

# BOYS AND MEN: THE OTHER PART OF THE EQUATION

**Literature and international best practices  
review and findings from interviews**

Nov 2021

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## Introduction

As part of the study on gender-based violence and strategies to involve boys and men, a review of the literature on the subject was conducted, as well as on the international practices in this regard.

This document presents a brief description of the literature, and the best international practices review to include boys and men in the prevention and eradication of gender-based violence, as well as a summary of the most relevant findings of the interviews conducted with the various civil society organizations that work for women's rights in Mexico.

## Literature review

The literature on the subject indicates that the inclusion of boys and men in the eradication of gender violence is based on the following reasons (White Ribbon Campaign, 2011; International Men and Gender Equality Survey in Middle East and North Africa, among others)<sup>12</sup>:

1. Men are the primary perpetrators of gender-based violence (White Ribbon Campaign, 2011). And as such it is necessary to include them in the actions and strategies to prevent and reduce this problem.
2. Evidence shows that work with men and boys can be effective. Leaving men out of the violence prevention strategies underutilizes the positive potential influence of men, who in most cases reject violence against women.
3. Work with men and boys can have a positive impact in the lives of girls and women but also in the lives of boys and men. Boys and men do not have to be the perpetrators of gender-based violence, they can practice a different type of masculinity and free themselves of the negative cycle of violence.

Strategies to end gender-based violence and research on the topic has evolved. In recent years, there has been an increased number of interventions including boys and men, which has been motivated by a desire to address men's role in the perpetration of violence against women and girls (VAWG). (USAID, 2015). Also, attention has been given to understanding the causes of VAWG, so research and strategies not only should focus on treatment and prevalence of the problem, but on the role of men and boys in preventing VAWG. (USAID, 2015)<sup>3</sup>.

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<sup>1</sup> <http://menengage.org/wp-content/uploads/2014/04/WRC-statement-on-men-and-GBV.pdf>

<sup>2</sup> <https://promundoglobal.org/wp-content/uploads/2018/10/FUnderstanding-How-to-Engage-Men-in-GenderTransformative-Approaches-to-End-Violence-Against-Women-1.pdf>

<sup>3</sup> [https://www.usaid.gov/sites/default/files/documents/1865/Men\\_VAW\\_report\\_Feb2015\\_Final.pdf](https://www.usaid.gov/sites/default/files/documents/1865/Men_VAW_report_Feb2015_Final.pdf)

In addition, leaving men out of the equation would be like pretending that women have the task of solving a global problem that involves men, without including them (International Men and Gender Equality Survey in Middle East and North Africa).

However, experience shows that it is important to consider that when engaging men and boys, programs should not begin to replicate the gender injustices they need to be reversing, for instance, giving disproportionate space to men's voices, opinions and leadership while side-lining women.

It is also important to consider the resistance that may exist from organizations that work for women's rights to include boys and men in the prevention and eradication of gender violence. Some organizations have pointed out that working with boys and men should not take away the attention or resources from the work to attend to women and girls who are victims of gender-based violence.

The literature review shows that, although there may be some resistances, in general there is a consensus on the importance of working with boys and men to prevent and eradicate gender violence around the world. Experts on gender violence as well as civil society organizations that work on the issue recognize that boys and men are an important part of the problem, and of the solution. The literature on the subject points out that it is not enough to work to address girls and women who are victims of violence, but that it is necessary to understand the causes of gender-based violence and in this understanding the inclusion of boys and men is essential to achieve a more effective solution to this problem.

## International practices

The review of international practices points out that when working with men and boys to prevent and reduce gender-based violence there are certain non-negotiable conditions (White Ribbon<sup>4</sup>). These conditions are:

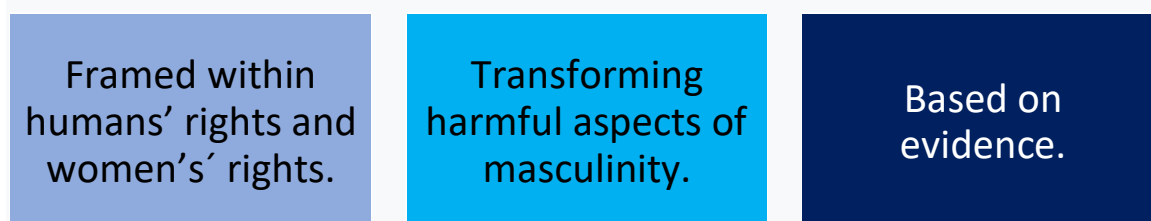
1. The work must be framed within human rights and more specifically women's rights. Gender-based violence is the most harmful expression of gender inequality for women and girls. There is a correlation between gender-based violence and gender inequality. Men's power and privilege are perpetuated and sustained by violence or threat of violence. When working to end gender violence, you must also be working to end gender inequality.
2. Feminist analysis has taught that women's gendered identities are socially constructed, so to it must be accepted that men's gendered identities are also socially constructed. Gender inequality is one precept of gender violence and harmful, controlling, and violent constructions of masculinity are other. Transforming the harmful aspects of masculinity is non-negotiable.
3. The work must be evidence-based. There is enough data and research to make informed decisions about different approaches and strategies to engage men. For addressing violence

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<sup>4</sup> The White Ribbon Campaign is a movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships, and a new vision of masculinity.

against women, also it is fundamental to use the approaches and methodologies that have proven most effective.

**Diagram 1. Three non-negotiable conditions when working with boys and men**



Source: White Ribbon. Engaging Men and Boys to Reduce and Prevent Gender-Based Violence. 2011

There is other two important aspects to consider when working with men and boys.

### Life cycle approach

Male power and privilege are not something that suddenly appears when boys reach adulthood. From the earliest age boys are exposed to the influences, conditions, and privileges of patriarchy. Boys learn at an early stage how to make their gender privilege work for them, police other boys (Don't cry like a girl, you are a sissy). It is valid to questioned how many interventions, how often and for what length of time must be effective for long term attitude and behavior change. For these reasons a life cycle approach is advocated by NGOs in the field. Appropriate and relevant interventions at all ages of the lifecycle are necessary to realize transformative change.

### Spectrum of prevention

Men's power and privilege exist individually, in our relationships and families, in our political, economic, educational, religious, corporate, military institutions. Type of interventions with men: 1) Strengthening individual knowledge and skills, 2) Promoting community education, 3) Education professionals and service providers, 4) Engaging and mobilizing communities, 5) Changing organizational practices, 6) Influencing policy and legislation.

As part of this study, a review of international practices that include boys and men in preventing and combating gender-based violence was conducted.

The following table presents a summary of ten different international projects that include boys and men to prevent and reduce gender-based violence. The table presents the main objective of the projects, the characteristics of the strategy, results of the evaluation, among others.

**Table 1. Review of international practices to include boys and men to prevent and eradicate gender-based violence**

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
Partners for Prevention (P4P)		Vietnam	Male Advocate Club	August 2015 to November 2016	Worked with younger and older men to build gender-equitable attitudes, form healthy relationship skills, transform harmful masculinities, and engage the men to become male advocates for violence prevention in their communities.	Build capacity of local facilitators, run year-long participatory learning workshops with men, and promote volunteerism to sustain the project's results. A facilitator manual was adapted to be used in a Vietnamese context. It functioned as a guide for facilitators, who went through extensive training on how to deliver participatory primary prevention workshops. The facilitators worked with 120 male participants (18 to 60 years old) in 16 participatory learning workshops. These participants were selected by the Da Nang Women's Union based on the frequency and the enthusiasm with which they participated in local activities. They were divided into four Male Advocate Clubs. Volunteerism was a core component of the project. This enabled the male advocates to take ownership of how they wanted to convey issues of Violence against women and girls (VAWG) in their	Increased awareness and understanding of positive masculinities, gender equality and prevention of VAWG among participants, and willingness to share their learnings among the community. Volunteers used innovative measures, such as utilizing local resources and contributions to produce events and ensure the sustainability of the intervention with a limited budget. Many participants reported that they use more respectful and equitable behavior when engaging with women, especially with their wives. They mentioned they were more considerate of their wives' opinions,	<a href="https://www.partners4prevention.org/sites/default/files/resources/vietnam_lessons_learned_final_english_no_link.pdf">https://www.partners4prevention.org/sites/default/files/resources/vietnam_lessons_learned_final_english_no_link.pdf</a>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
						<p>communities through advocacy and organization of community activities. Participants planned and implemented a variety of activities, such as mini soccer tournaments, film showings, community quiz nights and role-playing exercises. A Project Coordination Officer (PCO), who was responsible for overseeing these activities, was a UN Volunteer.</p>	<p>more involved in housework and had more equitable attitudes towards women in general.</p>	
White Ribbon		Canada	Supporting vulnerable youth during Covid-19 and promoting healthy masculinities	Current	<p>Among other campaigns and projects, White Ribbon will work with 700 male youth from LGBTQS+ and racialized communities over eight months to prevent gender-based violence.</p>	<p>This program promotes healthy masculinities and will consist of interactive webinars, covering topics such as practicing healthy relationships (consent and effective communication), being an ally for gender and racial justice, and unpacking healthy masculinities and equal gender norms.</p>	Not available	<p><a href="https://www.whiteribbon.ca/projects.html">https://www.whiteribbon.ca/projects.html</a></p>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
MenEngage Alliance		Seventy countries	Engaging men and boys  Transforming patriarchal masculinities	Current	MenEngage Alliance seeks to provide a collective voice on the need to engage men and boys in gender equality, to build and improve the field of practice around engaging men in achieving gender justice, and advocating before policymakers at the local, national, regional, and international levels.	<p>The topic areas in which MenEngage members exchange ideas and carry out joint advocacy activities: 1) Promoting sexual and reproductive health and rights; 2) Increasing HIV and AIDS prevention and treatment; 3) Ending violence against women and girls; 4) Combating homophobia/transphobia and advocating for LGBTI rights; 5) Reducing forms of violence between men and boys; 6) Preventing child sexual exploitation, sexual abuse and trafficking; 7) Supporting men's positive involvement in maternal and child health, as fathers or caregivers; 8) Addressing macro-level policies that perpetuate gender inequalities.</p> <p>They work to build inclusive alliances from local, to regional, to global levels and foster joint actions in partnership with women's rights and other social justice movements. They work to bring a critical men and</p>	<p>The evaluation found that there is a growing understanding of the values and principles of the Alliance.</p> <p>There was evidence in this evaluation that the ways in which MenEngage has engaged with accountability has enabled the networks to contribute to wider social and gender justice movements. There is also an increasing awareness of intersectionality.</p> <p>There is considerable evidence that the Alliance is working on its advocacy strategy in a more coordinated manner, including through the Advocacy Working Group (AWG), and has contributed to knowledge on transforming patriarchal</p>	<p><a href="http://menengage.org/about-us/what-we-do/">http://menengage.org/about-us/what-we-do/</a></p> <p><a href="http://menengage.org/wp-content/uploads/2018/04/Brochure-2018-v3.2-FINAL.pdf">http://menengage.org/wp-content/uploads/2018/04/Brochure-2018-v3.2-FINAL.pdf</a></p>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
						<p>masculinities lens to discussions, initiatives, and advocacy, aiming to reduce gender-based violence and discrimination, promote health and well-being and realize gender justice for all.</p>	<p>masculinities and engaging men and boys gender justice. There is also evidence of the Alliance working to elevate the voice and experience of activists to the relevant forums.</p>	
Men's Non-Violence Classes		United States	Domestic abuse intervention project (DAIP)	Current	<p>Groups consist of up to 10 participants plus 2 facilitators.</p> <p>The program is 27 weeks long. Participants attend one group/class per week.</p> <p>Topics of the classes: negotiation and fairness, non-threatening behavior, respect, trust and support, honesty and accountability, responsible parenting, shared responsibility, economic partnership.</p>	<p>It was the first model in the country to institute an integrated community response project to protect women who suffered domestic violence. It is the most influential curriculum for abusive men in the world.</p>	<p>Shepard (1987) examined abusive behavior at different program phases in a 1985 study. During a three-month period, data were collected from 92 assailants and 77 victims at the following program phases: intake (beginning), completion of 12 week of counseling (middle), completion of 12 weeks of education groups (end), and three months after program completion (follow-up). Lower rates of abuse were reported at later</p>	<p><a href="https://www.theduluthmodel.org/wp-content/uploads/2017/03/ProgramEvaluation.pdf">https://www.theduluthmodel.org/wp-content/uploads/2017/03/ProgramEvaluation.pdf</a></p> <p><a href="https://www.theduluthmodel.org/what-is-the-duluth-model/duluth-model-works/">https://www.theduluthmodel.org/what-is-the-duluth-model/duluth-model-works/</a></p>



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					Completion typically occurs when the participant has successfully attended all 27 groups/classes and has paid for their program fees in full.		program phases with significant reductions in physical and psychological abuse occurring during the first three months of the program.	
EMERGE (Counseling and education to stop domestic violence)		United States	Abuser Education Anger Management Caring Dads Groups	Current	During their abuser education groups, they examine the harmful behavior that abusers have chosen throughout their relationships to improve their relationships with others.	<p>Founded in 1977, Emerge was the first abuser education program in the United States. Since its creation, Emerge has been a national leader in working to end violence in intimate relationships.</p> <p>In working toward this goal, Emerge seeks to educate individual abusers, prevent young people from learning to accept violence in their relationships, improve institutional responses to domestic violence, and increase public awareness about the causes and solutions to partner violence. With the development of parenting education groups for fathers, Emerge has expanded its mission to include a goal of helping men to become more responsible parents.</p>	<p>500 men began the program, only 283 completed the admission process after 12 months. Only 153 completed the program.</p> <p>There are testimonies of the beneficiaries of the program. But other types of evaluation are not available.</p>	<a href="https://www.emerge-dv.com/">https://www.emerge-dv.com/</a>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
Instituto Promundo (With support from the United Nations Trust Fund to End Violence Against Women)		India	Community based intervention  (Part of a multi-country project to engage men and boys in preventing violence against women and promote gender equality)	2010	<p>Taught youth and men about the negative impacts of gender-based violence and violence prevention tools.</p> <p>Increase awareness among men and boys about gender norms and the consequences of violence against women.</p>	<p>Local leadership councils were targeted to engage men and women in the rural villages through advocacy campaigns, youth groups, community outreach and 23 educational workshops. Through this effort 1,500 youth and men were taught about the negative impacts of gender-based violence and violence prevention tools.</p> <p>The 23 workshops covered conceptual understandings of masculinity, gender, violence against women and sexuality.</p> <p>In the workshops the concepts of power in relationships, sexuality, human rights and the role of men in caregiving and men's participation in domestic activities were introduced.</p> <p>In addition to the workshops and community mobilization, a series of campaigns were launched.</p> <p>Working with the local leaders (Panchayats) was intended to create change and foster</p>	<p>To gauge program impact over time, pre-, mid-, and post-intervention surveys were conducted with group education participants. In depth interviews with participants and facilitators were also conducted. To measure change in gender equitable attitudes, the Gender Equitable Men (GEM) Scale was completed by participants pre- and post-intervention. Interviews were conducted with female partners of participants to evaluate attitudinal changes because of the intervention. There were notable increases in self-reported gender equitable attitudes after the workshops, specifically in positive attitude changes regarding the division</p>	<p><a href="https://www.whiteribbon.ca/uploads/1/1/3/2/113222347/lit_review_2014.pdf">https://www.whiteribbon.ca/uploads/1/1/3/2/113222347/lit_review_2014.pdf</a></p> <p><a href="http://menengage.org/wp-content/uploads/2014/01/Engaging-men-in-GBV-multicountry-impact-study-Promundo-.pdf">http://menengage.org/wp-content/uploads/2014/01/Engaging-men-in-GBV-multicountry-impact-study-Promundo-.pdf</a></p>

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						gender equity at the leadership level, which would then be promoted throughout the communities.	of childcare responsibilities and household relationships. There were also positive attitudinal changes in improved communication with partners on gender equality and sexual pleasure and increased knowledge of laws against gender-based violence (GBV) and women's property and abortion rights (Instituto Promundo, 2012).	
Manscentrum		Sweden	Manscentrum offers conversational help to clarify, process and find solutions to emotional and practical problems at various stages of life. Manscentrum is a	Current	The men's center is contacted by men from all social groups and occupational groups. The age spread is from adolescents to the elderly. Middle-aged men are the majority. One of the basic ideas in the Manscentrum model is that a violent man who can manage to avoid violence for about fifteen weeks,	The help offered to men can be described as counseling with therapeutic and pedagogical elements. 45% of the men who apply for Manscentrum have problems related to violence / aggression.	Since the Fall of 1991, Manscentrum has been arranging group therapy for violent men. The main ideas were adopted from CIRV in Montreal. The majority think their lives are better. Most of all their feelings of self-confidence have increased, which, for example, may be reflected in resumed studies and better	www-manscentrum-se

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
			politically and religiously independent foundation whose focus is to assist men in crisis. The foundation runs a clinic in Stockholm where every year many men turn for help with various problems that they have difficulty solving on their own.		and at the same time work with his problem in a group, has taken a firm step towards being able to decide for himself if violence has a place in his life.		relationships with women.  The results of learning how to avoid violence can be summed up in the words” improved quality of life.” More than half the men are still living with the woman they used to abuse.	
Instituto Promundo (With support from the United Nations Trust Fund to End Violence		Brazil	Using Football to Reach Men in Gender-Based Violence Prevention	2010	Two objectives: 1) To participants’ knowledge of different forms of gender inequities and of different forms of violence against women, an understanding of the consequences.	Promundo targeted adult men through a community-wide football (soccer) tournament, using weekly matches, outreach material about the tournament and group sessions organized around the matches as both a strategy to promote attitude and behavior change as well as to increase the likelihood of	Prior to starting the workshops, a baseline assessment was conducted to evaluate the existing awareness of and attitudes toward gender equity and violence against women amongst participants and a	<a href="https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf">https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf</a>  <a href="https://promundoglobal.org/can-soccer-reduce-brazils-domestic-violence/">https://promundoglobal.org/can-soccer-reduce-brazils-domestic-violence/</a>

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Against Women)					<p>es of violence against women, and knowledge of the laws and policies related to violence against women. 2) To promote an increase in men and boys' capacities to denounce violence against women in their communities assessed both through an increase in self-reported use of violence against women and girls and through increased questioning of others' use of violence against women and girls.</p>	<p>retention. Men were encouraged to participate in a 4-month amateur soccer tournament that also included discussions about violence and gender norms.</p> <p>The curriculum was centered around the broad theme of discussing violence against women. A video titled "Não é Fácil Não!" (It is Not Easy!) was used to supplement the curriculum and engage participants with the topic of violence against women through media.</p> <p>Individuals from the community were recruited and trained to facilitate the workshops for men and youth between the ages of 15 and 64. Workshops focused on increasing awareness of gender norms and the consequences of violence against women.</p> <p>For the men to participate in the soccer tournament they had to participate in at least one workshop per week. Family members were invited</p>	<p>control group. An additional number of football players were surveyed as a control group in a nearby, similar community. At the culmination of the workshops and football tournament a second assessment was conducted to gauge the impact of the programs on men and youth's awareness of violence against women. Survey results show that following the workshops and campaigns there was a ten percent decrease in the number of participants in the intervention group who agreed with the statement "there are times when a woman deserves to be beaten." Furthermore, following the intervention there</p>	

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						<p>to meals immediately after the matches to encourage wider family discussions of the topics.</p>	<p>was a significant decrease in the number of men in the intervention group from 62 to 53 percent who agreed with the statement “violence in a relationship is the couple’s problem and should not be discussed with others.”</p> <p>Additionally, there were statistically significant (<math>p &lt; 0.001</math>) increases in the sharing of household responsibilities among male participants (<math>n = 36</math>) and their partners.</p> <p>Of the participants in the football tournament surveyed (<math>n = 74</math>), half said they learned how to interact with women differently and over 20% said they have learned how to better control themselves when they are</p>	

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							tempted to act violently.	
Cultura Salud		Chile	Engaging Young Men via the Public Health System	2009-2011	CulturaSalud – a Chilean organization that organizes and implements programs related to health, culture and masculinity – worked with the health sector to engage boys and men in ending gender-based violence.	<p>CulturaSalud began by creating a manual on preventing gender-based violence, through the engagement of men and boys, adapted specifically to the Chilean context.</p> <p>The manual was designed for health professionals who would be trained to conduct community workshops on engaging men and youth.</p> <p>The manual and workshops addressed multiple types of violence including violence within families, intimate partner violence, familiar, assault and sexual abuse. Additionally, the manual contained an overview of the purpose and structure of the workshops they would be conducting, as well as specific activities.</p> <p>A training of workshop facilitators was a critical component of the effort. CulturaSalud with support from Promundo, conducted</p>	<p>CulturaSalud assessed the impact of the intervention through both quantitative and qualitative methods. The quantitative impact evaluation was first conducted as a questionnaire administered to the young men prior to the commencement of the workshops. Applied by interview to a total of 260 young men who participated in the workshops and to a control group of 250 young men who did not participate, the questionnaire asked about participants' conceptualizations of gender, violence against women, masculinity, and cultural norms. The questionnaire was administered for a second time at the</p>	<p><a href="https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf">https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf</a></p> <p><a href="https://www.eme.cl/">https://www.eme.cl/</a></p> <p><a href="https://www.eme.cl/informe-proyecto-involucrando-hombres-jovenes-en-el-fin-de-la-violencia-de-genero/">https://www.eme.cl/informe-proyecto-involucrando-hombres-jovenes-en-el-fin-de-la-violencia-de-genero/</a></p>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
						<p>four days of training (32 hours) for sixty professionals from the Adolescent and Youth Health Program - a division of the Chilean Ministry of Health.</p> <p>A total of twenty workshops were conducted (16 in schools; 3 in health centers; 1 in a community center). A total of 260 men participated in the workshops on the prevention of violence against women, alternatives to violence and gender equity.</p>	<p>completion of the workshops to 153 young men who participated as well as to a control group of 150 young men who did not participate in the workshops (and who were matched on sociodemographic indicators).</p> <p>There was an increase in condom use by young men who participated in the workshops compared to no increase in the control group.</p> <p>Following the training and workshops in Chile, 93.4 percent of the surveyed participants reported that after the intervention they were more knowledgeable about types of violence. Furthermore, 81 percent of youth</p>	



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							reported that the intervention gave them more tools to solve problems without resorting to violence. The workshops also addressed interpersonal relationships and 87.5 percent of participants indicated that the workshops enabled them to learn to respect diversity while 82 percent said that they now understand women better.	
Rwanda Men's Resource Center (RWAMREC)		Rwanda	Engaging men via Coffee Cooperatives	2011	Empower Rwandan men to identify and prevent abuse.  The program served a dual purpose, when men and women collaborated with each other through the cooperatives they were educated on how to prevent gender-based violence and promote healthy families while	RWAMREC worked with three local coffee cooperatives to conduct gender-based violence prevention training with the intention of educating participants on alternatives to violence.  Each coffee cooperative received financial and technical support from RWAMREC, which included seed money for the production of coffee baskets and other income generating	While impact results were not assessed in Rwanda, the pilot experience affirmed that coffee cooperatives are a potentially low-cost way to reach large numbers of participants with messages about gender-based violence, and that combined with the income generation	<a href="https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf">https://promundoglobal.org/wp-content/uploads/2014/12/Engaging-Men-to-Prevent-Gender-Based-Violence.pdf</a>  <a href="https://www.rwamrec.org/">https://www.rwamrec.org/</a>  <a href="https://www.rwamrec.org/IMG/pdf/rwamrec_annual_report_2">https://www.rwamrec.org/IMG/pdf/rwamrec_annual_report_2</a>

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					<p>also increasing coffee production and related incomes, thus creating a positive incentive to promote gender equality.</p>	<p>projects along with the community discussion sessions.</p> <p>RWAMREC began with leadership training for both men and women from three coffee cooperatives. Training took place with men and women separately as well as training with both men and women in the room.</p> <p>The trained members of the cooperatives then went out into the communities and conducted over 60 training sessions for coffee cooperative members and the villages as a whole. Following the training, the cooperative members went out into their own communities and conducted community-based awareness training.</p> <p>Economic empowerment training was also conducted at each of the coffee cooperatives. The goal was to use economic opportunities to increase cohesion amongst male and female coffee cooperative members and for</p>	<p>approach, may achieve even more impact. A rigorous impact evaluation study with systematic qualitative and quantitative methods would be necessary to affirm the changes reported, but the results are encouraging about the potential.</p>	<p>011_public_vesion.pdf</p>

Name of organization		Country	Name of the project	Date	Objective	Characteristics of the strategy	Results of evaluation	Link
						the income generating activities to provide a space for reinforcing nonviolent behaviors and continuous dialogue across genders.		

## Lessons learned from international practices

As shown in the table, the projects conducted in the different countries had among their objectives to work to transform negative masculinities and promote more egalitarian behaviors, and thus contribute to prevent and end gender-based violence.

Experiences show that one of the purposes of teaching men about positive masculinities and gender imbalances has to do with involving them to reduce violence against women and girls.

Derived from the review of international practices, the way to involve boys and men in the prevention of gender-based violence, in most of the projects, is through educational workshops, groups with other men, classes and webinars. In two of the ten programs observed, counseling and group therapy were provided to men. In one case, Men Engage Alliances, the strategies to engage men and boys were not based on workshops, but instead the strategies are: 1) to facilitate knowledge and share promising practices and lessons learned to transform masculinities and engage men and boys; 2) to support joint advocacy and raise the voices the members of the alliance in supporting rights-based, feminist, gender transformative outcomes in critical policy making processes; 3) network building to construct interconnected global, regional and country networks to work for gender equality; among others.

Regarding the content of the workshops or classes, the topics are similar: gender-equitable attitudes, healthy relationships, positive masculinities, gender norms, abusive behaviors, negative impacts of gender-based violence, power in relationships, sexuality, conflict resolution and violence against women and girls. One project openly reported that concepts about the role of men in caregiving and men's participation in domestic activities were introduced.

In Chile's workshops, the topics of contraception and use of condoms were not considered as a theme in the manual designed as a guide for the workshops. Nevertheless, because all the facilitators were health professionals, and because there was a demand from the young men to discuss this topic, it was included in most of the workshops. In the ex-post questionnaire of the impact evaluation, "use of condom" was among the five topics most remembered and most valued by the young men.

In general, one of the challenges of the workshops was not only to encourage participation but to ensure that the content of the workshops was interesting, useful, and relevant to the local context.

Organizations conducted some strategies to encourage participation and to attract men and young people to the workshops. Recreational activities such as soccer were used to promote greater attendance to workshops.

In the Male Advocate Club, participation of men was encouraged by following up with members to understand the barriers to participation and find ways to improve and sustain member attendance. Also, the participatory learning workshops offered a space where the men were encouraged to open about VAWG issues, exchange solutions and encourage each other to continue attending the workshops.

In India and Brazil one of the main challenges was recruiting and retaining adult men participants; most adult men work long hours and have limited free or leisure time. The football tournament and the meals offered, contributed to high participation of those who agreed to participate but the total number of participants was still relatively low (and thus the cost per participant high). Future work might explore ways to reach more men by focusing more on coaches or existing community football leagues for example.

Regarding how to deal with the issue of gender violence with men, international projects reported common practices that were effective.

According to White Ribbon Campaign, one of the most important things men can do to help promote gender equity, healthy relationships, positive ideals of masculinity, and help end gender-based violence is to speak out against it.

White Ribbon noted that an important aspect when working with boys and men to end gender-based violence is to ask them if they had experiences of violence, and how those experiences made them feel. For many men, this may be the only experience of fear and powerlessness they live in a patriarchal society. This is a powerful tool to generate empathy and understanding. It is relevant to develop a good understanding of men's own experiences of violence and be prepared to address the issues that arise from that, in conjunction with the primary goal of ending violence against women.

The experience in India showed that the workshops for the adults represented a space where adult men were able to draw from their personal lives and relationships to articulate their understandings of masculinity. Like the young men, the adult men drafted personalized plans for how to make changes to their lifestyles to reflect more gender equitable relationships. The participants developed individual plans covering the issues they need to focus on to address the prevalence of violence against women in their own lives.

Findings of the International Men and Gender Equality Survey (IMAGES) in the Middle East and North Africa region showed that to address gender-based violence, the strategies that take only a negative tone in their overall framing and messaging are less effective to engage male participants. The most effective programs are ones in which participants are not seen as "beneficiaries," but as fully empowered agents of their lives and futures.

Regarding the results of the interventions, some of the positive changes observed in the evaluations indicate the following: increased awareness and understanding of positive masculinities, use of more respectful and equitable behavior when engaging with women and wives, more involvement of men in household and childcare responsibilities, men reported to have stopped the use of physical violence, improved communication with partners on gender equality, increase in men's self-confidence and better relationships with women, learning how to control themselves when tempted to act violently, increase in condom use by young men, among others.

In terms of evaluation there are still many interventions and projects that are not evaluated and therefore the specific results they generate are unknown. In addition, evaluations are carried out on men's attitudes in the short term, but there is no information on what happens in the long term. It is necessary to continue working to improve information on the results and limitations of the interventions.

Finally, it is important to note that gender-based violence is a multifactor and complex topic. As so it is its solution. In addition to non-governmental organizations strategies to prevent and reduce gender-based violence, supportive laws, public and private policies and practices within schools, the health sector and the justice system are an essential component of preventing violence against women, for holding perpetrators accountable and obtaining justice and support for victims of violence.

## Summary of interviews and main findings

As part of the study, eight civil society organizations (CSOs) in Mexico, that work with women's rights and implement programs to involve boys and men to eradicate VAWG, were selected and interviewed. To date, a total of six interviews have been conducted with CSOs. The other two interviews are scheduled to be conducted during the second week of November 2021.

The following table shows the basic statistics of the interviews conducted with CSOs.

**Table 2. Basic statistics of the interviews conducted with CSO.**

<b>Name of the variable</b>	<b>Answer</b>
Number of organizations interviewed	6
Average age of the interviewees	42
Women interviewed (in charge of the programs or head of the CSO)	50%
Organizations that have been operating for 10 to 20 years	66%
Organizations with more than 20 years' operating	33%
Average number of workers in the organization	24
Organizations working to make public policy recommendations	83%
Organizations that have an emergency telephone number	1
Organizations that have a clear methodology for their interventions	All
The applied methodology is documented	All
Number of men attended with respect to the total of beneficiaries	30%
Public policy field of incidence	Legislative and government
Main problems of the locality where the Organization operates	Poverty, fragmented social capital, insecurity

The main findings of the six interviews conducted so far are presented below:

1. All the programs are psychological in nature and focus on men's violent behaviors, feelings of anger, as well as men's experiences of trauma. The intervention device is the group, individual therapy, and psychoeducational workshops.
2. The programs focus on cognitive behaviors that give greater emphasis to educational intervention, and that focus their attention on cognitive and behavioral skills that seek to stop men's violence against their partner. All this with a gender perspective in the intervention device of reflection groups.
3. The programs are multidimensional and multicomponent, and recognize that each male emotional experience, male socialization and violence towards others and their couples are articulated in a unique way.

Regarding program evaluations, several nuances were observed. Some organizations said that they have not been evaluated. Some other CSOs pointed that they were evaluated but, a serious and objective evaluation was not conducted, since they reported a follow-up visit as an evaluation where the teams received feedback. Those organizations who pointed out that an evaluation of their program has not been conducted commented that it is due to a lack of time and financial and human resources.

Regarding the results of the interventions, most of the interviewees observed important positive changes in the behaviors of the men who attended the program. They report keeping the attendance indicators positive. And on a personal level, a better relationship with their family; greater respect and communication with their couples; changes at the level of thought, behavior, and care of their bodies; a new process of recognition of other people as different but with equal rights; increase in listening more to themselves and to others; and learning to be self-managed of their own needs.

It is important to note that few men decided to attend the program by themselves, but most were channeled for legal reasons linked with alcohol consumption and violence.

Regarding the professional profile of the facilitators of the workshops for men, we observed that just over half are psychologists, followed by other profiles from social areas such as sociologists, social workers, criminologists, economists, among others.

In general, psychologists who are facilitators of the workshops have the advantage of having professional tools to provide support to the participants. They know how to give better orientation and emotional support. But usually, they have the disadvantage of not having gone through a reflection on the exercise of their violence, and because of this they manage to maintain a position "as a professional" in front of the group, and this ends up moving away from the humanist and educational philosophy of the groups of reflection. They can collude with participants in some events of violence towards their partner.

In contrast, the facilitators, and other professionals (who are not psychologists) who oversee giving the workshops have the advantage of having reflected on the exercise of their violence and having an empathy –from experience- with the participants. They have usually been through focus groups by now, and for men who are attending for the first time it is very warm and inviting to receive guidance from someone who presents and perceives "like them." Because they have the experience of change, they can offer particularly good guidance on techniques and details to stop violence. But they have the disadvantage of not having adequate tools to handle not only the emotional experience, but other issues that are directly related to violence such as sexuality, masculinity, power relations, negotiation, the couple, family history, etc., and they come to offer ideas and can offer opinions "lightly" or with "good intentions" that come to have an unwanted effect on the participant, and in the exercise of violence.

As a conclusion and derived from the interviews conducted to date, the will for change in men to stop VAWG arises from a conscience that makes them see the importance of doing so. It arises from several aspects, from the interaction with the teams of facilitators who, by applying the techniques and topics in the group, facilitate the development of that will.



Also, the same group of participants is accompanied, and generates a friendly but direct dialogue that validates them but questions the behaviors that they want to end.

Finally, according to the CSOs interviewed, the men who come to the groups reported that the ideas and beliefs about “being a man” have been inculcated from their previous generations and that many of these ideas do not suit them in their current relationships and there is even a source of conflicts. They mentioned that the costs that arise when adhering to a single idea of how they should behave according to social mandates are extremely high and involve loneliness, physical and emotional problems.