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Preventing Intimate Partner Violence (IPV) among young people: a qualitative study examining the role of Comprehensive Sexuality Education (CSE)

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IPV in México

• One of the most violent countries for women.
• 2 out of 3 women have experienced GBV (66%).
• Sexual violence is one of the most common expressions of GBV.
• Increasing trend of femicides (912 femicides Jan-Nov 2019, highest since 2015).
• 1 out of 10 femicides are in women under 17-year-old.

National Survey (N=14,000 14-17 years):
50% participants reported romantic jealousy in their relationships.
10-13% reported controlling behaviors
OBJECTIVE:

Understanding the mechanisms through which CSE contributes to the prevention of IPV and to more equitable relationships among 14- to 17-year-old students in Mexico City
Pathways through which Mexfam’s CSE potentially prevents IPV

- Communicating about relationships, sexuality and dating violence.
- Taking protective and preventative actions related to violence.
- Accessing violence-related and sexual and reproductive health services.
- Shifting attitudes and behaviors related to gender and sexuality.
INTERVENTION: CSE curriculum developed by the Fundación Mexicana para la Planeación Familiar, Mexfam
INTERVENTION

• Gender was a cross-cutting theme when discussing sexuality, sexually transmitted infections, unplanned pregnancy, violence, and relationship skills, in addition to information on where and how to access health services.

• An empowerment and gender-transformative approach.

• Multiple participatory techniques (self-reflection and group discussion).

• Delivered by health educators of the Gente Joven team of Mexfam.

• 20 hours, in weekly sessions to groups of 20 14 to 17-year-olds.
RESEARCH: CSE curriculum Mexfam
RESEARCH

• A longitudinal quasi-experimental study with qualitative and quantitative components.
• 240 students in Mexico City participated.
• Data collection methods included observation, surveys, interviews, and focus groups with students, teachers and health educators.
RESULTS: CSE curriculum Mexfam
RESULTS

1. Critical reflection.

2. Assertive communication.

3. Encouraging care-seeking behavior.

4. Need for well-trained and supported health educators.
POLICY IMPLICATIONS: CSE curriculum Mexfam
POLICY IMPLICATIONS

CSE should:

• Be incorporated into school curricula to promote equitable relationships among adolescents.
• Include pedagogical techniques and participatory activities relevant to the participants’ lives.
• Offer information on where and how to access youth-friendly sexual and reproductive health services.
RECOMMENDATIONS

- Organizations should scale-up high-quality CSE.
- CSE should incorporate and address the issues of violence, gender inequalities, and sexual and reproductive rights.
- CSE that seeks to prevent IPV should adopt a gender-transformative approach.
- Research on violence prevention interventions should be theory-based and adapted to local contexts.
RESEARCH TEAM

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