



# PREVENTION OF VIOLENCE IN HIGHSCHOOLS IN BOSNIA AND HERZEGOVINA

## *END LINE ASSESSMENT REPORT*

Summary report

December, 2018





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## SUMMARY

**Introduction.** Overall goal of the project is the contribution to the improvement of educational standards and engagement for ending violence against women and domestic violence in Bosnia and Herzegovina. In this research, we assessed whether there are differences in attitudes, knowledge and behaviours of young men and women related to violence, before and after the completion of the project activities. We examined the effects of project activities on the following spheres of life of young men:

- Experience of young men and women with experienced and perpetrated violence;
- Experience of young men and women with gender based violence and violence in relationship;
- Views of young men and women regarding gender roles and attitudes;
- What is the role of other variables (socio-demographic, sex, mental health, exposure to violence in past, etc.)
- Participation of young men and women in different project activities.

The survey was conducted in collaboration between Care Balkan's, UN Woman, and local partner NGOs (Association XY from Sarajevo, Perpetuum mobile from Banja Luka, Otaharin from Bijeljina, Forum teatar from Istočno Sarajevo, Centar za građansku saradnju from Livno and Nova Vizija from Novi Travnik).

**Method.** Methods included self-administered quantitative surveys completed by participants before and after the intervention program. In the first phase, we conducted baseline research. In the second stage, most of young men took part in the educational (intervention) program. In the third phase, we conducted a final survey. This design research allows us to compare results before and after intervention program and to determine whether there has been a certain change in participants. Respondents were young men and young women from high schools. Following number of young men and women participated in the end-line phase of the research: 248 from Bijeljina, 174 from Istočno Sarajevo, 191 from Livno and 217 from Novi Travnik. Altogether, 830 participants from these four cities filled out questionnaires in end line phase of the research.



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We used a questionnaire which was tested in previous researches implemented by different research institutions.

**Conclusions.** Obtained results show that positive effects had been made. Large majority of respondents are very satisfied with program activities. The programme had more effects on attitudes than on behaviour, what was expected. Local partners were focused on changing young people attitudes, not too much on behaviour change and all educational and campaign activities were focused on changing perception of violence through social perspective (violence as an intimate matter). At the end of the programme the youth to a greater extent felt that violence should not be private matter that is hidden, but it is something that should be talked about. Likewise, at the end of the programme majority of youth had more gender-equal attitudes what can be a significant determinant of violence, especially gender-based violence. Changes in violent behaviour are not major. In order for them to happen it is necessary that preventive programmes last longer and are more intensive, that they last at least two years. In addition, it is recommended to reduce number of motivational and creative activities and to increase number of workshops in schools. Additional attention in those programmes should be dedicated to violence on social networks that is rising. Likewise, violence perpetrated by young women, especially in a relationship, is higher than in some previous researches. In the future this problem should be given the same attention as the one given to violence between young men. As violence is often a consequence of socialisation, preventive programmes should include supportive peer environment, presence of parents and creation of an environment that supports pro-social behaviours instead of risk-taking. Only holistic, long-term and multi-sector approach to youth can really contribute to promotion and development of their non-violent life styles.



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## INTRODUCTION

### Violence and types of violence

Violence is defined by the World Health Organization as "the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation", although the group acknowledges that the inclusion of "the use of power" in its definition expands on the conventional understanding of the word.<sup>1</sup>

Globally, violence resulted in death of an estimated 1.28 million people in 2013, what is higher than 1.13 million in 1990. Of the deaths in 2013, roughly 842,000 were attributed to self-harm (suicide), 405,000 to interpersonal violence, and 31,000 to collective violence (war) and legal intervention.<sup>2</sup>

There are different types of violence<sup>3</sup>. *Physical violence* occurs when someone uses a part of their body or an object to control a person's actions. Physical violence includes hitting, slapping, punching, kicking, strangling, smothering, using or threatening to use weapons, throwing things, destroying property, harming pets, denying medical treatment...

*Psychological/emotional violence* occurs when someone uses threats and causes fear in a person to gain control. It can have extreme negative effects on the victim's sense of self-worth. Psychological violence includes, but is not limited to: verbal aggression; humiliating or making fun of the person; threatening; constant criticism and blaming; inappropriately controlling person's activities, socially isolating the person; extreme jealousy; not allowing a competent person to make decisions; treating a person like a child or a servant.

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<sup>1</sup> Krug et al., "World report on violence and health" Archived 2015-08-22 at Wayback Machine., World Health Organization, 2002

<sup>2</sup> GBD 2013 Mortality and Causes of Death, Collaborators (17 December 2014). "Global, regional, and national age-sex specific all-cause and cause-specific mortality for 240 causes of death, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013". *Lancet*. 385 (9963): 117–71.

<sup>3</sup> <http://www.safehomesdv.org/Types-of-Violence>



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*Sexual violence* occurs when a person is forced to unwillingly take part in sexual activity. Sexual violence includes, but is not limited to: touching in a sexual manner without consent (i.e. kissing, grabbing, fondling); forcing sexual intercourse; beating sexual parts of the body; forcing a person to view pornographic material; using a weapon to force compliance; making unwelcome sexual comments or jokes; humiliating, criticizing or trying to control a person's sexuality; forced prostitution etc.

### *Causes of Violence*

There are many causes of violence. According to American Psychological Association those can be frustration, exposure to violent media, violence in the home or neighbourhood and a tendency to see other people's actions as hostile even when they're not. Certain situations also increase the risk of aggression, such as drinking, insults and other provocations and environmental factors like heat and overcrowding.

The most common motivations for violence can be viewed as inappropriate attempts to handle emotions. Abusers may feel a need for violence because of low self-esteem, extreme jealousy, difficulties in regulating anger and other strong emotions, or when they feel inferior to other people in education and socioeconomic background.

Often, violence is used by an individual to openly express their feelings such as anger, frustration, or sadness. Other times, violence can be considered as a form of manipulation of individuals to try and get what they want or need. Aggressive behaviour can also be used as a form of retaliation; a means one uses to even the score. Finally, violent behaviour is sometimes caused because people grow up seeing violence that is openly displayed. Violence then becomes an "appropriate" way to behave.

Some violent people with very traditional beliefs may have learned this behaviour while growing up in a household where violence was accepted as a normal and was part of the raising process. That means that abusers learn violent behaviour from their family, people in their community and other cultural influences as they grow up. They may have seen violence often or they may have been victims themselves. Children who witness or are victims of violence may learn to believe that violence is a reasonable way to resolve conflict between people. For example, boys who learn that women are not to be respected and who see violence directed



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against women are more likely to abuse women when they grow up. Girls who witness domestic violence in their families are more likely to be victimized by their own husbands.

Alcohol and drugs may contribute to violent behaviour. A drunk or drugged person will be less likely to control his or her violent impulses toward other persons.

Over time, violence and aggressive behaviour often escalates when not addressed. However, there are signs that can help identify potential or immediate violence. Signs for potential immediate or increased violence include, but are not limited to: porting a weapon; pleasure in hurting animals; plans to hurt others; risk-taking behaviour; use of alcohol and drugs; destruction of property or vandalism; loss of control over emotions; membership with violent groups etc.

Violence in many forms is preventable. There is a strong relationship between levels of violence and modifiable factors such as concentrated poverty, income and gender inequality, the harmful use of alcohol, and the absence of safe, stable, and nurturing relationships between children and parents. Strategies addressing the underlying causes of violence can be effective in preventing violence.

## **Violence in Bosnia and Herzegovina**

The fact that Gender Based Violence (GBV) is a serious and very common problem in our society is confirmed by research data<sup>4</sup> that was conducted in 2013 by the B&H Gender Equality Agency with the support of UNFPA and UNWOMEN. The research findings indicate that the overall rate of gender based violence against women, who have experienced violence after they reached the age of 15, is 47.2%; while the current rate, i.e. the violence to which they were exposed in the last year is 11.9%. In this case, the most common perpetrators are partners and family members. It is the findings of this research that imply that the sphere of partnership and family relations are the strongest sources of violence against women and in most cases violence

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<sup>4</sup>Prevalence and characteristics of violence against women in Bosnia and Herzegovina (Gender Equality Agency of Bosnia and Herzegovina, 2013)



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is perceived as a private matter. Psychological violence represents the most common type of violence in our country, followed by physical violence.

In 2015, organization CARE NWB, in cooperation with Association XY, Perpetuum Mobile and Youth Power, conducted a research among high school population in Sarajevo, Banja Luka and Mostar<sup>5</sup>. The research included 1,030 young people. The findings suggest that circa 45% of young men noted that they used violence against peers, including their partners, while 50% of respondents reported exposure to physical and sexual violence.

Another survey<sup>6</sup> conducted in Sarajevo, Mostar and Banja Luka showed that 20% of young people had been subjected to some kind of unpleasant sexual experience. Exposure to psychological violence was confirmed by 23.5-28.8% of young women. Research findings imply that young people do not recognize various forms of violence they are exposed to<sup>7</sup>.

As mentioned in the survey of In Foundation<sup>8</sup>, 65% of respondents have survived some form of gender based violence (GBV) and by observing the research findings in B&H the most common forms include: emotional abuse - 62%, physical abuse - 58%, witnessing violence - 43%, neglect - 27% and sexual abuse - 23.4%. In B&H, patriarchal norms around gender and masculinity still prevail. Gender norms play a key role in women vulnerability on GBV, where social perception of GBV and domestic violence as a private matter is key obstacle in reporting and eliminating violence against women.

### **Why and how to preventively work with young people?**

Young people, and especially young men, face different challenges during adolescence (Roth et al., 1998). Some adolescents die from violence, drug and alcohol use and abuse, motor

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<sup>5</sup> Evaluating the Implementation and Effectiveness of CARE NW Balkan's Young Men Initiative in Bosnia and Croatia: 2011-2012

<sup>6</sup> "Promoting healthier lifestyles among youth in Bosnia and Herzegovina by challenging gender stereotypes-young men initiative project (YMI)" -baseline evaluation report (CARE International - June, 2015)

<sup>7</sup> Survey: How many children and young people know about the violence (Foundation CURE)

<sup>8</sup> Research on experiences of young people in Bosnia and Herzegovina related to various forms of violence and trauma in childhood, In Foundation (2012)



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vehicle accidents, and unsafe sex (National Research Council, 1995). Most of adolescent deaths are caused by injuries, homicide, and suicide. Consequences of substance use, injuries and disabilities related to motor and recreational vehicles, repercussions of unprotected sexual activity, emotional and behavioural disorders, chronic illness, and eating disorders account for significant sources of adolescent morbidity (Millstein, Petersen, & Nightingale, 1993). Engagement in risky behaviours (drug and alcohol use and tobacco addiction; unprotected sexual intercourse; juvenile delinquency etc.) limits adolescents' life chances. Some of adolescents with health and behavioural problems have difficulties with academics, engagement in school and other institutions, civic responsibility, and families and peers.

Statistics show that young men are far more involved in risky behaviours than young women. Globally, according to Barker (2005), young men between 15 and 24 years of age die a lot more often than their female peers. Main causes of death are car accidents and murders, both being related directly to socialization of young men. In about 90% of cases of violence in the world, main perpetrators are men, mostly of young age. According to WHO, about 155,000 of young men were murdered in the world in 2000. Even in Western Europe, 60% of young men's death is caused by accidents and violence. Other forms of violence such as fights, vandalism and insults are far more frequent. Cincotta et al. (2003) explain such a big portion of violence and conflicts among young men by the following causes: young men do not know what to do; they strive to find and empower their identity in any possible way; they want to become independent; they try to impress girls etc. From these data we can see that the perception of masculinity can be an important determinant of young men's anti-social behaviour. Problem with expression of masculinity can appear due to a conflict between personal desires and social expectations. Men can strive for certain pro-social way of life but, at the same time, their surroundings can put pressure on them in the opposite direction, for example, to join street gangs, become an extreme sport fan or an alcoholic, smoke, use drugs, etc.

These problems also reflect challenges that young people in Bosnia and Herzegovina and Balkans face. Due to mentioned problems of young people, it is necessary to organize preventive programs in the community. Researches on the effects of international preventive programs are encouraging the idea of this project. In several international programs it has been concluded that preventive-educational programs in a community can affect attitudes and



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behaviour of young people and generally their lifestyles and health. We will describe some examples of such programs.

Good example of preventive program is the US Teen Outreach program implemented in schools, in partnership with local community agencies (Allen, Philliber, Herrling, & Kuperminc, 1997). The program goal was reducing teen pregnancies and academic failure. Youth followed a curriculum which included discussions and skills training on self-awareness, life skills, dealing with family stress, decision-making, human growth and development, as well as volunteering in the community. After intervention during one school year, youth who took part in this program showed significant decreases on measures of school failure, school suspension, and teen pregnancy compared with a matched control group.

There is strong evidence that community-based programs are helpful in promoting positive youth development. Community programs that help a young person to establish and maintain relationship with parents, siblings and friends can assist youth to improve their responsibility-taking and problem-solving capacity, and ensure an easier transition through adolescence and into adulthood (O'Brien et al., 2004).

Programs that focus on a single risky behaviour may be successful in reducing specific risk behaviour but rarely have a positive effect on other aspects of young people's life (Petrosino, Turpin-Petrosino, & Buehler, 2002). Young people can be supported to develop adaptive coping skills, positive attitudes and values, healthy behaviours, and supportive social networks by changing the emphasis of programs from reducing risky behaviours to promoting positive mental health and building resilience. As a result, health risky behaviours are less likely to be taken up or to become lifelong patterns (Komro & Stigler, 2000; Saewyc & Stewart, 2008).

Programs that were designed to foster greater connect with school, and social and emotional competence, demonstrated strong reductions in risk behaviours (Patton et al., 2006).

Wright et al. (2006) evaluated a year-long community arts based skill-building program outside of the school setting. Over 37 weeks youth explored different arts media and created a community production or presentation. In addition to developing artistic skills, participants



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reported improvements in communication, cooperation, conflict resolution, social connections and teamwork skills, and reductions in emotional problems when compared to a control group.

According to Keleher and Armstrong (2005), the effectiveness of media-based campaigns for youth development is increased when a campaign is complemented by a mix of focused community activities and used over time rather than as a brief intervention. Campaigns should also develop culturally sensitive and appropriate materials and practices. It seems likely that such interventions may improve participants' knowledge but are less likely to effect change in behaviours. As with other knowledge-based initiatives, these resources may be best used in tandem with other, more interactive efforts.

### **Project and research objectives**

Overall goal of the project proposal is the contribution to the improvement of educational standards and engagement for ending violence against women and domestic violence in Bosnia and Herzegovina. This will be accomplished by enhancing gender equitable social response to domestic and gender-based violence through the engagement of young men and women in challenging social norms with the support of formal education, media and religious leaders. By integrating an effective and proven educational and social change methodology into formal education, the project will provide a sustainable solution that will empower generations of high school students and teachers to be able to recognize, identify, adequately respond and prevent gender-based violence and domestic violence.

UN Woman in cooperation with Care Balkan's and local partners (Association XY from Sarajevo, Perpetuum mobile from Banja Luka, Nova Vizija from Novi Travnik, Otaharin from Bijeljina, Forum teatar from Istočno Sarajevo and Centar za građansku saradnju from Livno) developed an innovative and participating methodology of work with young people. Local partners are widely acknowledged as pioneers and leaders in engaging men and boys in violence prevention in the Western Balkans region. National and local governments have recognized this program (also known as Young Men Initiative - YMI) as a successful methodology and



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exemplary model of civil society-government collaboration. In 2015, partner organizations initiated advocacy activities for accrediting educational interventions that are recognized by the relevant institutions as effective, comprehensive and timely. Accreditation process of preventive programs (known as “Program M”, “M Manual” and “Program Youth”) has been supported by the state, entity gender centres, entity and cantonal education ministries. This momentum, in which all relevant agencies are involved in integrating program interventions within the formal education all across the country, directly contributes to positive outcome of this project. The project was in line with the commitment expressed in the Message on International Cooperation 2013-2016 to fight gender discrimination as well as with the B&H entity policy documents on youth and health<sup>9</sup> and B&H Gender Action Plan. The two entity-level Gender Centres responsible for mainstreaming gender equality in policies and laws fully supported the project and endorse the proposed methodology.

### *Research goals*

The assessment is carried out to contribute to comprehensive understanding of attitudes amongst young men and women within four cities. We assessed whether there are differences in attitudes, knowledge and behaviours of young men and women before and after the completion of the project activities. We examined the effects of project activities on the following spheres of life of young men:

- Experience of young men and women with experienced and perpetrated violence;
- Experience of young men and women with gender based violence and violence in relationship;
- Views of young men and women regarding gender roles and attitudes;
- What is the role of other variables (socio-demographic, sex, mental health, exposure to violence in past, etc.)
- Participation of young men and women in different project activities.

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<sup>9</sup> Youth and health policies and strategies developed and adopted by entity health ministries through CIDA funded Youth and Health project <http://mladi.info/index.php?type=2&a=2&sid=29>

# DRAFT



## Study design

Methods included self-administered quantitative surveys completed by participants before and after the intervention program. We used a questionnaire which was tested in previous researches implemented by different research institutions. The survey was conducted in several stages. In the first phase, we conducted baseline research. In the second stage, most of young men took part in the educational (intervention) program. In the third phase, we conducted a final survey. This design research allows us to compare results before and after intervention program and to determine whether there has been a certain change in participants. Respondents were young men and young women from high schools.

### Instruments and procedures

Instruments for young men and young women in all schools were the same. The questionnaire was divided into several sections in order to gather information for the evaluation, as well as to provide understanding of the situation of these young men. The sections were as follows:

- General background information: included questions about family, home, demographics, socioeconomics;
- Experience with violence in childhood;
- Life experiences including questions about experienced and perpetrated violence, gender based violence, violence in relationship;
- Views about men and women;
- Mental health;
- Participation in program intervention activities (workshops, exposure to campaign activities etc.).

The survey was pre-tested in all sites and adjustments were made accordingly, prior to administering the baseline survey. The data collectors shared that while filling out the surveys



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young men and young women were quiet and comfortable asking questions. In only a few cases data collectors reported some participants being disruptive. All research subjects gave their consent to participate. Pupils filled in the questionnaires voluntarily.

A research consultant was present during this period to explain the survey, discuss the consent process and obtain written consent from each student prior to the start of the survey. The research consultant was also available to answer any questions that arose while completing the questionnaire.

In Bijeljina and Novi Travnik, while no personal identifiers were collected, each student was assigned a unique code in order to match baseline and end-line responses. That implies that each participant had its own code that allowed pair-up of baseline and end-line questionnaires. Latter on we processed data of only those participants who filled out questionnaires in both phases and whose questionnaires had the same code. Coding of questionnaires in schools in Livno and Istočno Sarajevo was not possible as school staff did not allow it. In these cities comparison between the questionnaires was done on group level. From the end-line survey, only questionnaires where participants stated they participated in the intervention programme had been entered into the database.

Within the statistical analysis, we have calculated measures of descriptive statistics, frequencies, percentages, and arithmetic means. The values of variables in different phases of research were compared through tests: McNemar test, Wilcoxon test, ANOVA test. The results are calculated, analysed and presented for both cities separately. We also calculated the correlation between different variables through Spearman's correlation coefficient ( $r$ ). The coefficient  $p$  shows us if there are significant correlations between variables or differences in baseline and end-line research. If there are some significant differences or correlations between the variables, this is indicated in the text via the  $p$  value or symbol of star (\*\*). A detailed explanation of the correlations and  $p$  values is in the footnote.<sup>10</sup>

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<sup>10</sup> Correlation analysis is used to determine whether the values of two variables are associated. The correlation coefficient  $r$  is a number between -1 and 1. In general, the correlation expresses the degree that, on an average, two variables change correspondingly. If one variable increases when the second one increases, then there is a positive correlation. In this case the correlation coefficient will be closer to 1. If one variable decreases when the other variable increases, then there is a negative correlation and the correlation coefficient will be closer to -1. The



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The survey was conducted in collaboration between local partner NGOs (Association XY from Sarajevo, Perpetuum mobile from Banja Luka, Otaharin from Bijeljina, Forum teatar from Istočno Sarajevo, Centar za građansku saradnju from Livno and Nova Vizija from Novi Travnik) and consultant. Local partner NGOs secured permissions to enter the schools and collect questionnaires.

### Participants

The study was conducted in high schools in: Bijeljina, Istočno Sarajevo, Livno and Novi Travnik. In each city work was mostly implemented with students of one or two high schools. In the baseline research those students were first or second grade, while at the end of the programme they were finishing third or fourth grade. Research participants were similar across all four locations in terms of sex, age and a few other characteristics. All respondents were young men and women, aged 15-18 years. Average age of respondents in the end-line research was 17 years. In the end-line research, smaller number of respondents in the four cities as some of them in the meantime dropped out from school. From the end-line data processing we excluded respondents who said they had never heard about the project or any project activity or had not completed a significant part of the questionnaire. Overall, following number of young men and women participated in the end-line phase of the research: 248 from Bijeljina, 174 from Istočno Sarajevo, 191 from Livno and 217 from Novi Travnik. Altogether, 830 participants from these four cities filled out questionnaires in end line phase of the research. Details about sample and number of young men and young women in each city are listed in table 1.

Table 1: Number of respondents in end line research

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$p$  value is the probability that you would have found the current result if the correlation coefficient were in fact zero (null hypothesis). If this probability is lower than the conventional 5% ( $p < 0.05$ ) the coefficient is called statistically significant. Stars (\*) behind a number means that correlation is statistically significant. Significance levels most commonly used in research are  $p < .05$  \* and  $p < .01$  \*\* levels. In our text the stars (\*\*) implicate these levels of significance.



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Cities	Gender/sex of participants	Participated in end line phase (number)
Bijeljina	young men	175
	young women	73
Istočno Sarajevo	young men	70
	young women	104
Livno	young men	103
	young women	88
Novi Travnik	young men	133
	young women	84
Total		830

From the table we can see that in Bijeljina, Istočno Sarajevo, Livno and Novi Travnik 481 young men and 349 of young women filled out questionnaires in the end-line phase of the research. Total sample in all cities was 830 young men and young women. This sample is comprehensive and can give us very useful data on life of youth. The sample could have been much higher, but significant number of questionnaires was not paired as students did not filled out questionnaires in both phases of the research. This is probably consequence of the fact that the research has been conducted at the end of the school year when significant number of students are not at school and when generally it is more difficult to conduct testing in schools. In some cities, due to failure of data collectors, there were some questionnaires with the same code and those had to be left out of data processing.

We should also mention something about the social status of the families of the respondents. Most of the parents have finished high school, than followed by those that graduated from some higher school, and the lowest number are those that finished less then high school. The assessment of the financial situation in a family is similar in all cities. Most respondents consider it as good. This information may be the result of a socially desirable answering. Respondents are often embarrassed to admit that they live in poor families. This is supported by the data on high percentage of unemployed parents. Generally, we can conclude that the social status of the respondents and their families is not great. The situation is particularly bad



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in families where parents are less educated, as this is accompanied with higher unemployment rate.

### Intervention program

Intervention program included group workshop, campaign activities and participation in “Be a man clubs” (BMC). The school based program lasted for a year in Bijeljina, Istočno Sarajevo and Novi Travnik, while in Livno it was shorter. A similar package of activities was implemented in each of the schools, including:

- *Group Educational Workshops:* Local partners developed a set of workshops that were conducted over several months with groups of young men. Workshop sessions addressed multiple topics, including male norms, gender attitudes, perception of men and women role, intimate violence, violence against women. Sessions included interactive approaches that provoked dialogue and reflection by participants. All sessions were led by peer educators, while in Livno sessions were implemented by the trained teachers/educators. Young men and young women participated together in workshops. This design is quite different from previous YMI programs as they were more focused on changing norms and attitudes.
- *Campaign activities:* Campaign activities and materials were presented in schools and reinforced many of the same topics addressed in the workshops, including violence prevention, response on violence, and more gender-equitable norms. Several materials were developed, including posters, t-shirts and brochures. Activities were open to all young men and young women in the schools and often used internationally recognised dates (16 days of activism in December; Valentine's Day, Women's day, World AIDS Day) to hold educational and entertaining activities. All partner organizations received and used posters with messages against violence and used T-shirts with logo of the project. Partners cooperated with the media that reported on their activities.
- *Participation in “Be a man club (BMC)”:* 2 BMC are formed in each city. These clubs gathered the most active members who planned additional activities through the club.

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Each organization has implemented four BMC meetings every month, creative workshops once in three months, motivational activities every month. Each city has a Facebook profile for the Club through which they communicate with their peers.

### **Limitations**

A general limitation of any quasi-experimental study design is that bias selection cannot be ruled out, since study participants are not randomly assigned to intervention sites. That is, as participants volunteer to participate, those participants may be different in some way than the general population.

To understand what happened in the intervention schools, the survey included questions about program exposure. However, this analysis does not control for selection bias, that young men and women participating in the intervention may have somehow been different for the outcomes of interest before participation, thereby making them more likely to be interested in the program activities.

The procedure of the research was not simple. This kind of circumstances can lead to certain omissions in organisation of the research. In some cities we had two questionnaires from the same phase with the same code. Because of this we were forced not to statistically process those questionnaires.

Coding of questionnaires is done in order to compare results and is important, but it has its negative sides. It can cause suspiciousness with participants due to endangered anonymity. This can also have an effect on results. An attempt was made to try and avert this by explaining in details the procedure and the purpose of the research, i.e. that those results will be analysed on the level of group of young people and not on an individual basis.

A flaw of this research is also the fact that in two cities it was possible to code the questionnaires, while in other two cities school staff did not allow that. The limitation of the research is that in Livno, the program lasted shorter, and the workshops were run by teachers.



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Teachers involvement provide additional opportunity for testing effectiveness of their involvement in implementation of Program Y.

Using a self-administered survey can be viewed as strength as well as a limitation. By allowing young men and young women to fill out the survey themselves, they may be more willing to share sensitive or private information than they would in a face-to-face interview. However, a potential problem with self-administered surveys is that respondent may not understand the questions, and may not feel able to ask the data collector for clarification due to embarrassment, concerns about privacy, etc. Efforts were made to reduce this limitation by pre-testing the survey and by having young men data collectors present during survey administration.

Period of implementation of the research can be important element in the context of sample size. It is not the best solution to conduct a research at the end of semester or school year. It is generally more difficult to conduct a research in this period, and number of students per class is usually lower. This is probably the main cause that the research had significant number of unpaired questionnaires. For future, it would be safer to conduct a research one month earlier.

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## RESULTS

### Violence

We will present results from the baseline and endline surveys, separate per gender and cities. We will also comment values of results and whether there were any differences between the baseline and endline surveys. We will also point out possible differences, if any, between young men and young women and between participants from different cities.

Table 2: Attitudes towards violence

		Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
		YM	YW	YM	YW	YM	YW	YM	YW
Insults are not considered as violence.	B	31.2	35.7	30.2	24.1	28.1	24.4	28.5	26.5
	E	28.0	37.9	35.7	30.4	10.7	8.0	38.9	31.3
Violence is sometimes the only way to fix things in your home.	B	2.9	2.8	9.4	1.8	6.2	2.5	6.9	0.0
	E	1.7	4.7	16.2	1.9	2.9	1.1	7.6	1.2
If a man only slaps his wife we cannot call him a bully.	B	14.5	7.2	14.6	9.9	6.2	5.1	10.6	10.8
	E	15.8	6.2	14.3	7.7	8.0	2.3	8.3	3.6
A wife should tolerate violence in order to keep a family together.	B	9.3	7.0	5.2	0.9	3.1	2.5	8.5	4.9
	E	3.4	7.6	11.4	1.9	3.0	1.1	3.0	1.2
I would be embarrassed to withdraw from a fight.	B	30.5	9.9	32.3	13.4	18.5	3.5	26.4	6.4
	E	19.5	4.5	27.5	7.7	13.7	1.1	15.2	2.4

In this table we can see to what extent participants agree with certain statements related to violence and gender based violence. Endline phase of the research shows that around 28%-39% of participants from Bijeljina, Istočno Sarajevo and Novi Travnik feel that insults cannot be perceived as violence. Results that shows that 8%-15% of young men feel that slapping a woman does not make a man an intimidator is also problematic. So, significant percentage of young men and young women do not perceive psychological violence and slapping as violence. This is definitely a problem as wrong perception of violence can result in increased violent behaviour and tolerance of it. When working with youth, it is certainly important to teach the youth about different types of violence and consequences of that violence. Potential reason for this can be



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found in the fact that NGOs involved in project implementation didn't spent too much time in working on defining forms of violence, as the focus was on changing attitudes and norms which are precondition of violence.

Between 14% and 27% of young men underline they would be ashamed to withdraw from a fight. This shows that significant determinant of violent behaviour by young men can be the so called defence of man honour, and generally perception of masculinity. This result confirms the hypothesis on link between perception of masculinity and violence. Hegemon perception of masculinity and desire to accomplish it can in practice inspire young men towards risky behaviours.

Positive thing in this research is that waste majority of young men and young women (84%-99%) feel that violence is not a way that should be used to resolve problems, and that women should not tolerate violence in order to keep a family together.

If we compare answers by young men and young women we can notice that in majority of cases attitudes of young women towards violence and gender based violence are more negative, what was expected.

If we compare results from the baseline research with those from the endline research it can be seen that in majority of cases there are no significant differences. Positive progress in all cities is seen in the attitude „I would be ashamed to withdraw from a fight “. In the endline research lower percentage of young men and of young women from all cities supported this attitude. That can be a sign that the programme contributed so that participants have firmer attitude that violence is not a way to solve problems or to prove your own identity.

Table 3: Violence – private or public matter

		Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
		YM	YW	YM	YW	YM	YW	YM	YW
If violence between youngsters occurs, it is best not to talk about it to others.	B	27.1	29.0	20.6	20.4	28.7	14.4	26.7	20.2
	E	25.2	31.8	24.6	14.6	11.7	3.4	20.5	10.7
If violence if a family happens, no one should be told about it.	B	21.1	18.6	27.1	22.3	15.4	8.5	26.9	19.0
	E	21.0	18.2	18.8	7.7	15.7	4.5	18.9	6.0

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If violence occurs in a relationship, no one should be told about it.	B	21.2	12.9	17.5	8.9	13.8	7.5	20.5	10.8
	E	20.0	12.3	21.4	9.7	11.8	3.4	13.0	4.8

Results on young people's attitudes whether violence is a topic that should be talked about with people or institutions that could be of assistance, or not, are shown in this table. Statements were related to peer violence, violence in a family and romantic relationship.

In general, 10- 20% of youth feel that violence should not be talked about, thus waste majority of youth does not feel that way. This is a positive data that shows that youth are willing to talk about their experience with violence. Thereat, we can notice that young women are more open to talk about violence than young men.

Young men perception of intimate violence – intimate matter or not

By comparing young men attitudes (three questions) related to violence as an intimate matter, this research find a positive change among young men from all four cities who previously (baseline study) stated that violence is and should be private matter and who changed their attitudes after exposure to project interventions.

Difference related to young men who are supporting attitude that violence should be intimate matter and people should be silent about the violence they are witnessing or experiencing

Bijeljina 12%

Travnik 28%

Livno 44%

Istočno Sarajevo 17%

Comparison between baseline and end line study provide information about specific change related to young men attitudes related to violence as a private matter. The change is not statistically big (qualitatively), but in relation to full sample, the change is present in 25,2% of young men.

If we compare results and statistics between baseline and endline phase of the research, we can note that in majority of cases progress has been achieved. In around 60% of results (marked with italic letters), greater number of youth in the endline research feel that violence is not a private matter and it one should not be silenced about it. Greatest progress has been achieved in Novi Travnik and Livno. These data shows that intervene programme has the potential to contribute that violence is talked about more openly, and not to be a taboo.

Table 4: Perpetrated violence towards peers in last three months

		Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
		YM	YW	YM	YW	YM	YW	YM	YW
I called my peers bad names, made fun of them or insulted them.	B	29.8	22.5	32.6	21.2	50.5	31.9	35.6	24.1
	E	29.3	22.7	47.0	24.0	59.8	44.8	38.2	39.3
I slapped, hit or kicked other peers.	B	34.7	22.9	34.7	15.9	39.2	12.5	38.2	13.3
	E	31.0	21.2	45.6	12.5	33.7	8.1	39.8	16.7
I sent my peers threatening or offensive messages by SMS, mail or via social networks.	B	10.0	10.0	6.3	3.5	5.3	3.3	7.8	4.6
	E	22.5	1.5	20.9	3.8	8.8	3.4	12.1	8.3
I sexually harassed or touched other people against their will.	B	5.3	4.3	3.2	2.7	0.0	0.0	6.1	0.0
	E	4.2	3.0	14.7	1.8	2.0	0.0	9.0	0.0
I participated in violent act as member of a peer group.	B	21.8	12.9	17.9	4.4	14.3	1.1	17.4	3.6
	E	21.7	6.1	27.9	3.8	14.6	0.0	15.8	0.0

The table shows level of different types of peer violence perpetrated in last three months. In general, level of violence between youth is not small, especially having in mind the fact it covers last three months. The most worrying is physical and group violence between young men. It is important to note that young people were exposed to the workshops and have more information about the various forms of violence and most of them had more confidence to researchers in end line study, therefore, they had more freedom to respond more openly than in baseline study.



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Between 29%-59% of young men and 23-45% of young women (in the end line phase) participated in perpetrating verbal and psychological violence. The greatest percentage of verbal-psychological violence is noted in Livno. Perpetrated physical violence was confirmed by 31%-45% of young men and 8%-21% of young women. Highest percentage of violence by young men is seen in Istočno Sarajevo and Novi Travnik, and of young women in Bijeljina. Cyber violence, perpetrated on social media, is noted with 9%-23% of young men and 1%-8% of young women. Sexual harassment was confirmed by 2%-14% of young men (highest in Istočno Sarajevo and Novi Travnik), and 1%-3% of young women. 14%-28% of young men participated in group peer violence. It is interesting that that type of violence was confirmed by 4-6% of young women in Istočno Sarajevo and Bijeljina. We can notice that all types of violence are less evident with young women, what goes along numerous other international and local researches. But, it is evident that violence is also present with young women and future preventive programmes should pay special attention to this.

In the endline research, psychological violence is slightly higher in all cities, but in Bijeljina. Likewise, cyber violence is slightly higher in the endline research. In majority of cases sexual and group violence is almost the same. *Positive thing is that the endline research results in most of the cities confirm lower percentage of physical violence than the baseline research.* This can indicate a possibility that intervention programme had positive impact on behaviour of young men and women in these schools. In order for it to happen preventive programmes have to be more intensive and longer.

We tested the obtained results by creating joint variable ‘overall perpetrated peer violence’ from different types of perpetrated violence. The scores present arithmetic means. Results had shown that there are no significant differences in perpetrated violence before and after the intervention programme. That can be seen from the charts, while tables with more detailed statistical data are in the appendix.

Chart 1: Overall participation in peer violence before and after the programme



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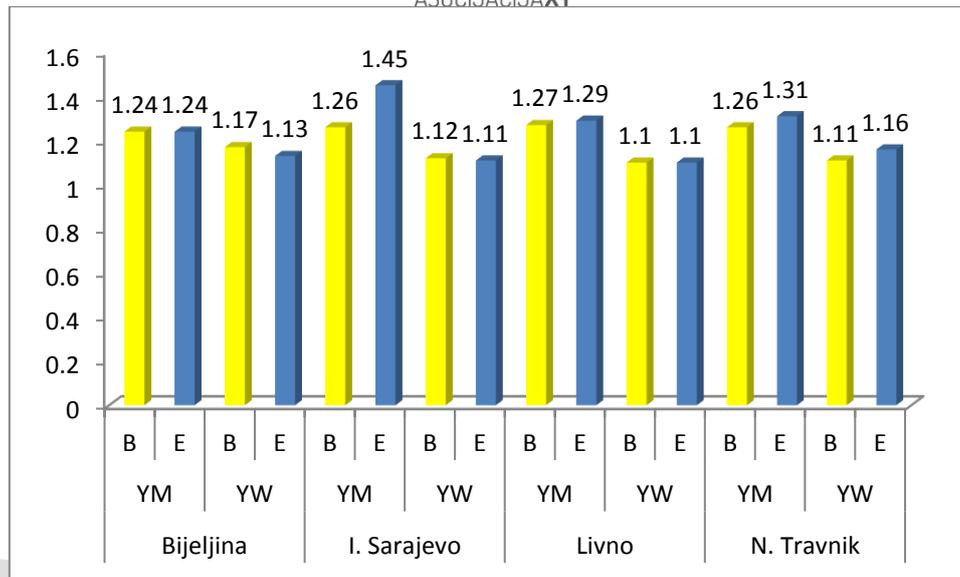


Table 5: Correlations between participation in peer violence and other phenomena

			Financial status	Father's education	Mother's education	Achievement in school	Mental health	Violence suffered in the past	Violence in a relationship
Perpetrated peer violence	Bijeljina	r	-.116	.034	.028	.048	-.136	.433**	.373**
		p	.121	.650	.707	.521	.070	.000	.000
	Istočno Sarajevo	r	-.194*	-.017	.023	-.130	-.019	.480**	.398**
		p	.012	.827	.770	.094	.812	.000	.000
	Livno	r	.067	.065	.204*	-.187*	-.054	.336**	.218*
		p	.407	.413	.010	.018	.498	.000	.014
Novi Travnik	r	.027	.031	.016	-.027	-.197**	.437**	.319**	
	p	.698	.651	.813	.697	.005	.000	.000	

Trying to identify social and psychological determinants of violence we have tested whether there is statistical correlation between violence and other phenomena. Statistically significant correlations are written in *italic* style. Results show that in all cities peer violence positively correlates with violence perpetrated in a relationship. Also, there is a correlation with violence suffered in the past (by parents, other adults, etc.). In some cities peer violence correlated with



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worse mental health, poorer achievement in school, and mother's education. In all cities significant correlation between violence and father's education and financial situation of the family was not determined.

### Gender based violence

Table 7: Attitudes on gender relations

		Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
		YM	YW	YM	YW	YM	YW	YM	YW
The most important role of a woman is to take care of a house and to cook for her family.	B	45.5	21.7	38.5	20.9	26.4	20.0	44.9	22.0
	E	45.9	34.8	40.0	18.4	11.5	8.0	29.0	10.7
A man should be the one to bring decisions in his own house.	B	57.1	14.1	50.5	17.6	19.4	15.0	45.7	19.3
	E	51.7	6.2	52.9	12.6	15.5	1.1	28.2	3.7
I would never have a homosexual friend.	B	42.9	13.2	52.7	21.8	44.2	6.8	43.0	12.2
	E	43.7	15.8	41.4	15.7	28.9	5.7	33.1	8.4
A girl that buys condoms is 'an easy' one.	B	18.8	6.0	19.6	10.2	7.9	9.2	20.0	14.1
	E	9.1	6.2	11.4	9.7	8.7	5.8	15.4	12.2
It is ok for men to cry and show their emotions in that way.	B	47.5	73.2	51.6	74.8	52.8	88.2	52.8	86.9
	E	57.5	86.4	40.6	79.4	60.9	92.0	53.1	85.7
A man who does as to his girlfriend/wife says is a wimp.	B	16.0	7.1	17.9	8.1	10.0	4.2	18.0	6.0
	E	10.0	12.1	27.5	4.9	10.6	6.9	9.5	8.5
It is ok that a young men controls with whom his girlfriend talks to via social networks.	B	40.6	22.5	37.2	20.2	27.7	16.7	51.6	39.5
	E	25.8	21.5	37.1	16.7	9.6	5.7	34.1	28.9
It is ok if a young men to forbid his girlfriend to hang around with her friends.	B	7.9	7.0	15.8	3.6	1.6	2.5	14.3	13.3
	E	9.1	0.0	11.4	1.9	1.1	0.0	14.0	8.3

First we will comment results of young men. Attitudes on gender roles show that significant percentage of young men have unequal attitudes on gender roles. This is especially noted in Bijeljina and Istočno Sarajevo. 40%-53% of young men from these two cities feel that the role



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of a mother/woman is to cook, take care of a house and children, and that man should have the final word about decisions in the home. This attitude is shared by smaller percentage of young men from Livno and Novi Travnik.

Homophobia is quite present with young men, what is in accordance with previous researches. Around 29%-43% of young men, or even more, state that they would not like to have friends who are of homosexual orientation. Bad thing is that 26%-37% of young men from Bijeljina, Istočno Sarajevo and Novi Travnik feel that men should control communication their girlfriends have on social networks. These kinds of attitudes could be the roots for psychological violence, thus in the future work should be done to transform them. Positive thing is that majority of young men and young women (around 90%) consider normal for a young woman to buy a condom and that a young man is not a wimp if he does as a girlfriend says. We can notice that gender attitudes are the most flexible and equal in Livno.

Attitudes of young women on gender relations are way equal and tolerant than those of young men. In general, gender inequality in attitudes is confirmed by around 5-15%. Exception is that 6%-29% of young women support that young men control their communications via social networks.

We can conclude that gender attitudes of participants, especially those of young men, are quite filled with gender stereotypes. Inequality is mostly expressed in the domain of homophobia and gender roles in general.

If we compare results from the baseline and endline research we can see that certain progress exists. In over 50% of answers, results are better in the endline research. Generally, research results show that progress has mostly been made in the area of gender relations in all four cities. This progress is maybe not always statistically significant, but is consistent and present in all cities. In the endline research respondents have more tolerant relation towards gender roles, gender norms and persons of homosexual orientation. This was expected as most of the interventions were focused on promoting gender equality as a prevention strategy.

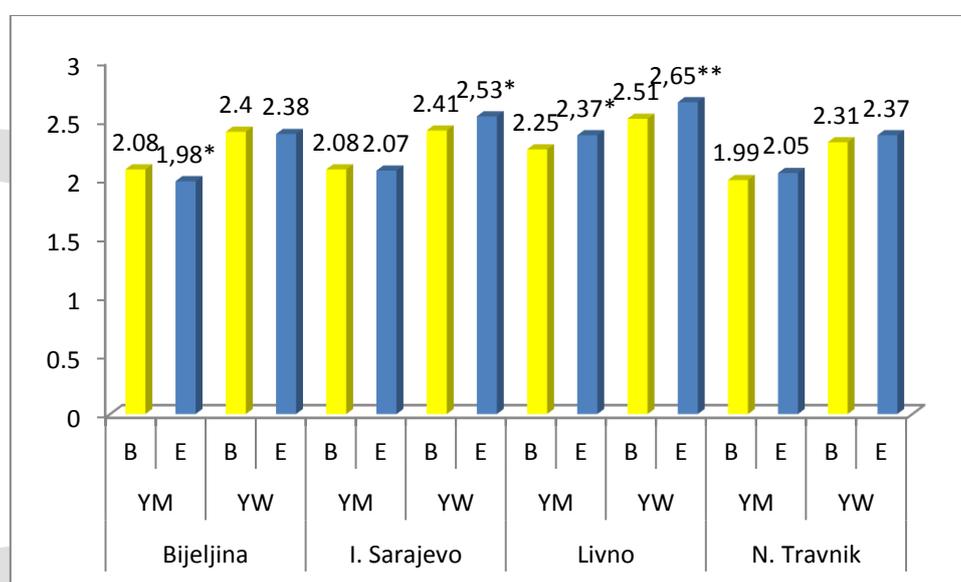
Based on individual statements we created overall variable of attitudes towards gender equality (greater score – arithmetic mean is more positive attitude). Overall results confirm individual



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results. With almost all sub-samples attitudes are more gender-equal in the endline phase. Statistical significance is marked with stars that show that coefficient  $p^{11}$  is significant. As it can be seen from the chart, statistically significant progress had been noted with je young men and young women from Livno, young men from Bijeljina and young women from Istočno Sarajevo (tables with detailed statistical data are in the appendix). So, progress has been made, but we can conclude that working with youth on these issues should continue.

Chart 2: Attitudes on gender equality before and after the programme



\*\* statistically significant on level  $p < 0.01$

\* statistically significant on level  $p < 0.05$

Table 7: Violence in a relationship (once or more)

		Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
		YM	YW	YM	YW	YM	YW	YM	YW
Have you ever insulted or humiliated your girlfriend/boyfriend?	B	17.0	20.9	13.0	15.8	14.4	18.4	17.6	18.2
	E	12.7	28.3	23.9	20.1	20.5	19.7	22.0	16.2

<sup>11</sup> The  $p$ -value is widely used in statistical hypothesis testing. In this method, one first chooses a model (the null hypothesis) and a threshold value for  $p$ , called the significance level of the test, traditionally 5% or 1%. If the  $p$ -value is less than the chosen significance level ( $\alpha$ ), that suggests that the observed data is sufficiently inconsistent with the null hypothesis that the null hypothesis may be rejected.



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Did you limit and/or forbid your girlfriend/boyfriend to communicate with her/his friends?	B	11.5	24.2	5.4	15.8	5.6	15.6	13.8	46.1
	E	15.4	23.7	22.4	15.8	8.0	16.4	16.4	35.0
Did you control your girlfriend's/boyfriend's communication on social networks?	B	24.4	28.1	15.4	22.1	11.2	26.3	28.3	49.3
	E	18.1	29.0	29.9	25.3	14.8	30.3	34.6	55.0
Have you ever slapped or hit your girlfriend/boyfriend?	B	11.7	21.3	5.5	17.9	1.9	12.6	10.9	19.7
	E	11.1	16.9	14.9	26.6	5.7	10.4	13.4	21.2
Have you ever had sex with your girlfriend/boyfriend against her/his will?	B	6.1	3.1	5.5	2.1	1.9	0.0	12.3	0.0
	E	5.2	3.4	9.0	4.3	2.3	0.0	8.7	0.0

When it comes to violence in a relationship, it is not negligible, especially having in mind a fact that majority of youth in this age do not have a steady relationship. It is interesting that violent behaviour of young women in a relationship is similar or even higher than violent behaviour of young men. Similar results are also obtained in researches conducted by CARE Balkans in last several years (2014, 2017, and 2018). Because of this, in future research and preventive programmes special attention should be dedicated to violence perpetrated by young women.

Psychological violence in the form of insulting, humiliating and limitation of contact varies between 8% and 35%. Control of communication on social networks is the most present one. This behaviour varies from 15% to 55% (highest in Novi Travnik). Physical violence is differently represented. It varies between 6% and 15% with young men, and 10-27% with young women. Sexual violence in a relationship is not as present. It is worrying that 9% of young men from Istočno Sarajevo and Novi Travnik confirm this type of violence. These data and percentages on physical and sexual violence in a relationship are worrying, especially having in mind the fact that respondents are younger, and significant percentage of those never had romantic relationship or sex.

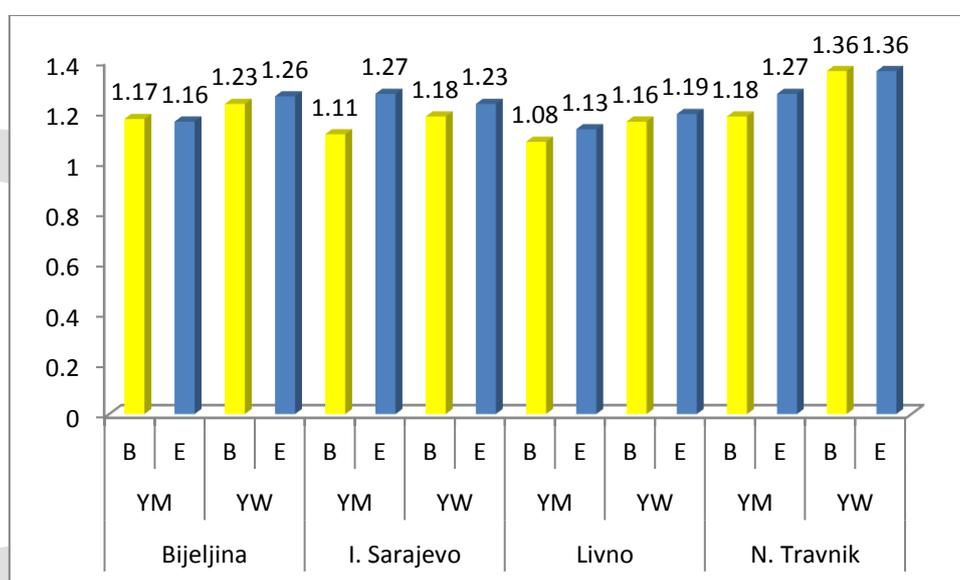
From individual statements we created overall variable 'violence perpetrated in a relationship' (higher score is higher level of violence). Results had shown that in majority of cases there are no statistically significant differences in violence perpetrated before and after the intervention programme. *In the endline phase of the research in Istočno Sarajevo and Novi Travnik higher rate of violence perpetrated by young men had been noted. Explanation for this kind of results*



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rests in a way a question had been asked. Participants were asked if the ever perpetrated this kind of violence. Thus, results could have not been better than in the baseline research. Reason why this question was raised in such a way is because we are talking about very young participants who rarely had romantic relationships so it was meaningful to ask them if they ever experienced violence in a relationship during past several months. Obtained results are shown by charts, and tables with detailed statistical data are in the appendix below.

Chart 3: Overall perpetrated violence in a relationship before and after the programme





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Table 8: Correlations between violence perpetrated in a relationship and other phenomena

			Financial status	Father's education	Mother's education	Achievement in school	Mental health	Violence suffered in the past	Perpetrated peer violence
Violence perpetrated in a relationship	Bijeljina	r	.060	-.024	-.001	-.195*	-.328**	.294**	.373**
		p	.437	.758	.985	.010	.000	.000	.000
	Istočno Sarajevo	r	-.110	-.157	-.051	-.159*	-.163*	.426**	.398**
		p	.169	.052	.529	.045	.043	.000	.000
	Livno	r	.082	-.133	-.010	-.197*	-.223**	.350**	.218*
		p	.321	.103	.902	.016	.006	.000	.014
	Novi Travnik	r	.071	.028	.103	.001	-.225**	.261**	.319**
		p	.314	.690	.147	.988	.002	.000	.000

This table shows correlation between violence and other phenomena. In almost all cities violence correlates with poorer achievement in school, worse mental health, greater suffered violence in the past and peer violence. Financial status and parents' education did not correlate with the level of violence perpetrated in a relationship.

### Participation in activities and effects of programme activities

Table 9: Participation in 'Be a man club' and workshops

	Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
	YM	YW	YM	YW	YM	YW	YM	YW
Did you hear about some activities or events organised by 'Be a man club' during last school year?	75.8	90.8	67.1	85.3	86.3	89.7	100.0	100.0
Did you participate at some event organised by 'Be a man club' during last school year?	64.5	77.3	61.4	55.9	42.6	52.1	74.4	76.2
During last school year did you become a member of 'Be a man club'?	31.1	24.2	15.9	5.9	8.7	2.3	28.6	11.9

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Did you participate in workshops organised by 'Be a man club', held outside of school?	29.5	24.2	17.1	7.9	18.6	10.3	35.3	22.0
Did you participate in workshops organised by 'Be a man club', held in school?	71.9	83.3	62.3	70.3	28.2	24.1	96.2	100.0

In this table we can see participation of young men in the 'Be a Man club' (BMC) and workshops. We see that 67%-100% of young men and women have heard about BMC. Around 42-76% of them have taken part in some events organized by BMC. Different percentage of participants from the four cities had become a member of the BMC. Percentages varied from 6% to 31%. We notice that the largest percentage of active participants in BMC are from Bijeljina (31.1% of young men and 24.2% of young women). Between 8% and 29% of participants had taken part in workshops outside of the school.

Different percentage of young men and young women participated in school workshops. Highest percentage is in Novi Travnik, 100.0 % of young men and 96.2 % of young women; in Bijeljina 71.9% of young men and 83.3% of young women; in Istočno Sarajevo 62.3% of young men and 70.3% and lowest in Livno 28.2 % of young men and 24.1 % of young women.

We can conclude that waste majority of participants participated in some of programme activities. Majority of them participated in workshops held in school.

Table 10: Exposure to campaign

	Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
	YM	YW	YM	YW	YM	YW	YM	YW
'Be a man club' Facebook page	36.9	43.1	21.7	15.4	35.6	41.9	100.0	98.8
'Be a man club' posters	36.4	35.9	26.1	12.5	38.6	37.2	66.7	63.1
'Be a man club' t-shirts	35.5	32.3	27.5	18.4	35.6	32.6	76.7	71.4
Promotional events organised by 'Be a man club' on the occasion of different significant dates	40.8	43.1	21.7	21.2	44.0	64.0	54.9	70.2



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Media coverages of 'Be a man club' activities	34.7	26.2	15.9	21.2	26.0	44.7	55.6	70.2
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We also tested to what extent young men and young women noticed some of the campaign activities and tools like: posters, leaflets, T-shirts, 'Be a Man' Facebook page, promotional events in media etc. We can see that activities were mostly noticed in Novi Travnik. Around 55%-100% participants in this city noticed some of the promotional activities. In other cities that percentage varies between 15% and 64%. We can conclude that significant percentage of participants had noticed some of promotional activities and that those activities were meaningful.

Table 11: Effects of concrete workshops  
(% of participants who claim to learn *a lot* during a concrete workshop)

	Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
	YM	YW	YM	YW	YM	YW	YM	YW
What is gender and sex?	43.2	54.7	35.9	40.2	-	-	86.5	94.0
Workshop on prejudice	42.7	57.1	31.3	33.7	69.9	80.2	76.7	92.9
Violence in family and community	59.3	69.8	32.8	39.6	70.9	83.0	84.2	94.0
Violence in relationships	52.1	69.8	34.4	48.0	55.3	78.4	88.0	97.6

Results on percentage of youth who claim to learn a lot from certain workshops is presented in this table. In all cities participants participated to four or three workshops. Analyses have shown that between 31% and 97% of young men and young women from all cities claim they learned a lot about each of the topics at the workshops. We notice that participants from Novi Travnik (76%-97%) stated they learned a lot, and that is the highest percentage. It appears that most interesting topics for participants were those about violence.



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Table 12: Usefulness of different programme activities

	Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
	YM	YW	YM	YW	YM	YW	YM	YW
Workshops in school	89.8	76.9	65.2	76.0	69.1	56.3	97.7	97.6
Workshops outside of school	3.4	3.1	9.1	7.0	4.1	12.5	34.8	26.2
Promotional events, campaigns, activities	1.2	6.2	18.2	4.0	8.2	23.8	21.8	15.5
Communication and socialising during work	34.7	32.3	18.2	18.0	21.6	26.3	34.6	26.2

We asked the participants which activities or parts of the project were the most useful ones. Highest percentage of participants in all cities (56%-97%) were the most satisfied with workshops in schools. This is probably a consequence of the fact that majority of participants participated in those workshops. This is followed by communication in general and socialising during the programme (18%-34%). Participants were less content with participation in promotional events and workshops held outside of school. This is a consequence of the fact that all activities were not organised as often. We can underline that highest percentage of youth who were satisfied with activities are from Novi Travnik.

Table 13: Effects of programme activities

	Bijeljina		Istočno Sarajevo		Livno		Novi Travnik	
	YM	YW	YM	YW	YM	YW	YM	YW
It is easier for me to resolve conflict without fighting.	85.7	81.3	68.2	77.6	86.6	92.9	92.5	100.0
It is easier for me to have equal and correct relations with peers of different gender.	89.2	84.4	64.2	80.6	83.5	89.0	82.0	91.7
It is easier for me to seek help or assistance if I feel down.	87.5	85.5	67.6	75.3	84.4	87.8	88.7	97.6

In this table participants self-evaluated influence different programme activities had on easier confrontation with certain life situation. In all cities great percentage of youth underlines that



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after the programme it was easier for them to resolve conflicts (68%-100%), that they have more equal relations with their peers (64%-91%), and that it is easier for them to seek assistance when they feel down (67%-97%). These data are very encouraging. They show that activities had positive effect and reflection on majority of participants.

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## CLOSING REMARKS AND RECOMMENDATIONS

### Attitudes about violence and peer violence

In this research we assessed whether there are differences in attitudes, knowledge and behaviours of young men and women related to violence, before and after the completion of the project activities.

Positive thing in this research is that waste majority of young men and young women (84%-99%) feels that violence is not a way to resolve problems.

Comparison between baseline and end line study provide information about specific change related to young men attitudes related to violence as a private matter. The change is not statistically big (qualitatively), but in relation to full sample, the change is present in 25,2% of young men.

Around one third of participants do not perceive verbal violence as violence. Wrong perception of violence can result with increased violent behaviour and tolerance of it. When working with youth in the future, it is certainly important to teach them about different types of violence and consequences of that violence.

Violence by young men can be determined by perception of male role in the society. Significant percentage feels that a man should defend his honour through violence as well. Positive thing is that in the endline research lower percentage of young men and young women from all cities support this attitude. This results points out that in the future it is important that violence prevention programmes link violence with gender roles and perception of masculinity.

Positive thing is the fact that waste majority of youth (around 80% or more) feel that one should not be silent about violence that occurs, but somebody should be informed about it. Another positive thing is that in the endline research percentage of youth who feel this way is higher. With around 60% of youth, their attitudes are even more positive than in the baseline research. This is one of important outcomes of this programme. Intervention programme can contribute so that certain attitudes about violence are transformed in a correct way.



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When it comes to violent behaviour among peers, level of violence between peers in general is not low, especially having in mind last three months. The most worrying is physical and group violence between young men. Between 29%-59% of young men and 23-45% of young women (in the endline phase) participated in perpetrating verbal and psychological violence during last three month. We can notice that all types of violence are less present with young women, what goes in accordance with numerous other researches. But, it is evident that violence is also present with young women thus in future preventive programmes attention should be payed to this phenomena.

If we compare overall results from the baseline and endline research we can note that in majority of cases there are no significant differences in the level of expressed peer violence. We are of the opinion that results would have been much better if the programme was longer and more intensive. Data from other researches contribute to this statement. Importance of the length of preventive programs was also confirmed by Werner-Seidler et al. (2017). In their research, small effects were evident after 12 months of work. Thus, one of the most important recommendations from this research is that future preventive programmes last at least a year or even more.

### **Gender based violence and violence in a relationship**

Attitudes on gender roles show that that significant percentage of young men have unequal attitudes about gender roles. Homophobia is quite present, especially with young men, what is in accordance with previous researches. Attitudes of young women about gender relations are way more equal and tolerant than those of young men. In general, attitudes about gender inequality are seen in 5-15 % of young women. We can conclude that gender attitudes of the participants, especially those of young men, are quite filled with gender stereotypes.

If we compare results from baseline and endline research we can see that certain progress exists. In over 50% of answers, results are better in the endline research. Generally speaking, research results show that progress has mostly been made in the area of gender relations in all four cities. This progress may not always be statistically significant, but is consistent and present in all



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cities. All these results are compatible with some previous research results (e.g. researchers conducted by CARE Balkans). It was once again confirmed that this programme really contributes to development of gender equality amongst young people. A waste number of young people are raised in environment that promotes gender stereotypes and inequality. A great number of young people do not question those preserved lesions and messages. This programme encourages them to consider some 'truths' that obviously do not have healthy and reasonable grounds.

When it comes to violence in a relationship, it is not negligible, especially having in mind a fact that majority of youth in this age do not have a steady relationship. Psychological violence in a relationship varies between 8% and 35%. Control of communication on social networks is the most express one. Physical violence in relationship varies between 6% and 15% with young men, and 10-27% with young women. Results had shown that in majority of cases there are no statistically significant differences in respect of perpetrated violence, before and after the intervention programme. It is interesting that violent behaviour of young women in a relationship is similar or even higher than violent behaviour of young men. Similar results had also been obtained in researches implemented by CARE Balkans in last several years (2014, 2017, and 2018). Because of this, in future research and preventive programmes special attention should be dedicated to violence perpetrated by young women.

### **Correlation between different phenomena**

Results had shown that in all the cities peer violence and violence in a relationship mutually correlate. Additionally, all types of violence are more evident if in the past the youth were more exposed to violence by adults. Violence in a relationship was also more expressed with youth with worse mental health and poorer achievement in school. Mother's and father's education, as well as financial situation of the family, had not been significant predictors of violence. Obtained correlations confirm the hypothesis that violence is often a consequence of social influence and socialisation filled with violence, but also a consequence of numerous other frustrations and poorer mental health.



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## **Influence of specific programme activities**

We also measured if influence of program activities exists. Majority of participants participated in some of programme activities. 67%-100% of young men and women have heard about BMC. Around 42-76% of them have taken part in some events organized by BMC. In most of the cities high percentage of young men and young women participated in school workshops and noticed some of promotional activities. Analyses have shown that between 31% and 97% of young men and young women from all cities claim they learned a lot about each of the topics at the workshops. Highest percentage of participants in all cities (56%-97%) were the most satisfied with workshops in schools. In all cities great percentage of youth (64%-100%) underlines that after the programme it was easier for them to resolve conflicts, that they have more equal relations with their peers, and that it is easier for them to seek assistance when they feel down.

These results indicate that the majority of respondents are very satisfied with program activities. So, the activities have come up with positive feedback from the participants. The key question is how long they should last and be intense in order to produce even better results.

## **Conclusion**

In this evaluation we tested effects of preventive programme which aim was to reduce violence in schools in Bosnia and Herzegovina. Obtained results show that certain positive effects had been made. Large majority of respondents are very satisfied with program activities. The programme had more effects on attitudes than on behaviour, what was expected. At the end of the programme the youth to a greater extent felt that violence should not be private matter that is hidden, but it is something that should be talked about. Likewise, at the end of the programme majority of youth had more gender-equal attitudes what can be a significant determinant of violence, especially gender-based violence. Changes in violent behaviour are not major. In order for them to happen it is necessary that preventive programmes last longer and are more intensive, that they last at least one year or even more. Additional attention in those programmes should be dedicated to violence on social networks that is rising. Likewise, violence perpetrated by young women, especially in a relationship, is higher than in some previous researches. In the future this problem should be given the same attention as the one given to violence between



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young men. As violence is often a consequence of socialisation, preventive programmes should include supportive peer environment; presence of peer mentors, parents, trained staff; creation of an environment that supports pro-social behaviours instead of risk-taking; opportunity to learn and practice life skills etc. Inter-sector cooperation of all public and non-governmental institutions that deal with youth violence is necessary. Only holistic, long-term and multi-sector approach to youth can really contribute to promotion and development of their non-violent life styles.

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