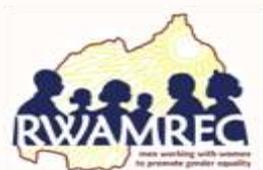




Exploring the six-year impacts of Bandebereho on IPV and VAC

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**This presentation was modified in October 2011 to address a small error.*



Bandebereho Intervention

A gender-transformative intervention for couples who are expecting or current parents (ages 21-35) of children under five years

Uses fatherhood as an entry-point to recruit men to:

- Prevent violence against women & children
- Promote reproductive, maternal, and child health
- Build healthier couple relations
- Promote men's caregiving



The Bandebereho Curriculum

The Bandebereho curriculum was adapted from Program P

It includes 15 weekly sessions (8 for couples)

Small group sessions are designed to:

- Encourage reflection on gender roles and norms
- Promote couple communication
- Strengthen relationship skills
- Build parenting skills
- Enable participants to practice new behaviors



One intervention: Multiple impacts

We **piloted** Bandedereho with 1,700 couples in four districts from 2013 to 2015

A **randomized controlled trial** of the pilot already demonstrated impacts on a range of outcomes targeted by the intervention:



Less intimate partner violence



Less violence against children



More equitable couple relations



More equitable caregiving



Greater maternal health seeking



Greater use of family planning

Longer-Term Impacts?

In 2021, we conducted a six-year follow-up study to understand:

- Have these positive changes been sustained over time? Which ones?
- Have changes in couple relations and parenting practices led to impacts on children's development?

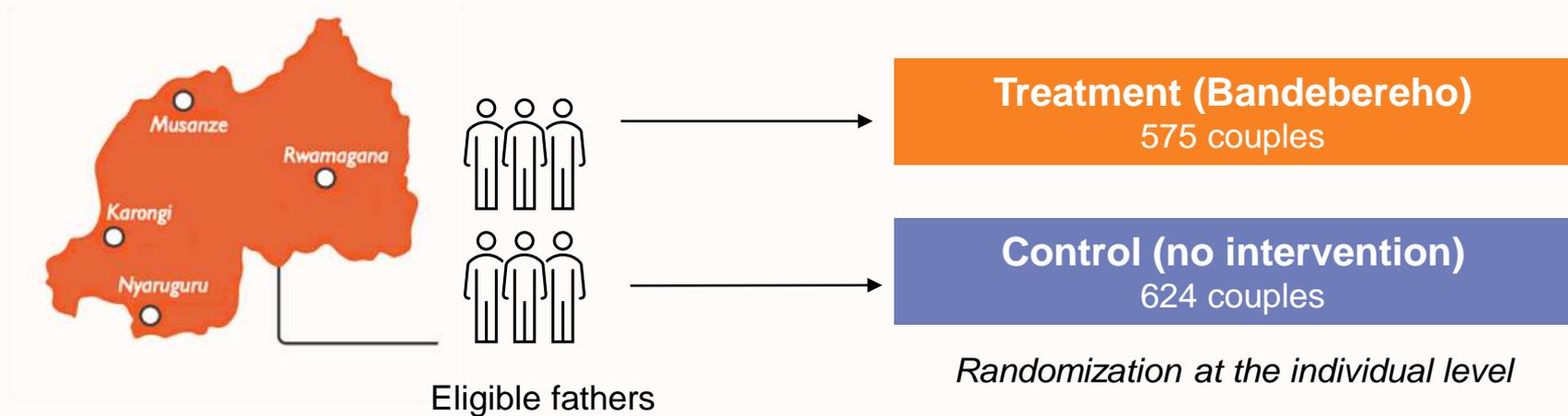
“After seeing the changes in my husband, my heart rejoiced, but I was asking myself, ‘will it really last?’ ”

- ‘Florence’



Research Design

A two-arm randomized controlled trial with 1,199 couples

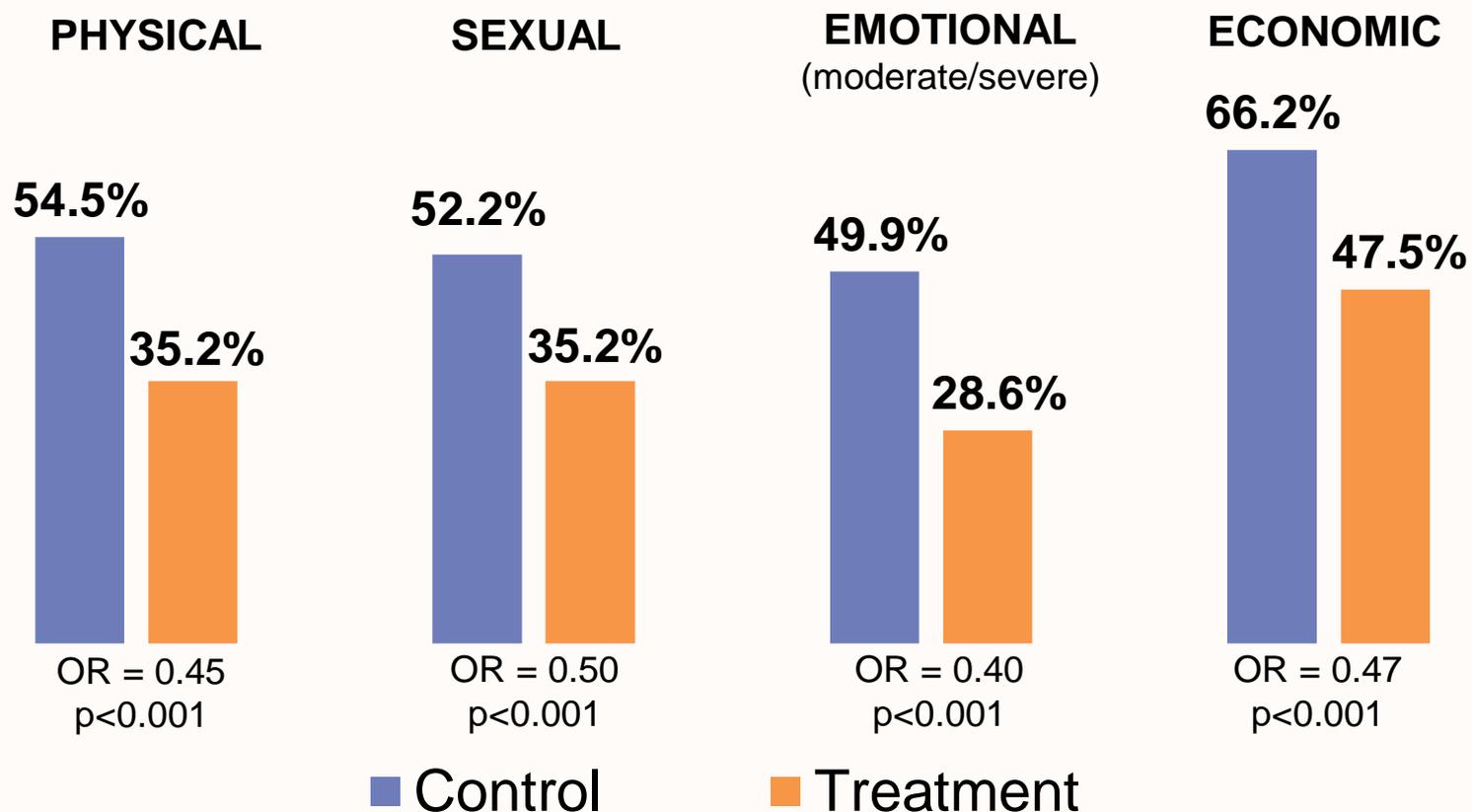


Participants surveyed at multiple time points:



Sustained impacts on IPV

Nearly six years later, compared to the control group women in Bandebereho report lower rates of all four forms of IPV



*Women's reports: only women were asked about IPV.

Improved parenting behaviors

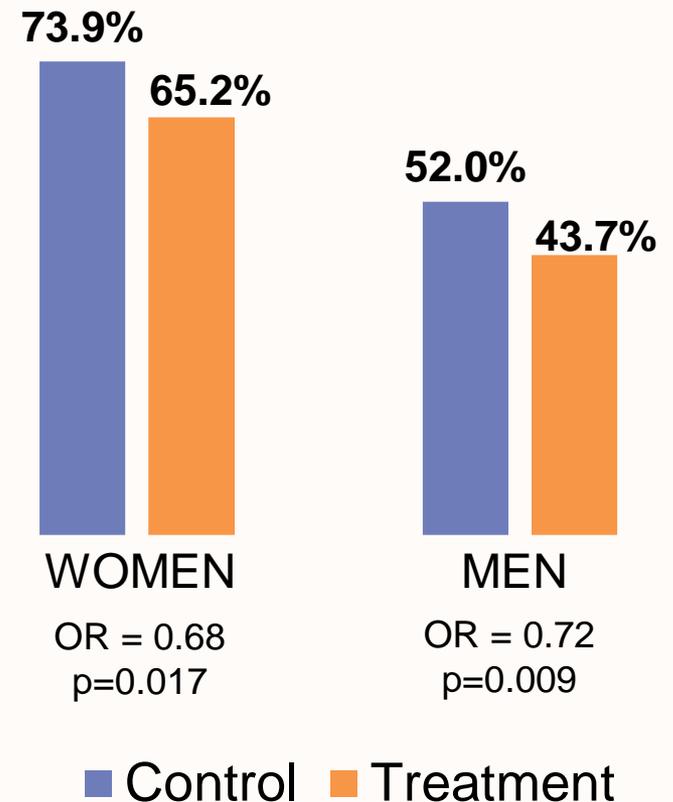
Compared to the control group, Bandedereho parents:

- Use less violence against their children – including harsh discipline & physical punishment
- Are more supportive of positive discipline
- Spend more time on responsive care

And parents report better behavioural outcomes for their children (SDQ):

- Fewer externalizing behaviours (conduct, hyperactivity problems)
- Fewer internalizing behaviours (emotional, peer problems)

Past-month physical punishment of children



Multiple lasting effects

Long-term impacts also found on a range of other outcomes:

- Women's & men's mental health
- Women's antenatal care attendance and men's accompaniment
- Women's involvement in household decision-making
- Men's participation in childcare and household tasks



Stay tuned!

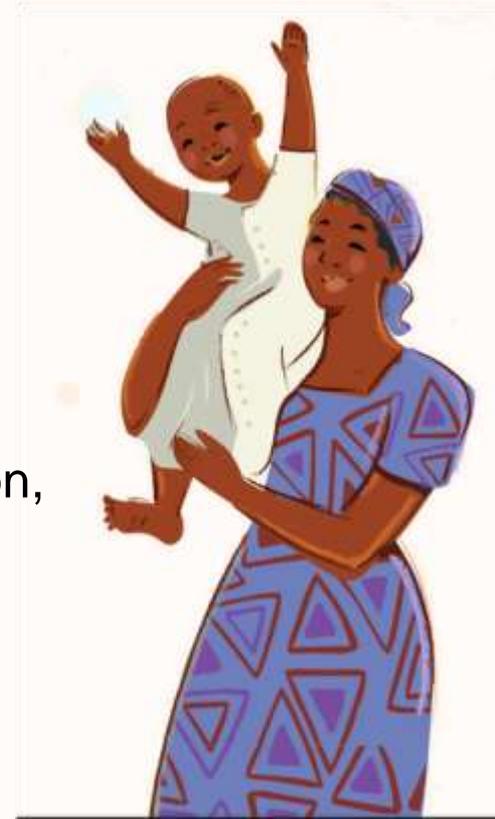
Why these lasting impacts?

Bandebereho takes a gender-transformative approach:

- It tackles social norms & cultural beliefs
- It doesn't teach, but encourages self-transformation
- It builds relationship skills and provides space for couple communication

It is contextually adapted for the Rwandan context:

- It responds to real issues facing couples in the community
- Facilitators are community members themselves
- Bandebereho is viewed as a home-grown solution, not imported



Why these lasting impacts?

It works with men and couples as parents:

- The focus on fatherhood motivates men to participate
- As they become parents, participants are open to change
- The prenatal period provides tangible ways to engage men and foster changes in behavior

Bandebereho benefited from a strong enabling environment:

- There is strong political will and supportive policies
- Government has been involved in Bandebereho from the very start

Together, we are now taking Bandebereho to scale through the Rwandan health system



Acknowledgements



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