The CHANGE INTERVENTION
Working with Couples to combat Intimate Partner Violence in Nepal
BIG CURRICULUM FOR THE LDG FACILITATORS
PHASE 1 - WEEK 0 TO 13

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

Shy  Breadwinning
Loving  Good Health
Nurturing  Obedient
Aggressive  Soft-spoken
Outspoken

Beliefs & Norms
Go Change
Intention to Change

Week 3

Exercise Sheet

Start!
(15 minutes)

Explain the session, but the two facilitators will remember to introduce themselves, so everyone will also hear each other's name.

Reminder of what was discussed and participants about positive and negative stereotypes. The facilitators will introduce each other, and then introduce themselves. However, some groups will share with others who don't share our beliefs. This is a way to challenge stereotypes and to encourage discussion.
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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