

The Journey from Evidence to Scale-up of Parenting interventions

A case of REAL Fathers in Uganda

The magnitude of the problem is the significant

Violence Against Children

3 in 4 Ugandans reported experiencing emotional, physical, or sexual violence before age 18

(Ministry of Gender Labor and Social Development, 2018)

Intimate Partner Violence

56% of ever-married Ugandan women reported ever experiencing emotional, physical, or sexual intimate partner violence in their current or recent relationship

(DHS, 2016)

Family Planning

39% of currently married women age 15-49 use a modern form of contraception.

In Karamoja, this figure is **7%**; in North Central Uganda, it is **42%**

(DHS, 2016)



What do intimate partner and child violence have in common?

- Overlapping risk factors
- Rooted in social and gender norms
- Co-occurrence
- Similar health outcomes

REAL Fathers mentoring program

14 points of contact over 7 months with each young father:

- 5 individual sessions
- 2 couples sessions
- 7 group sessions

Community posters

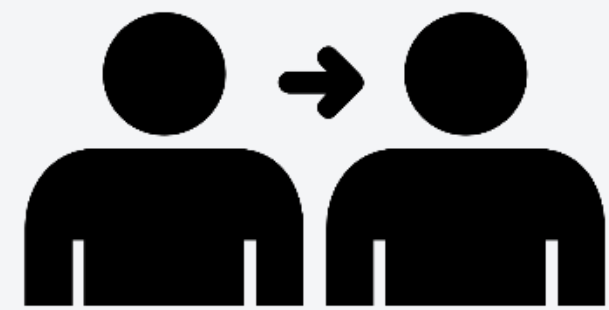
- Images and emotion-based messages to catalyze reflection

Community celebrations

REAL Fathers



Elders mentor young fathers as they learn new skills and engage communities to support these changes.



Select
& Train
Mentors



Home
Visits



Group
Meetings



Poster
Series



Community
Celebrations

REAL Fathers Module Themes



- 1. Fatherhood:** Reflect on what the young father wants for his children and what kind of father he wants to be
- 2. Tips & Tricks to Being a REAL Father:** To learn and practice child communication and positive (nonviolent) discipline skills
- 3. Family Dreams:** To reflect on how alcohol abuse would be an obstacle to achieving their goals and discuss options to manage pressures that lead to alcohol abuse
- 4. Loving My Family:** To give the father the skills he needs to build and maintain a mutually respectful relationship with his wife
- 5. Communication:** To help the couple learn and practice communication and dialogue
- 6. Parenting:** To help the couple discuss and agree on parenting goals, styles and commitments
- 7. Family planning:** To help the couple get information on child spacing and benefits of modern family planning methods

Evaluation Design

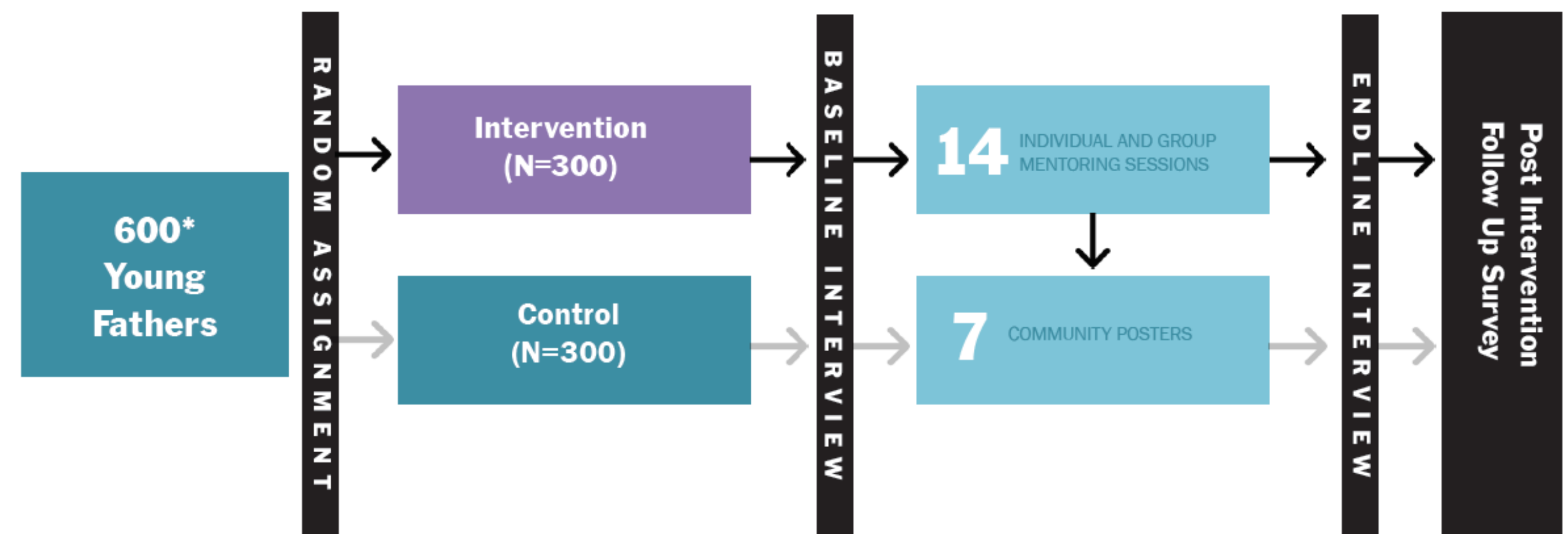
1 Surveys per site (Northern Uganda, Karamoja)

- 300 intervention young fathers
- 300 control young fathers

2 Life History Interviews with 10 Fathers in each site

3 In-depth Interviews with 10 Wives/ Partners in each site

Figure 1: Evaluation Design Per Study Site (Northern Uganda and Karamoja)



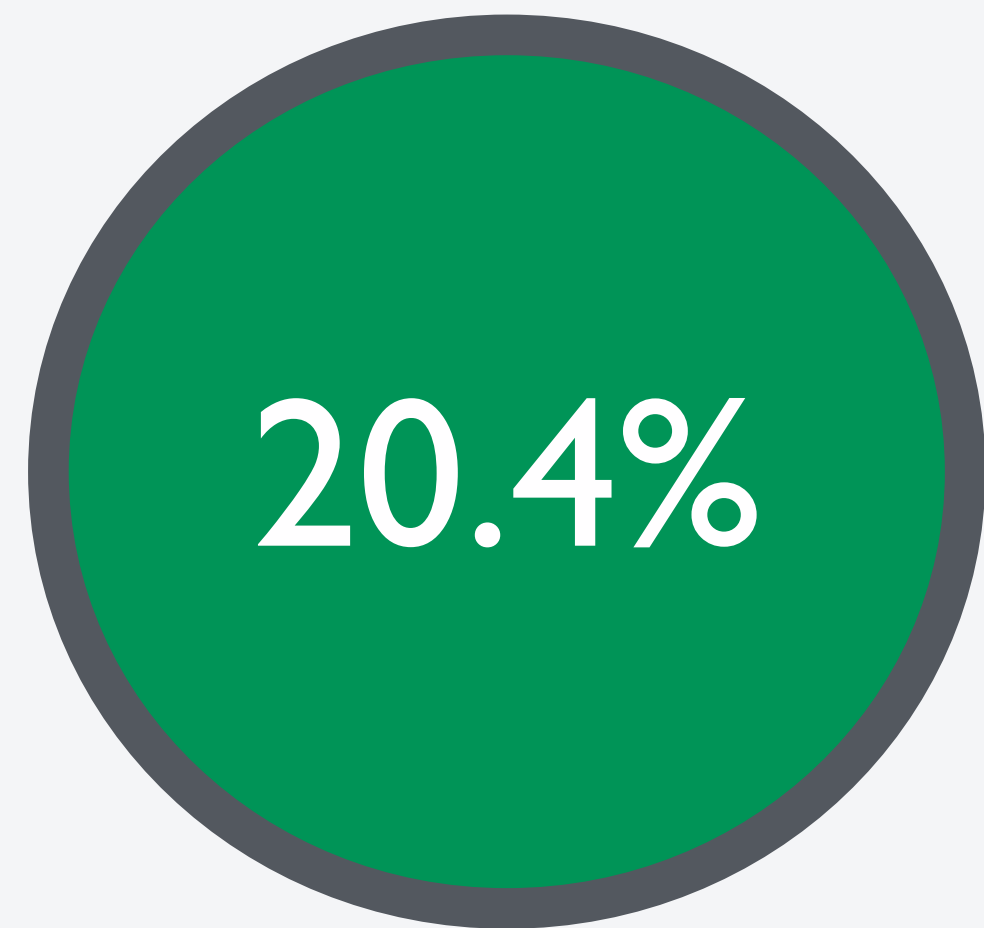
*This represents the sample size per study site; a total of 1200 young fathers were recruited across both sites.

Participant Characteristics

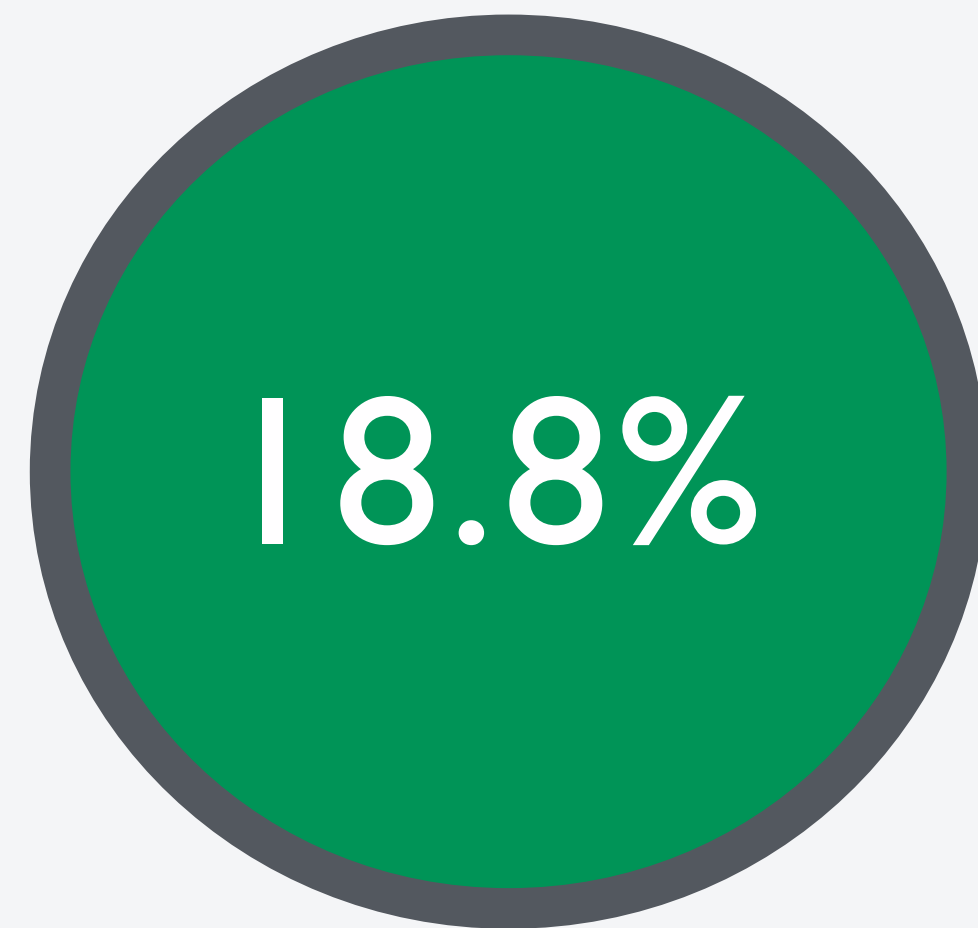


	Northern Uganda		Karamoja	
	Int.	Control	Int.	Control
Mean age	23	22	23	23
Some or complete primary education	56.8	61.1	29.2	27.4
Employed as farmer	89.3	94.4	91.2	90.6
Witnessed domestic violence as child	70.1	64.4	70.4	74.7
Experienced physical violence as child	87	86.1	76.9	72.2

Baseline: Some or frequent IPV

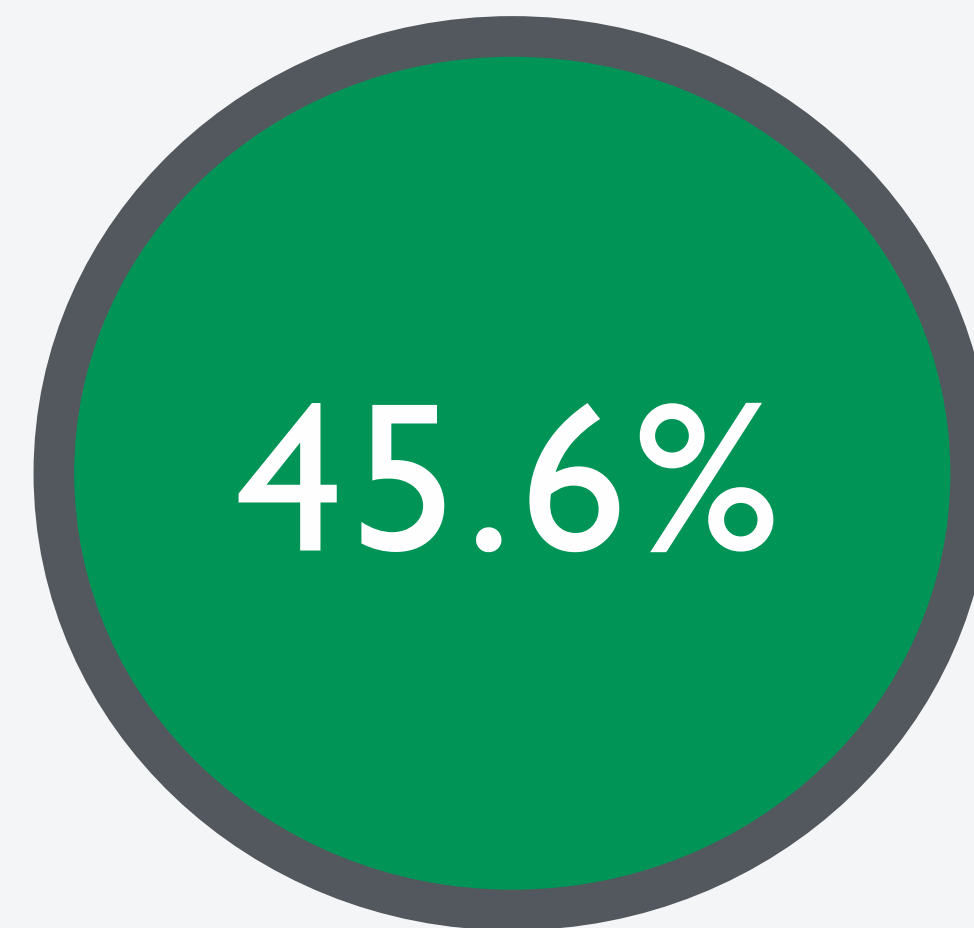


REAL Fathers

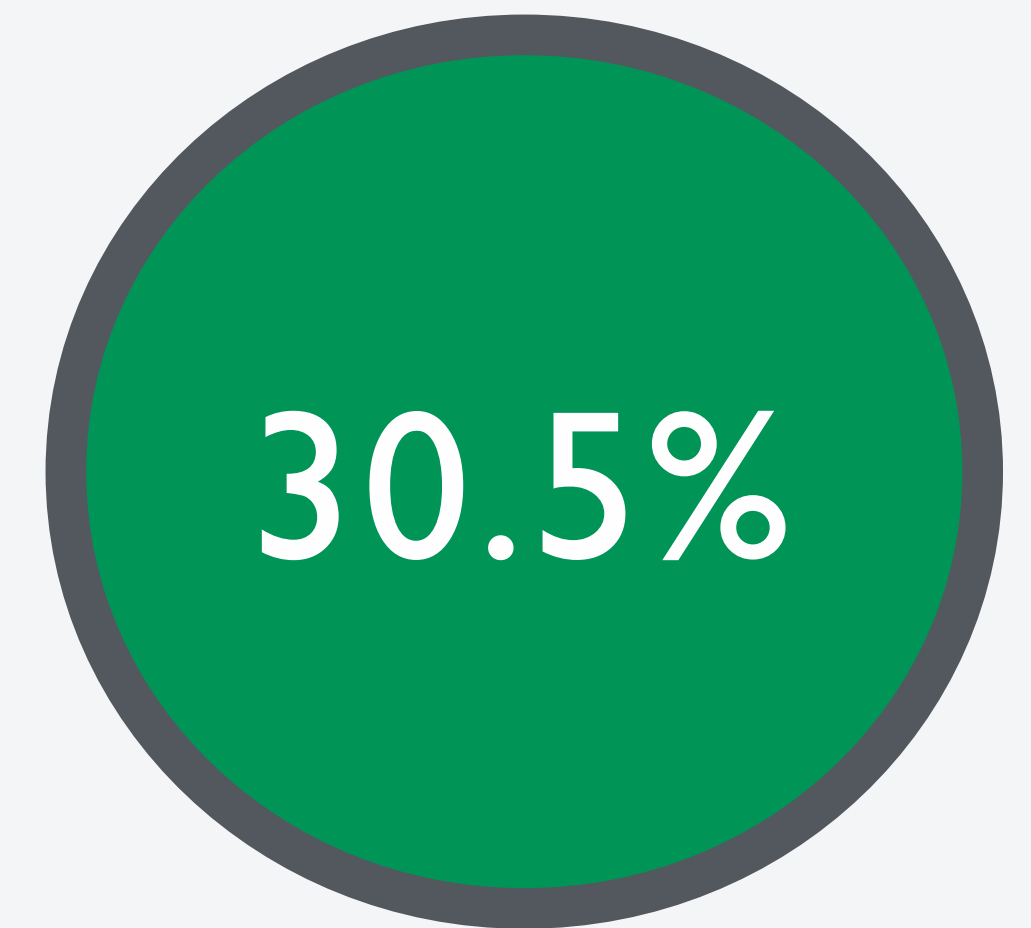


Control Group

Northern Uganda



REAL Fathers



Control Group

Karamoja

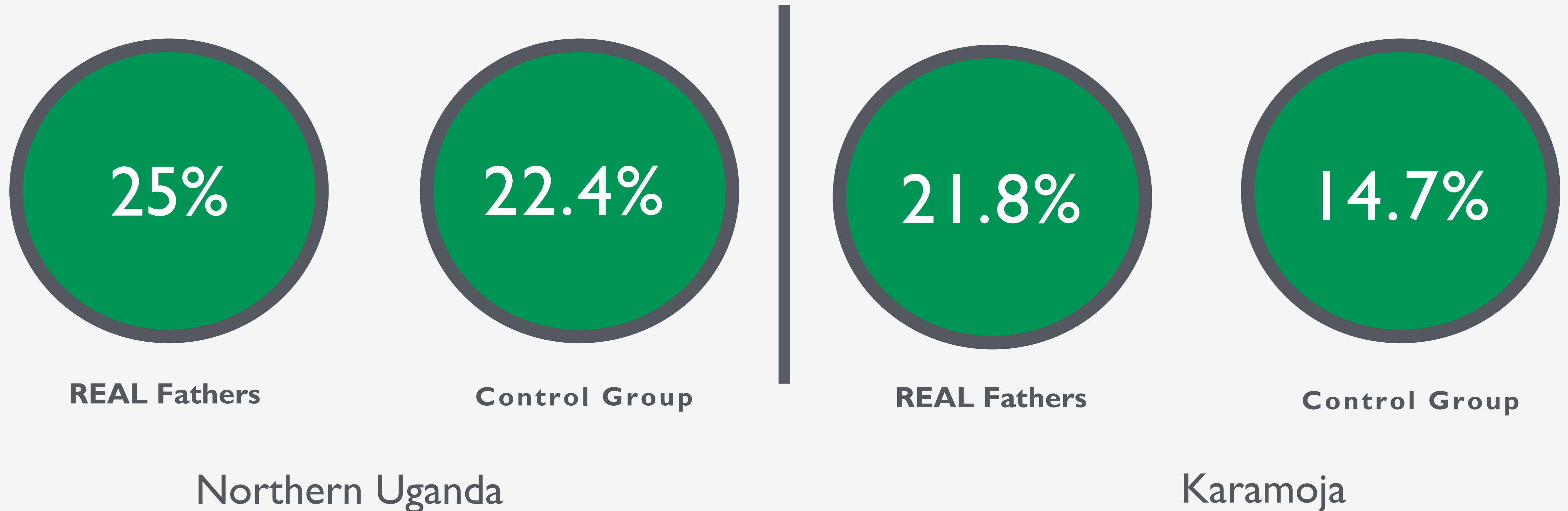
Fewer **REAL Fathers** report use of IPV at endline and one year later



1	KARAMOJA	REAL	Baseline 45.6%	Endline 11.6%	One Year Later 16.3%
		Control	Baseline 30.5%	Endline 29.8%	One Year Later 31%

2	NORTHERN UGANDA	REAL	Baseline 20.4%	Endline 8.5%	One Year Later 5.6%
		Control	Baseline 18.8%	Endline 19.1%	One Year Later 13.7%

Harsh punishment of young children is common at baseline

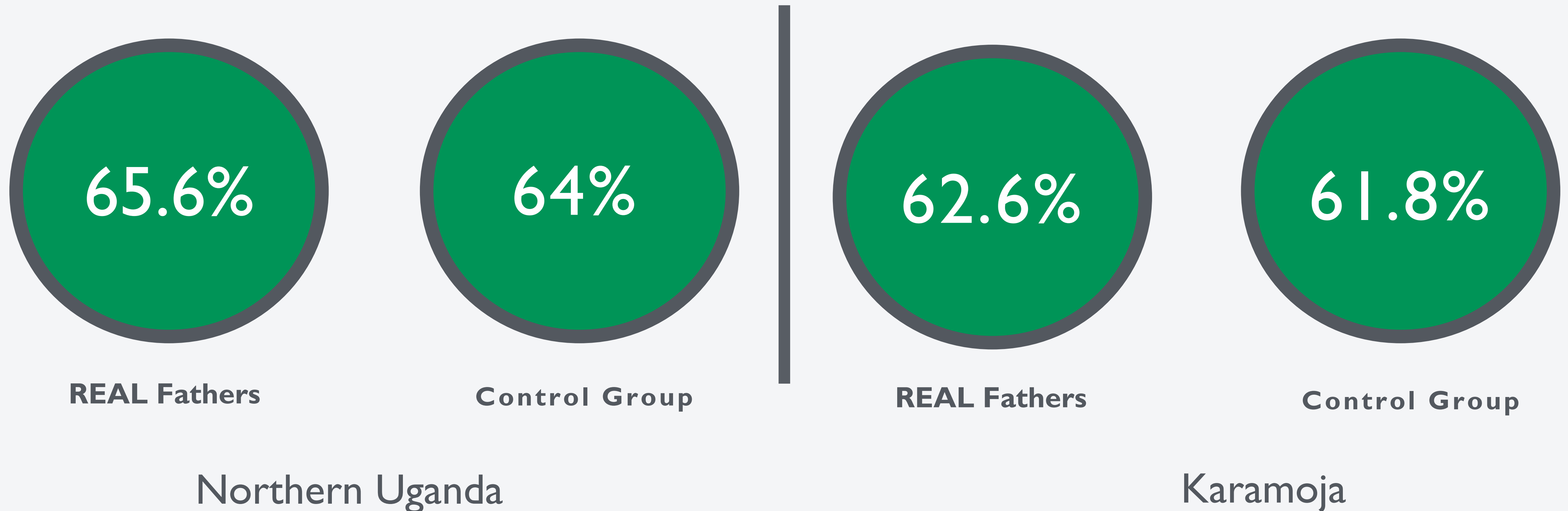


Fewer **REAL** Fathers report frequent physical harsh punishment at endline and one year later

1	KARAMOJA	REAL	Baseline 21.8%	Endline 5.5%	One Year Later 13.4%
		Control	Baseline 17.7%	Endline 18%	One Year Later 30.4%

2	NORTHERN UGANDA	REAL	Baseline 25%	Endline 10.1%	One Year Later 8.5%
		Control	Baseline 22.4%	Endline 21.6%	One Year Later 26.4%

At baseline, fathers report frequent use of positive parenting strategies

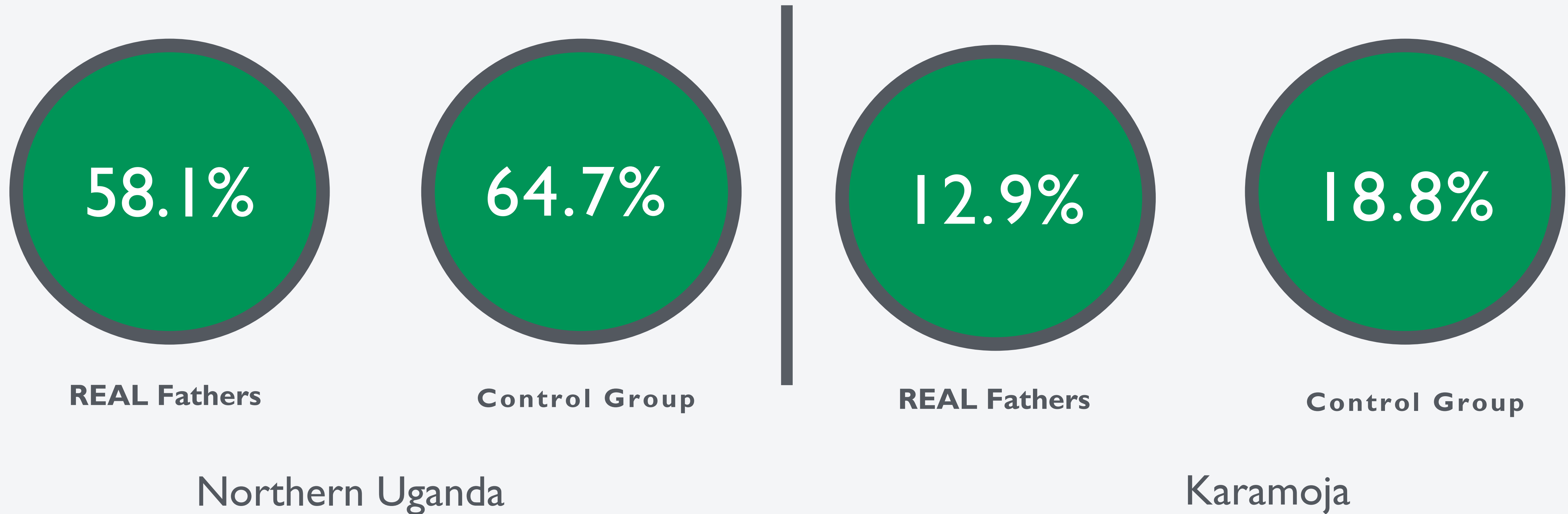


REAL Fathers more frequently use positive parenting practices at endline and one year later

1	REAL	Baseline	Endline	One Year Later
	KARAMOJA	62.6%	81.5%	75.0%
	Control	Baseline	Endline	One Year Later
		68.1%	70.1%	57.6%

2	REAL	Baseline	Endline	One Year Later
	NORTHERN UGANDA	65.6%	84.4%	79.9%
	Control	Baseline	Endline	One Year Later
		64%	73.5%	70.8%

Baseline: Family Planning



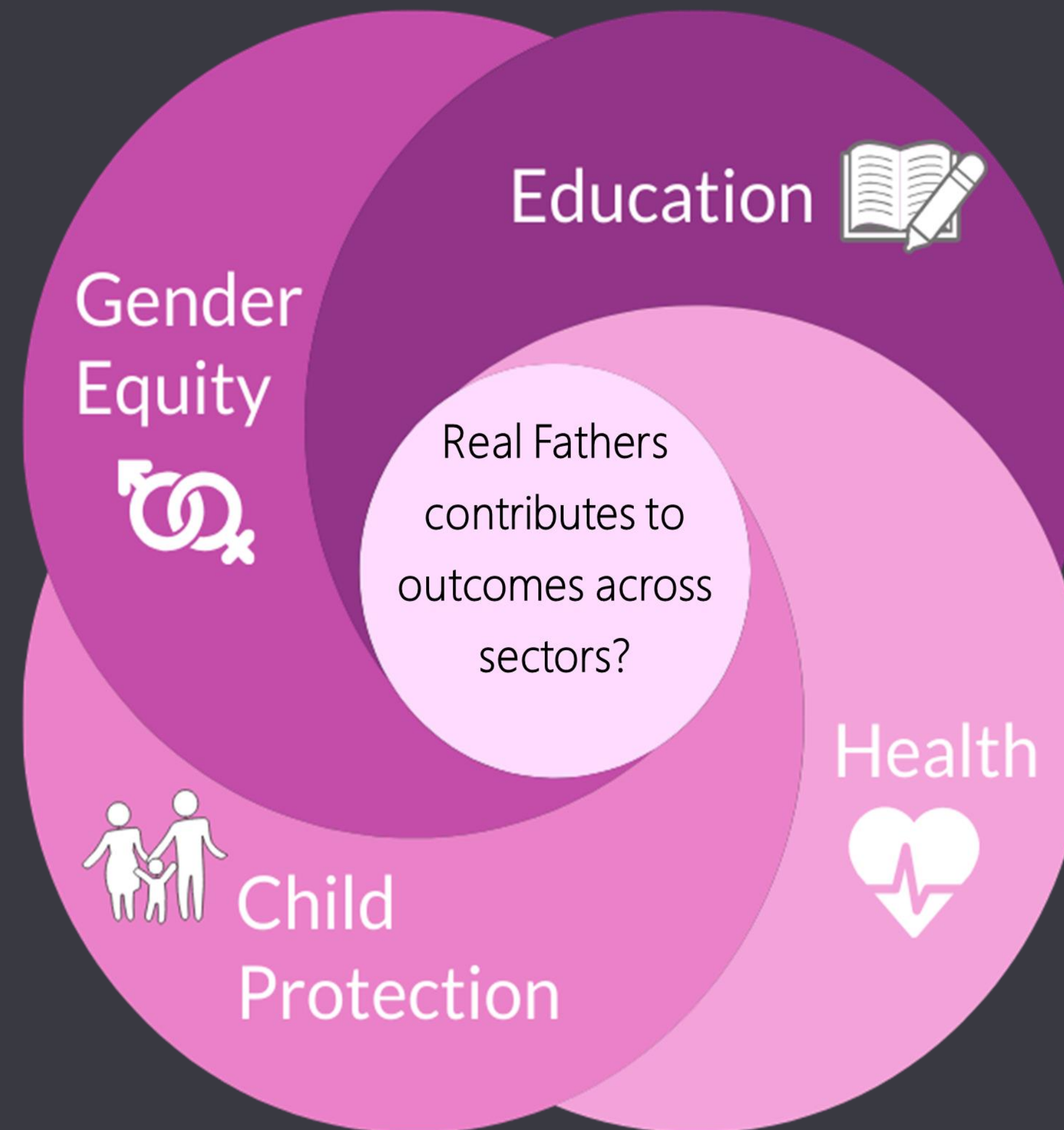
Northern Uganda **REAL Fathers** report use of family planning at endline and one year later

1	KARAMOJA	REAL	Baseline 12.9%	Endline -	One Year Later 38.0%
		Control	Baseline 18.8%	Endline -	One Year Later 35.8%

2	NORTHERN UGANDA	REAL	Baseline 58.1%	Endline -	One Year Later 66.2%
		Control	Baseline 64.7%	Endline -	One Year Later 55.2%

REAL Fathers prevents frequent harsh punishment, and IPV, and elevates positive parenting, father's confidence in parenting and increases likelihood of using Family planning methods (modern contraceptives)

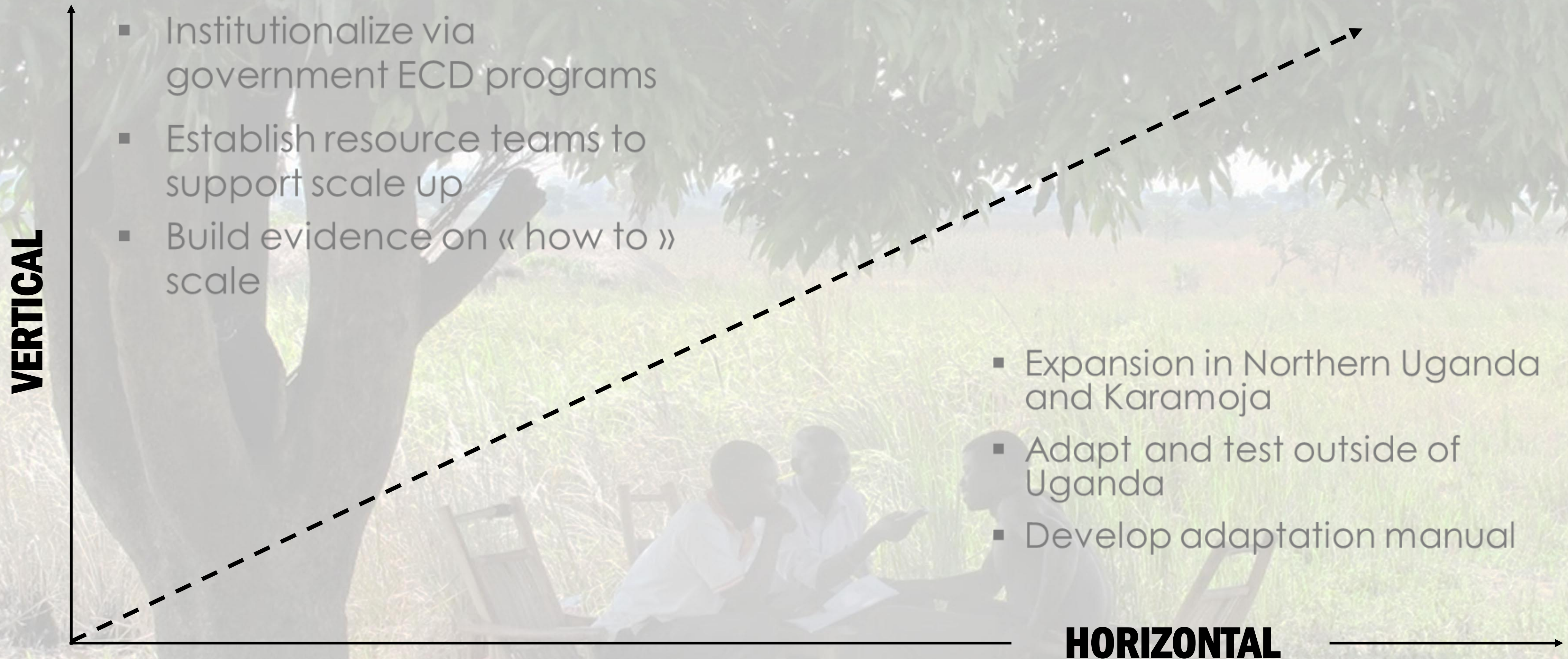
This change was sustained one year after the interventions.



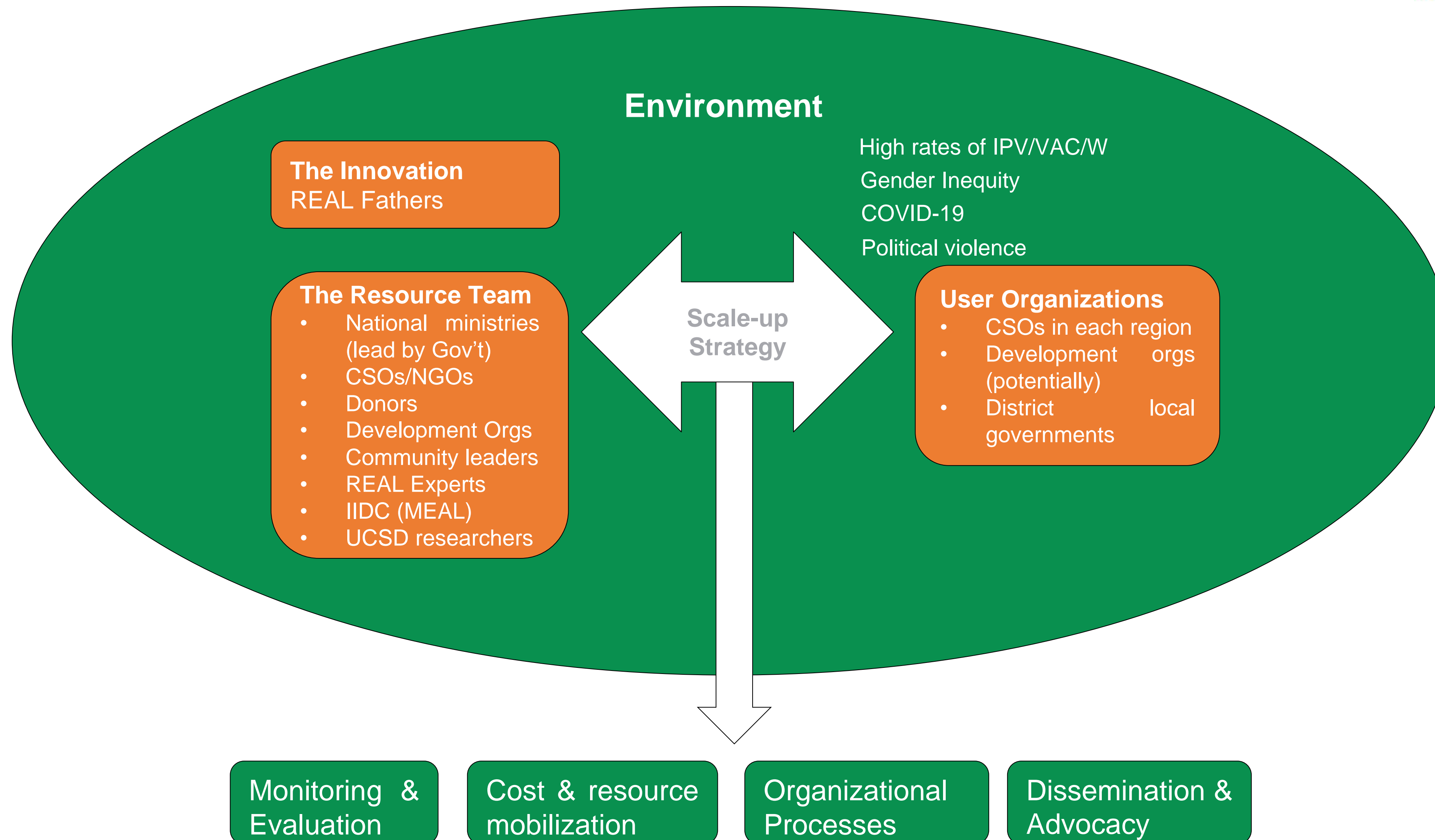
What next?

Scaling up Real Fathers through
integration with ECD programs

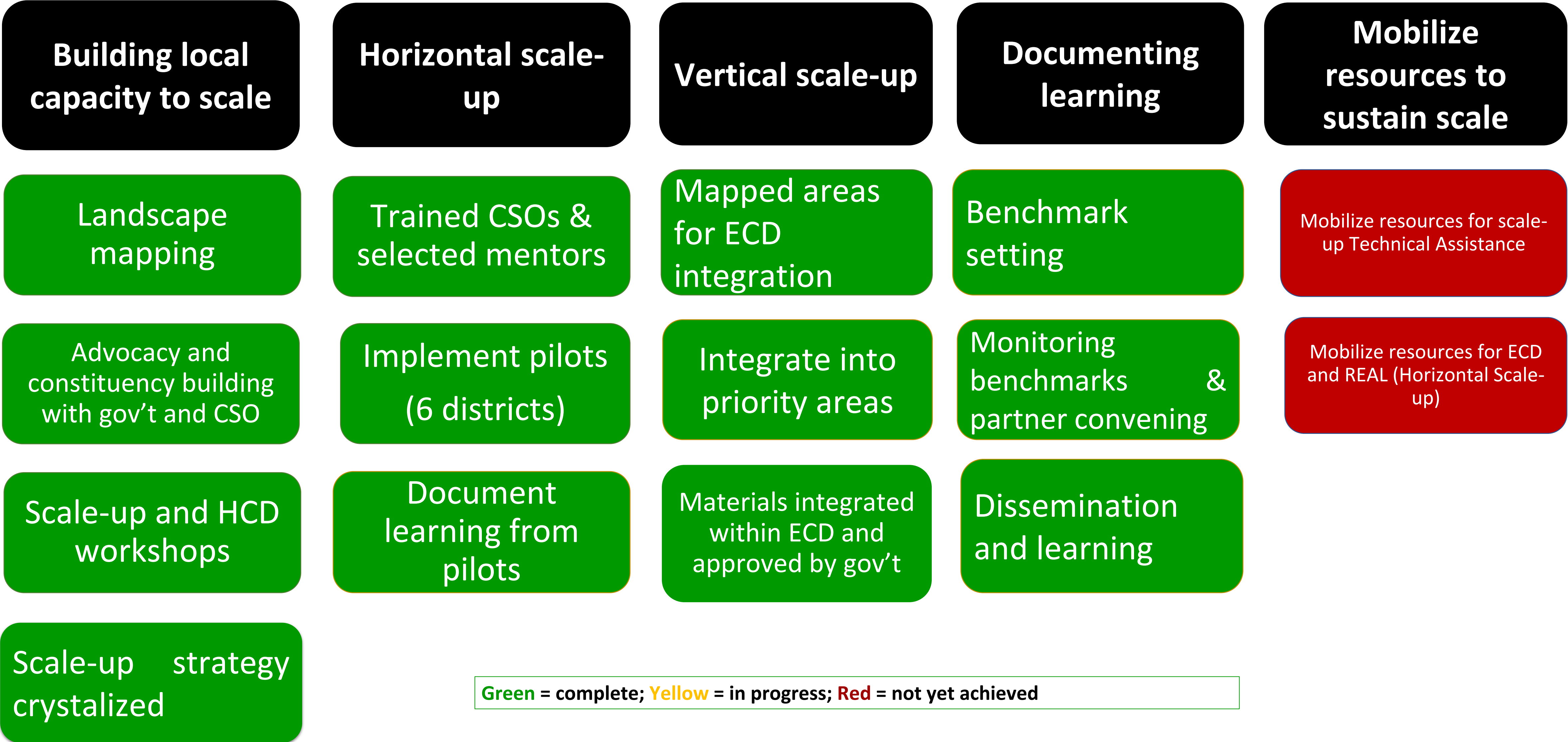
scale and sustain for impact.



Scale-up plan: Description



Process and Progress



Green = complete; Yellow = in progress; Red = not yet achieved



**REAL
FATHERS**

Mentor Group Discussion Guide for Less Literate Mentors

Adapted to include early childhood development (ECD) content.
September 2021



**REAL
FATHERS**

Mentor Resource Sheets

Adapted to include early childhood development (ECD) content.
September 2021



**REAL
FATHERS**

Teaching Aides to Support Early Childhood Development



REAL Fathers + ECD Mentor
Group Discussion Guide for
Less Literate Mentors

REAL Fathers + ECD
Resource Sheets

REAL Fathers + ECD Teaching
Aides to Support ECD



Scale up Strategy

October 2021



Mentor Training Manual

Using Mentors to Increase Positive Fatherhood Practices and Non-Violent Couple Communication with Youth Fathers

Adapted to include early childhood development (ECD) content.
September 2021



Mentor Home Visit and Group Meeting Protocol

Using Mentors to Increase Positive Fatherhood Practices and Non-Violent Couple Communication with Newly Married Young Men

Adapted to include early childhood development (ECD) content.
September 2021



The Republic of Uganda



CENTER ON GENDER EQUITY AND HEALTH



The Learning Partner



The Republic of Uganda



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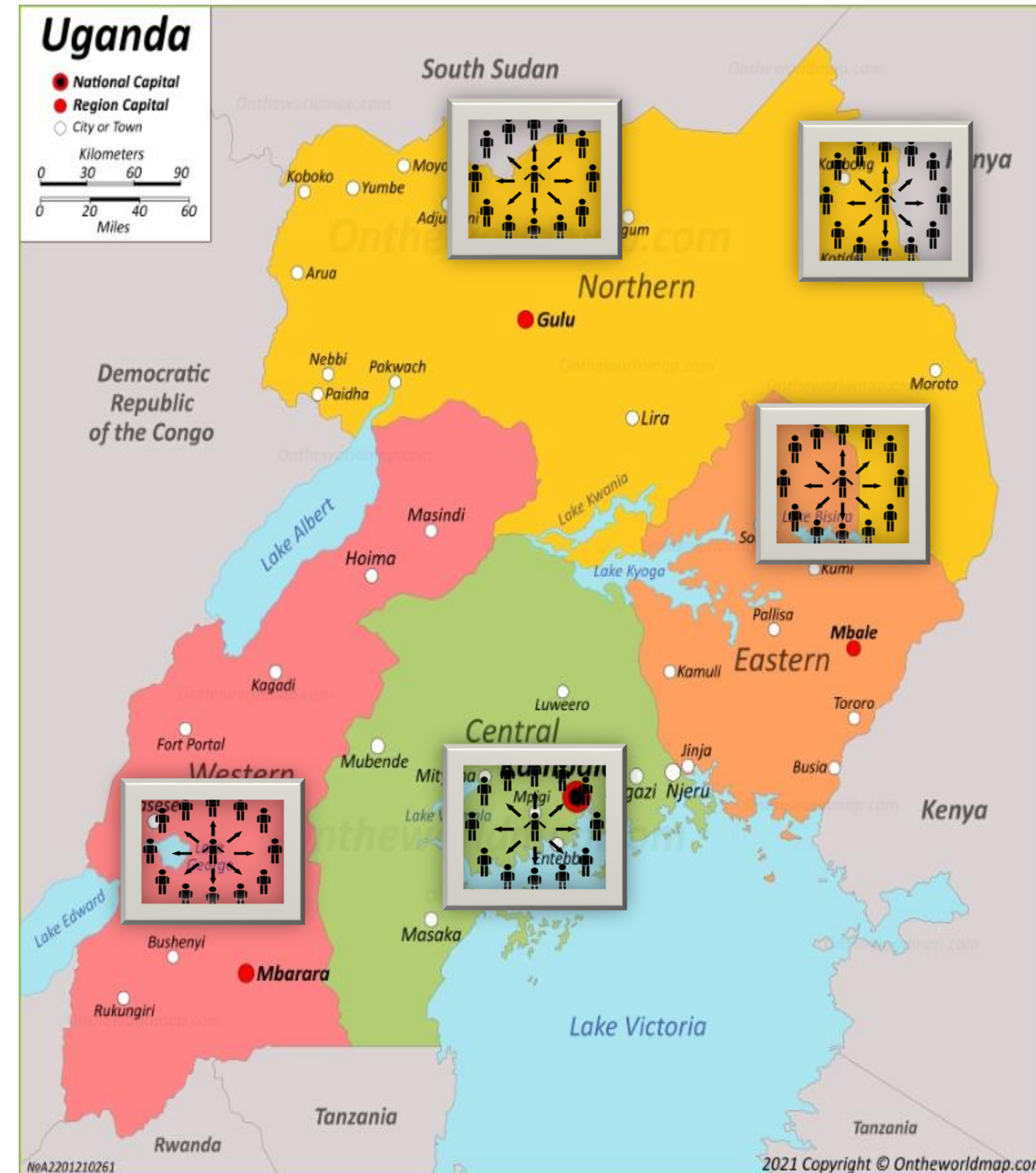
The Learning Partner

REAL Fathers + ECD Scale-up Strategy

REAL Fathers + ECD Mentor Training Manual

REAL Fathers + ECD Mentor Home Visit and Group Meeting Protocol

Phased Geographic Scale Up



Lessons

- **Government led scale-up** is a long process but allows for aligning and embedding of evidence based interventions in government programs which can make interventions sustainable
- The **multi-sectoral impact** the REAL Fathers portends made it easy to get approval and buy in from various government departments and ministries
- Models that are **light, community driven and easily contextualized** like REAL Fathers have greater community acceptance, have a strong potential for scalability



real fathers.

a journey from innovation to intergration.

Thank you!

