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:

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

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

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

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

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

Risk factors related to men’s mental health:
- Men who had symptoms of trauma were more than 2 times more likely to perpetrate IPV

Informing a multi-sectoral approach to ending violence:
- Supporting childhoods free from violence and abuse
- Changing social norms that make violence against women seem normal
- Promoting equitable and respectful relationships
- Promoting non-violent ways of being a man
- Promoting respect and consent in sexual relations
- Supporting men to seek help for past trauma

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.

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