

# Stepping Stones and Creating Futures and impact on IPV

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# Background

**Structural interventions had important role in reducing HIV and IPV (Gupta et al, 2008; Pronyk et al. (2006).**

**Conducted a review of evidence from southern and eastern Africa:**

- **Microfinance + gender interventions**
- **Increasing girls' school attendance**
- **Gender training + financial literacy**

**Yet there remained huge challenges in translating these findings into actionable approaches for young people out-of-school:**

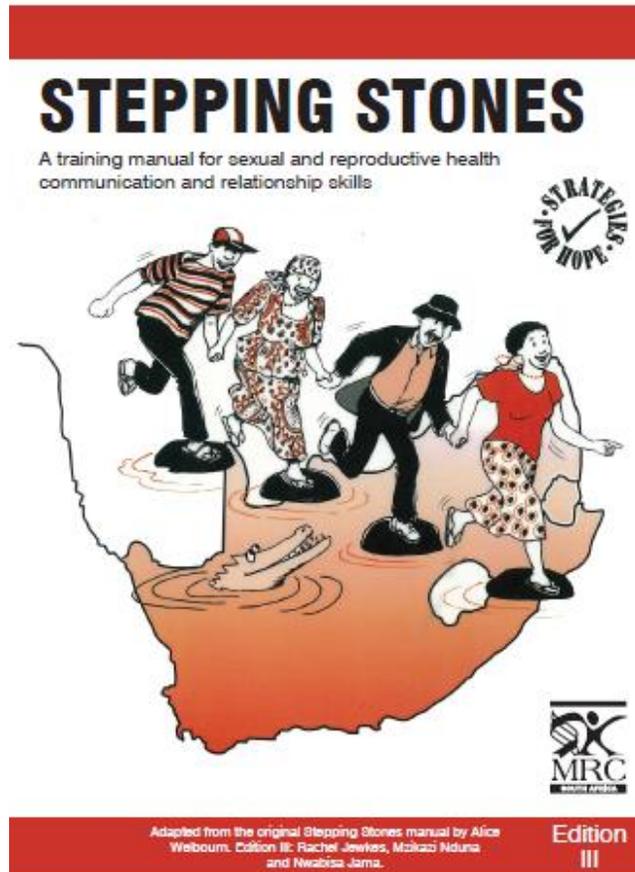
- **No real engagement with men**
- **Insecure spaces often ignored (focused on rural areas, schools etc.)**

## **Research Questions**

**How do we translate the approach that economic strengthening plus gender transformative interventions can reduce women's experience of IPV and make it work for young women in challenging circumstances?**

**Can we include men in ways that also reduces HIV-risk and IPV perpetration?**

# Intervention: Stepping Stones

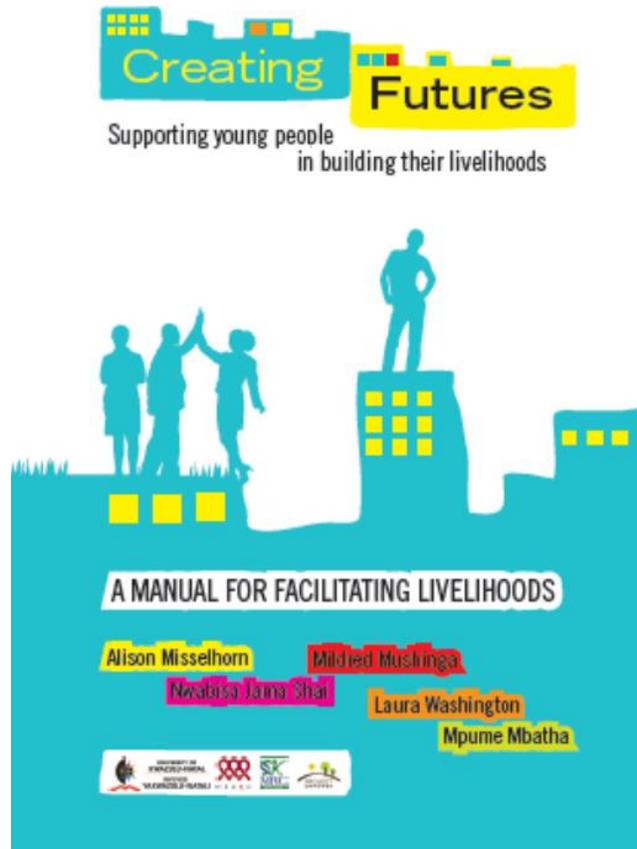


Stepping Stones, South African adaptation 3<sup>rd</sup> edition

*Ten sessions of 3 hours:*

- Listening & communication
- How we act & what shapes it
- Sex and love
- Contraception and conception,
- Taking risks, unwanted pregnancy
- STDs and HIV
- Safer sex & condoms
- Gender-based violence,
- Motivations for sexual behaviour,
- Communication skills (2 sessions)

# Intervention: Creating Futures



11 sessions, encourages participants to reflect on and critically analyse their livelihoods and develop skills for strengthening them using existing resources *Sessions on:*

- Resources needed for livelihood/my resources
- Social resources
- Education and learning
- Getting and keeping jobs
- Income generating activities
- Saving & coping with shocks

# Participatory and interactive

**Approach different as:**

**Draws explicitly on a Freirian approach to behaviour change (Freire, 1973)**

**Engaging people about the social world they live in, that it is socially constructed and modifiable**

**Supporting young people to understand the wider social causes of their behaviours**



**Young men, developing a sketch on violence against women**

# Methods

- **Combined intervention was implemented in two informal settlements, near Durban, South Africa over 12 weeks**
- **233 young people (average age 21.7 years), with 123 women and 110 men**
- **Participants were trained in single sex groups by trained peer facilitators**
- **This was a pilot study. We sought preliminary results of promise from the interventions**
- **Participants self-completed a questionnaire when we recruited them and then again two weeks later. To determine the baseline – we took the average of two questionnaires**
- **Participants were re-interviewed 6 months and 12 months**
- **Participant retention rate: 94% at 6m and 88% at 12m**

## Baseline details

	Male	Female
	% (n=110)	% (n=122)
Sex	47.5	52.5
Age : <20 yrs	20	31.2
20-24	<b>66.4</b>	<b>48.4</b>
>25	<b>13.6</b>	<b>20.5</b>
Completed school	45.4	23.6
Post-school course	20	15.5
Cohabiting	14.6	8.1
GF/BF	<b>71.8</b>	<b>72.4</b>
No current partner	12.7	18.7
Ever had a child or fathered	<b>36.4</b>	<b>66.7</b>
Worked or earned in last 12m	65.2	36.1
Perp/Experience IPV last 12m	<b>45.4</b>	<b>54.6</b>

## Socio-economic indicators

	Pre-intervention				Post-intervention				Male	Female
	Baseline		Round 2		6 months		12 months		P-value	P-value
	M	F	M	F	M	F	M	F	M	F
Mean earnings last month (Rand)	411	174	296	113	738	323	1015	484	<0.0001	<0.0001
Feelings about work situation (high = better)	9	9.8	10.3	9.6	10.4	10.6	11	10.8	<0.0001	<0.0001
Hungry every day or week	24.5	24.4	38.7	35.4	28.9	21.4	21.9	31.8	0.55	0.7
Stole in last month as hungry	33.9	47.2	33.7	45.1	26.7	35	24.7	35.1	0.039	0.005
Crime participation (high = more)	0.98	0.76	1.34	0.89	0.97	0.76	1.15	0.77	0.51	0.85

# Gender and GBV indicators

	Pre-intervention				Post-intervention				Male	Female
	Baseline		Round 2		6 months		12 months		P-value	P-value
	M	F	M	F	M	F	M	F		
Gender attitudes (high = more equitable)	50.8	53.7	50.6	53.3	51.2	54	52.9	55.3	0.007	0.01
Relationship control scale (high = more equitable)	19.4	22.2	20.3	21.9	21.2	22.4	21.7	22.8	<0.0001	0.11
Physical IPV last 3 months	16.5	27.9	16.5	18.3	17.3	25.6	12.5	18.0	0.49	0.12
Sexual IPV last 3 months	14.7	9.8	16.5	12.5	12.5	7.7	13.5	3.6	0.69	0.033
Rape non-partner last 3 months	2.8		6.7		4.8		6.3		0.29	
Physical and/or sexual IPV last 3 months	23.9	30.3	25.3	25.7	26.0	27.4	21.9	18.9	0.86	0.037

# Health and HIV indicators

	Pre-intervention				Post-intervention				Male	Female
	Baseline		Round 2		Round 3		Round 4		P-value	P-value
	M	F	M	F	M	F	M	F	M	F
Depression moderate/severe symptoms	74.8	72.0	64.1	67.0	57.1	77.1	53.4	70.9	<0.000 <sup>1</sup>	0.79
Life circumstances (low = better)	13.3	14.1	12.6	13.3	12.7	13.1	11.7	13.1	<0.000 <sup>1</sup>	0.002
Alcohol problem last 12 months	42.9	26.6	51.8	29.0	48.2	32.3	49.1	35.5	0.36	0.049
Had HIV test	57.3	81.8	54.8	86.7	56.2	87.2	69.1	81.1	0.044	0.99
Last sex with main partner	50	80.3	51.6	87	62.5	82.9	61.7	86.9	0.027	0.32
Condom use last sex	69.4	55.6	72.5	54.6	61.5	59.5	71.4	61.7	0.8	0.25
Transactional sex last month	15.9	10.3	14.6	13.8	15.4	18.6	16.0	13.1	0.85	0.25

## Main outcomes

- **Livelihoods – improved earnings, feeling happier about work & less stealing as hungry**
  - **Men were happier – less depression, felt better about work and their life circumstances**
  - **Women were happier –felt better about work and their life circumstances**
- **Gender and IPV – improved gender attitudes and reduced IPV**
  - **Men improved gender relations – less controlling, more equitable attitudes and reported having sex more with their main partner (**all factors we know are linked to HIV-risk and associated with IPV**)**
  - **Women improved gender relations - experienced less IPV**

Jewkes, R., Gibbs, A., et al (2014) Stepping Stones and Creating Futures Intervention: shortened interrupted time series evaluation of a behavioural and structural health promotion and violence prevention intervention for young people in urban informal settlements in Durban, South Africa. BMC Public Health, 14(1):1325.

# Challenges of implementation

**Journals – provided safe spaces for individual reflection, very concerned about others seeing these & some male partners got v. angry about these**

**Food – arguments around division of food in groups & taking it home**

**Taxis – providing taxi-fare, challenges for young people in accessing these small amounts even though repaid**

**Factors undermining the implementation of the intervention are the key factors driving HIV & IPV in these communities**

Gibbs, A., et al (2014) Jobs, food, taxis and journals: complexities of implementing a structural and behavioural intervention in urban South Africa. *AJAR* 13:2, 161-167

# Structural Interventions for young people

- **These findings are important as CF is a structural intervention that does not require large sums of capital**
- **Evidence of success in building financial capital:**
  - with higher monthly incomes and more women accessing child support grants,
  - in context of greater proportion of women supporting their children, and fewer men and women stealing for lack of money or food
- **In view of reduction in women's experience of sexual and/or physical IPV and sexual IPV:**
  - women require change in their material circumstances in order to be able to use knowledge from gender-transformative programmes to reduce violence
- **Evidence that CF enhanced impact of SS on women**
- **There seemed to be no adverse effects of including men in economic and gender transformative interventions**
- **Structural interventions for young people in highly challenging circumstances are possible – but also incredibly challenging**

# Moving forward

**Conducting an RCT with 2  
year follow-up with 32  
clusters in similar settings as  
the pilot**

**Integrated cost-benefit  
analysis and process  
evaluation**

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