



The *Nabilan* Prevention Toolkit

FACT SHEET 5. EVIDENCE-BASED RECOMMENDATIONS FOR ENDING VIOLENCE AGAINST WOMEN IN TIMOR-LESTE

Updated October 2016

The *Nabilan* Baseline Study explored the prevalence, patterns and health impacts of violence against women and children in Timor-Leste, as well as the risk and protective factors for women's experience, and men's use, of intimate partner violence. The recommendations from the Study provide useful guidance on what we all can do to end violence against women in Timor-Leste.

Recommendation 1: Building new shared, positive, social norms that enable gender equity and power-sharing in relationships, and positive approaches to disputes. Strengthen society-level commitments to promote gender equality and women's empowerment.

Examples of programs and approaches:

- Programs and approaches with both men and women, focused on individual-level and couple/family-level behaviour change, that aim to build the knowledge and skills for respectful, non-violent relationships. These programs should create shared positive social norms about respectful relationships. They should also promote skills in non-violent methods of conflict resolution, anger management, communication, joint decision-making, and sharing housework and childcare.
- Working with people from a young age is important. Providing children and young people with skills, rather than just sharing knowledge, has been shown to be the most effective. It is important that these are not one-off activities, but involve regular follow-up with participants to encourage sustainable, long-term change. Norms change workshops for the adults that support children and young people are also key.

Recommendation 2: Supporting young people to develop healthy and consensual sexual relationships, and creating norms that challenge and end male sexual entitlement.

Examples of programs and approaches:

- Programs and approaches that build new norms for respectful relationships, and provide children and young people with skills and knowledge that can enable healthy and consensual relationships, including sexual relationships. These education initiatives should build on general respectful relationship initiatives with the additional focus on respectful sexual relationships, grounded in consent and responsibility.
- In order to address gang rape, work needs to be done on the harmful social norms that drive behaviours within male peer groups enabling ways of being and supporting others to be men without using violence or domination over others. This could involve facilitated discussions among male peers that generate new positive and respectful norms that are supported through positive role models for men.
- Participatory, community-led projects that engage multiple stakeholders and support a process of critical thinking about creating communities free from violence and exploring healthy models of masculinity.
- All of the above initiatives need to be conducted in conjunction with strengthening the judicial sector's response to sexual violence through norms change workshops for police and the judicial sector.

Recommendation 3: Promote healthy masculinities and address anti-social behaviors that link male culture to violence.

Examples of programs and approaches:

- Facilitated discussions among male peers about how to create and enact cultures that enable non-violent and respectful masculinities, that can be promoted through positive male role models.
- Comprehensive support for men and women to understand and address the impact of trauma in their lives and enhance their health and wellbeing, including skills building for non-violent conflict resolution.

Recommendation 4: Promote nurturing, violence-free family and school environments.

Examples of programs and approaches:

- Positive parenting programs including home visitation and outreach by community health workers.

- Whole-of-school approaches to building respectful relationships throughout the school community (inclusive of students, parents, teachers, school administration).
- Support psycho-social services for children who experience or witness violence.

Recommendation 5: Strengthen the role of the health sector to respond effectively to violence against women and children. Build the health sector's capacity in the area of preventing violence against women and children.

Examples of programs and approaches:

- Expand and strengthen effective, women-centered health services, including increased awareness among health-care providers, policy makers, and the public about the health burden of violence against women. This should include integrating training on violence against women into health curricula to challenge stigmatizing attitudes and ensure health providers know when and how to ask about violence and respond effectively. Note that universal screening is not recommended.
- Ensure that violence against women is addressed throughout multiple relevant health initiatives – that is sexual and reproductive health, adolescent health, maternal health, child health, mental health, HIV/AIDS prevention, and programs for preventing substance abuse.
- Support the development of mental health services for men and women, combined with communication campaigns to encourage people, particularly men, to access these services.
- Establish mechanisms to promote coordination, collaboration and referrals between services. Particular care should be given to ensure services are inclusive and accessible for groups experiencing multiple forms of vulnerability and discrimination, including women and children living with disabilities.

Recommendation 6: Strengthen the judicial sector's capacity to enforce existing violence against women and children legislation and respond to reported incidents of violence.

Examples of programs and approaches:

- Strengthen the judicial sector's response to men's street violence.
- Ensure the government implements mandatory continuing norms change workshops and legal education for judges, prosecutors, public defenders and private lawyers on correct application of the law, gender-sensitivity, domestic violence, child abuse and battered woman syndrome.
- Ensure that the police service implements at least annual social norms change training programs for the police on correct application of the law, gender-sensitivity, domestic violence and child abuse, to strengthen their understanding of the issues.

Recommendation 7: Promote and coordinate holistic violence prevention and response models.

Examples of programs and approaches:

- Hold multi-sectoral discussions on prevention and responses to violence against women and children.
- Strengthen coordination between prevention stakeholders.
- Support prevention approaches that work across the Ecological Model, and work with all of community.

Recommendation 8: Conduct further qualitative and quantitative research, and monitoring and evaluation of existing violence against women and children interventions.

Examples of programs and approaches:

- Adoption of the *Nabilan* Baseline Study findings and data by universities and other researchers, including the design of further research to build on the evidence established by the Study.
- Conduct qualitative research in areas that need to be better understood.
- Document and share lessons learned from existing programs to prevent and respond to violence against women and children in Timor-Leste.

For more information on the Prevention Toolkit, please contact:

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