

---

# WORLD VISION VANUATU: MEN'S BEHAVIOUR CHANGE PROGRAM

## What is it?

An 11-week small group therapy program for perpetrators of violence, either self-identified, or selected by community leaders to attend.

The purpose of the program is to assist men to reduce and cease family and domestic violence.

The program addresses attitudes and behaviours around abuse, while creating

opportunities for men to understand the impact of their violence on their partners and families.

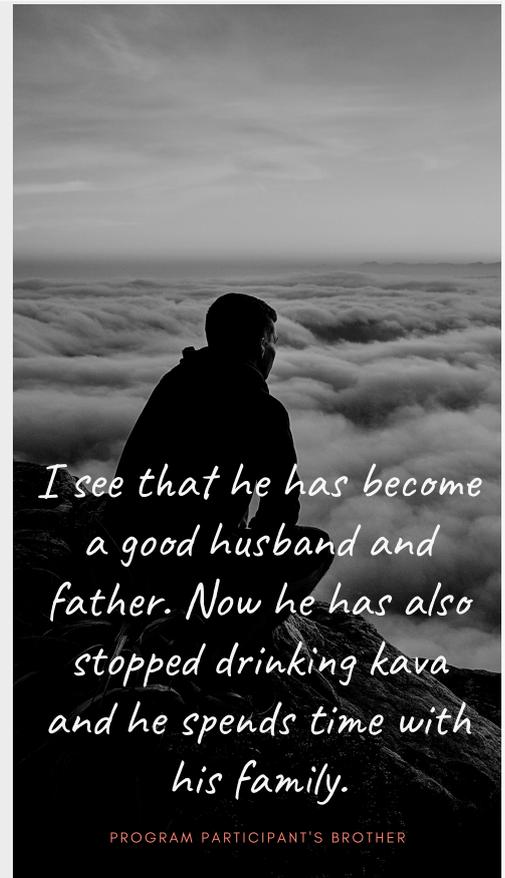
Co-facilitated by World Vision Vanuatu staff and faith leaders from target communities who have received specialist training in the approach, the program strongly highlights that violence, abuse, and controlling behaviour is a choice. It helps men develop different strategies to cope, instead of using violence.

## Why are we doing it?

World Vision Vanuatu's Men's Behaviour Change Program is about helping men to end family and intimate partner violence: it works to increase the safety of women and children by working with the men who use violence against them.

A key contributor towards participants engaging in the challenging process of positive change and healing is the therapeutic relationship. Participants experience the facilitator treating them with value, or unconditional positive regard: Agape Love. This does not preclude addressing the unacceptable behaviour exhibited by participants, but rather provides a safe base for participants to dare to change.

Facilitators genuinely care about both the survivors of violence and the men who use violence. Both need to break free from the destruction that violence brings, and be free to walk in dignity and respect.



*I see that he has become a good husband and father. Now he has also stopped drinking kava and he spends time with his family.*

PROGRAM PARTICIPANT'S BROTHER

*I can feel that his tone, words have changed... He is encouraging me a lot, especially me and my mum.*

PROGRAM PARTICIPANT'S SON

*When I went through the training, it touched my heart because I realised I had done that behaviour that was talked about. I realised I had done rubbish violence. I felt sorry and I felt guilty and I also felt glad to learn something to help me.*

PROGRAM PARTICIPANT

*I thought he might go back to his old self but he has not. I see that he has adjusted himself to the new learnings.*

PARTICIPANT'S SPOUSE

# HOW DOES IT WORK?

## AND WHAT'S THE IMPACT?

World Vision Vanuatu constructed an 11-week program consisting of 11 sessions, of 3-4 hours each. Weekly sessions enable reflection, consolidation of learning and application of new skills and knowledge.

Each session has a structured agenda and comprehensive content, and requires delivery by a skilled, knowledgeable, empathetic facilitator. Facilitators—both World Vision Vanuatu staff and faith leaders—have built their experience through role play, practice sessions, small and large group discussions, teachings, prayer and repeated delivery.

The 11 sessions are:

1. Introduction to the Change Process
2. What is Violence?
3. Stopping Violence
4. Cycle of Violence
5. Winding Down
6. Protecting Children
7. Healthy and Good Relationships
8. Sexual Respect (Part 1)
9. Sexual Respect (Part 2)
10. Respectful Relationships and Good Communication
11. Support Systems and Safety Planning

One of the most important factors to consider during a men's behaviour change program is the safety of women and child victims.

To participate in the program men must agree to their current partners being contacted. It is then the choice of the women whether they have contact with the program coordinators or affiliated women's service during the program.

We are already seeing changes in men's behaviour as a result of the program. A recent impact study revealed:

- Responsibilities and labour within the house were being shared more equitably;
- Men are using gentler language to communicate, even when expressing disappointment and unhappiness;
- Men indicating they now recognise the value of listening to their wives' opinions;
- Changed understandings of gender roles;
- A recognition that previous behaviour and attitudes had caused harm to their spouses and families, regret over this, and a desire to change their ways; and,
- Participants reported regularly apologising for bad behaviour now, and that this was a major shift for them.

© World Vision Vanuatu 2019