Indashyikirwa Intervention

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SVRI Forum
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What is Indashyikirwa?

- IPV Prevention Program Implemented Aug 2014-2018 in 7 districts of rural Rwanda:
  - (1) Participatory training with couples (couples curriculum)
  - (2) Community-based activism with set of trained couples
  - (3) Support to survivors of IPV through women’s safe spaces
  - (4) Training & engagement of opinion leaders
PROGRAMME TIME FRAME

Following a one-year inception phase, the programme was implemented between August 2015 and August 2018.

Couples were recruited in August 2015 and started the couples’ curriculum in November 2015.

The activism was launched in August 2016.

Creation of “ENABLING ENVIRONMENT” for activism:
- Opinion Leader Training and Engagement
- Women’s Safe Spaces

Structures Linkages Across Levels

Couple Curriculum

Activating Training

Couples based Activism
1) Couples Curriculum

- Couples recruited from CARE VSLAs
- 840 couples (30 x group) trained over 21 weeks with 1 male and 1 female facilitator
- Pre-tested over 1 month: informed staffing, content, approach
- Curriculum designed to foster changes in knowledge, attitudes, skills, to manage triggers of IPV and build healthy relationships
2) Community Activism

- 25% of partners of couples completed 2 week training and facilitated activism for 20 months
- SASA! activism messages & materials adapted
- Other messages/materials added i.e. social norms, laws, emphasis on couples
- SASA! 4 Phases informed activism but more fluid and Support and Action phases combined due to limited timing
3) Women’s Safe Spaces

- 14 safe spaces set up from August 2014-2018
- 22 women per space elected and had 2 week training and ongoing trainings to:
  - Provide safe spaces to discuss IPV, inequalities
  - Refer/accompany individuals for health/social services, assess quality of services
  - Advocate women’s rights and IPV prevention
4) Opinion Leader Engagement

- Diversity of opinion leaders including religious leaders, government, service providers engaged for *enabling environment & advocacy*
- Completed 2 week training and ongoing refresher trainings
- Quarterly meetings to share experiences, set goals, identify solutions
- Self-evaluate progress as groups and local dialogue forums using community score cards
Structure of *Indashyikirwa* Couples Curriculum

- Each session maximum 3 to 4 hours
- Part 1: Interactive learning exercise that sets foundation for the given topic
- Part 2: Interactive learning exercise that goes deeper into given topic
- Take Home Exercise: Assignment for participants to do at home to apply learning from the week
**Indashyikirwa Curriculum Content**

**Stage 1 Knowledge (Session 1-6)**
- Starting journey together
- It’s about power
- Power in our lives
- G is for gender
- Rights & reality
- GBV-the basics

**Stage 2: Attitudes/Norms (Session 7-10)**
- Understanding power over
- Gender, power & sexuality
- Common triggers of IPV
- Pausing for reflection
**Indashyikirwa Curriculum Content**

**Stage 3: Skills (Session 11-18)**
- What makes a healthy relationship
- Foundations of healthy relationship
- Managing triggers-feelings
- Managing triggers-thoughts
- Managing triggers-communication
- Balancing economic power
- Reducing excessive use of alcohol
- Reflection on journey so far

**Stage 4: Actions (Session 19-21)**
- Our Community, our responsibility
- Providing empowering responses
- Committing to change
### What Works Evaluation Findings: Reductions in IPV

**Couple’s curriculum vs VSLA alone for Women**

<table>
<thead>
<tr>
<th>Category</th>
<th>Reduction (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall IPV</td>
<td>55%</td>
</tr>
<tr>
<td>Physical IPV</td>
<td>61%</td>
</tr>
<tr>
<td>Sexual coercion</td>
<td>50%</td>
</tr>
<tr>
<td>Economic IPV</td>
<td>69%</td>
</tr>
<tr>
<td>Emotional IPV</td>
<td>44%</td>
</tr>
<tr>
<td>Children witnessing IPV</td>
<td>68%</td>
</tr>
</tbody>
</table>

*Figures derived from adjusted odds ratios comparing couple’s training participants to VSLA alone*
Couples Women: Other Key Benefits

Couple’s curriculum vs VSLA alone

- Household food secure: 119%
- Couple Communication: 76%
- Relationship Quality: 82%
- Depression: 84%
- Corporal Punishment of Children: 54%

Figures derived from adjusted odds ratios comparing couple’s training participants to VSLA alone.
Thank You!

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