Pathways of change to reduce spousal violence against women and girls

The pathways through which spousal violence can be reduced remain minimally explored in low income settings despite the fact that formulation of effective policies and programmes largely depend on an understanding of them. With this in mind, the SAFE evaluation included data collection and analysis to identify pathways of change in SAFE intervention areas.

The pathways of change (Figure 1) gleaned from qualitative data elucidate the contribution of SAFE intervention components in reducing spousal violence against young women and adolescent girls (VAWG) in Dhaka’s slums.

**Figure 1: Pathways of change in spousal violence against women and girls in SAFE intervention areas**

<table>
<thead>
<tr>
<th><strong>Level 1 outcomes</strong></th>
<th><strong>Level 2 outcomes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Changes among group members:</strong></td>
<td><strong>Changes at the community level:</strong></td>
</tr>
<tr>
<td>Awareness regarding rights/VAWG/laws/services</td>
<td>Interaction with group members and SAFE field workers</td>
</tr>
<tr>
<td>Communication and negotiation skills</td>
<td>Awareness regarding rights/VAWG/laws/services</td>
</tr>
<tr>
<td>Sharing experience of violence with others and reduction of isolation</td>
<td>Help seeking</td>
</tr>
<tr>
<td>Self-confidence</td>
<td>Activism</td>
</tr>
<tr>
<td>Help seeking</td>
<td>Gender inequitable and violence condoning attitudes</td>
</tr>
<tr>
<td>Activism</td>
<td></td>
</tr>
</tbody>
</table>

**Impact:**
- Improved response to spousal VAWG
- Reduced spousal VAWG
**Level 1 outcomes: Changes among group members**

Among the SAFE group members, knowledge building, sensitisation, support and services drove the reduction of spousal violence.

- Knowledge imparted through group sessions raised group members’ awareness of women’s rights, VAWG, laws preventing VAWG and services for VAWG survivors.
- SAFE group sessions created social spaces encouraging young women and adolescent girls to speak about experience with spousal violence, thus, reducing their isolation.
- Group members became self-confident, voiced their experiences and shared coping mechanisms with the group.
- Communication and negotiation skills were promoted, enabling many group members to address spousal conflict strategically.
- Many survivors sought help from community volunteers, group members, and SAFE field workers, who often provided effective support.

**Level 2 outcomes: Changes in the community**

Community-led activism was the main vehicle steering positive changes in communities. Community volunteers, SAFE field workers and SAFE group members contributed to these changes.

- Interaction between community volunteers and group members with non-group members helped defuse VAWG knowledge and awareness.
- Community-wide anti-violence campaigns reinforced non-group members’ knowledge and awareness.
- The presence of organisations addressing violence through community-based interventions and service points enhanced positive outcomes.

**In summary**

SAFE provides evidence on the pathways through which spousal violence against women and girls can be reduced. The findings suggest the following:

- An integrated intervention is effective in changing gender inequitable attitudes and reducing spousal violence against women and girls
- Group sessions are critical in diffusing change among group members
- Activism involving community members is key in diffusing attitudinal and behavioural change from groups to the community
- Presence of NGOs is necessary to achieve positive results in addressing spousal VAWG.