

Indashyikirwa Intervention

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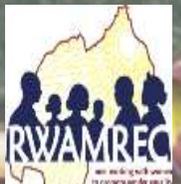
SVRI Forum
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WhatWorks

TO PREVENT VIOLENCE

A Global Programme To Prevent
Violence Against Women and Girls



What is Indashyikirwa?

- ▶ IPV Prevention Program Implemented Aug 2014-2018 in 7 districts of rural Rwanda:
- ▶ (1) Participatory training with couples (**couples curriculum**)
- ▶ (2) Community-based **activism** with set of trained couples
- ▶ (3) Support to survivors of IPV through **women's safe spaces**
- ▶ (4) Training & engagement of **opinion leaders**

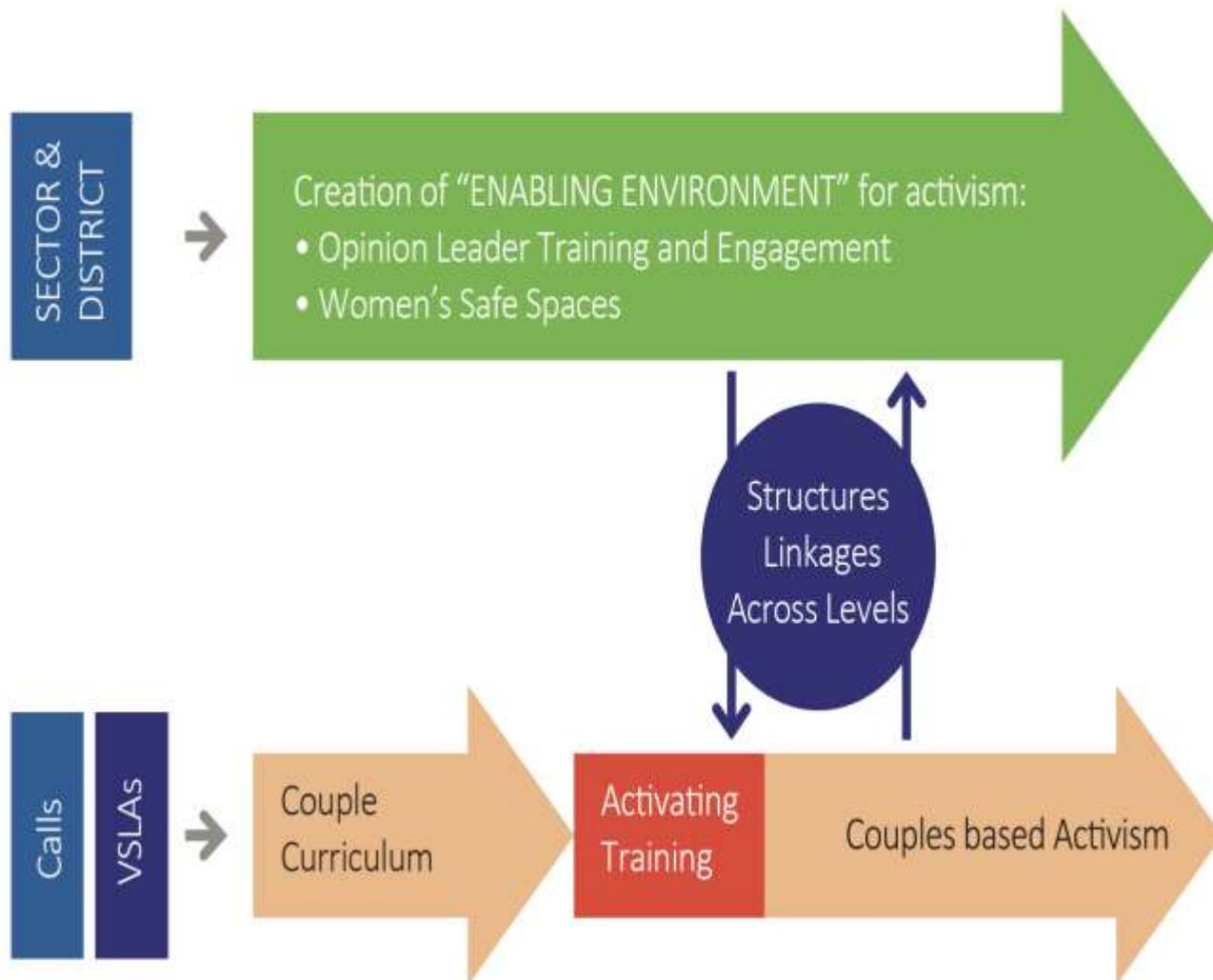


PROGRAMME TIME FRAME

Following a one-year inception phase, the programme was implemented between August 2015 and August 2018.

Couples were recruited in August 2015 and started the couples' curriculum in November 2015.

The activism was launched in August 2016.



1) Couples Curriculum

- ▶ Couples recruited from CARE VSLAs
- ▶ 840 couples (30 x group) trained over 21 weeks with 1 male and 1 female facilitator
- ▶ Pre-tested over 1 month: informed staffing, content, approach
- ▶ Curriculum designed to foster changes in knowledge, attitudes, skills, to manage triggers of IPV and build healthy relationships



2) Community Activism

- 25% of partners of couples completed 2 week training and facilitated activism for 20 months
- SASA! activism messages & materials adapted
- Other messages/materials added i.e. social norms, laws, emphasis on couples
- SASA! 4 Phases informed activism but more fluid and Support and Action phases combined due to limited timing





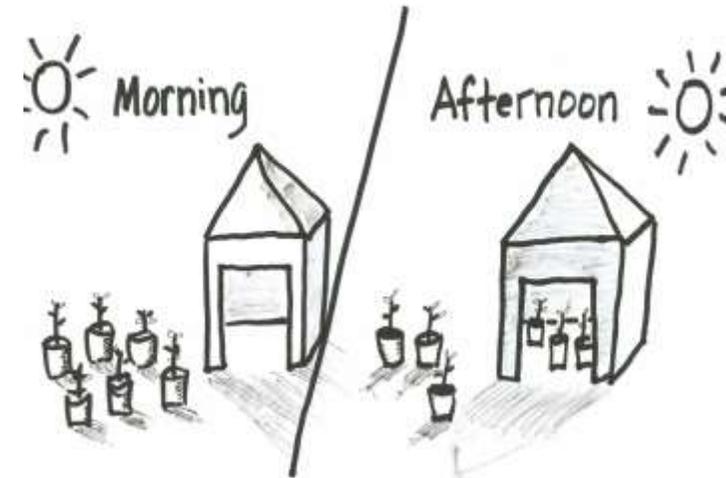
SASA! Start Power Poster



Indashyikirwa Start Power Poster

3) Women's Safe Spaces

- ▶ 14 safe spaces set up from August 2014-2018
- ▶ 22 women per space elected and had 2 week training and ongoing trainings to:
 - ▶ Provide safe spaces to discuss IPV, inequalities
 - ▶ Refer/accompany individuals for health/social services, assess quality of services
 - ▶ Advocate women's rights and IPV prevention



Individual cases

Group discussions, IGAs

4) Opinion Leader Engagement



Diversity of opinion leaders including religious leaders, government, service providers engaged for **enabling environment & advocacy**



Completed 2 week training and ongoing refresher trainings



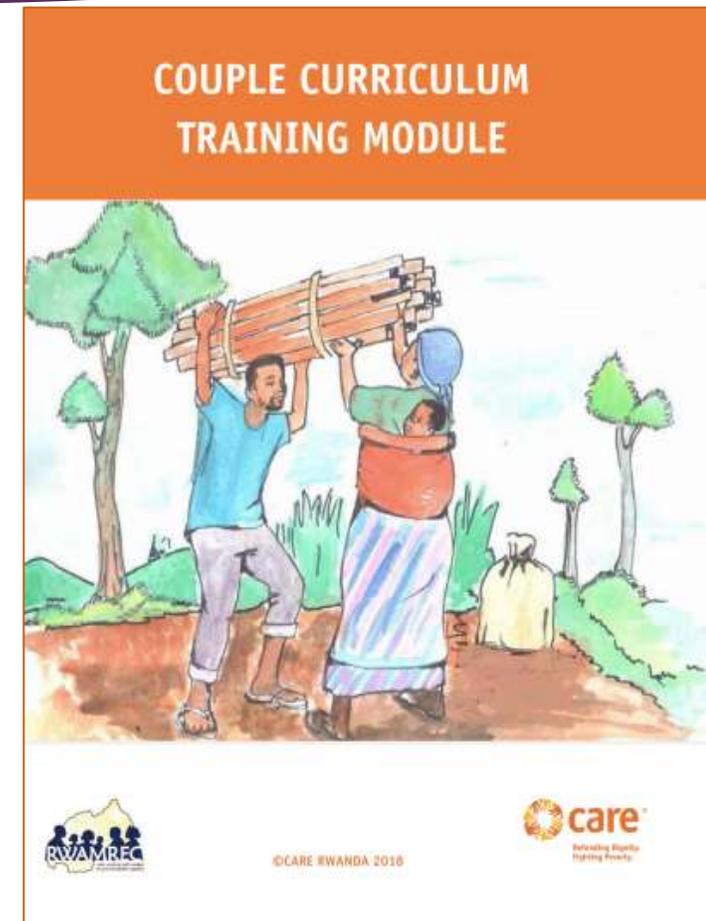
Quarterly meetings to share experiences, set goals, identify solutions



Self-evaluate progress as groups and local dialogue forums using community score cards

Structure of *Indashyikirwa* Couples Curriculum

- ← Each session maximum 3 to 4 hours
- ← Part 1: Interactive learning exercise that sets foundation for the given topic
- ← Part 2: Interactive learning exercise that goes deeper into given topic
- ← Take Home Exercise: Assignment for participants to do at home to apply learning from the week



Indashyikirwa Curriculum Content

Stage 1 Knowledge (Session 1-6)

- Starting journey together
- It's about power
- Power in our lives
- G is for gender
- Rights & reality
- GBV-the basics

Stage 2: Attitudes/Norms (Session 7-10)

- Understanding power over
- Gender, power & sexuality
- Common triggers of IPV
- Pausing for reflection



Indashyikirwa Curriculum Content

Stage 3: Skills (Session 11-18)

- What makes a healthy relationship
- Foundations of healthy relationship
- Managing triggers-feelings
- Managing triggers-thoughts
- Managing triggers-communication
- Balancing economic power
- Reducing excessive use of alcohol
- Reflection on journey so far

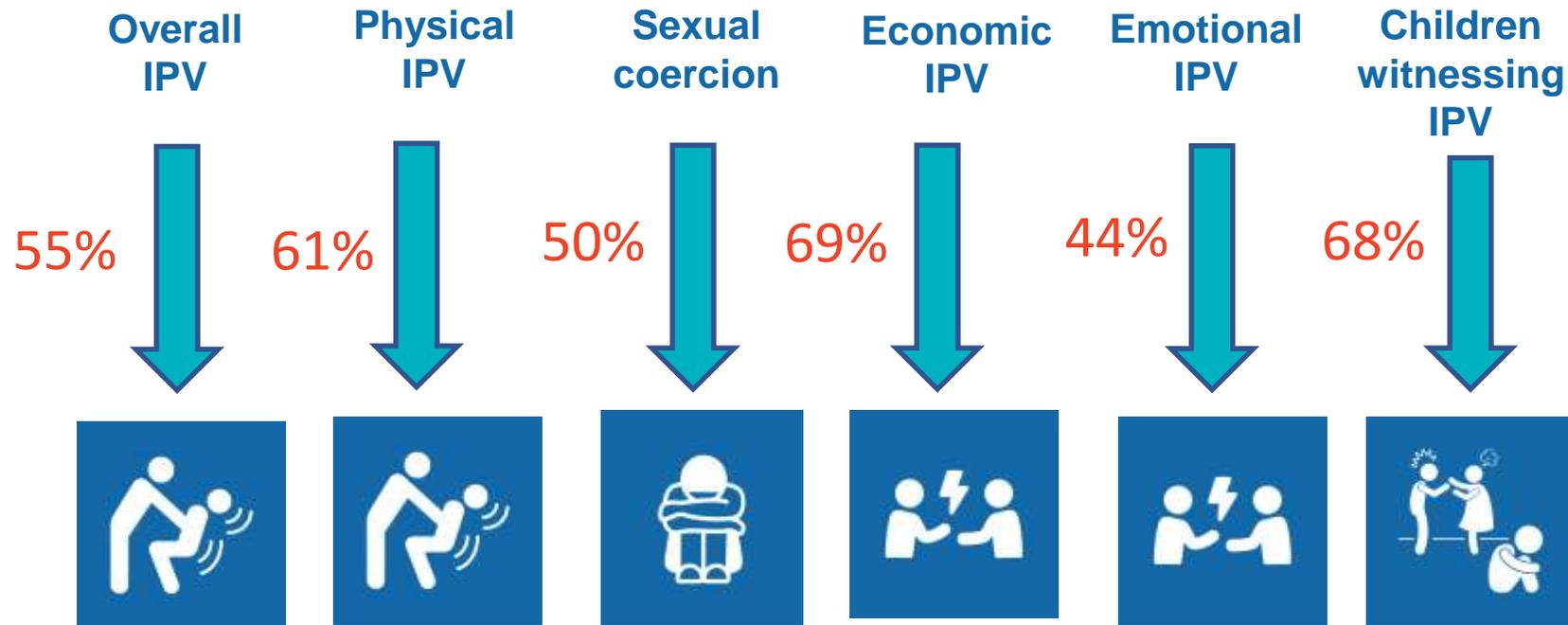
Stage 4: Actions (Session 19-21)

- ← Our Community, our responsibility
- ← Providing empowering responses
- ← Committing to change



What Works Evaluation Findings: Reductions in IPV

Couple's curriculum vs VSLA alone for Women

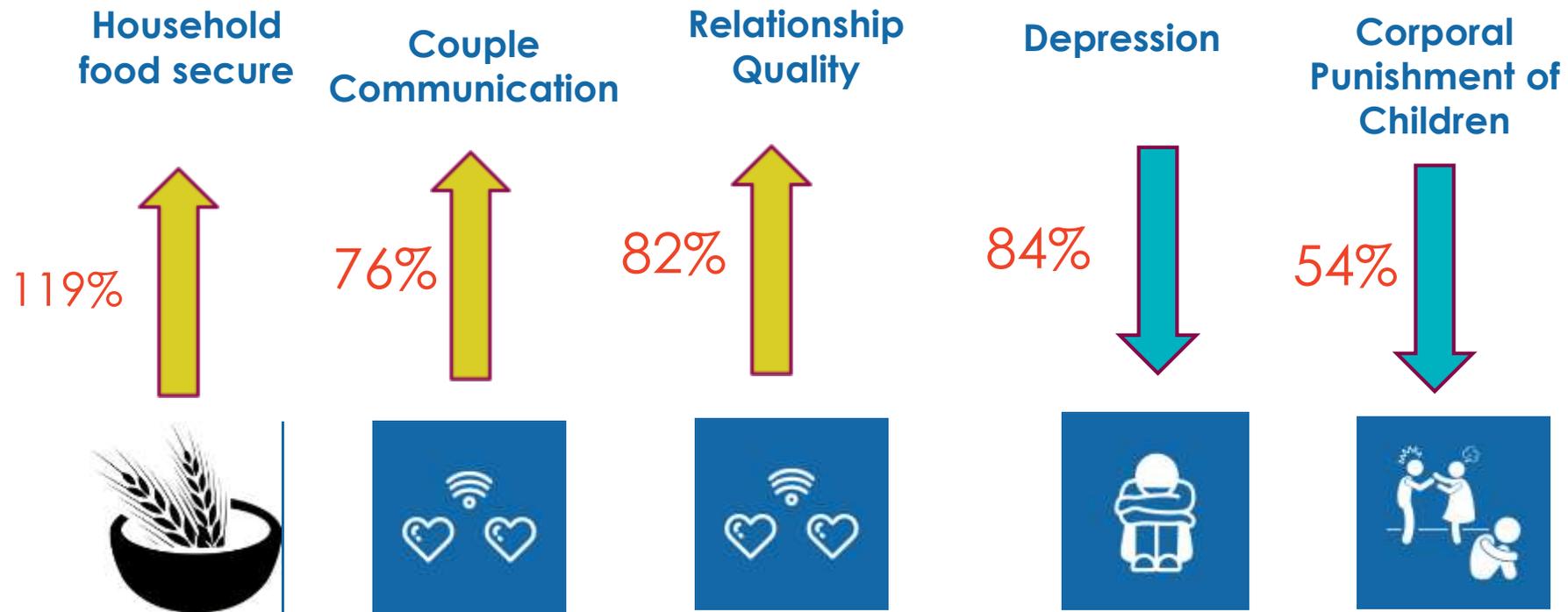


Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone



Couples Women: Other Key Benefits

Couple's curriculum vs VSLA alone



Figures derived from adjusted odds ratios comparing couple's training participants to VSLA alone

Thank You!



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