

Overview of Indashyikirwa Programme and Implications for Fidelity

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October 26, 2021



**PREVENTION
COLLABORATIVE**
feminist inspired | evidence driven

Overview of Indashyikirwa

- ▶ Developed & implemented by CARE Rwanda, Rwanda Men's Resource Centre and Rwanda Women's Network, funded by DFID-Rwanda
- ▶ 7 districts in Eastern, Northern and Western provinces of rural Rwanda from August 2014-2018 (including 14-month inception)
- ▶ Impact evaluation conducted as part of What Works to Prevent VAWG Programme



WhatWorks
TO PREVENT VIOLENCE
A Global Programme To Prevent
Violence Against Women and Girls

Indashyikirwa consists of four major components:

1

A 21-session participatory curriculum with male-female couples that had been married or living together for at least 6 months drawn from CARE Rwanda's micro-finance village savings and loans associations (VSLAs) to support equitable, non-violent relationships.

Couples Training

2

Supporting a sub-set of trained couples to engage in community activism for an additional two years.

3

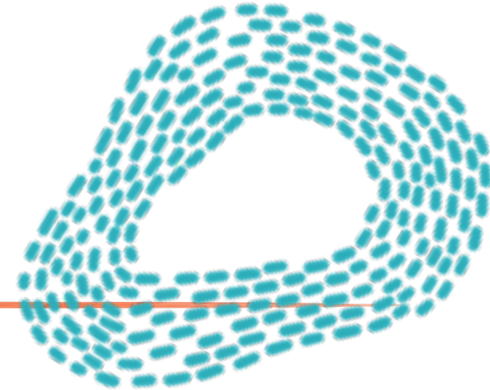
Establishment of women's safe spaces for dedicated support and referral of IPV survivors.

4

Training and engagement of opinion leaders to support an enabling environment for IPV prevention and response.

Enabling Environment

What makes the Indashyikirwa couples curriculum work ?



- ▶ No evidence all components needed to achieve benefits of curriculum
- ▶ Certain elements of model support integrity of intervention
- ▶ Designed as journey of change with each session building on the next
- ▶ Designed for up to 30 participants
- ▶ Adaptation should consider key *design* and *implementation* elements to ensure implementation fidelity



Key Design Elements

1. Intensive Work with Couples

- ▶ Work with male-female, cohabitating couples together
- ▶ Make it work for couples to be regularly engaged
- ▶ Core content could be relevant to other couples but needs adaptation

2. Maintain the Power Framework

- Positive types of power (power within, power to, power with) and negative types of power (power over)
- Adaptation must ensure clear translation of this concept

Key Design Elements

3. Emphasize Learning, Practicing and Applying Skills

- ▶ Curriculum includes activities to influence knowledge, attitudes, skills, and behaviors
- ▶ Encourage couples to practice skills through take home activities and opportunities to share experiences

4. Use a Benefits Based Approach

- Curriculum emphasizes benefits of non-violent, healthy and equitable relationships
- Can motivate to sign up/continue with programme, change attitudes & behaviours

Key Design Elements

5. Maintain Sexuality Content and Focus on Sexual Consent

- ▶ Can be difficult to discuss sexuality i.e. women initiating sex, sexual pleasure, sexual consent in marriage
- ▶ Content critical for effects on reduced sexual IPV so if cut, adapted programme may not have similar impacts

6. Have an explicit next step after the curriculum ends

- Not necessarily activism but provide couples with skills to support other couples and diffuse to wider communities
- Supports sustainability of change among couples and more enabling environment

Key Implementation Elements

1. Appropriate timing to allow journey of change

- ▶ Curriculum 1x/week at same time, place and day, can be modified within parameters
- ▶ Each session designed for 3-4 hours

2. Ensure quality, supported facilitators

- 10-day initial training to allow facilitators to reflect on content
- Supervisors observed facilitators and offered regular support

Key Implementation Elements



3. Support and monitor for safety of couples

- ▶ Couples not recruited based on known experiences of IPV
- ▶ Male and female facilitators
- ▶ Map IPV response services

4. Pilot the adapted curriculum

- Value of pre-testing after adapting to new context/population
- Flexible to ongoing adaptive programming

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ADVANCED SEARCH ▾

PROGRAMME EXAMPLES | INDASHYIKIRWA



INDASHYIKIRWA

WORKING WITH COUPLES IN RURAL RWANDA

Your complete source on everything Indashyikirwa! Our goal is to make all materials on a programme easily accessible in one place. If you are aware of additional resources, please [contact us](#).

Indashyikirwa ('agents of change' in Kinyarwanda) is designed to reduce levels of intimate partner violence, as well as to improve the response to survivors. The programme shifts attitudes and behaviours at the individual and relationship levels, as well as transforms wider social norms that tolerate violence and underpin inequalities between men and women.

The programme has four components:

- ▶ A 21-session participatory training curriculum for couples
- ▶ Community-based activism (based on the SASA! model) led by a subset of individuals who completed the couples' curriculum and received ten additional days of activist training
- ▶ Direct support to survivors of intimate partner violence through women's safe spaces
- ▶ Training and engagement of opinion leaders

A cluster randomised controlled trial showed that Indashyikirwa reduced both women's reported experiences and men's reported perpetration of violence. The programme also led to reduced acceptability of violence, depression, and interpersonal conflict, as well as increased communication, trust, self-efficacy, and household earnings, as well as reduced violence against children.

Indashyikirwa was implemented by CARE Rwanda, the Rwanda Men's Resource Centre, and the Rwanda Women's Network. The community mobilisation component was an adaptation of the SASA! programme developed by Raising Voices in Uganda. If you want to adapt the Indashyikirwa, we strongly recommend that you contact Care International and the Prevention Collaborative.



FIDELITY BRIEF

for adapting Indashyikirwa
Couples Curriculum

BACKGROUND

Indashyikirwa (Agents for Change) was a collaboration between CARE Rwanda, Rwandan Men's Resource Centre (RWAMREC) and the Rwanda Women's Network (RWN), funded by DFID-Rwanda.

The programme aimed to prevent and respond to intimate partner violence (IPV) and was implemented in 7 districts, across 14 sectors in Eastern, Northern and Western provinces of rural Rwanda from August 2014–2018, which included a 14-month inception period.

Indashyikirwa consists of four major components:

- 1 A 21-session participatory curriculum with male-female couples that had been married or living together for at least 6 months drawn from CARE Rwanda's micro-finance village savings and loans associations (VSLAs) to support equitable, non-violent relationships.
- 2 Supporting a sub-set of trained couples to engage in community activism for an additional two years.
- 3 Establishment of women's safe spaces for dedicated support and referral of IPV survivors.
- 4 Training and engagement of opinion leaders to support an enabling environment for IPV prevention and response.

This brief supports the adaptation of Indashyikirwa, with specific focus on the first component (Couples Curriculum) because:

There is no current evidence that all four components are needed to achieve the benefits demonstrated through the Couples Curriculum, which was implemented first and evaluated separately. However, certain elements of the

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