



What works to achieve healthy masculinities and violence reduction?

Reflections from Equimundo's work

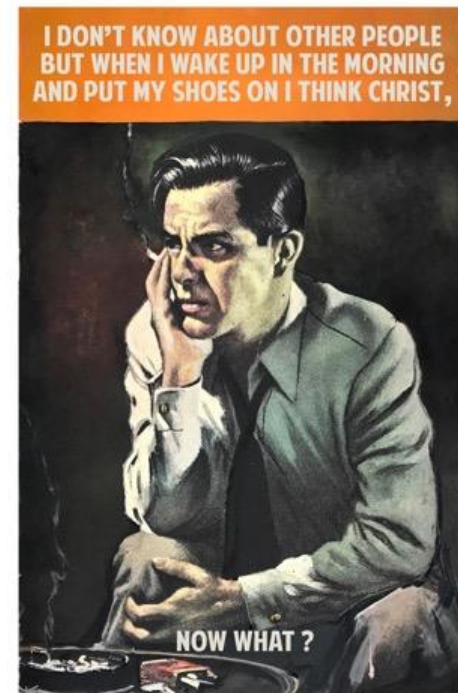
Gary Barker, PhD
President and CEO



Acknowledging complexity and the current scope of the challenges in discussing masculinities

- **Loneliness**, suicide unmet mental health needs
- The **angry Internet and porn at a click**
- MeToo and the **necessary calling out** of some men
- The ongoing toll of violence **against** boys and men and the violence **by** boys and men
- **Weaponization of manhood** by right wing politicians and movements

Start by acknowledging the fraught political space in which we promote male allyship



How Extensive are Harmful Masculine Attitudes among Young Men?

Man Box survey results from US, UK, Mexico, Caribbean, Australia:

- 1/3 young men said female partner ***expects him to use violence to defend his reputation***
- 2/3 of young men told by parents that a ***“real man” behaves a certain way***
- 1/2 of the young men say: ***“Society tells them a real man can never say no to sex.”***
- When asked about their own attitudes, about ***40-50% were consistently in the “man box”***

A lot of young men and those around them reinforce the Man Box and a lot are breaking out of it





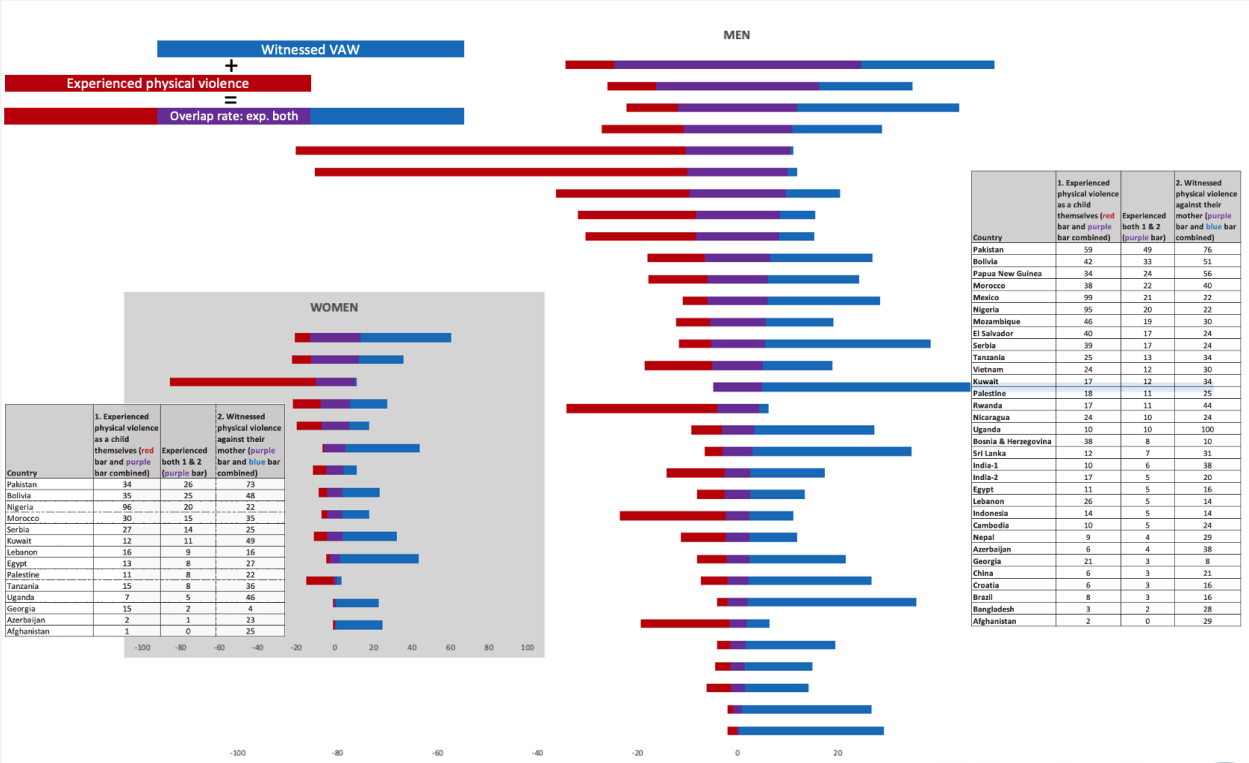
HOW WE OFTEN CRUSH MALE EMPATHY AND THE POTENTIAL FOR THEIR ALLYSHIP

In the US, % of young men who say they would do nothing to stop sexual harassment or bullying because they worry violence would come to them:

89%



High proportions of boys around the world witness or experience violence



WHAT FACTORS ARE MOST ASSOCIATED WITH MEN'S USE OF VAW? (Results from 30+ countries)

- ***Strongest single factor:*** Childhood experiences of witnessing VAW and exposure to or victimization of other forms of violence
- ***Next strongest:*** attitudes related to GBV and to gender norms overall
- ***Other factors:*** Perceived impunity, depression, other adverse childhood circumstances, alcohol/substance use, displacement/conflict, economic stress, relational factors

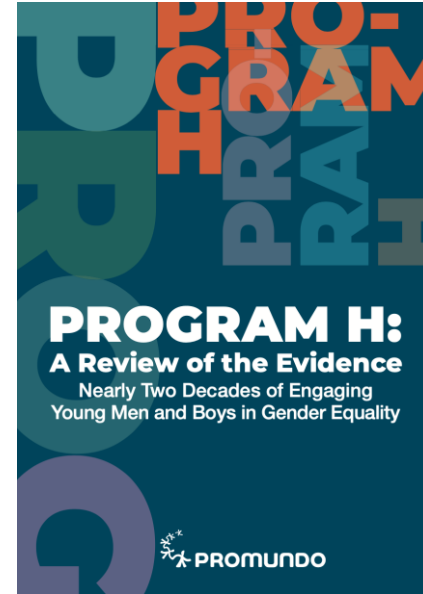
Attempting Change: three levels

- 1) **INDIVIDUAL/GROUP:** Scaling up gender transformative group education
- 2) **INSTITUTIONAL:** Interventions in health sector and other large scale public institutions
- 3) **SOCIETAL NARRATIVE SHIFT:** Efforts to change how masculinities are discussed in media and large-scale cultural spaces



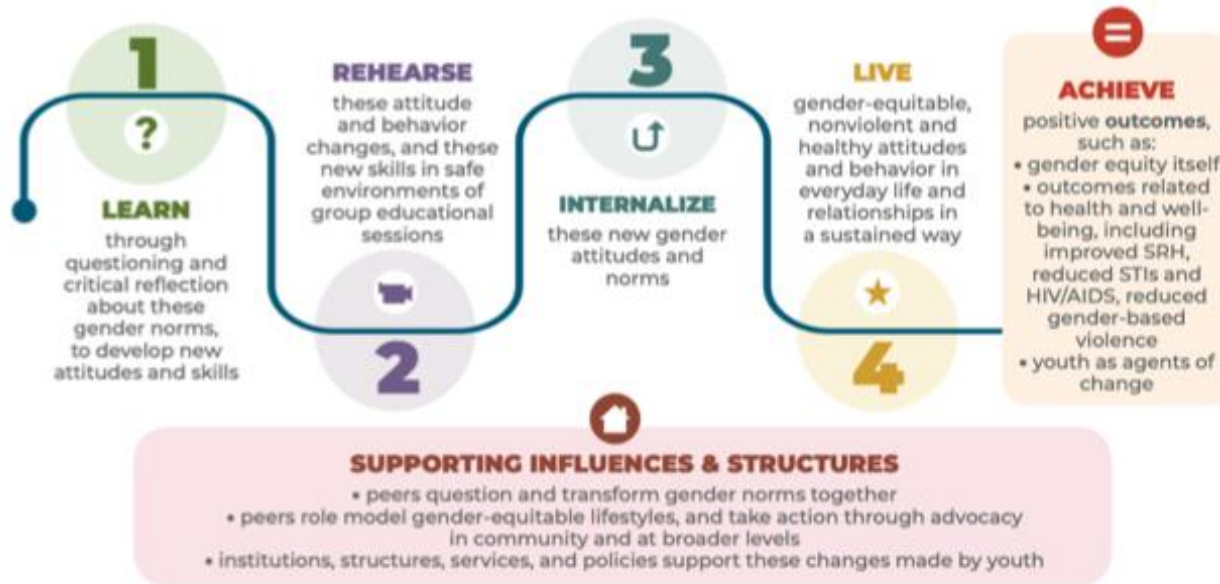
1) INDIVIDUAL/GROUP: Gender Transformative Group Education Model: Program H/Manhood 2.0

- ✓ **Structured group education** combined with youth activism to change ideas about manhood
- ✓ **10 quasi-experimental evaluation studies and 2 RCTs** have confirmed attitude and behavior change
- ✓ Implemented in **schools, sports programs, after-school programs**
- ✓ **Results:** violence and bullying reduction, increased sexual health awareness, increased health-seeking
- ✓ **Key points:** quality of facilitator; creative recruitment strategies; building into systems rather than stand-alone curriculum



manhood 2.0

Our theory of change of how young men internalize healthier masculinities in group education



Key factor in discussions with boys and young men: the quality of the the facilitator (Results Pittsburgh, U Pitt, and Equimundo)

JAMA
Network | **Open**



Original Investigation | Pediatrics

Effect of a Community-Based Gender Norms Program on Sexual Violence Perpetration by Adolescent Boys and Young Men A Cluster Randomized Clinical Trial

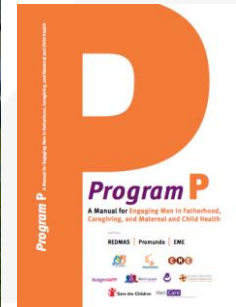
Elizabeth Miller, MD, PhD; Kelley A. Jones, PhD; Alison J. Culyba, MD, PhD; Taylor Paglisotti, MPH; Namita Dwarakanath, BA; Michael Massof, MPA; Zoe Feinstein, BA; Katie A. Ports, PhD; Dorothy Espelage, PhD; Julie Pulerwitz, ScD; Aapta Garg, MA; Jane Kato-Wallace, MPH; Kaleab Z. Abebe, PhD

"I realized that I loved [the program leader]. Because she was just an awesome lady, who just actually fought for kids, and fought for their rights as humans. And I loved that. And it made me want to talk more" (Participant 18)

"I mean, I thought it was just going to be a bunch of BS, for--but we actually talked about some real life situations and stuff that we actually went through [...] like having sex and like abused like abusive relationships. And like people that know people like that have been through that. Like we have teachers tell us about stuff they've been through [...] I ain't think it was going to be as explicit as it was"
(Participant 17)

2) INSTITUTIONAL LEVEL: Gender transformative parent training within the health sector

Working with the public health sector to reach parents at the clinic level, via group education, and through policy changes



Gender Transformative Parenting: One intervention, multiple outcomes

A randomized controlled trial (n=1199 couples) over 6 years demonstrated impact on multiple health and gender outcomes:



40% reduction in physical & sexual IPV
15% reduction in parents' use of physical punishment



Greater: antenatal care attendance & male
accompaniment, partner support, contraceptive use



Less dominance of men in household decision-making
Greater couple communication



Greater time spent by men in providing nurturing care,
sharing of childcare & household tasks

A 7-Year Pathway to Scale in the Public Health System – Bandebereho/Program P in Rwanda

Why?

Increase the availability, reach and sustainability of Bandebereho (nationwide)

How?

Integrate into the routine work of community health workers (delivery, monitoring, evaluation)

Who?

Ministry of Health, Rwanda Biomedical Center, RWAMREC, Equimundo, multiple funders

+ Multi-sectoral Technical Advisory Committee

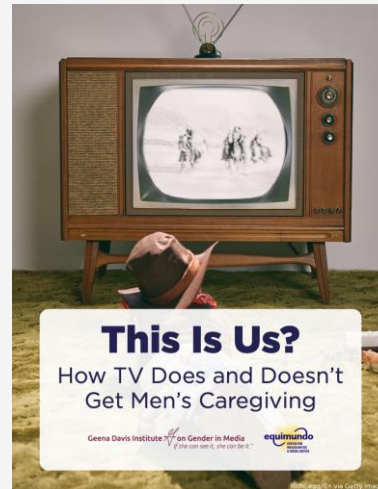
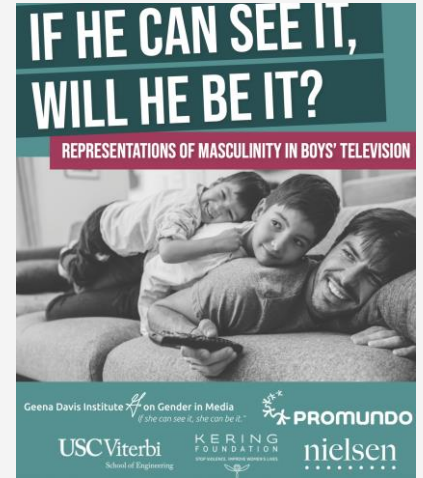


POLICY ADVOCACY EXAMPLE: Brazil's National Men's Health Program (within SUS/National Health System)

- Joint NGO advocacy and research supported development of National Men's Health Program (and the Men's Prenatal Visit Protocol)
- 2017 survey: 75% of women said male partner present one/more prenatal visits; 2/3 male partners present at birth (versus 16% in 2012)
- 82,000 health professionals took online course on men's health
- Men's prenatal visit now single largest path to men's participation in health system in Brazil



3) NARRATIVE SHIFT: Research and advocacy on the role of media and video games in the making of boyhood/manhood



Incorporating narrative/media research into conversations about boyhood



We believe boys will be themselves,
their wonderful, complex, healthy,
emotional selves — with a little help.

And we believe they must
be feminist allies

GLOBAL
BOYHOOD
INITIATIVE

