

The Nabilan Prevention Toolkit

FACT SHEET 4. AN EVIDENCE-BASED AND MULTI-SECTORAL APPROACH TO PREVENTING VIOLENCE AGAINST WOMEN IN TIMOR-LESTE

Updated October 2016

The *Nabilan* Baseline Study highlighted the factors which have the strongest association with women's experiences, and men's perpetration, of intimate partner violence (IPV) in Timor-Leste. This evidence clearly shows the approach needed to most effectively prevent violence against women in this country. This Fact Sheet first presents the evidence on risk factors associated with violence against women in Timor-Leste and then explores evidence-based and multi-sectoral solutions across all levels of the Ecological Model.

The evidence from the *Nabilan* Baseline Study:

Informing a multi-sectoral approach to ending violence:



Risk factors related to child protection:

- **Women** who were **physically abused** during childhood were **2.5 times** more likely to experience IPV
- **Women** who were **sexually abused** during childhood were **3.5 times** more likely to experience IPV
- **Women** who were **emotionally abused** during childhood were **1.5 times** more likely to experience IPV
- **Women** who **witnessed** mother being abused as a child were **1.7 times** more likely to experience IPV
- **Men** who were **physically abused** during childhood were **2 times** more likely to perpetrate IPV
- **Men** who were **sexually abused** during childhood were **2 times** more likely to perpetrate IPV

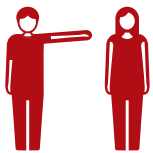
Supporting childhoods free from violence and abuse



Risk factors related to attitudes:

- **Women** who **agreed** with at least one **justification** for a man **hitting his wife** were more than **2.5 times** more likely to experience IPV
- **Men** who **agreed** with at least one **justification** for a man **hitting his wife** were more than **2.5 times** more likely to perpetrate IPV

Changing social norms that make violence against women seem normal



Risk factors related to relationship characteristics:

- **Women** whose husband had **more than one wife** at a time were **2 times** more likely to experience IPV
- **Women** whose husband/boyfriend exhibited **controlling behavior** were nearly **2 times** more likely to experience IPV
- **Women** whose **husband/boyfriend** were having an **affair** with another woman were almost **3 times** more likely to experience IPV

Promoting equitable and respectful relationships



Risk factors related to men's involvement in violence outside of home:

- **Women** whose **husband/boyfriend** had ever been involved in **violence with other men** were almost **2 times** more likely to experience IPV
- **Men** who had ever been in a **fight with a weapon** were **4 times** more likely to perpetrate IPV

Promoting non-violent ways of being a man



Risk factors related to men's sexual practices:

- **Men** who had **more than 4 sexual partners** in their lifetime were **slightly more** likely to perpetrate IPV
- **Men** who had ever had **transactional or commercial sex** in their lifetime were **2 times** more likely to perpetrate IPV

Promoting respect and consent in sexual relations



Risk factors related to men's mental health:

- **Men** who had **symptoms of trauma** were more than **2 times** more likely to perpetrate IPV

Supporting men to seek help for past trauma

ENDING VIOLENCE AGAINST WOMEN AND CHILDREN

CREATING A GENDER EQUITABLE TIMOR-LESTE

Mapping evidence-based solutions to violence against women in Timor-Leste, across the Ecological Model:

The table below illustrates a few examples of the types of evidence-based, multi-sectoral approaches that organisations could take to prevent violence against women and children in Timor-Leste.

	Individual-level approaches	Family-level approaches	Community-level approaches	Societal-level approaches
Supporting childhoods free from violence and abuse	Teach children about their rights over their own bodies	Implement positive parenting programs to build skills in positive discipline methods	Ensure that school environments are nurturing and violence-free	Advocate for the stronger implementation of laws to protect children from violence and abuse
Changing social norms that make violence against women seem normal	Encourage individuals to report violence that they witness or experience	Facilitate discussions with couples and families on the benefits to the whole family of non-violence	Change community norms around acceptance of violence	Advocate for increased government funding for preventing violence against women
Promoting equitable and respectful relationships	Guide individuals to think critically about their own use of power	Promote sharing of household tasks and decision-making between men and women	Work with local religious leaders and village chiefs to disseminate messages of equity and respect in relationships	Implement regular training programs for police, judges and legal actors on gender equality
Promoting non-violent ways of being a man	Train men in anger-management skills	Implement programs on non-violent conflict resolution in the home	Facilitate discussions amongst men in the community about non-violent ways of being a man	Advocate with the media for more positive, non-violent male role models to be shown on TV and in films
Promoting respect and consent in sexual relations	Build young people's skills to say 'no,' when they do not consent to sex	Provide guidance to parents on how to speak to their children about consent	Ensure that schools enact comprehensive sexual education curriculum focused on consent and respect	Advocate for stronger implementation of laws on marital rape
Supporting men to seek help for past trauma	Encourage men who are experiencing symptoms of trauma to seek help	Build people's skills in identifying potential symptoms of trauma in their friends and family members	Make sure that information about counselling services are displayed in public areas in the community where men are likely to see them	Advocate for the development of mental health services for men

For more information on the Prevention Toolkit, please contact:

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