



RESPECT WOMEN

Preventing violence
against women

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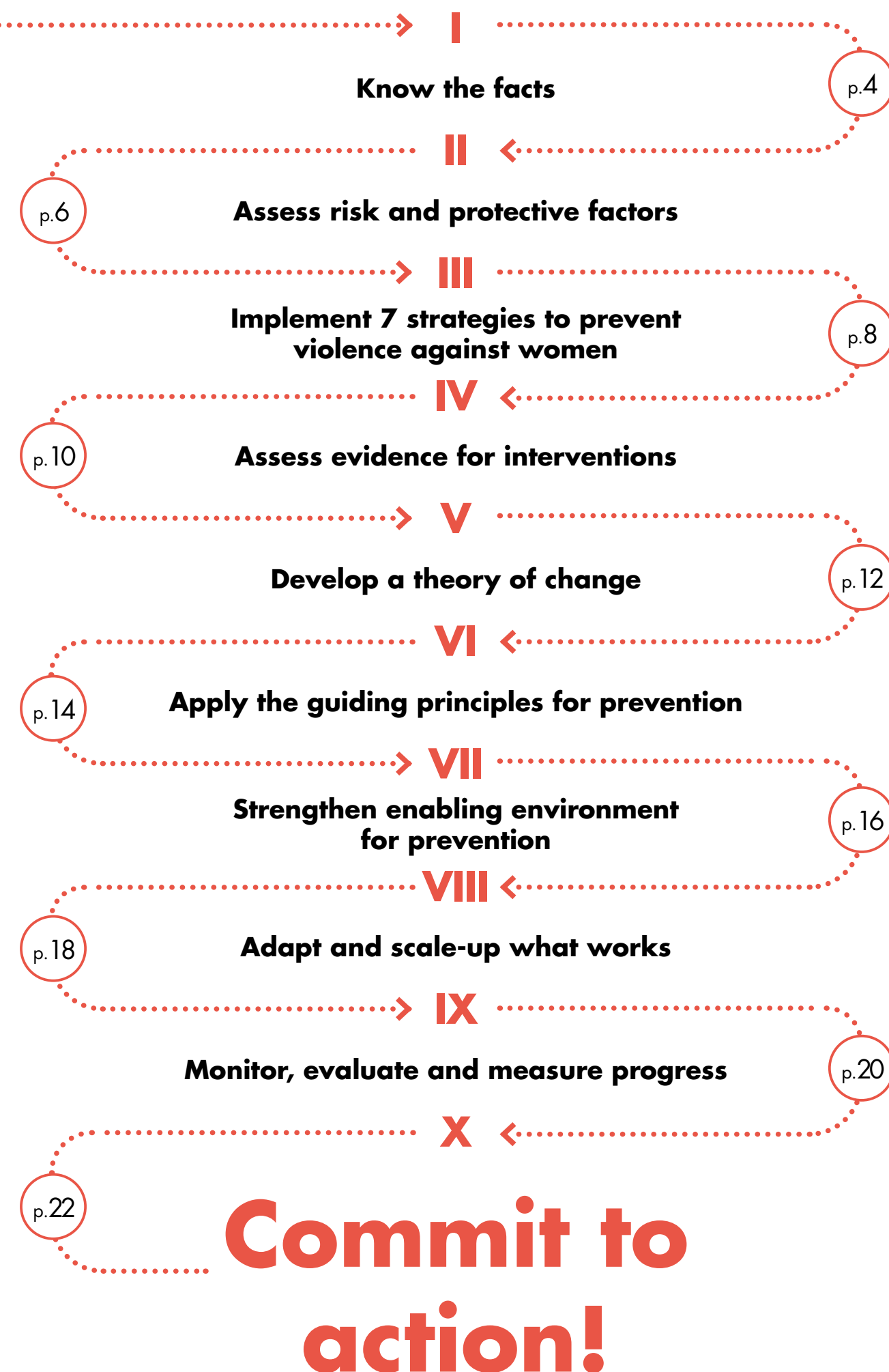
Preventing violence against women



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.

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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**¹

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)

Harmful gender norms that uphold male privilege and limit women's autonomy

High levels of poverty and unemployment

High rates of violence and crime

Availability of drugs, alcohol and weapons

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

SOCIETAL

COMMUNITY

INTERPERSONAL

INDIVIDUAL

SOCIETAL

Laws that:

- promote gender equality
- promote women's access to formal employment
- address violence against women

COMMUNITY

Norms that support non-violence and gender equitable relationships, and promote women's empowerment

INTERPERSONAL

Intimate relationships characterized by gender equality, including in shared decision-making and household responsibilities

INDIVIDUAL

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

R E S P E C T

Implement 7 strategies to prevent violence against women²

Relationship skills strengthened

refers to strategies aimed at individuals or groups of women, men or couples to improve skills in interpersonal communication, conflict management and shared decision-making.

Empowerment of women

refers to both economic and social empowerment including inheritance and asset ownership, microfinance plus gender and empowerment training interventions, collective action, creating safe spaces and mentoring to build skills in self-efficacy, assertiveness, negotiation, and self-confidence.

Services ensured

refers to a range of services including police, legal, health, and social services provided to survivors.

Poverty reduced

refers to strategies targeted to women or the household whose primary aim is to alleviate poverty ranging from cash transfers, savings, microfinance loans, labour force interventions.

Environments made safe

refers to efforts to create safe schools, public spaces and work environments, among others.

Child and adolescent abuse prevented

refers to establishing nurturing family relationships, prohibiting corporal punishment, and implementing parenting programmes as mentioned in *INSPIRE - 7 strategies for preventing violence against children*.

Transformed attitudes, beliefs, and norms

refers to strategies that challenge harmful gender attitudes, beliefs, norms and stereotypes that uphold male privilege and female subordination, that justify violence against women and that stigmatize survivors. These may range from public campaigns, group education to community mobilization efforts.

Relationships skills strengthened

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



Couples counselling and therapy



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.*

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

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



Shelters



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 regain 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 recurrence of violence and depression and improve quality of life and social support. Two years after the intervention ended, the positive change continued.†

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

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 poverty-related stresses.‡

Environments made safe

Infrastructure and transport



Bystander interventions



Whole School interventions



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.⁴

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



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.⁵

LEGEND⁴

- promising**, >1 evaluations show significant reductions in violence outcomes
- more evidence needed**, >1 evaluations show improvements in intermediate outcomes related to violence
- conflicting**, evaluations show conflicting results in reducing violence⁵
- no evidence**, intervention not yet rigorously evaluated
- ineffective**, >1 evaluations show no reductions in violence outcomes
- World Bank High Income Countries (HIC)
- World Bank Low and Middle Income Countries (LMIC)

Assess the evidence on interventions³

Develop a **theory**

Relationship skills strengthened

Empowerment of women

Services ensured

Poverty reduced

Environments made safe

Child and adolescent abuse prevented

Transformed attitudes, beliefs, and norms

INTERVENTIONS

Building on resiliency and knowledge, and resourcing and supporting communities to find solutions

Violence

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

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

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

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