RESPECT

WOMEN

OVERVIEW

How to use the RESPECT framework implementation guide

UN WOMEN

World Health Organization

Contents

# How to use the respect framework implementation guide

1) I N T R O D U C T I O N

Violence against women (VAW)[1] is one of the most pervasive women's human rights violations worldwide, has enormous costs for women's health, safety and well-being[2] and is an urgent public health priority.[3]

On average, 1 in 3 (35%) women worldwide have experienced physical and/or sexual violence by an intimate partner or non-partner sexual violence in their lifetime.[4] In many contexts, this violence goes unreported, either due to prevalent social norms that justify violence against women, or because women do not trust or cannot easily access health, security or justice sector service providers. This figure does not include sexual harassment, another form of gender-based violence that is prevalent in many contexts across the world. VAW has significant negative social, health and economic consequences[5] – for women themselves, their families and communities and for public services, society and the economy.

Preventing VAW is possible.

Over the past decade or so, there has been a significant increase in programming on VAW prevention and research on what works to reduce the prevalence, frequency and severity of VAW. There are a growing number of approaches which have been shown to lead to reductions in men's perpetration of and women's experience of violence by addressing the causes of violence. There now needs to be increased investment to adapt and scale up evidence-based interventions proven to reduce VAW at the local level, to broader interventions that can work at a societal level. Annex A provides information and guidance on scale-up. There is also a need to continue to innovate to find new approaches to reduce violence at a population level. Policymakers, practitioners and researchers all have a key role to play in innovating, adapting and scaling up prevention programming.
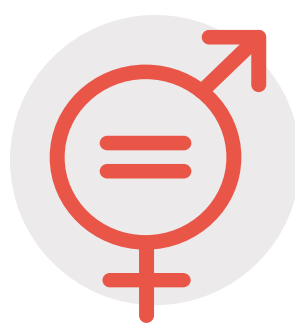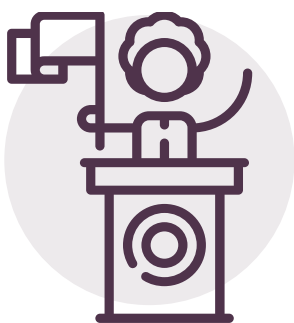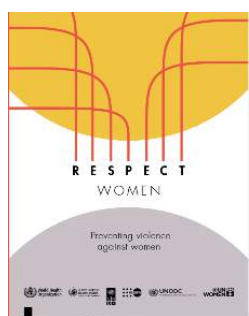
RESPECT Women is a comprehensive framework on how to prevent VAW

The RESPECT women framework (2019) to prevent VAW contains a set of action-oriented steps that enable policymakers and programme implementers to design, plan, implement, monitor and evaluate interventions and programmes using seven strategies to prevent VAW. The framework was developed by the WHO and UN Women and is endorsed by an initial 12 other UN agencies and bilateral partners[6] and builds on the 2015 UN Prevention of VAW Framework. The strategies are summarised in R.E.S.P.E.C.T, with each letter representing one strategy:

R — **Relationship skills strengthened**: strategies to improve skills in interpersonal communication, conflict management and shared decision-making.

E — **Empowerment of women**: economic and social empowerment strategies including those that build skills in self-efficacy, assertiveness, negotiation, and self-confidence.

S — **Services ensured:** ensuring a range of services including health, police, legal, and social services for survivors of violence.

P — **Poverty reduced**: strategies targeted to women or the household, whose primary aim is to alleviate poverty.

E — **Environments made safe**: efforts to create safe schools, public spaces and work environments, among others.

C — **Child and adolescent abuse prevented**: strategies that establish gender equitable and nurturing relationships by parents, educators and others working with children. This strategy demonstrates the overlap between violence against children and violence against women.

T — **Transformed attitudes, beliefs and norms**: strategies that challenge harmful gender attitudes, beliefs, norms and stereotypes.

The framework also calls for efforts by policymakers and others to strengthen the enabling environment for VAW prevention, which includes:

- building political commitment from leaders and policymakers;

- strengthening policies, laws and institutions to address VAW and promote gender equality; and

- investing in and supporting the work of women's organisations[7];

- allocating resources to programmes, research and capacity-building of health, education, law enforcement, and social services.

2) IMPLEMENTATION GUIDE STRUCTURE

The purpose of the implementation guide is to support policymakers and practitioners to develop evidence-based, ethical VAW programmes and interventions to prevent VAW. It distils programming knowledge and guidance based on a rigorous assessment of existing global evidence[1], expert recommendations and practitioner consensus.

The guide provides guidance and tips on how to develop a national or sub-national prevention strategy, how to strengthen the enabling environment and how to implement the seven RESPECT strategies. The implementation guide materials also link to existing repositories of resources on preventing VAW available in English that have been curated for relevance and quality.

The guide focuses on violence against women (VAW) including programming with adolescent girls and on the intersection between VAW and child abuse and maltreatment. The types of violence covered include intimate partner violence (IPV) and non-partner sexual violence (NPSV).

The primary users of this document are national and sub-national policymakers from various sectoral ministries. Secondary audiences include programme implementers and development partners (e.g. UN, bilateral and multi-lateral agencies) working to prevent and respond to VAW. The guidance is intended primarily for use in low-and middle-income (LMIC) settings but many of the materials are also applicable to other settings. However, the guidance does not focus on the specific challenges of programming in conflict and humanitarian settings.[8]

The guidance is divided into a series of standalone materials, which link to external tools and resources. It has been designed so that busy policymakers can quickly and easily access relevant materials. The materials include:

- **Strategy summaries** for each of the seven RESPECT strategies.

- **Programme summaries**, with each summary giving a brief overview of the programme approach and components, how it has been adapted and lessons learned.

- **Strengthening the Enabling Environment document including four key steps** to strengthen the enabling environment for prevention: building political commitment, women's rights organisations, laws and policies, and resources.

- **Monitoring and evaluation (M&E) guide** to measure progress in preventing VAW in the short and the long-term.

- **National Prevention Plan Guide and Workbook** to develop national and sub-national VAW prevention strategies.

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[1] See p7 for information on evidence categorization.

The following flowchart shows how each of the materials link to each another and provides details of all current programme summaries[9] developed by Social Development Direct as part the RESPECT Implementation Guide as well as programme summaries developed by the Prevention Collaborative.[10]
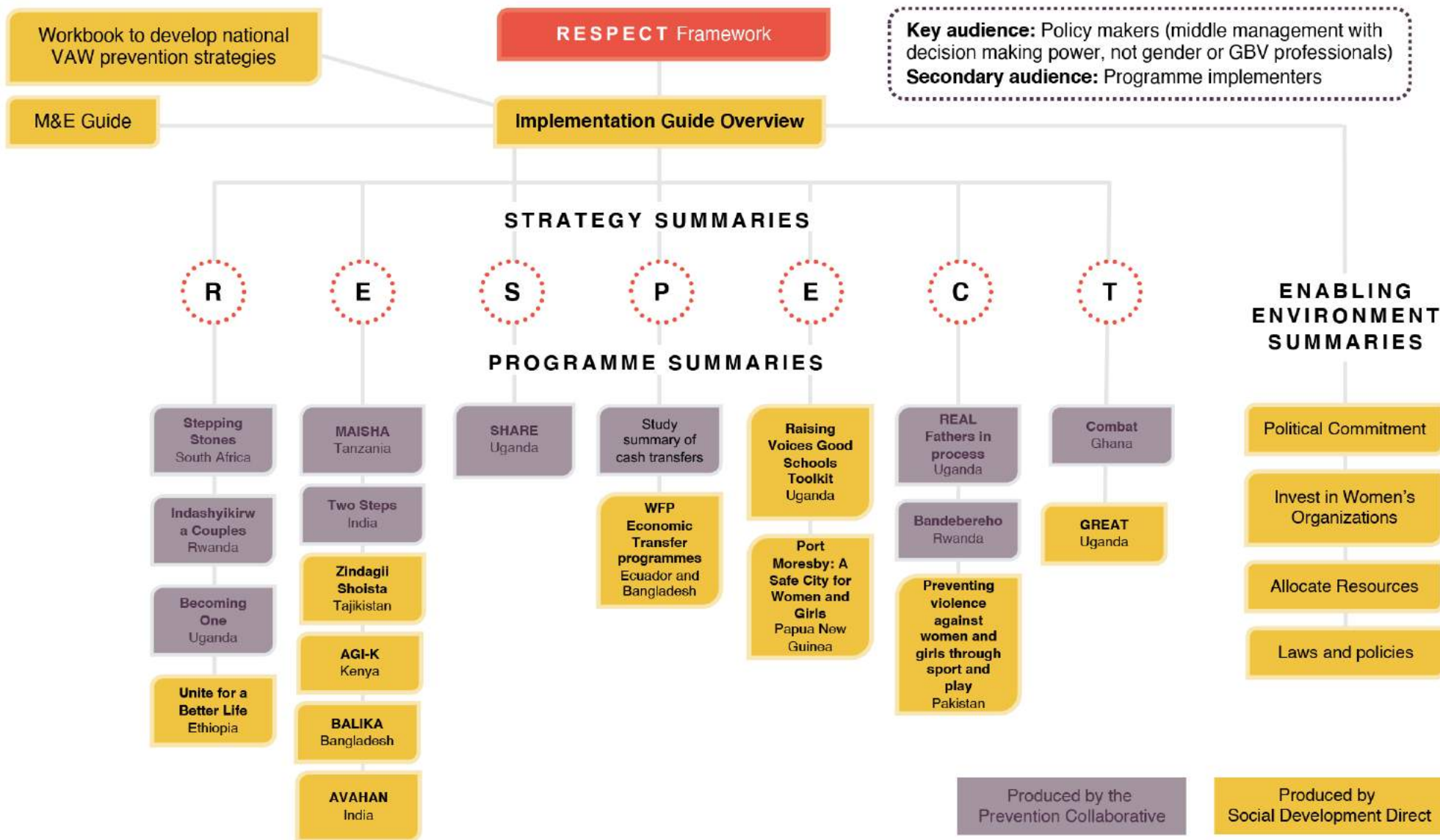
3) HOW TO USE THE IMPLEMENTATION GUIDE MATERIALS

3.1 Using the strategy summaries
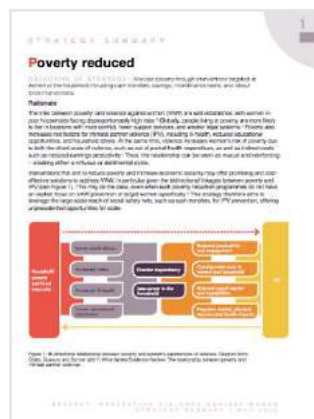
As outlined above, the RESPECT framework is based on seven strategies, with each letter representing one action area or approach. Together the seven strategies are part of a comprehensive, system-wide approach to preventing and responding to VAW. Given the multiple risk and protective factors for VAW, there is growing evidence that multi-component interventions that address several risk factors are more effective in preventing violence than those with a single component.[11] The seven strategies should not be seen as silos. Successful programmes have often implemented interventions that fall across more than one of the seven strategies. For example, there are programmes that tackle both women's empowerment and relationship skills; there are also programmes that aim to create safe school environments and also to transform students and teacher's attitudes, beliefs and norms about VAW.

The strategy summaries are designed to help readers to understand how to practically employ each of the strategies at the national or sub-national level, including identifying the most effective intervention types which can be adapted to their specific context.

In each programme summary you will find:	Use this to:
Objective of the strategy	Learn what the strategy aims to do
Rationale	Understand why this strategy is an important part of efforts to tackle VAW
Risk and protective factors	Identify the key risk and protective factors that the strategy aims to address
Theory of Change	See the key intended outputs, outcomes and impact of interventions in this strategy on a Theory of Change diagram, which can be further developed and adapted for specific programmes
Types of interventions[12]	Learn about types of interventions under the strategy, including a summary of the current evidence base
Example programmes	Compare the core components of different programmes which have been shown to deliver reductions in VAW prevalence within programmatic timeframes, with links to more in-depth programme summaries
Design and implementation checklist	Identify key design, adaptation and implementation features of successful interventions, with key lessons from successful programming, highlighting both what to do and what not to do
Entry points	Identify key entry points (sectoral and non-sectoral) for each strategy with examples from programming
Useful resources	Link to high quality global resources available in English with a brief summary of each resource

Evidence-based programming – How to understand and apply the evidence on interventions

The categorization of intervention approaches and existing evidence in this guidance is based on the RESPECT framework which rates the evidence from low and middle-income countries (LMICs) and high income countries (HICs) separately. The evidence ratings are mostly derived from systematic reviews of evaluations of interventions the majority of which use experimental designs including randomised, cluster randomised and quasi-experimental methods. It is recognised that for some strategies - such as justice sector interventions - alternative evaluation methods may be more appropriate including time series, observational and cross-sectional designs. This is an emerging field and hence, there is a great deal of variation in the rigour of study designs and evaluation. In all cases, the sources for these reviews and studies are provided as part of references in each strategy summary.

For each strategy, approaches are assessed as to whether the evidence is 'promising', 'conflicting', 'more evidence needed', 'conflicting', 'no evidence' or 'ineffective', based on the following criteria:[13]

Promising: More than 1 evaluation shows significant reductions in violence outcomes

More evidence needed: More than 1 evaluation shows improvements in intermediate outcomes related to violence

Conflicting: Evaluations show conflicting results on violence outcomes. This refers to evaluations where some studies may show positive impacts and others may show no impacts or negative impacts, highlighting that the impact of interventions may be context specific.

No evidence: Intervention not yet rigorously evaluated

Ineffective: More than 1 evaluation show no reductions in violence outcomes

3.2 Using the programme summaries

Each **RESPECT** strategy links to programme summaries which provide detailed information on programmes that have been shown to have a promising impact on VAW prevention. This includes newly developed programme summaries by Social Development Direct as well as links to high quality external programme materials developed by the Prevention Collaborative and other organisations where available. In all cases, the development of programme summaries has involved close collaboration with the original implementers/ programmers. The criteria for inclusion were programmes that have been evaluated and shown to effectively reduce violence against women or adolescent girls and had detailed materials available in English on programme design and implementation. We acknowledge that the majority of the summaries are from Africa and South Asia and this does not represent all effective VAW prevention programmes. This is due to our selection critera and to the fact that there are currently a large number of evaluations of VAW prevention programmes from Africa, particularly Uganda and South Africa[14].

In each programme summary you will find:	Use this to:
Programme at a glance	Get an overview of the programme, including its aim, main approach, and where it was implemented
Background	Understand the rationale behind the programme and why it was developed
Programme context	Learn about where the programme was developed and implemented
Programme description	Find out more about the programme, including objectives, approach(es) and types of interventions
ToC	Learn about the programme's theory of change (ToC) or stated pathway to achieve reductions in violence
Core components	Find out more about the nuts and bolts of the programme including key steps and core activities, intensity and duration, types of participants and facilitators, examples of curriculums used, as well as key principles that guide the programme implementation
Monitoring and evaluation	Find out how the programme was monitored and evaluated, including evidence of its impacts on preventing violence and other positive outcomes
Lessons learned	Gain insight into lessons learned from the programme, including what aspects contributed to its results, how it could be improved, and changes sustained, as well as learnings related to scale-up and adaptation to other contexts
Links to further resources	Find out where to read more about the programme including any evaluation reports and tools

3.3 Using the Enabling Environment mini briefs

Creating and strengthening an enabling environment for VAW prevention, is crucial to ensure the effectiveness of the RESPECT strategies in different country contexts. The Enabling Environment document contains a set of four mini briefs which together provide an overview on how to build, strengthen and sustain an enabling environment for VAW prevention. Each brief follows a similar structure:

| In each EE brief you will find:	Use this to:
Objective	Quickly see the aim of each step
Rationale	Understand why it is important to address this area of the enabling environment in order to prevent violence against women
Key considerations for policy makers	Learn more about the key considerations for strengthening this area of the enabling environment
Case study	See an example of how this area of the enabling environment has supported VAW prevention
Further resources	Link to high quality resources
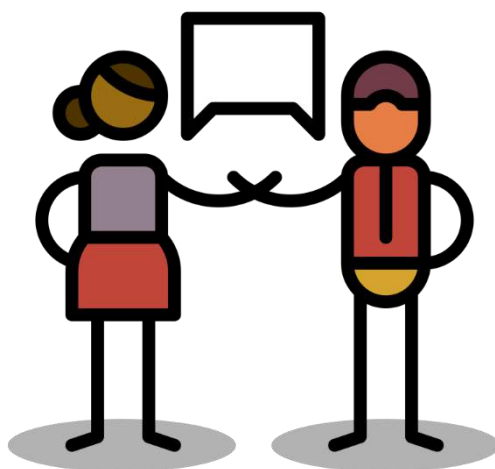
3.4 Using the M&E guide

The accompanying monitoring and evaluation (M&E) guide presents a summary of key guidance on strategies for monitoring and evaluating programming on the prevention of VAW. This includes guidance on how to develop and implement M&E indicators for the seven RESPECT strategies and how to implement safe and ethical M&E.

The M&E guide is not intended to be a comprehensive M&E resource, but rather a summary of guidance to be used alongside the RESPECT strategy briefs, with a list of useful resources for more information and guidance.

In the M&E guide you will find:	Use this to:
Overview of why M&E of VAW programming is important	Understand the role of M&E in VAW prevention programming
M&E frameworks for VAW prevention	Understand the steps needed in developing and implementing an M&E framework
Table of outcomes and indicators for the RESPECT strategies	Identify outcomes targeted by each strategy; find examples of indicators that can be used and adapted to measure these outcomes; and understand how the indicator should be used
Ethics of research and evaluation on VAW	Understand and be able to mitigate against key ethical and safety challenges of research and evaluations on VAW prevention
Further resources	Link to high quality resources

3.5 Using the National Prevention Plan Guide and Workbook to develop national strategies focused on the prevention of VAW

The National Prevention Plan Guide and its accompanying workbook provide resources and tools for policymakers to translate a country's international and regional commitments on ending all forms of VAW into national policy and programming. The workbook provides exercises to support policymakers assess and plan their national programming to prevent violence in their setting. After familiarising themselves with the RESPECT and UNW framework on VAW prevention, policymakers are asked a series of questions to check that they are familiar with the key principles under three key steps: Research, Identify and Strategize.
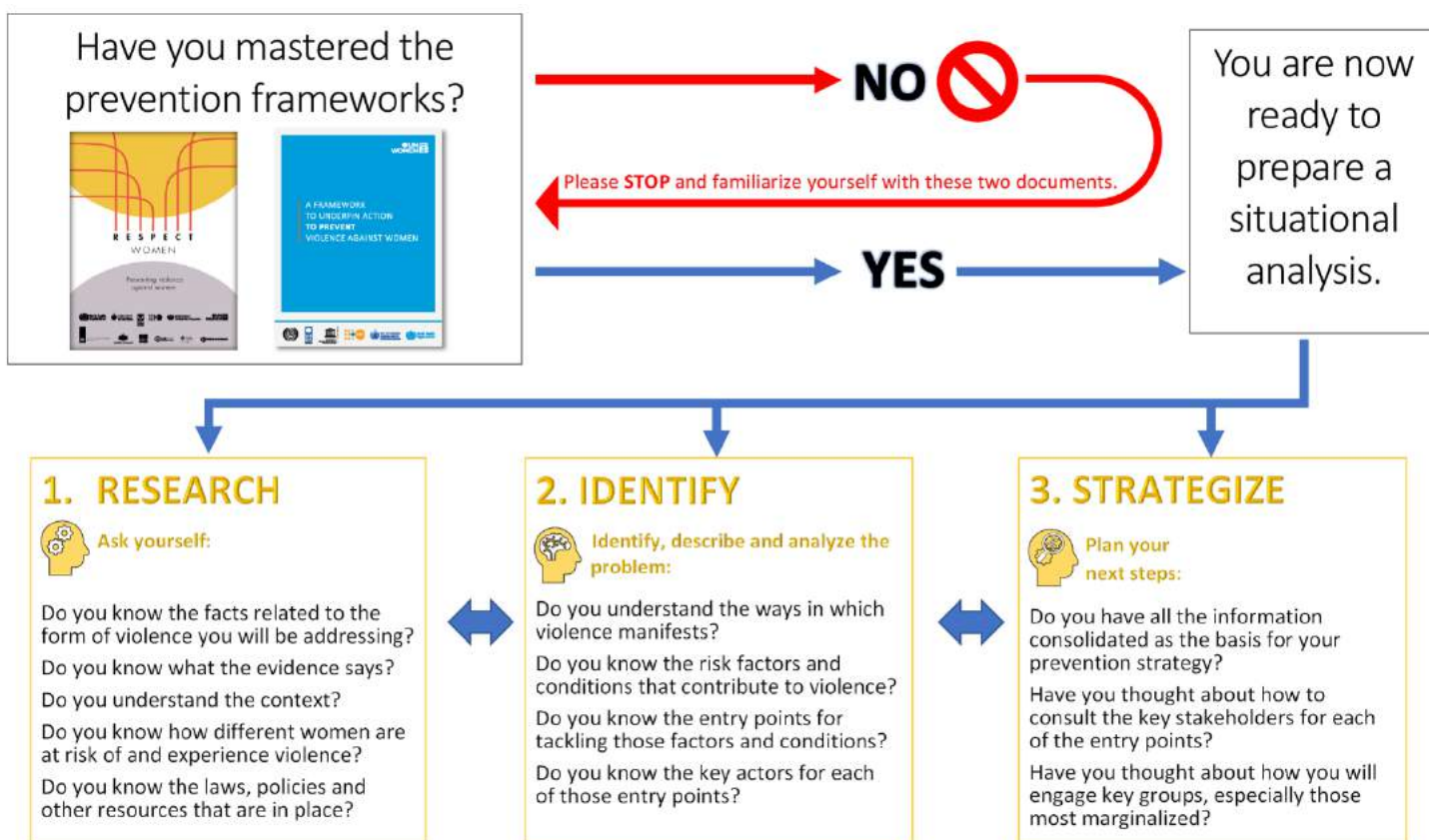
1. **Research** the different types of violence in your context and the specific types of laws, policies and resources that are in place

2. **Identify** the risk factors that contribute to violence, the entry points for tackling these as well as the actors for each of those entry points

3. **Strategise** how to consult the key stakeholders for each of the entry points and how to engage key groups and those that are most marginalised

Annex A: Scale-up

Considerations for scaling-up effective interventions

Scale-up involves investing in an intervention approach which has already proven to be effective in reducing violence against women in order to increase impact. Scaling-up is not solely about increasing 'reach' (more people or more communities); it can also aim to strengthen the sustainability of intervention outcomes, or to increase 'depth', for example reaching different or marginalised groups within a community where an effective intervention is already being implemented. When considering whether to 'scale-up' an intervention, the focus should be on scaling up the desired impact, not just scaling-up the intervention. There are multiple ways of achieving scale beyond rolling out pilot interventions to more communities (see box on Types of scale-up).

Types of scale-up:

- **Horizontal scale-up**: expanding an intervention's beneficiary numbers in a given location or by adapting and implementing the intervention in new locations.
- **Vertical scale-up**: political, policy and legal influencing and engagement activities within programmes; including those which lead to government (or other) institutionalisation of an intervention.
- **Functional scale-up**: adding new components to existing programmes and services.
- **Organisational scale-up**: growing the role and capacity of the organisation(s) who developed the intervention and/or creating new partnerships.
- **Evidence and learning scale-up**: investing in local, national and international learning and research around an intervention.

Source: K4D (2019) Guidance Note on Scaling Up Social Norm Change

Key considerations for scaling-up

A number of key challenges have been identified in scaling-up VAW prevention programming, particularly in relation to social norm change interventions:

1. Maintaining intervention quality and intensity. This requires understanding and defining the essential elements of an intervention and ensuring fidelity to these as the intervention is taken to scale. Pressures to shorten timeframes or reduce intensity to fit available funding can mean that scaled-up interventions fail to replicate the original effective approach, and put women and girls at risk of harm.

2. The limited evidence on how complex interventions can be scaled-up and understanding how to scale up in new or changing contexts,[15]

3. Understanding how international external actors (including international organisations) can appropriately support change that involves politically and socially sensitive issues and affects very personal aspects of others' lives.[16]

It is therefore important to consider these factors when taking programmes to scale to ensure that they are effective and ethical:[17]

- **Maintain fidelity to the core elements of the original methodology** - social norms change programming is not merely a collection of activities but rather systematic and theoretically grounded work with key structured aspects that, together, make an approach effective. Neglecting any of these elements can compromise programme success while also potentially harming the community. It is particularly important to ensure that interventions remain transformative in terms of shifting gendered power relations.

- **Engage with originators** - organisations that create methodologies have much experience-based learning behind their work, and therefore play an essential role in ensuring quality adaptations of their programme to new contexts. Ideally, the programme originators should be consulted throughout the adaptation and implementation processes.

o **Work with values-driven partners** - when scaling-up, it is tempting to recruit one organisation with high reach and capacity, but often these organisations do not have the necessary commitment to women's rights or experience in VAW programming. It may be better to support several smaller partners who are willing to take time to support their own staff, including leadership, to reflect on violence, power and relationships within their own lives as well as within the organisation.

o **Ensure sufficient time, intensity and funding for programming** - even where an intervention has proven effective it is important to allocate sufficient time for inception and implementation, including adapting interventions to new contexts and investing in training and supporting new partners, field staff and community activists. Funding should be commensurate with the scale of ambition.

o **Ensure accountability to communities and programme participants** - accountability remains important when working at scale, particularly where risks around programme quality are heightened. Accountability requires community insights and substantive community involvement in planning, implementing, and monitoring social norms change programming.

o **Do no harm** - closely monitor unintended consequences of programming to ensure no harm. There remain risks of backlash against women and interventions when existing structures of power are challenged, and these risks increase when operating at scale.

Further guidance on scaling up:

The Community for Understanding Scale Up (CUSP)[18] provides useful guidance on how social norm change interventions can be successfully scaled up. CUSP is a group of nine organisations[19] with a long track record of developing and adapting social norms change methodologies globally.

ExpandNet, a global network of individuals from international organisations, NGOs, academic and research institutions, government ministries and projects, has published a series of resources for scaling up health service delivery. The approach is based on extensive experience of testing with ministries of health/reproductive health units in many countries. The approach has been used outside of health service delivery settings, including for scaling up social norm interventions.

The K4D Guidance note on scaling up social norm change provides guidance on how DFID can support the scale-up of inclusive approaches to complex social change for marginalised and vulnerable groups. It looks at how to scale up approaches to shift social norms that underpin behaviours preventing particularly women, girls and people with disabilities from participating and benefiting equally from development and development interventions. Four companion briefs provide further information and practical examples on (1) concepts and resources; (2) types of scale-up; (3) resourcing and value for money of scale-up; and (4) risk management and monitoring.

The Learning Collaborative to Advance Normative Change, co-convened by the Institute for Reproductive Health (IRH), Georgetown University and FHI 360, has a set of resources and tools on social norm theory, measurement and practice, including a focus on scaling.

Annex B: Acknowledgements

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Endnotes:

[1] The term Violence against Women as used here and in the RESPECT framework and implementation guide materials refers to male violence against adolescent and adult females.

[2] UNITE, UN Women Asia-Pacific (2019) Understanding the Costs of Violence against Women

[3] Garcia-Moreno, C., Watts, C., (2011) Violence against women: an urgent public health priority *Bulletin of the World Health Organization* 2011;89:2-2. doi: 10.2471/BLT.10.085217

[4] WHO, LSTHM, SA MRC (2013) Global and regional estimates of violence against women: prevalence and health effects of intimate partner violence and non- partner sexual violence.

[5] UN Women Violence against Women and Girls Virtual Knowledge Centre (2010) Consequences and Costs

[6] Including: UNFPA, UNODC, UNDP, OHCHR, World Bank, and Governments of Australia, Canada, Netherlands, Sweden, United Kingdom and USA.

[7] Here 'women's organisations' refers to women's rights organisations including those that work on preventing and responding to violence against women and are often based on feminist principles (see the separate Strengthening the Enabling Environment document).

[8] See for example, Murphy, M., Hess, T., Casey, J., and Minchew, H., (2019) What Works to Prevent VAWG in Conflict and Humanitarian Settings. Synthesis Brief. What Works to Prevent VAWG Programme.

[9] Programme summaries include those completed by Social Development Direct and the Prevention Collaborative as of 31st July 2020.

[10] The Prevention Collaborative briefs include all those developed by July 2020.

[11] Fulu, E, Kerr-Wilson, A, and Lang, J (2015) What works to prevent violence against women and girls? Evidence Review of interventions to prevent violence against women and girls.

[12] Please note the individual interventions provided in the strategy and programme summaries are not being specifically recommended, rather they are given as examples that policymakers and others can consider implementing in their own contexts as they have been shown to reduce VAW elsewhere.

[13] We acknowledge that these categorisations are simplifications which do not full take into account the rigor of study designs, the overall breadth of positive vs. negative evidence rather than collapsing domains into these categories

[14] Kerr-Wilson, A.; Gibbs, A.; McAslan Fraser E.; Ramsoomar, L.; Parke, A.; Khuwaja, HMA.; and Rachel Jewkes (2020). *A rigorous global evidence review of interventions to prevent violence against women and girls*, What Works to prevent violence among women and girls global Programme, Pretoria, South Africa

[15] Gargani, J. & McLean, R. (2017). Scaling science. Stanford Social Innovation Review, Fall.

[16] Harper, C., Jones, N., Ghimire, A., Marcus, R., & Kyomuhendo Bantebya, G. (Eds.) (2018). Empowering adolescent girls in developing countries. Gender justice and norm change. London & New York, NY: Routledge

[17] Community for Understanding Scale Up (CUSP), (2018) "Social Norm Change at Scale: CUSP's Collective Insights," CUSP 2018 Case Study Collection, Community for Understanding Scale Up.

[18] Center for Domestic Violence Prevention (CEDOVIP), Intervention with Microfinance for AIDS and Gender Equity (IMAGE), the Institute for Reproductive Health at Georgetown University, the Oxfam-initiated "We Can" campaign, Puntos de Encuentro, Raising Voices, Salamander Trust, Sonke Gender Justice, and Tostan

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