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# Indashyikirwa: A community based intimate partner violence prevention programme

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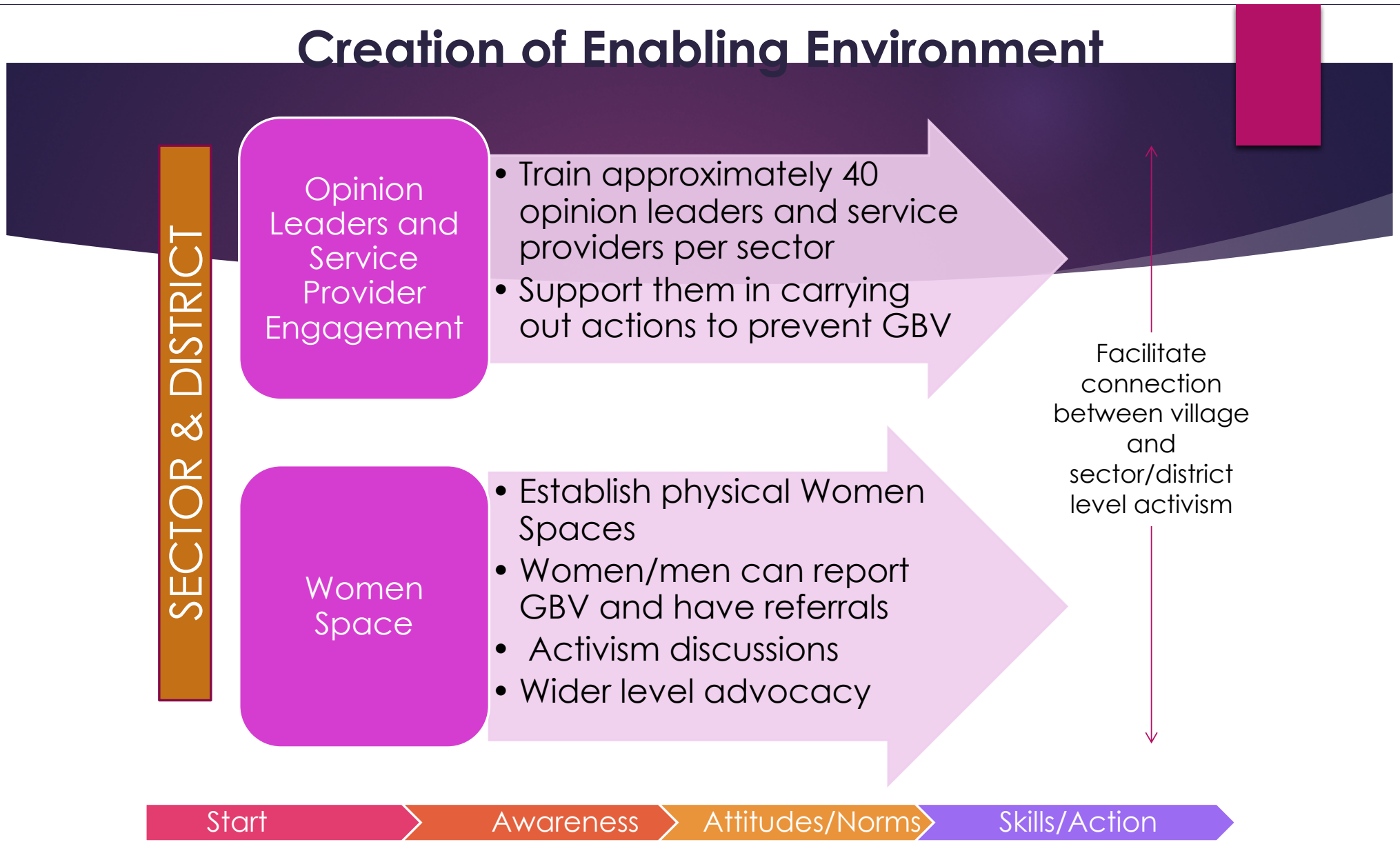
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# Indashyikirwa Couples Curriculum

- 20 weekly trainings with 15 couples per group, 2 RWAMREC facilitators (lesson from pre-test)
- Criteria: 1 partner member of CARE VSLA, married/living together for at least 6 months
- Aim to foster change in knowledge, attitudes, skills, behaviors for non-violent relationships
  - Addressing power imbalance as root cause of IPV
  - Understanding and managing triggers of IPV
  - Identify positive alternatives to IPV
- 25 % of couples supported as community activists for additional 22 months



# Creation of Enabling Environment



# Overview of Mixed-Methods Evaluation

- **Quantitative**: Cluster randomized controlled trial, randomised at sector level
  - Impact on **couples** assessed at **individual level**
  - Impact on **communities** assed at **population level**

- **Qualitative**: In-depth interviews, focus groups
  - **Community Social Norms** focus groups (formative research)
  - **Couples'** change over time
  - **Opinion Leaders** change over time
  - **Women's Safe Spaces** service users and facilitators
  - **Community Activists** experiences over time and implementation
  - **RWAMREC/RWN Staff members** experiences facilitating curriculum/activism

# Lessons Learned from Working with Couples

- Rare to be trained as couples for length of time
  - Supported equal participation and trust
- Participatory approach, safe space
- Learning laws, policies, rights supporting changes
- Take home exercises; witness benefits firsthand
- Positive and negative types of power
- Collecting longitudinal data from both partners



# Lessons Learned from Women's Safe Spaces

- Relevant issues: gender roles, women's rights
- Facilitators from communities
- Learn skills: conflict resolution, communication, handicraft
- Open to men for reporting & on certain days, but need to have dedicated spaces for women
- Learning + and - types of power esp. 'power within'
- Offers safe, confidential reporting, with solutions

**Community RCT:** 89% of women heard of spaces reported attending multiple times