE

Microfinance plus gender and empowerment

The IMAGE project (Intervention with Microfinance for Aids and Gender Equity) in South Africa empowers women through microfinance together with training on gender and power and community mobilization activities. Studies show it reduced domestic violence by 50% in the intervention group over a period of two years. At US\$244 per incident case of partner violence averted during a 2-year scale up phase, the intervention is highly cost-effective.

Services ensured

Empowerment counselling interventions or psychological support to support access to services (i.e. advocacy)





Alcohol misuse prevention interventions









Hotlines



One-stop crisis centres



Perpetrator interventions





Women's police stations/units





Screening in health services





Sensitization and training of institutional personnel without changing the institutional environment





EXAMPLE

Advocacy for survivors

The Community Advocacy Project in Michigan and Illinois, United States, is an evidence-based program designed to help women survivors of intimate partner abuse re-gain control of their lives. Trained advocates provide advocacy and individually tailored assistance to survivors so that they can access community resources and social support. The intervention was found to lower recurrance of violence and depression and improve quality of life and social support. Two years after the intervention ended, the positive change continued.y

Poverty reduced

Economic transfers, including conditional/ unconditional cash transfers plus vouchers, and in-kind transfers



Labour force interventions including employment policies, livelihood and employment training



Microfinance or savings interventions without any additional components





EXAMPLE

Environments made safe

Infrastructure and transport



Bystander interventions

H L

Whole School interventions



Child and adolescent abuse prevented

Home visitation and health worker outreach



Parenting interventions



Psychological support interventions for children who experience violence and who witness intimate partner violence



Life skills / school-based curriculum, rape and dating violence prevention training





Transformed attitudes, beliefs, and norms

Community mobilization



Group-based workshops with women and men to promote changes in attitudes and norms



Social marketing or edutainment and group education





Group education with men and boys to change attitudes and norms





Stand-alone awareness campaigns/single component communications campaigns





Economic transfers

In Northern Ecuador, a cash, vouchers and food transfer programme implemented by the World Food Programme (WFP) was targeted to women in poor urban areas, intending to reduce poverty. Participating households received monthly transfers equivalent to \$40 per month for a period of 6 months. The transfer was conditional on attendance of monthly nutrition trainings. The evaluation showed reductions in women's experience of controlling behaviours, physical and/or sexual violence by intimate partners by 19 to 30%. A plausible mechanism for this was reduced conflict within couples related to povertyrelated stresses F

EXAMPLE

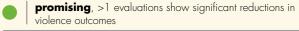
Right to play - preventing violence among and against children in schools

In Hyderabad (Sindh Province), Pakistan, a right to play intervention reached children in 40 public schools. Boys and girls were engaged in play-based learning providing them opportunity to develop life skills such as confidence, communication, empathy, coping with negative emotions, resilience, cooperation, leadership, critical thinking and conflict resolution that help combat conflict, intolerance, gender discrimination and peer violence. An evaluation showed decreases in peer victimization by 33% among boys and 59% among girls at 24 months post intervention; in corporal punishment by 45% in boys and 66% in girls; and in witnessing of domestic violence by 65% among boys and by 70% in girls.°

EXAMPLE

Community Mobilizations SASA! is a community intervention in Uganda that prevents violence against women by shifting the power balance between men and women in relationships. Studies show that in SASA! communities 76% of women and men believe physical violence against a partner is not acceptable while only 26% of women and men in control communities believe the same. At the cost of US\$ 460 per incident case of partner violence averted in trial phase, intervention is cost-effective and further economies of scale can be achieved during scale-up.

LEGEND⁴



more evidence needed, > 1 evaluations show improvements in intermediate outcomes related to violence



no evidence, intervention not yet rigorously evaluated

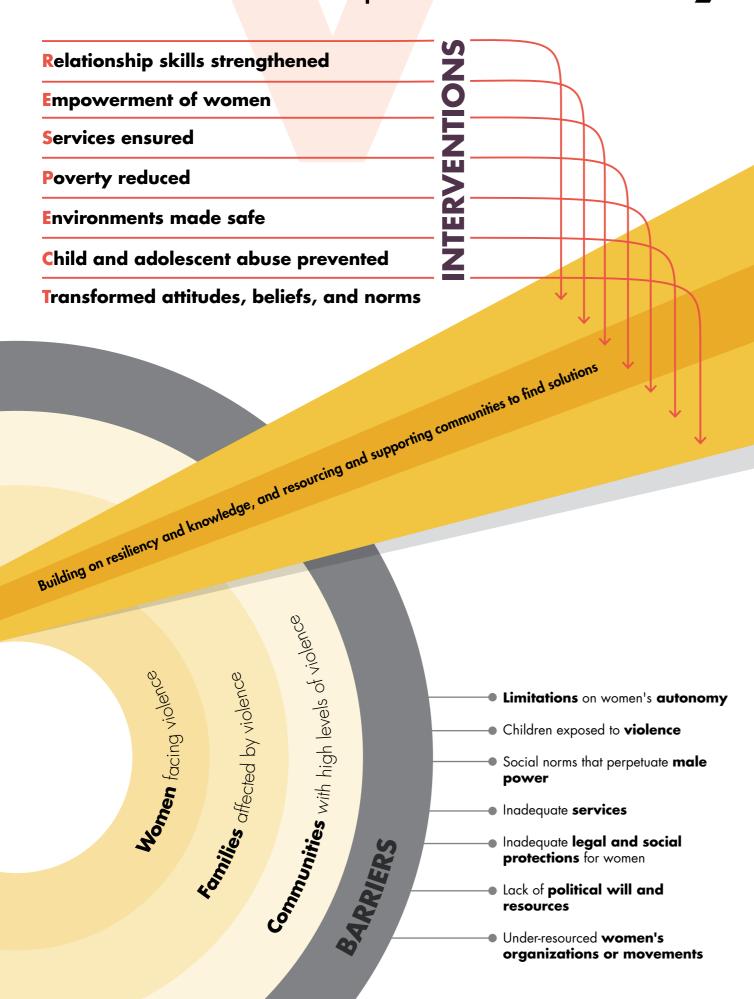
ineffective, >1 evaluations show no reductions in violence

World Bank High Income Countries (HIC)

World Bank Low and Middle Income Countries (LMIC)

Assess the evidence on interventions³

Develop a theory



of change

Programmes to address VAW widely implemented

Increased resources and political will to address VAW

Increased awareness about VAW as a public health problem and that it is preventable

OUTPUTS

Sectoral outcomes related to health, economic, and social development improved (e.g. improved mental health, reduced household poverty, improved women's and child health, improved women's education and earnings, and reduced absenteeism)

Families, communities and institutions believe in and uphold gender equality as a norm and no longer accept VAW

Men accept and treat women as equals

> Women can make autonomous decisions

Women have knowledge of their rights and access to programmes

OUTCOMES

Improved health and development outcomes in households, community and society

Women are exercising their human rights and contributing to development

Violence against women is reduced or eliminated

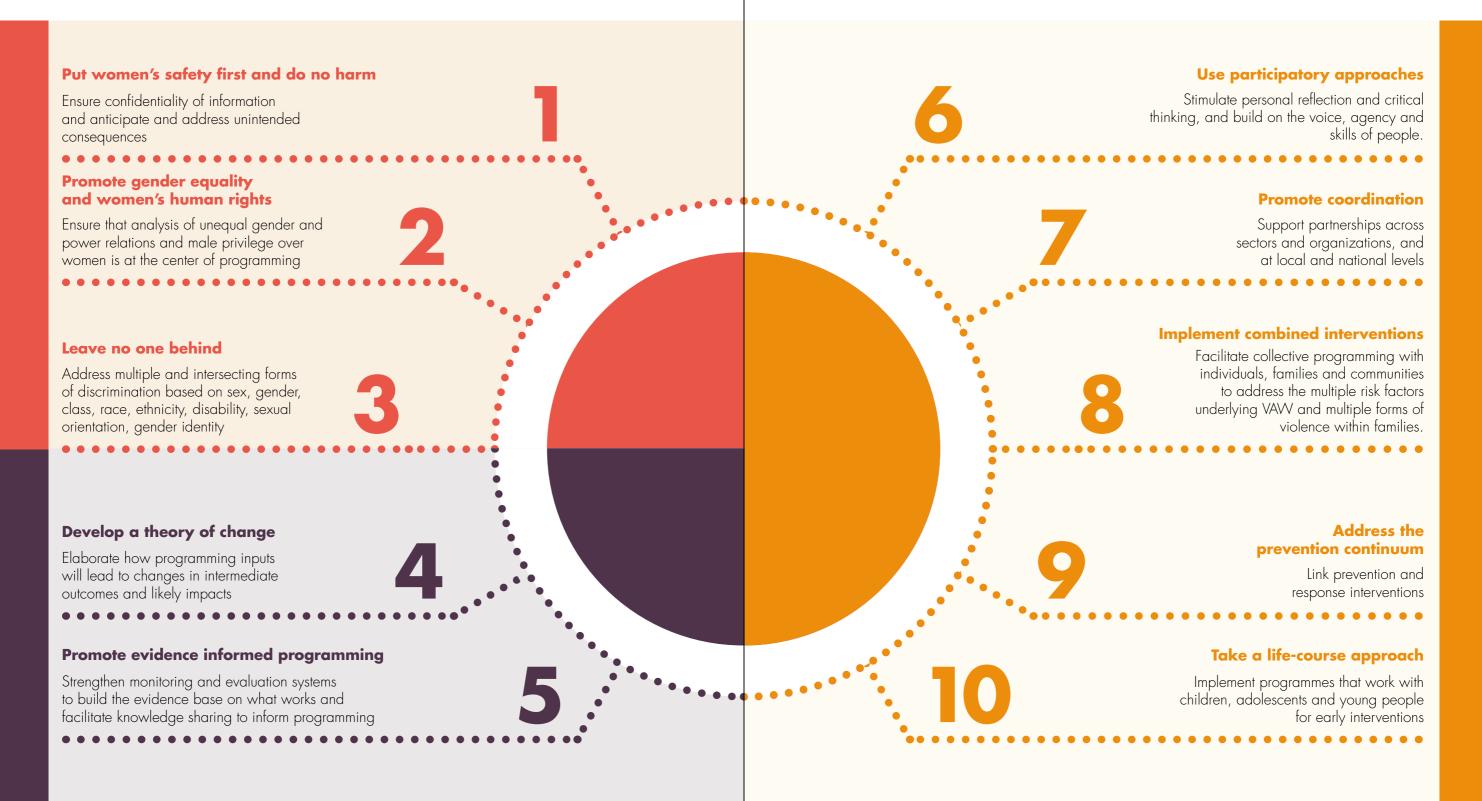
Equality and respect are practiced in intimate, family and community relationships

Interpersonal conflicts are resolved peacefully

IMPACT

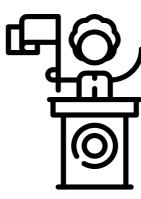
Apply the guiding principles for effective

programming

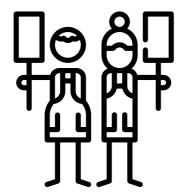


Strengthen enabling environment

Build political commitment from leaders and policy makers to speak out, condemning violence against women.



Invest in, build on the work of, resource, and support women's organizations



for prevention

C Put in place and facilitate enforcement of laws and **policies** that address violence against women and that promote gender equality, including access to secondary education.⁶



Allocate resources to programmes, research, and to strengthen institutions and capacities of the health, education, law enforcement, and social services sectors to address violence against women.



Adapt and scale-up what works

Violence prevention interventions that have been shown to work on a pilot basis can be scaled-up in different ways. They can be expanded by adding more beneficiaries; they can be adapted and replicated in another geographic location; and there can be expansion in coverage of the same intervention over a wider geographic area. Interventions that are being scaled-up in a new setting need to be adapted to context. This requires an understanding of the local culture, values and resources.

Interventions identified as promising (pages 10-11) can be adapted and scaled-up with attention to the guiding principles for prevention and to the adaptation and scaling-up considerations on the next page; those classified as "more evidence needed" (pages 10-11) may need to be replicated or further refined before they are scaled-up; and those identified as "conflicting" or "no evidence" need to be further evaluated.

(((((((
a	Align with national commitments (e.g. a national plan, policy, strategy) to end violence against women, or to promote gender equality or women's health. ⁷
b	Identify and maintain fidelity to core principles of gender equality, rights and safety as well as to minimum "dosage", while also adapting to context, including language and culture.
c	Programme for synergy , combining multiple strategies and interventions at the individual, interpersonal, community and societal levels for sustained impact.
d	Invest in capacity among implementers , and giving enough time to scale-up and to allow for change to occur and sustain.
е	Build on on-going initiatives , integrating prevention activities into existing health, development and other existing sectoral programmes.
f	Design with "scale" in mind , investing for the long-term, keeping costs and sustainability in mind.
g	Start small, document and evaluate the adaptation and scale-up in order to innovate and strengthen evidence-informed programming.
h	Support a community of practice among programme developers and implementers to facilitate learning and knowledge sharing.

Monitor, evaluate and measure progress

Progress in preventing violence against women can be measured in the short and the long-term.

- 1. In the long-term, the impact of prevention programmes can be measured as reductions in prevalence of different forms of violence against women.
- 2. At the global level, countries are required to report progress in preventing violence against women as part of SDG targets. Two indicators are proposed:
 - prevalence of intimate partner violence in the last 12 months among women aged 15 years and older (SDG target 5.2 - eliminate all forms of violence against women and girls);
 - proportion of young women and men aged 18-29 years who experienced sexual violence by age 18 (SDG target 16.2 - End abuse, exploitation, trafficking and all forms of violence against and torture of children).

- **3.** In the short to medium term, interim indicators that contribute towards reductions in prevalence of violence against women will depend on the types of programmes. These can include, for example, improvements in:
 - gender equitable attitudes and norms
 - partner communication
 - women's autonomy, agency and/or selfefficacy
 - girls' and women's education
- 4. It is important to specify a theory of change elaborating how the programme will likely improve interim indicators and how these in turn will contribute to reducing prevalence of violence against women.
- 5. It is important to evaluate before scaling-up and to monitor the scaling-up on an on-going basis to ensure that resources are invested in programmes that work, unintended or harmful outcomes are mitigated, and the scaling-up process takes into account the local context.

R E S P E C T



Commit to change

Start today

Support evidence-based approaches

Join others

Citations and additional references

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Endnotes

¹ These are for both perpetration of and victimization from intimate partner violence (IPV)

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- ² The 7 strategies are not mutually exclusive, should not be seen as silos, and there are some overlaps across them.
- Although specific interventions and their examples are listed under one particular strategy, it is important to note that many of them reflect combination/bundled programming with multicomponent and multi-level interventions that fall across more than 1 of the 7 strategies of RESPECT. Their categorization under one strategy reflects the primary intent of the intervention. For example, some interventions under transforming norms also include relationship strengthening skills. Likewise, empowerment of women interventions may include an economic transfer component. Therefore, these strategies should not be seen as stand-alone but as approaches whose impact may be better enhanced in combination with others.
- ⁴ Evidence ratings are largely derived from systematic reviews of more than 1 evaluation of interventions that mostly use experimental designs including randomized, cluster randomized and quasi-experimental methods. It is recognized that for some strategies such as justice sector interventions, alternative evaluation methods may be more appropriate including time series, observational and cross-sectional designs despite being typically considered lower quality. This is an emerging field and hence, there is a great deal of variation in rigor of study design and evaluation. The sources for these reviews and studies are provided as part of references.
- 5 Refers to evaluations where some studies may show positive impacts and others may show no impacts or negative impacts, highlighting that the impact of interventions may be context specific. Hence, any replication or adaptation of the intervention must pay close attention to the contextual or implementation factors.
- This includes laws and policies that: criminalize sexual abuse; promote equality in inheritance; ban child marriage and FGM; marriage, custody and divorce laws that guarantee equality for women; action plans that promote gender equality and address violence against women. It also includes implementing justice and law enforcement services such as arrest orders and legal aid.
- 7 Even where there is no national commitment to ending violence against women, there may be other commitments to empower women, to gender equality, or to women's health that may be useful to consider.