

# REAL FATHERS INITIATIVE



## What Happened to the REAL Fathers One Year Later?

SVRI Forum | September 20, 2017



**USAID**  
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Institute for  
Reproductive Health  
Georgetown University



**Save the Children**

# BACKGROUND: INTIMATE PARTNER VIOLENCE AND VIOLENCE AGAINST CHILDREN IN UGANDA

Harsh punishment of children and witnessing IPV are risk factors for IPV, yet:

- In Uganda, **43% of women** in union reported **ever experiencing physical or sexual violence** by their current partner (DHS 2011).
- In a survey of 1,000 children aged 8 to 18 years across five districts in Uganda, **more than 98% of children reported experiencing physical or emotional violence, and 76%, sexual violence** (Naker, 2005).

# REAL FATHERS INITIATIVE OVERVIEW



## Period

- **Pilot:** 2013-2015
- **Scale-up:** 2015-2017

## Pilot Location

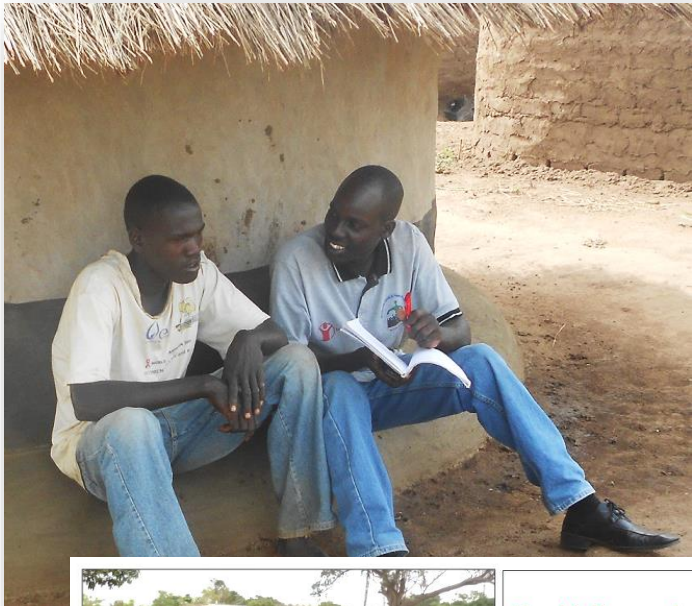
- 8 Parishes, Amuru District, Northern Uganda



## Objectives:

- Reduce physical punishment of children and IPV
- Improve parenting attitudes and confidence in using nonviolent discipline
- Foster acceptance of non-traditional gender roles in parenting

# PILOT MENTORING PROGRAM



64 mentors have **12 points of contact** over 6 months with each young father:

- 6 individual home visits (2 couple-based)
- 6 group meetings

**Community posters** sequentially displayed with emotion-based messages to catalyze reflection on inequitable gender norms, parenting, and IPV

**Community celebrations** conducted to share testimonies and express commitment to sustain positive changes



**Yoo ki diro me bedo wego kikome**

**Babaa na tye wego Kikome**

*Kit kwo pa dano iyo ma lutino neno kwede*

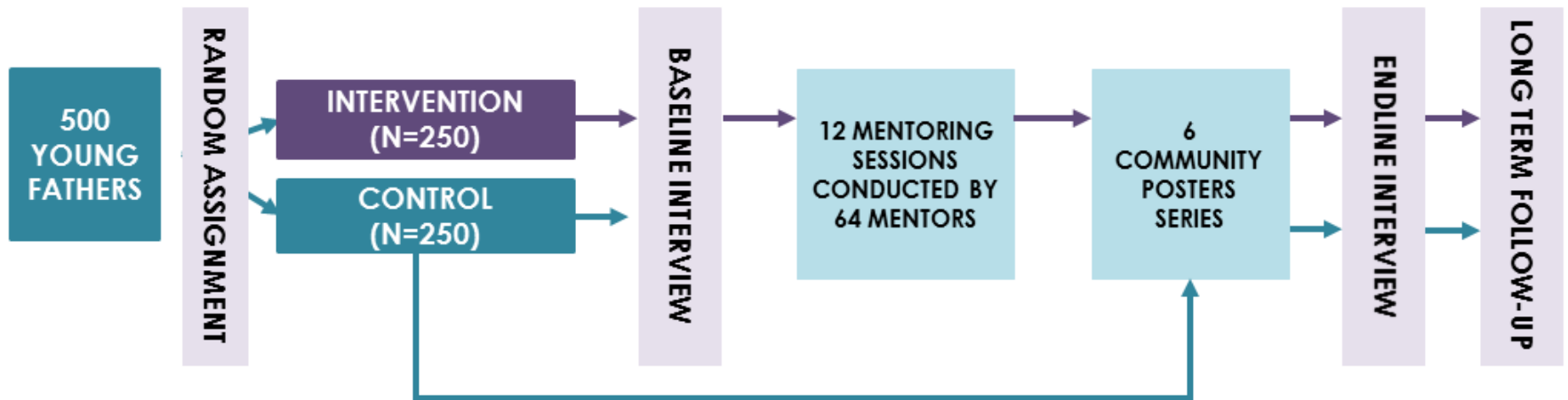
- Babaa na pwonyo an
- Babaa na ngeyo an maber
- Babaa na kweyo cwinya
- Babaa na tuku kweda
- Babaa na maro an (dok tiyo matek) pi an

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# PILOT EVALUATION DESIGN



## Post-Intervention Qualitative Methods:

- **Life History Interviews** with 20 Fathers (3 months post-intervention)
- **In-depth Interviews** with 10 Wives/ Partners (10-12 months post intervention)

# DESIRED OUTCOMES

## Parenting

- Increased attitudes rejecting use of physical child punishment
- Increased confidence in using nonviolent discipline
- Increased positive parenting
- Increased father-child interaction
- Decreased physical child punishment

## Intimate Partner Relationships

- Improved communication with wives/partners
- Increased attitudes rejecting use of IPV
- Decreased perpetration of IPV

## Gender Norms and Attitudes

- More gender-equitable attitudes
- Fathers engage in non-traditional parenting roles

# PARTICIPANT CHARACTERISTICS



Photo Credit: Save the Children/Dickens Ojamuge

**Age:** 16 -25 years (mean: 22 years)

**Wive's age:** 15-25 years (mean: 20 years)

**Education:** 55% attended primary, 33% attended secondary

**Employment:** 90% farmers; 10% paid formal work

## **Childhood experience of violence:**

- 22% often witnessed violence
- 57% sometimes
- 27% often experienced physical violence
- 54% sometimes

## **Relationship:**

- 74% with partner 1-3 years
- 64% partially paid bride price

# REAL PARTICIPATION & PARENTING OUTCOMES

| Outcomes                                                            | Attended at least one individual and one group mentoring session |                                  |
|---------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------|
|                                                                     | Endline<br>(n=435)                                               | Longer Term Follow Up<br>(n=399) |
| <b>Rejects use of physical punishment</b><br>(Rejects all)          | 1.6 [1.09, 2.49]**                                               | 2.2 (1.43, 3.47)***              |
| <b>Confident in using nonviolent discipline</b><br>(Very confident) | 2.5 (1.50, 4.28)***                                              | 2.4 (1.55, 3.98)***              |
| <b>Father-child interaction</b><br>(Yes to any)                     | 2.1 (1.05, 4.33)*                                                | 2.9 (1.48, 6.01)**               |
| <b>Use of physical punishment</b><br>(Yes to any)                   | 0.84 (0.55, 1.28)                                                | 0.52 (0.32, 0.82)**              |

Adjusted for employment status, payment of bride price, couple communication, alcohol use, and experience of violence as a child; p-value: \*<.05; \*\*<.01; \*\*\*<.001

# REAL PARTICIPATION & INTIMATE PARTNER RELATIONSHIP OUTCOMES

| Outcomes                                                             | Attended at least one individual and one group mentoring session |                                  |
|----------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------|
|                                                                      | Endline<br>(n=435)                                               | Longer Term Follow Up<br>(n=399) |
| <b>Couple communication skills</b><br><i>(Yes to all)</i>            | 2.4 (1.54, 3.77)***                                              | 2.4 (1.56, 3.81)***              |
| <b>Justification of IPV</b><br><i>(Justification for any reason)</i> | 0.63 (0.40, 0.98)*                                               | 0.50 (0.31, 0.83)**              |
| <b>Any form of IPV</b><br><i>(Perpetration of any form)</i>          | 0.48 (0.31, 0.76)**                                              | 0.48 (0.31, 0.77)**              |

Adjusted for employment status, payment of bride price, couple communication, alcohol use, and experience of violence as a child; p-value: \*<.05; \*\*<.01; \*\*\*<.001

# REAL PARTICIPATION & INTIMATE PARTNER VIOLENCE

| Outcomes                                      | Attended at least one individual and one group mentoring session |                                  |
|-----------------------------------------------|------------------------------------------------------------------|----------------------------------|
|                                               | Endline<br>(n=435)                                               | Longer Term Follow Up<br>(n=399) |
| <b>Physical violence</b><br>(Yes to any)      | 0.71 (0.46, 1.11)                                                | 0.76 (0.38, 1.35)                |
| <b>Psychological violence</b><br>(Yes to any) | 0.55 (0.35, 0.86)**                                              | 0.42 (0.24, 0.74)***             |
| <b>Verbal violence</b><br>(Yes to any)        | 0.51 (0.33, 0.79)**                                              | 0.56 (0.35, 0.90)**              |

Adjusted for employment status, payment of bride price, couple communication, alcohol use, and experience of violence as a child; p-value: \*<.05; \*\*<.01; \*\*\*<.001

# REAL PARTICIPATION & AGREEMENT WITH TRADITIONAL GENDER NORMS

| Outcomes                                                                                         | Attended at least one individual and one group mentoring session |                                  |
|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------|
|                                                                                                  | Endline<br>(n=435)                                               | Longer Term Follow Up<br>(n=399) |
| <b>A woman's role is to take care of her home and family</b><br>(Agree or Partially Agree)       | 0.65 (0.40, 1.07)                                                | 0.48 (0.30, 0.76)**              |
| <b>Bathing and feeding the child is the woman's responsibility</b><br>(Agree or Partially Agree) | 0.68 (0.44, 1.06)                                                | 0.40 (0.23, 0.69)**              |
| <b>A man should have final word about decisions in his home</b><br>(Agree or Partially Agree)    | 0.60 (0.31, 1.14)                                                | 0.46 (0.27, 0.80)**              |

Adjusted for employment status, payment of bride price, couple communication, alcohol use, and experience of violence as a child; p-value: \*<.05; \*\*<.01; \*\*\*<.001

# THE REAL EFFECT ON YOUNG FATHERS AND MOTHERS



Photo Credit: Save the Children/Dickens Ojamuge

“ Before this mentorship, I was a drunkard and violent...after REAL Fathers....my violence vanished, I started communicating and working well with my wife. **I am responsible now. I look after our child at home most of the time.** I advocated to my friends to stop drinking alcohol and battering their wives.”

– Young Father, Northern Uganda

“ What I like to do with my children, for example when I return from the garden, **I sit and chat with them, I teach them some good things for life.....**In the past I used to be so rough with them so they kept a distance from me, and now they like me so much, they run to welcome me and also play with me.”

– Young wife, Northern Uganda

# REAL RESULTS: TAKE HOME MESSAGES

- ✓ **Short, 6-month mentoring program** can reduce IPV and violence against children both in short and long term
- ✓ The effect on parenting outcomes is even **stronger one year after** end of intervention
- ✓ Changes in **gender related norms take time**, and require intervention beyond individual level!



# WHAT'S NEXT FOR REAL?



Photo Credit: Save the Children/Hamis Basalwara

Testing scale-up through **integration** into:

- ✓ Livelihood program in Northern Uganda
- ✓ Early education program in Karamoja, Uganda
- ✓ Family planning component added

**Short term scale-up results show similar promising results as pilot.** Long-term evaluation follow-up set for Spring of 2018.

# Thank you!



[www.irh.org/projects/real-fathers-initiative/](http://www.irh.org/projects/real-fathers-initiative/)

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