Change Starts at Home
Working with couples to combat IPV in Nepal

Binita Shrestha, Equal Access
The Context

- 31% of women in Nepal report IPV in their lifetime
- Social acceptance of violence against women.
- Silence and toleration inside the home 'to keep family together'
- Marital rape and rape of sex workers not considered violence.
- Little or no legal action taken
- Highly patriarchal society with strong patriarchal social norms, attitudes and behaviours
- Low social status of women and girls
Project Goals

- Reduce the prevalence of intimate partner violence against women and girls in Nepal
- Create an enabling environment for the reduction of violence
- Identify interventions that will lead to sustainable improvements in the lives of women and girls
The ‘Change’ Project
Listening, Speaking, Changing
Why Couples?

• Change based on a 2008 intervention called ‘Voices’ (30 minute radio show, 1 million listeners, 60 LDGs, 2000 community members trained & mobilised)

• Successes: increase in understanding of legalities related to VAWG, decrease in tolerance of VAWG, decrease in stigma against PLWHA, increase in intermarital dialogue (anecdotal)
“I thought that it was my duty to fulfil my husband’s sexual desires and many times I have allowed him without my interest…But (since listening to Samajhdari) I have started to talk to my husband, breaking my 15 year silence.”
Social Norms related to gender

Non-violent conflict resolution

Life Skills

Attitudes toward violence

Support for couples from family to use non-violence
The Study

- RCT testing attitudes & experience of IPV
- 8 districts, 20 matched pairs of communities
- 1200 respondents: 600 intervention, 600 control (all couples, married)
- Intervention groups will be 50% known exposed (LDG) and 50% randomly selected from community.
- Formative: Just Completed, Full Study Dec 2015 – Dec 2017
Project Locations
<table>
<thead>
<tr>
<th>Challenges</th>
<th>Solutions</th>
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<tbody>
<tr>
<td>• Safety &amp; Ethics</td>
<td>• Only asking women violence questions</td>
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<tr>
<td>• Recruitment</td>
<td>• Working closely with local partners / support services</td>
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<td>• Messaging</td>
<td>• Interviewing women first</td>
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<td></td>
<td>• Using Drama &amp; Interactivity</td>
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<td></td>
<td>• Male groups, hosts etc</td>
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<td>• Focus on life skills</td>
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<td>• Pilot testing everything!</td>
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Most Understanding Husband
Impact and Uptake
Thank You !!

Questions?