

परिवर्तन घरैबाट

Change Starts at home

The CHANGE INTERVENTION

Working with Couples to combat Intimate Partner Violence in Nepal



WhatWorks

TO PREVENT VIOLENCE

A Global Programme To Prevent Violence Against Women and Girls


EMORY

ROLLINS SCHOOL OF PUBLIC HEALTH



EQUAL ACCESS





EXERCISE SHEET



Characteristic Cards
Cut out these characteristics before the session. Once participants are in to their groups of 4, give 4 characteristic cards to each group.




Shy	Breadwinner
Loving	Good
Nurturing	Obedient
Strong	Soft-spoken
Aggressive	T
Outspoken	E

BIG CURRICULUM

FOR THE LDG FACILITATORS

PHASE 1 - WEEK 0 TO 13

a Name (Identities)

Week 3

WEEK

to recording. Flipchart paper, thick pens, and 'Exercise Sheet (prior to session), and

participants to assist and gender identities and values to behave because of their participants will understand that while men and women based on their social roles are more suited to men or women is a useful gender norm (for example, men are outspoken, women are quiet), which is not always true.

Start!

(15 minutes)

people sessions. Explain that these are role plays, but the two facilitators will be everyone to introduce themselves, so that they know each other's name.

a brief reminder of what was discussed in the previous sessions and participants about positive and negative roles, to control their own sessions. However, using power and influence with others helps impress our

from the take-home message.

What Changes did we notice?

- **Increased communication** between wives and husbands- discussing sex and sexual consent more openly
- **Joint Decision Making**- Husbands including their wives in discussions related to financial decision making – including in front of his family
- Husbands **openly** supporting their wives with household chores and duties (including child care)
- Wives and husbands **spending more time together** in the community
- Group members **openly speaking out & taking action against IPV/VAWG** in their community.
- Community starting to **recognize the group members as 'different'**, which speaks to diffusion



Challenges faced !

- Getting commitment from all involved group members for weekly sessions for 9 months~ 40 weeks and ensuring their active participation.
- Quality Assurance, ongoing monitoring and documentation
- Building loyal listeners for the radio series within limited time
- Knowing how far to go with the sensitive content



What could be scaled up?

- A complete package ready with: Curriculum, a Radio Series and a Community Action Toolkit
- Possibility to launch the curriculum in other languages, including in Nepal to reach more diverse marginalized population
- Transferable 'Approach' and 'Theory of Change'





For more information

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