



**ENDLINE**

**EVALUATION REPORT**

**PROMOTING  
HEALTHIER LIFESTYLES  
AMONG YOUTH  
IN BOSNIA AND HERZEGOVINA  
BY CHALLENGING GENDER STEREOTYPES II**

*YOUNG MEN INITIATIVE PROJECT II (YMI II)*



Schweizerische Eidgenossenschaft  
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Confederazione Svizzera  
Confederaziun svizra

OAK  
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*July 2020*

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# Table of Contents

<b>EXECUTIVE SUMMARY</b>	<b>5</b>
<b>INTRODUCTION</b>	<b>17</b>
Experiences and lessons learnt from other preventive programs	18
Purpose of the Endline survey	20
<b>METHOD</b>	<b>22</b>
Study design	22
Respondents	22
Instruments and procedures	24
Intervention program	26
Limitations	27
<b>RESULTS</b>	<b>29</b>
Gender relations	29
Health	33
Health seeking behaviors, alcohol, smoking and substance use	33
Mental health	34
Sexual and reproductive health	35
Violence	38
Experience with peer violence	39
Gender-based violence and violence in relationships	42
Participation of young men and young women in the intervention program and its effects	46
<b>CLOSING REMARKS</b>	<b>52</b>
Gender relations	52
Health	52
Violence	53
Participation in the intervention program	55
Correlations between phenomena	55
Priorities in different cities	56
Common characteristics	56
Priorities in different cities	56
<b>CONCLUSION</b>	<b>59</b>
<b>REFERENCES</b>	<b>60</b>

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# EXECUTIVE SUMMARY





# Executive summary

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## Introduction

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Young Men Initiative – Promoting Healthier Lifestyles among Youth in Bosnia and Herzegovina by Challenging Gender Stereotypes II or Young Men Initiative II (YMI II) project builds upon CARE’s comprehensive and programmatic effort to fight interpersonal and gender-based violence (GBV) as well as to improve gender equality in Bosnia and Herzegovina and address preventative issues related to youth extremism and violence. The project’s overall goal was to increase the uptake of healthy, nonviolent and gender-equitable lifestyles among young men and young women in Bosnia and Herzegovina.

The endline survey is carried out to contribute to a comprehensive understanding of the overall project progress focusing on changes in knowledge, attitudes and behaviors related to gender-based violence, gender equality, healthy lifestyles among young men and young women from Bosnia and Herzegovina who were participating in the ‘Program Y’ in target schools in the period from 2018-2020. It assessed whether there were differences in attitudes, knowledge and behavior of young men and young women before and after the completion of the project activities in high schools. The endline survey examined the effects of project activities on the following spheres: views regarding gender relations; health of young men and young women, including mental health and the use of psychoactive substances; knowledge about sexual and reproductive health; experience of youngsters with suffered and perpetrated violence.

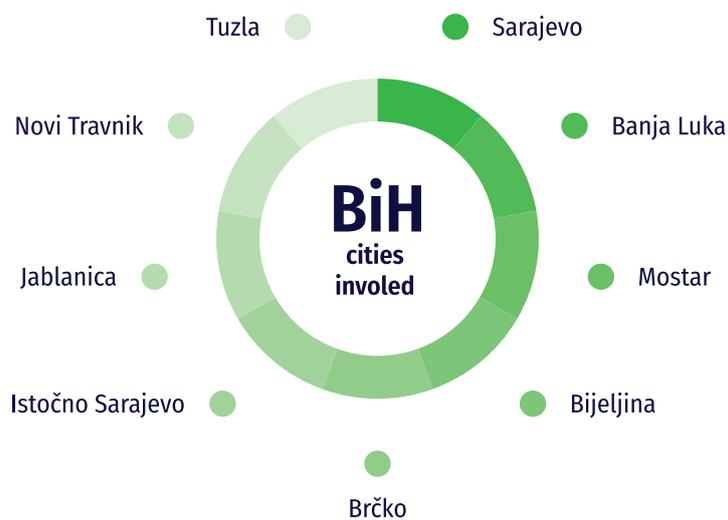
The project is organized and supported by CARE International, the Swiss Agency for Development and Cooperation (SDC) and the Oak Foundation. It was implemented with the cooperation of local youth and non-governmental organizations: Association XY (Sarajevo), Perpetuum mobile – Institute for Youth and Community Development (Banja Luka), Youth Power (Mostar) and youth NGOs: Forum Theatre (East Sarajevo), New Vision (Novi Travnik), Otaharin (Bijeljina), Zemlja djece u BiH (Tuzla), Proni (Brčko), Youth Club “Pod istim suncem” (Jablanica).

## Method

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Methods included self-administered quantitative surveys completed by respondents before and after the intervention program. The survey was conducted in several phases. In 2018, the first phase of the survey was conducted – baseline survey. Respondents were filling-in the questionnaires (pen-paper method). In the second phase, most of the young men and young women took part in the educational (intervention) program - Program Y, which included group experiential workshops and campaign activities organized by ‘Be a Man Clubs’. In the third phase, in May 2020, final endline survey was conducted. The endline survey was conducted as an online survey due to the epidemiology crises caused by the COVID-19 pandemic.

The survey respondents were young men and young women, aged 15-18 years, from nine cities in Bosnia and Herzegovina. The cities were: Sarajevo, Banja Luka, Mostar, Bijeljina, Brčko, East Sarajevo, Jablanica, Novi Travnik and Tuzla. A total of 1652 respondents took part in the baseline survey (917 young men and 735 young women). In the endline survey, 1216 respondents (590 young men and 626 young women), from all project target schools where intervention was implemented, filled-in the survey. In the endline survey, the number of respondents was lower due to several reasons, but the main reason was the COVID-19 pandemic, which resulted in the closure of schools which led to the decision that the endline survey would be implemented online. The closure of schools also resulted in teachers not having direct and personal contact with students and they were unable to influence students' participation in the endline survey. More so, some students in some cities did not have access to the internet at home. In addition, in the period between the two surveys, a number of students dropped out of school.



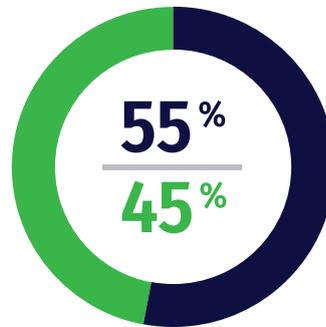


## Participants

Age 15 - 18 young boys and girls



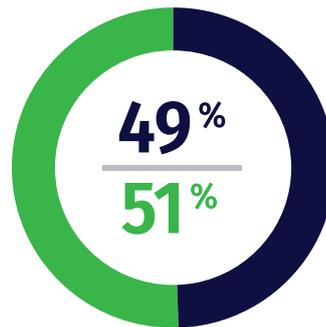
Young men and young women in baseline survey



Percentage of young men and young women in baseline survey



Young men and young women in endline survey

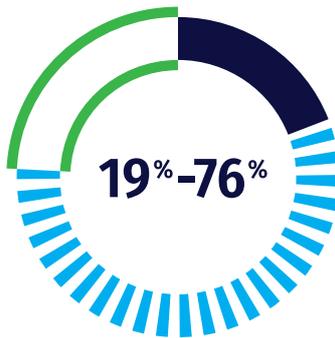


Percentage of young men and young women in endline survey

## Results

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Survey results show that in the area of gender relations progress has been achieved in all the cities. Generally, attitudes of young women are more gender-equal than those of young men. In the endline survey, respondents have a more tolerant attitude toward gender roles, gender norms and persons with homosexual orientation. The progress mostly varies by up to 20%. The progress has been achieved but we can conclude that indices of gender equality are still low in all the cities (the range in the endline survey is 19%-76%), so the work with young people on this issue should be continued.



Range of gender-equal  
in the endline survey

In the health sphere we tested the use of psychoactive substances, mental health and knowledge of sexual and reproductive health. Between 12% and 57% of young men and 5 and 28% of young women drink alcohol (several times a month or more). The highest percentages are in Banja Luka, Bijeljina, Brčko and East Sarajevo. In most of the cases, 20%-30% of youngsters smoke cigarettes, and 2%-15% of youngsters use marijuana. The endline survey results show that higher percent of young men and young women in all cities drink alcohol, smoke cigarettes and marijuana.



**12% - 57%**

Percentage of young men drink alcohol (several times a month or more)



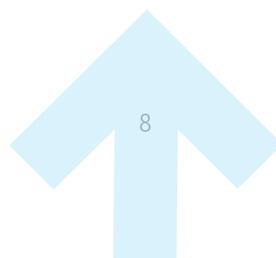
**5% - 28%**

Percentage of young women drink alcohol (several times a month or more)

**20% - 30%**



Percentage of youngsters smoke cigarettes





**5%-28%**

Percentage of youngsters use marijuana

In the statement on mental health, state of happiness (64%-82% of young men and 63%-86% of young women) dominates in the last month. Nervousness was the least present (11%-33% of young men and 16%-37% of young women). Significant differences between baseline and endline survey were not seen.



**64%-82%**

**Mental health:**  
state of happiness in young men



**63%-86%**

**Mental health:**  
state of happiness in young women



**11%-33%**

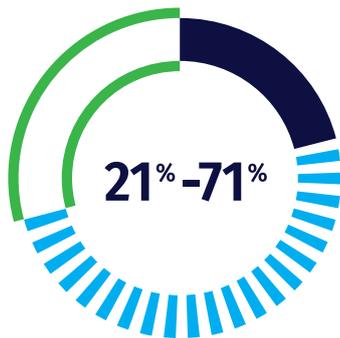
**Mental health:**  
nervousness in young men



**16%-37%**

**Mental health:**  
nervousness in young women

Knowledge of sexual and reproductive health in all cities (except Novi Travnik) varies from 21% to 71%. Knowledge in the endline survey is better than in the baseline survey. Results are usually better by 5%-15%. These results undoubtedly indicate the positive impact and value of the implemented program. Among youngsters who had intercourse, the greater percentage was of those who used contraceptives (21%-52% among young men; 4%-20% among young women). Despite the improvement, it is still necessary to implement educational campaigns on the importance of contraception in the future.



Knowledge of sexual and reproductive health in all cities (except Novi Travnik)



Better knowledge of sexual and reproductive health in all cities (except Novi Travnik) in endline survey



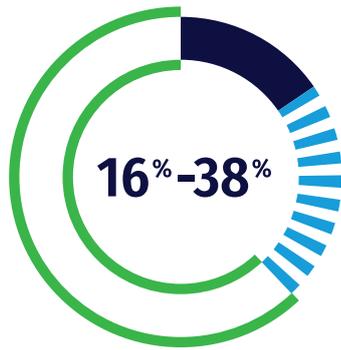
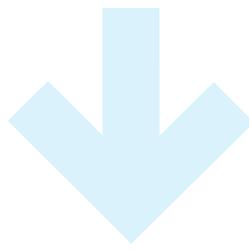
21% -52%  
Percentage of young men who used contraceptives



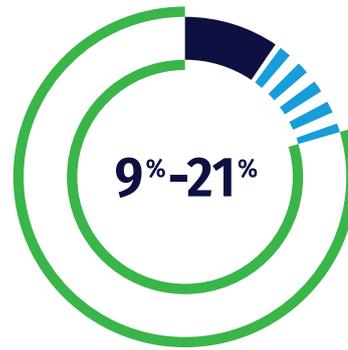
4% -20%  
Percentage of young women who used contraceptives



A positive thing is that in the majority of cases perception of violence and forms of violence in the endline survey are more mature and deeper than in the baseline survey. In the endline survey, 16%-38% of young men and 9%-21% of young women participated in perpetrating verbal and psychological violence in the last three months. It is most evident with young men from Brčko and Tuzla. When we compare the baseline and endline survey, consistent differences were not seen.



Percentage of young men participated in perpetrating verbal and psychological violence in the last three months



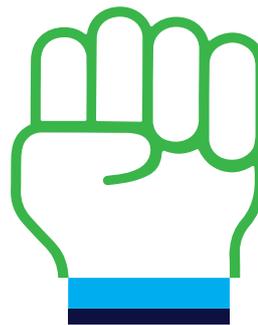
Percentage of young women participated in perpetrating verbal and psychological violence in the last three months

In the endline survey physical violence was confirmed by 15%-29% of young men and by 5%-14% of young women. In terms of young men, the lowest level of physical violence was seen in Novi Travnik (15.6%), and among young women in Jablanica (5.3%). The highest level is among young men in Tuzla and Sarajevo, and young women in Banja Luka. The physical violence in most of the cities is less expressed in the endline survey. Progress, in comparison to the baseline survey, is 8%-25% of young men, and 5%-20% of young women. Results show that other types of violence (group violence, cyber violence, gender-based violence, violence toward gay people, etc.) are also less present in the endline survey than in the baseline. The progress, in comparison to the baseline survey, in most of the cases is 5%-15%. Another positive thing is that in the endline survey greater percentage of youth would try to prevent violence that is happening in their surroundings and would not be passive.



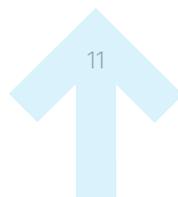
**15% -29%**

Percentage of young men who confirmed physical violence in endline survey



**5% -14%**

Percentage of young women who confirmed physical violence in endline survey



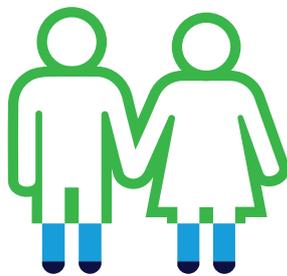


**Young men (physical violence):**  
Progress, in comparison  
to the baseline survey



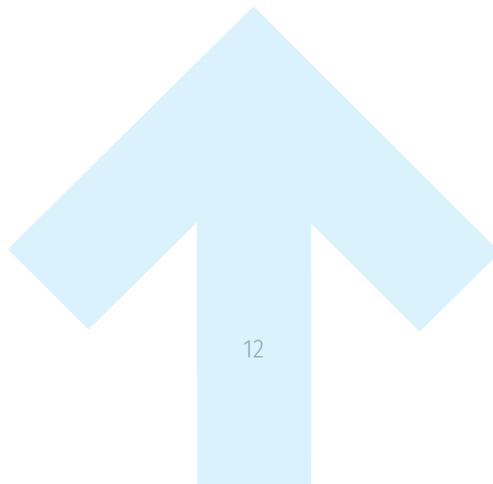
**Young women (physical violence):**  
Progress, in comparison  
to the baseline survey

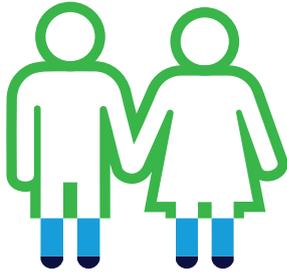
When it comes to violence in a relationship, psychological violence is present among 5%-19% of young men and young women, while physical violence is differently represented. It varies between 4% and 9% among young men, and 3%-17% among young women (except Novi Travnik where it is higher). If we compare results between baseline and endline survey, a positive thing is that in the majority of cases experience with psychological and physical violence in an intimate relationship is less present in the endline survey. Physical violence is particularly lower, usually lower by about 10%.



**5%-19%**

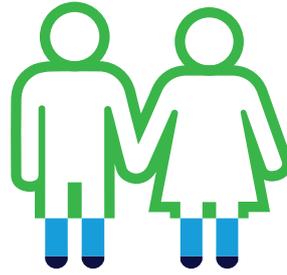
**Violence in a relationship:**  
psychological violence in youngsters





**3% - 9%**

**Violence in a relationship:**  
physical violence in young men  
(except Novi Travnik  
where it is higher)



**3% - 17%**

**Violence in a relationship:**  
physical violence in young women  
(except Novi Travnik  
where it is higher)



**10%**

Lower percentage of physical  
violence in a relationship  
in endline survey

In the endline survey, the majority of young men and young women (52%-91%) feel capable and ready to prevent possible violent behavior in an intimate relationship. In the endline survey, respondents declared themselves more ready and empowered. On average, that percentage is higher by 5%-15%.



**52% - 91%**

Percentage of young men and  
young women who feel capable  
and ready to prevent possible violent  
behavior in an intimate relationship



**5% -15%**

Increased percentage of young men and young women who feel capable and ready to prevent possible violent behavior in an intimate relationship in the endline survey

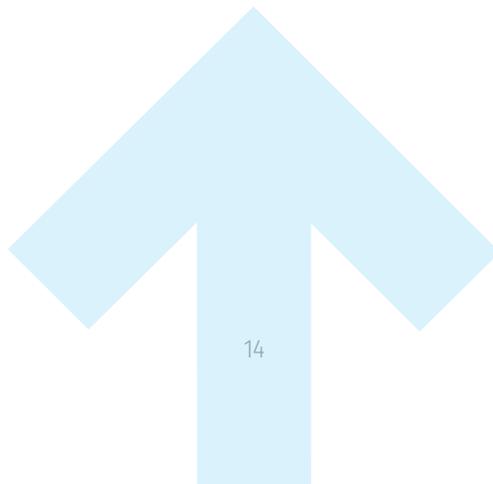


In general, the majority of respondents (40%-60%) are satisfied with different aspects of the project. Respondents in almost all the cities highly valued communication and socializing, followed by the work of trainers, as well as methods used during the work. The majority of respondents highly valued and showed satisfaction with the project as a whole. The greatest level of satisfaction was recorded in Tuzla, Bijeljina and Banja Luka.



**40% -60%**

Participants who showed satisfaction with the project



## Conclusion

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In nine BiH cities baseline and endline surveys have been conducted, through which we tried to test the effects of intervention program that aimed at developing healthy lifestyles among young men and young women.

In all the cities, the most significant progress has been achieved in the area of gender relations and knowledge about sexual and reproductive health. In the endline survey, perpetrated physical violence, group violence and gender-based violence decreased in most of the cities. Likewise, the majority of respondents in all the cities aim to constructively act and resolve conflict if it appears. We have not found progress or consistent changes in the field of mental health. The only weaker result is related to the use of different psychoactive substances (alcohol, cigarettes and marijuana) which correlates to peer norms accompanying that period of growing up, as well as to some traditional and cultural norms in our area.

In general, the majority of respondents are satisfied with different aspects of project activities. Respondents in almost all the cities highly valued the work of the trainers and peer educators, communication and socializing, as well as methods used during the work.

We can conclude that the obtained evaluation results point out to the purposefulness of this program. Young men and young women in BiH express numerous personal and social problems, but it is obvious that the majority of those problems could be solved through adequate, interactive and youth-friendly work with youngsters. We hope that the program will encourage competent state educational institutions and schools to work more actively on the establishment of regular school curricula that would lead to improvement in the lifestyle of young people.



# INTRODUCTION



# Introduction

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Young Men Initiative – Promoting Healthier Lifestyles among Youth in Bosnia and Herzegovina by Challenging Gender Stereotypes II or Young Men Initiative II (YMI II) project builds upon CARE’s comprehensive and programmatic effort to fight interpersonal and gender-based violence (GBV) as well as to improve gender equality in Bosnia and Herzegovina and address preventative issues related to youth extremism and violence. The YMI II project was implemented in Bosnia and Herzegovina, targeted youth, in particular young men vulnerable to violence and their anti-social behaviors by strengthening the relevant skills, knowledge and attitudes leading to improved behavior around gender-equitable norms and non-violence.

The project that CARE International Balkans implemented continued to build on the success of the first phase and contributed to bringing positive changes in attitudes and behaviors with young people of the secondary school age group that relate directly to health, violence, extremism and gender equality. This was done by addressing the issues on multiple levels through five main directions of the intervention: 1) increasing capacities of youth organizations’ staff to deliver specialized curriculum, Program Y and Program Y+ to socially marginalized population, out of school youth and youth offenders and Program Y++, adapted Program Y, for higher grade pupils in elementary schools; 2) increasing the number of cantons and/or entity ministries that accredit the program and support its scaling up in more schools; 3) developing new online tools and promoting the use of technology for developing low-cost models for implementation and evaluation in target schools; 4) raising awareness and changing attitudes of youth toward various aspects of health, violence and gender equality; and 5) supporting and/or engaging with existing coalitions of NGOs and citizens to advocate for comprehensive life skills education in the schools.

The project’s overall goal was to increase the uptake of healthy, non-violent and gender-equitable lifestyles among young men and young women in Bosnia and Herzegovina. The intervention intended to address harmful lifestyles that impact both young men and young women. Also, the intention in this phase was impacting social movements and citizen coalitions in order to encourage the government to actively promote/address gender equality, prevent gender-based violence, life skills and health education in schools. Through the work with local NGOs active in gender equality promotion and youth development, a higher percentage of young people were reached in order to learn important life skills and consequently practice more gender-equitable attitudes and behaviors. In cooperation and synergy with other similar initiatives implemented by the government and other local and international NGOs, this project contributed to an overall decrease in school and community based violent incidents involving youth as well as increased healthy, non-violent and gender-equitable attitudes and behaviors reported by the targeted youth.

The project is implemented and supported by CARE International Balkans, the Swiss Agency for Development and Cooperation (SDC) and the OAK Foundation. It was implemented with the cooperation of local youth and non-governmental organizations: Association XY (Sarajevo), Perpetuum mobile – Institute for Youth and Community Development (Banja Luka), Youth Power

(Mostar) and youth NGOs: Forum Theatre (East Sarajevo), New Vision (Novi Travnik), Otaharin (Bijeljina), Zemlja djece u BiH (Tuzla), Proni (Brčko), Youth Club “Pod istim suncem” (Jablanica).

In the following text, we will present examples of some prevention programs and their effects on youth development.

## **Experiences and lessons learned from other preventive programs**

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Young people, especially young men, face different challenges during adolescence (Roth et al., 1998). Most of the adolescent deaths (especially of young men) are caused by injuries, homicide and suicide. Consequences of substance use, injuries and disabilities related to motor and car accidents, repercussions of unprotected sexual activity, emotional and behavioral disorders, chronic illness, and eating disorders account for significant sources of adolescent morbidity (Millstein, Petersen & Nightingale, 1993). Engagement in risky behaviors (drug and alcohol use and tobacco addiction; unprotected sexual intercourse; juvenile delinquency, etc.) limit adolescents' life chances. Some of the adolescents with health and behavioral problems have difficulties with academics, engagement in school and other institutions, civic responsibility and families and peers. These problems also reflect the challenges that young people in the Balkans face.

Due to the mentioned problems of young people, it is necessary to organize preventive programs in the community. Studies on the effects of international preventive programs are encouraging for this project as well. In several international programs, it has been concluded that preventive-educational programs in a community can affect the attitudes and behavior of young people and generally their lifestyles and health. We will describe some examples of such programs.

In the report of Gaffney, Ttofi and Farrington (2019), an updated systematic and meta-analytical review of the effectiveness of school-bullying intervention and prevention programs is presented. In their review they found that school-based anti-bullying programs are effective in reducing both bullying perpetration and bullying victimization. They recommend that further research is needed to identify specific components of anti-bullying programs that work best to reduce bullying behaviors.

Evans, Frazer and Cotter (2014) in their meta-analysis evaluated intervention programs published in the period between June 2009 and April 2013, focusing on substantive results across 32 studies that examined 24 bullying interventions. Of the 32 articles, 17 assess both bullying and victimization, 10 assess only victimization and 5 assess only bullying. Of the 22 studies examining bullying perpetration, 11 (50%) observed significant effects; of the 27 studies examining bullying victimization, 18 (67%) reported significant effects. Although overall findings are mixed, the data suggest that interventions implemented with homogeneous samples are more successful than programs where samples tend to be more heterogeneous.

Stice et al. (2009) in a meta-analytic review summarizes the effects of depression prevention programs for youth. They identified 47 trials that evaluated 32 prevention programs. The average effects for depressive symptoms from pre-to-post were small, but 41% prevention programs

produced significant reductions in depressive symptoms and 13% produced significant reductions in risk for future depressive disorder. Larger effects emerged for programs targeting high-risk individuals, samples with more females, samples with older adolescents, programs with a shorter duration and homework assignments and programs delivered by professional interventionists.

Programs that focus on a single risky behavior may be successful in reducing specific risk behavior but rarely have a positive effect on other aspects of young peoples' lives (Petrosino, Turpin-Petrosino, & Buehler, 2002). Young people can be supported to develop adaptive coping skills, positive attitudes and values, healthy behaviors and supportive social networks by changing the emphasis of programs from reducing risky behaviors to promoting positive mental health and building resilience. As a result, health risk behaviors 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 connection with schools and social and emotional competence demonstrated strong reductions in risk behaviors (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 the youth explored different arts media and created a community production or presentation. In addition to developing artistic skills, participants 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 respondents' knowledge but are less likely to affect change in behaviors. As with other knowledge-based initiatives, these resources may be best used in tandem with other, more interactive efforts.

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 relationships 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).

A good example of a preventive program is the US Teen Outreach program implemented in schools, in partnership with local community agencies (Allen, Philliber, Herrling, & Kuperminc, 1997). The program's goal was to reduce teen pregnancies and academic failure. The youth followed a curriculum that 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 the intervention that was held during one school year, youth who took part in this program showed significant decreases in school failure, school suspension and teen pregnancy, compared with a matched control group.

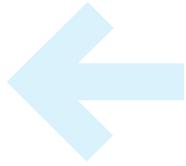
These examples of prevention programs indicate that they can positively influence the pro-social behaviors of young people and generally healthier youth development. These data are also a strong basis for our hypothesis that Program Y may have a positive impact on young people.

## **Purpose of the Endline survey**

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The Endline survey is carried out to contribute to a comprehensive understanding of the overall project progress as well as the change in knowledge, attitudes and behavior related to gender-based violence, gender equity and healthy lifestyles amongst young men and young women from Bosnia and Herzegovina who are participating in the program. We assessed whether there were differences in attitudes, knowledge and behaviors of young men and young 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 and young women:

- Views of young men and young women regarding gender roles and attitudes;
- The health of young men and young women, including consuming alcohol, smoking, substance abuse;
- Experience of young men and young women with suffered and perpetrated violence;
- Level of mental health of young men and young women;
- What knowledge do young men and young women have about sexual and reproductive health, contraception, sexually transmitted infections;
- Participation of young men and young women in different project activities.





# METHOD





# Method

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## Study design

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Methods included self-administered quantitative surveys completed by respondents before and after the program intervention. We used a questionnaire that was tested in previous studies implemented by CARE International Balkans. The survey was conducted in several phases. In 2018, the first phase of the survey was conducted. Respondents were filling in the questionnaires (pen-paper method). In the second phase, most of the young men and young women took part in the educational (intervention) program - Program Y – Youth - Innovative Approaches in GBV Prevention and Healthy Lifestyle Promotion for Young Men and Women. In the third phase, in May 2020, we conducted the final survey. The endline survey was conducted as an online survey due to the epidemiology crises caused by the COVID-19 pandemic. This survey allows us to compare results before and after the intervention program and to determine whether there have been certain changes in respondents.

The endline survey was conducted collaboratively between CARE, local partner NGOs, school representatives, and the consultant. Local partner NGOs secured permissions to enter the schools and collect questionnaires. CARE's Project Manager had a leading coordination role.



## Respondents

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All respondents were young men and young women. In terms of age, the survey respondents were similar across all locations. Average age of respondents in all cities was 17.5. The survey was conducted in the following cities and schools: Sarajevo (Dental High School; Fifth Gymnasium); Banja Luka (Vocational High School; Secondary School of Hospitality, Tourism and Trade; Agricultural High School); Mostar and Stolac (Secondary School of Economics, Hospitality and Tourism; High School of Electrical Engineering; Gymnasium; Secondary School of Mechanical Engineering and Traffic; Secondary School of Civil Engineering; High School Stolac); Bijeljina (Agricultural High School); Brčko (Technical High School); East Sarajevo (High School East Ilidža); Jablanica (High School Jablanica); Novi Travnik (Mixed Secondary School) and Tuzla (Mixed Secondary School of Civil Engineering and Geodesy; Mixed Secondary School of Mechanical Engineering High).

In the endline survey, there was a smaller number of respondents in almost every city as some of them meanwhile dropped out of school. Furthermore, schools were closed during the COVID-19 pandemics thus teachers had fewer contacts with students and consequently could not influence the level of students' participation in the endline survey as they would have if they had personal contacts with the students. Besides that, it was much more difficult to motivate and control the participation of the survey respondents in the endline survey.

Overall, 917 young men and 735 young women took part in the baseline survey. The total number of respondents in the baseline survey was 1652, while 590 young men and 626 young women, i.e. 1216 total, participated in the endline survey. Details about the sample and number of young men and young women in each city are listed in table 1.

**Table 1: Number of young men and young women respondents from all cities**

Cities	Gender of respondents	Number in the baseline survey	Number in the endline survey
Banja Luka	young men	251	134
	young women	138	91
Bijeljina	young men	35	21
	young women	71	43
Brčko	young men	87	53
	young women	11	10
Istočno Sarajevo	young men	27	25
	young women	95	93
Jablanica	young men	43	33
	young women	57	57
Mostar	young men	187	133
	young women	171	155
Novi Travnik	young men	74	32
	young women	33	28
Sarajevo	young men	118	105
	young women	146	133
Tuzla	young men	95	54
	young women	13	16
<b>Total number of young people</b>		<b>1652</b>	<b>1216</b>

The social status of respondents' families is similar in all cities. Most of the parents have finished high school, followed by those who graduated from tertiary education institutions and the lowest number are those who finished primary school or less. The assessment of the financial situation in a family is similar in all cities. Most respondents (63%-80%) consider it as good. This information may be the result of a socially desirable answer. Respondents are often embarrassed to admit that they live in poor families. Proof to this is data on parents' employment. Most of the respondents with both parents employed are from East Sarajevo (70%) and Sarajevo (53%). In other cities, 24%-45% of respondents reported both parents employed. Thus, in these cities there is a significant percentage of respondents whose one or even both parents are unemployed. This points out to the fact that the financial situation is probably not great in all the families.

**Table 2: Social status of respondents**



Cities	Both parents employed	Financial situation good or excellent
Banja Luka	44,9	63,1
Bijeljina	34,4	64,1
Brčko	36,5	79,4
Istočno Sarajevo	70,3	74,6
Jablanica	25,6	68,9
Mostar	44,1	79,8
Novi Travnik	28,3	71,7
Sarajevo	53,4	76,5
Tuzla	24,3	72,8



## Instruments and procedures

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The first phase of the survey was conducted in school facilities, in the presence of an interviewer. In the endline survey, the survey was conducted online, without control of a consultant or interviewer. The COVID-19 pandemic led to the closure of schools, which required a change in approach to implementation of the endline survey. The decision was made to use self-administered online surveys, rather than interviewer-administered surveys, in order to collect personal and sensitive information from a large number of young men and young women in multiple school settings. This is one of the limitations of the survey that we were not able to influence due to schools being

closed. At the beginning of the questionnaire, respondents gave their written consent to participate. Filling-in the questionnaires in both phases, baseline and endline, was anonymous.

In developing the survey instrument, the team balanced complex evaluation requirements with the need to keep the questionnaire short and simple. In particular, this included making sure that young men and young women understood the questions, knew how to respond to the questions, and were able to follow a few skip patterns included. The survey was pre-tested in all cities and adjustments were made accordingly prior to administering the baseline and endline survey.

The questionnaire was divided into several sections in order to gather information for the evaluation, as well as to establish a common understanding of the situation of these young men and young women. The sections were as follows:

- General background information included questions about family, home, demographics and socioeconomics;
- Gender relations, views about men and women included 17 main items from the Gender Equitable Men (GEM) Scale. The GEM Scale is a widely used and tested instrument that has shown tremendous reliability in assessing to what degree men and women “buy into” or support an inequitable view or a more equitable view of male-female relations. The scale has been validated in more than 15 countries. Items range from statements about roles of men and women at home, in relationships, acceptance of violence against women and attitudes toward homosexuality;
- Health included questions about health-seeking behaviors, smoking, alcohol and substance (ab)use; questions about knowledge of sexual and reproductive health, attitudes toward contraception, HIV and STI; mental health states measured through a shorter version of Mental health inventory - MHI 5. This scale had five items (range is from 1 to 5). Three items were related to the presence of psychological distress and two to the psychological wellbeing in the last month. Examples of items are: “How much time during the last month have you been a very nervous person / felt calm and peaceful?” Authors of the revised scale are Rumpf et al. (2001);
- Questions about experienced and perpetrated violence, gender-based violence, violence in a relationship;
- Questions about social and free-time activities of young men and young women.
- Participation in program intervention activities (workshops, Be a Man Clubs - BMC, exposure to campaign activities etc.).

In the endline questionnaire we added a detailed section on program exposure designed to measure respondents’ engagement in YMI and how they valued various program activities. Instruments for young men and young women were the same.

Within the statistical analysis, we calculated measures of descriptive statistics, frequencies, percentages and arithmetic means. The results are calculated, analyzed and presented separately for all cities and separately for young men and young women.



## ***Intervention program***

The core of the YMI intervention is Program Y(outh) Educational Toolkit that includes series of group educational workshops accompanied by a social norms campaign that promotes a critical and personal reflection on gender, masculinities and health, with a strong focus on violence prevention. YMI worked with young men and young women aged 15-19 in schools to discuss and critically reflect on issues such as masculinity, gender norms, sexuality and violence, both through educational workshops and pro-social lifestyles campaign. YMI's main intervention points included group experiential workshop based on Program Y Toolkit and the Be a Man Club's campaign activities in schools and communities, as well as a number of other campaigns. Implementing staff participated in the design of the program and the campaign and facilitators were trained together to help ensure consistency across the different cities. Most of the activities were implemented in the period from January 2018 to March 2020, between baseline and endline survey. A similar package of activities was implemented in each of the schools, including:

- ***Group Educational Workshops.*** YMI developed a core list of workshops from Program Y Toolkit (up to 19) that were conducted over several months with groups of young men and young women. Workshop sessions addressed multiple topics, including *What Is This Gender; Expressing Emotions; Labeling; What Is Sexual Violence; Anger Management; From Violence To Respect In Intimate Relationships; Sexual Health; Drugs And Alcohol Use; Peer Violence And Violence Against Women etc.* Sessions included interactive approaches that provoked dialogue and reflection by respondents.
- ***Campaigns*** – lifestyles, social norms and violence prevention campaigns were developed in close collaboration of local partners with young men and young women from all project countries. Some of them are “Are you OK?”, “Be a Man”, “React as Human”. Campaign activities and materials were presented in schools and reinforced many of the same topics addressed in the workshops, including mental health, sexual health (e.g. promoting condom use), violence prevention and more gender-equitable norms. Some of the activities were flash mob actions, conferences, workshops, videos, lectures etc. Several materials were developed, including posters, t-shirts and brochures. Activities were open to all young men and young women in the schools and were often organized around significant days (Celebrating 16 Days of Activism; Celebrating 8 March – International Women’s Day; Celebrating 12 August – International Youth Day) in order to hold educational and entertaining activities, including quizzes, music contests, graffiti art and street fairs.

## Limitations

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

One of the greatest limitations of the survey is that the first phase was conducted through the pen-paper method, while the second was done as an online survey since schools were closed due to the COVID-19 pandemic. It was difficult to motivate respondents to participate in the online survey and even more difficult to follow the way they filled in the questionnaire. In the online survey, we were not able to apply the principle of coding the questionnaires as was the case in the baseline survey. Because of that, we were forced to compare results from the first and second phase on a group level, not pairing individual questionnaires, which resulted in some methodological limitations.

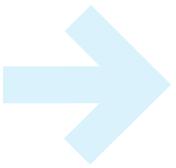
One of the limitations is a small number of respondents in some cities, especially if we take into consideration that results are presented separately for young men and young women. We were impelled to have only around 30 respondents in some subsamples. For that reason, we need to be cautious when interpreting results. These results cannot be generalized for the whole population of youth in those municipalities.

Using a self-administered survey can be a strength as well as a limitation. Allowing young men and young women to fill out the survey themselves, may result in them being 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 respondents may not understand the questions. Efforts were made to reduce this limitation by pre-testing the survey with a similar group of young men and young women in each municipality to ensure comprehension and simplicity. Our goal was also to get the results for individual cities, not to make a comparison between them.



# RESULTS





# Results

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We will present results per thematic areas: gender, health, violence and participation in project activities. Results for young men and young women are presented in separate tables, as well as for each city separately. We did not calculate the results for young women from Brčko and Tuzla as a small number of them participated in the survey (10 and 16 respectively). Below the tables, results are commented first for young men and then for young women. We did not make a more in-depth analysis between the cities as survey respondents from different cities belong to a different family, social and demographic contexts.

## Gender relations

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We used the modified Gender Equitable Men scale to assess young men's and young women's alignment with various attitudes related to gender. The full scale included fourteen items and youngsters chose whether they strongly agreed, partially agreed, or disagreed with each item at both baseline and endline survey. For ease and specificity of analysis, we present the findings broken into three separate indices: (1) Gender Roles (2) Gender Norms; and (3) Homophobia. The fourth index on attitudes related to violence is presented under the project theme of violence (in the subsequent subheading). In the following table, we can see young men's and young women's attitudes toward gender roles, norms and homophobia. Larger index percentage points to a more tolerant and equitable attitude regarding this sphere.

Survey results show that in the area of gender relations progress has been achieved in all the cities. Generally, attitudes of young women are more gender-equitable than those of young men. In the endline survey respondents have more tolerant attitudes toward gender roles, gender norms and persons with a homosexual orientation. The progress mostly varies by up to 20%. The progress has been achieved but we can conclude that indices of gender equality are still low in all the cities (the range in the endline survey is 19%-76%), so the work with young people on this issue should be continued. The problem with homophobia is still quite present. We noticed that the greatest need to work on this issue was in Novi Travnik. We will present results separately for gender roles, gender norms and homophobia.



Table 3: Gender roles index

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Gender roles index	B	YM	35,0	24,2	32,8	36,1	30,6	27,2	21,5	40,8	25,8
		YW	43,8	51,5	-	51,1	45,9	56,6	21,9	57,4	-
	E	YM	40,7	48,8	52,0	44,0	43,2	45,7	35,9	45,5	48,1
		YW	59,1	55,8	-	62,1	48,7	65,5	33,9	66,3	-

The gender roles index includes four attitude statements related to the distribution of tasks between men and women. These statements are the following:

- “A woman’s most important role is to take care of her home and cook for her family”,
- “Changing diapers, bathing and feeding kids are mother’s responsibility”,
- “A man should have the final word in his home” and
- “It is both man’s and woman’s responsibility to prevent pregnancy”.

Disagreement with the first three statements and agreement with the fourth represents more gender-equitable responses. We tallied a percentage score for each young man by dividing their number of gender-equitable responses by the total number of items in the index (four). The figures in the table above show the average percentage score for this index. A score of 100% would imply that every student gave the gender-equitable response to all four questions.

Attitudes about gender roles in the endline survey are more gender-equitable in all cities. In the subsample of young men, the gender roles index in the endline survey is represented (in all cities) from 36%-52%. Compared to the baseline survey, the progress is between 5% and 24% and is statistically significant in all cities.

In the subsample of young women, the gender roles index in the endline survey is represented (in all cities) from 34%-66%. Compared to the baseline survey, the progress is between 5% and 16%.

Table 4: Gender norms index

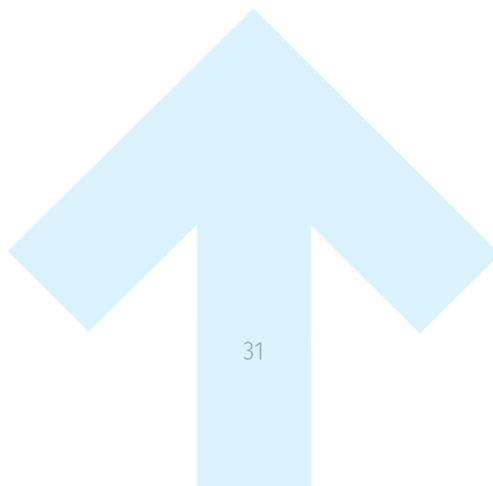
	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Gender norms index	B	YM	46,3	38,3	43,9	48,7	50,8	40,1	34,3	55,5	48,5
		YW	59,4	53,8	-	66,3	68,5	65,4	34,4	70,3	-
	E	YM	53,2	52,3	58,0	62,7	61,6	57,1	46,9	58,7	51,2
		YW	74,7	76,0	-	75,6	64,9	73,3	53,5	76,4	-

Similar progress was achieved in the perception of gender norms. The gender norms index includes three attitude statements related to socially constructed characteristics of men and women. These statements were:

- “It is okay for men to cry and show their emotions in public”,
- “The most important quality for a man is physical strength” and
- “It is more acceptable for a boy to skip class than a girl”.

We regarded agreement with the first statement and disagreement with the second and third statement as gender-equitable responses and we also calculated the percentage score for the index.

Attitudes about gender norms in the endline survey are also more gender-equitable in all the cities. The gender norms index of young men in the endline survey is represented (in all the cities) from 47%-63%. The progress, in comparison to the baseline survey, is from 7%-17%.



**Table 5: Homophobia index (inverse)**

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Homophobia index (inverse)	B	YM	21,6	13,5	16,0	3,4	20,1	20,6	18,6	19,0	20,0
		YW	49,4	56,4	-	45,3	55,1	54,9	18,7	60,2	-
	E	YM	21,4	19,0	27,0	29,3	34,3	29,0	24,0	22,8	29,0
		YW	64,5	69,0	-	66,3	56,1	66,2	38,1	60,6	-

The homophobia index includes three attitude statements:

- “I would never have a gay friend”,
- “I would be ashamed to have a homosexual son”, and
- “It is okay to hit or kick a gay person if he flirts with me”.

Attitudes about homophobia in the endline survey are more negative in all the cities. On the sample of young men, the index of negative attitudes toward homophobia in the endline survey ranged (in all the cities) from 19%-29%. So, we see that in this segment of gender relations numerous stereotypes toward homosexual persons still remain. More than 70% of young men still have negative attitudes toward the homosexual population. The progress, in comparison to the baseline survey, is from 5%-23%.

On a subsample of young women, the index of negative attitudes toward homophobia in most of the cities, except in Novi Travnik, is represented from 56%-69%. The progress, in comparison to the baseline survey, is up to 21%.

When we compare the cities, we can see that attitudes on gender equality are the least gender-equitable in Novi Travnik.

## Health

Within the section on health, we will present the results on the use of psychoactive substances, sexual and reproductive health and mental health.

### *Health seeking behaviors, alcohol, smoking and substance use*

**Table 6:** Drinking, smoking cigarettes and marijuana - young men and young women

	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Currently smoking cigarettes	YM	19,9	23,5	35,6	7,4	20,9	26,1	22,2	10,0	20,4
	YW	22,6	22,5	-	15,8	5,3	17,1	3,2	13,2	-
	YM	34,3	28,6	43,4	2,0	21,2	27,8	50,0	32,4	31,5
	YW	24,2	27,9	-	16,1	15,8	29,0	14,3	23,3	-
Drinking alcohol (several times a month or more)	YM	37,1	45,7	43,6	33,3	19,0	17,1	19,7	15,1	24,5
	YW	27,0	28,1	-	27,3	7,2	7,7	6,1	11,0	-
	YM	50,7	57,1	49,1	36,0	15,1	20,3	12,5	21,0	25,9
	YW	23,1	32,5	-	28,0	5,2	8,4	7,1	6,8	-
Smoking marijuana in the last 3 months	YM	11,3	5,7	10,3	3,7	9,8	5,4	0,0	12,8	7,4
	YW	9,5	5,7	-	7,6	0,0	4,2	0,0	6,8	-
	YM	5,2	14,3	15,1	4,0	9,1	10,6	6,2	6,7	1,9
	YW	4,4	4,6	-	7,5	5,3	3,0	3,6	6,8	-

From this table we can see that in the majority of cases young men used psychoactive substances more than young women. There are significant differences between the cities.

In most of the cases, 20%-30% of youngsters smoke cigarettes. Young men from Novi Travnik and Brčko smoke the most.

Between 12% and 57% of young men and 5%-28% of young women drink alcohol (several times a month or more). The highest percentages are in Banja Luka, Bijeljina, Brčko, and East Sarajevo.

As expected, marijuana is used less than cigarettes. In the majority of cities 2%-15% of youngsters used marijuana, where Brčko has the highest percentage (15% of young men). Interesting data, found in additional analysis, is that a significantly higher percentage of young men and young women (5%-32%) have friends that use opiates. This can point out to the fact that the real percentage of youth who smoke marijuana is higher, but they do not want to admit that in the survey.

Important data is related to the use of psychoactive substances in the period of baseline and endline survey. When we compare that, we can see that in the majority of cases youngsters were using psychoactive substances more in the period of the endline survey. This is probably a consequence of growing-up and emancipation, a period when youngsters start experimenting with opiates. This is contributed to the fact that the use of alcohol in some regions is completely socially acceptable and is part of folklore and tradition. In such circumstances, it appears that the effect of a preventive program is limited.

## Mental health

**Table 7: Mental health of young men and young women during past month (most of the time or all the time)**

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
How much time, during the past month, have you been very nervous?	B	YM	12,8	8,6	15,2	25,9	23,3	16,5	20,5	26,3	19,0
		YW	30,0	47,9	-	39,4	21,1	36,2	33,3	48,6	-
	E	YM	20,1	19,1	18,9	16,0	33,4	17,3	15,6	11,3	14,9
		YW	37,4	30,2	-	16,1	24,6	27,7	21,5	33,9	-
During the past month, how much time were you a happy person?	B	YM	84,0	82,8	80,5	70,3	69,1	75,4	67,0	80,5	81,0
		YW	69,5	56,4	-	78,5	77,2	73,1	60,6	67,0	-
	E	YM	82,1	81,0	75,5	64,0	66,6	76,0	81,2	77,1	83,3
		YW	63,8	76,7	-	79,6	86,0	72,3	82,1	76,7	-

We have asked the youth to what extent they feel happy and how often they experience nervousness. In the statement on mental health, state of happiness (64%-82% of young men and 63%-86% of young women) dominates in the last month. Nervousness was less present (11%-33% of young men and 16%-37% of young women). It is mostly present with young men from Jablanica and young women from Banja Luka, Bijeljina and Sarajevo.

When we compare baseline and endline survey, significant changes were not seen. We can only see consistently lower level of nervousness among young women in the period of the endline survey. Absence of major changes may be due to the fact that young men are faced with increasing challenges as they grow up. These challenges can be related to the searching of their own identity, choice of emotional partners, social independence etc.

We have also asked survey respondents who they go to when they have some mental problems. Among those who seek help, the majority are those who ask their friends for help. Young men go to their male and female friends while young women usually go to their female friends. The majority of survey respondents said they had 3-5 friends they could go to. Besides friends, they seek help from either parents or only mother.

### **Sexual and reproductive health**

**Table 8:** Indices of knowledge about sexual and reproductive health

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Index of reproductive health knowledge	B	YM	38,3	44,8	38,4	42,3	46,6	40,9	25,0	46,3	37,6
		YW	42,0	43,9	-	48,6	55,3	36,2	25,0	46,5	-
	E	YM	50,6	57,3	48,9	66,0	50,0	46,1	30,8	59,2	47,5
		YW	64,7	66,6	-	64,3	62,0	55,9	37,0	66,8	-
Index of STI knowledge	B	YM	32,4	26,0	26,5	44,0	33,3	32,3	18,1	40,3	24,5
		YW	26,4	37,2	-	34,7	34,0	34,4	9,3	39,7	-
	E	YM	39,0	57,1	38,3	60,0	35,3	39,8	19,8	46,6	43,2
		YW	47,6	55,0	-	53,0	43,8	44,9	28,5	51,3	-

Index of contraception knowledge	B	YM	51,9	50,0	46,7	49,3	47,6	45,8	23,5	47,1	34,0
		YW	50,8	57,2	-	51,8	40,4	34,6	25,0	5,1	-
	E	YM	56,2	58,2	52,3	70,7	52,5	47,9	36,4	56,2	51,8
		YW	58,2	62,0	-	66,6	47,9	49,5	31,0	60,9	-

This table presents results on knowledge about sexual and reproductive health, contraceptives and sexually transmitted infections. Based on answers on ten questions we created percentage indices of knowledge about these three topics. Obtained indices are average percentages of correct answers.

In the majority of cases, indices of correct answers vary between 40% and 60%. Respondents showed the highest level of knowledge about contraceptives followed by reproductive health, and the lowest level of knowledge about sexually transmitted infections (STI). There are no significant and consistent differences considering gender or place of residence, except that a lower level of knowledge about these topics was seen in Novi Travnik.

Index of reproductive health knowledge in the endline survey in all the cities varies from 31-67%. In all the cities, statistically significant progress has been made compared to the baseline survey. The progress, in comparison to the baseline survey, is 4%-24%.

Index of STI knowledge in all the cities in the endline survey is much better than in the baseline survey (by 2%-31%). The index varies from 20%-60% (the lowest in Novi Travnik and the highest in East Sarajevo).

Index of contraception knowledge in the endline survey, in all the cities, except Novi Travnik, varies from 47%-71%. In all the cities, statistically significant progress (2%-21%) has been made compared to the baseline survey.

All these results show that the program implemented with young men and young women had a significant effect on their knowledge about sexual and reproductive health. The progress in all areas has been accomplished and is significant.

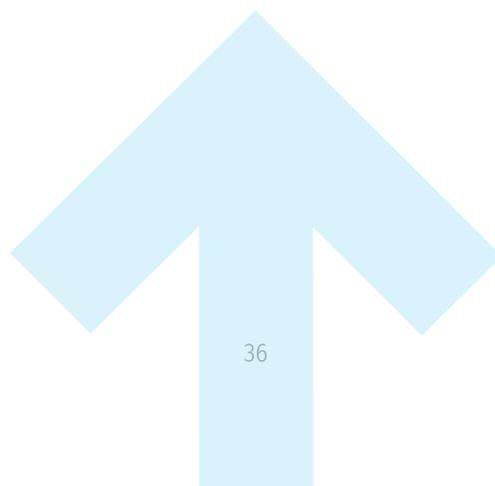


Table 9: Contraception in practice

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
I still did not have intercourse	B	YM	68,7	55,9	55,6	68,0	84,2	69,7	78,3	70,8	74,5
		YW	91,0	92,2	-	91,2	96,2	99,4	92,9	95,7	-
	E	YM	40,3	33,3	39,6	52,0	78,8	63,2	68,8	48,6	46,3
		YW	67,0	69,8	-	86,0	86,0	94,2	92,9	82,0	-
We did not use contraception	B	YM	5,3	14,7	11,1	8,0	2,6	10,1	13,0	8,8	11,7
		YW	3,6	4,7	-	3,3	3,8	0,6	3,6	3,6	-
	E	YM	18,7	14,3	15,1	12,0	0,0	12,0	21,9	8,6	20,4
		YW	13,2	14,0	-	7,5	7,0	1,3	3,6	6,8	-
We used contraception	B	YM	25,9	29,4	33,3	24,0	13,2	20,2	8,7	20,4	13,8
		YW	5,1	3,1	-	5,5	0,0	0,0	3,6	0,7	-
	E	YM	41,0	52,4	45,3	36,0	12,2	24,8	9,4	42,9	33,3
		YW	19,8	16,3	-	6,5	7,9	4,5	3,6	11,3	-

In this table, we can see the percentage of youth who had sexual intercourse and whether they used protection or not. In the period of the endline survey, a significant number of young men (33%-78%) and young women (67%-94%) state they did not have intercourse. Among those who had intercourse, a greater percentage is of those who used contraceptives (21%-52% of young men; 4%-20% of young women). A significant percentage of young men who did not use contraceptives was seen in Novi Travnik and Tuzla. Also, when it comes to young women the percentage of those who used and those who did not use contraceptives was similar. These data point out the need for education on sexual and reproductive health and the use of contraceptives.

## Violence



**Table 10:** Attitudes toward violence (percentage of those who agree with the following statements from the GEM scale)

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
A single slap is a type of violence.	B	YM	64,0	22,9	65,1	70,3	64,3	63,1	60,0	64,4	66,3
		YW	67,7	84,5	-	68,8	75,4	86,0	60,7	77,2	-
	E	YM	60,5	61,9	64,2	60,0	76,0	68,5	81,2	69,5	75,9
		YW	78,0	83,7	-	44,0	87,8	83,9	92,8	80,5	-
It is acceptable if parents beat their children when they don't behave well.	B	YM	47,3	68,6	44,2	44,0	40,5	36,4	40,6	31,4	31,9
		YW	44,2	20,2	-	38,1	10,6	16,0	33,4	18,0	-
	E	YM	33,6	38,1	30,2	52,0	21,2	25,0	25,0	30,4	33,3
		YW	23,1	14,0	-	22,7	12,3	35,8	35,8	11,3	-
Verbal insults are types of violence.	B	YM	59,3	48,5	81,4	57,7	73,8	78,1	52,8	76,3	84,0
		YW	80,0	86,9	-	78,0	91,0	85,1	56,7	89,6	-
	E	YM	71,6	66,7	71,7	76,0	72,7	74,4	72,0	79,0	76,0
		YW	82,4	86,1	-	86,1	91,3	82,5	78,6	86,5	-

In this table, results on attitudes toward different forms of violence are presented. Between 61 and 81% of young men in the endline survey feel that a single slap is a type of violence. The same attitude also comes from 78%-90% of young women. These results show that 10%-40% of youth have the wrong perception and minimize the gravity of slapping as a type of physical violence. A similar situation is with verbal insults. Around 67%-79% of young men and 78%-91% of young women feel that verbal insult is violence. So, a significant percentage of young men (21%-33%) and young women (9%-22%) do not perceive verbal and psychological violence as violence. A wrong perception of violence can result in increased violent behavior and tolerance of it. A positive thing is that in the majority of cases attitudes toward violence in the endline survey are more mature than in the baseline survey. The perception of meaning and forms of violence is more developed. That progress is generally more noticeable with young men, especially in Banja Luka.

Besides these attitudes, we can see that a significant percentage of youngsters in some cities have tolerance toward parental violence against their children. That said, 20%-52% of young men and 8%-36% of young women feel it is acceptable that parents physically punish their children. This is especially noticeable with young men in East Sarajevo (52%). A positive thing is that in the majority of cases attitudes in the endline survey are more favorable than in the baseline survey. On average, that progress is evident with 5%-15% of respondents.

## Experience with peer violence

Table 11: Experience with peer violence from the position of the perpetrator in the last three months

Types of violence	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
I called my peers names, made fun of them, or insulted them.	B	YM	29,7	41,2	34,9	25,9	39,0	31,9	26,6	45,3	26,3
		YW	22,1	17,4	-	31,2	15,8	22,2	19,4	37,7	-
	E	YM	25,4	23,8	37,8	32,0	24,2	28,6	31,2	30,5	32,5
		YW	17,6	9,3	-	14,0	19,3	16,8	21,4	20,3	-
I slapped, hit or kicked my peers.	B	YM	25,6	48,6	38,4	42,3	29,3	31,4	29,2	44,4	31,6
		YW	19,7	16,9	-	17,4	14,0	17,0	16,1	21,9	-
	E	YM	17,2	23,8	20,8	24,0	21,2	22,6	15,6	29,5	33,3
		YW	14,3	7,0	-	9,7	5,3	9,0	7,1	11,3	-
I was sending insulting messages to my peers via SMS or through social networks.	B	YM	5,7	5,8	8,1	11,1	12,2	11,9	9,2	3,4	10,5
		YW	5,1	5,7	-	16,1	1,8	2,4	12,9	7,5	-
	E	YM	7,5	4,8	7,5	4,0	12,1	12,8	0,0	7,6	13,0
		YW	6,6	0,0	-	1,1	3,6	5,8	0,0	4,5	-

I sexually harassed or touched other people against their will.	B	YM	4,1	5,7	5,8	3,7	2,4	1,1	13,4	4,3	5,3
		YW	0,7	1,4	-	2,2	0,0	0,0	0,0	0,0	0,0
	E	YM	4,5	4,8	5,7	0,0	3,0	6,0	3,1	2,9	1,9
		YW	0,0	0,0	-	0,0	3,5	1,3	0,0	0,8	-
As a member of peer group, I took part in a violent act.	B	YM	9,8	20,0	17,4	12,2	12,5	16,1	20,0	12,9	11,6
		YW	5,8	2,8	-	8,6	1,8	3,5	3,2	5,5	-
	E	YM	9,7	4,8	5,7	0,0	3,0	13,5	3,1	10,5	7,7
		YW	2,2	0,0	-	2,2	5,3	4,5	7,1	2,3	-
I verbally insulted or hit someone I thought was homosexual.	B	YM	13,1	14,3	11,6	11,1	14,6	22,6	23,1	19,7	9,5
		YW	2,9	5,7	-	7,5	3,5	4,1	16,1	4,8	-
	E	YM	15,7	9,5	7,5	8,0	6,0	11,3	3,1	10,1	1,9
		YW	1,1	2,3	-	0,0	1,8	1,9	10,7	2,3	-



The table shows a level of perpetrated different types of peer violence in the last three months. The endline survey showed that in the last three months between 16% and 38% of young men and 9%-21% of young women participated in perpetrating verbal and psychological violence. It is more present with young men than with young women. It was seen the most with young men from Brčko and Tuzla. When we compare the baseline and endline survey, the results are not consistent. The greatest progress was made in Bijeljina, Jablanica and Sarajevo.

Physical violence was perpetrated less than emotional. In the endline survey, physical violence was confirmed by 15%-29% of young men and by 5%-14% of young women. The lowest level of physical violence among young men was seen in Novi Travnik (15.6%), and among young women in Jablanica (5.3%). The highest level among young men is seen in Tuzla and Sarajevo and among young women in Banja Luka. If we compare the two phases of the survey, we can see that in the endline phase of the survey physical violence has decreased in all the cities and changes are statistically significant. The progress, in comparison to the baseline survey, is 8%-25% among young men, and 5%-20% among young women. Results in all the cities indicate tendency that the program had a positive effect on reducing violent behavior.

Cyber violence, committed on social media, is seen with up to 13% of young men (in Tuzla, Mostar and Jablanica) and up to 7% of young women. Sexual harassment was confirmed in most of the cities by up to 6% of young men (in Mostar and Brčko) and by up to 3% of young women (in Jablanica). Furthermore, 3%-13% of young men and up to 7% of young women participated in group peer violence. The highest level of it is evident in Mostar. Verbal or physical violence toward persons perceived as homosexuals was confirmed by 2%-16% of young men and by 0%-16% of young women.

If we compare the two phases of the survey, we can conclude that all types of violence, except psychological are lower in the endline survey. This is yet another affirmative data supporting the positive effects of this project.

**Table 12:** Percentage of those who would stop the fight or call for help if they saw a fight between a person they knew and somebody else?

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Percentage of those who would stop the fight	B	YM	67,2	53,2	60,7	61,5	77,4	59,5	52,1	56,5	67,0
		YW	85,8	82,6	-	82,8	92,7	90,8	86,6	86,9	-
	E	YM	77,6	57,1	75,5	52,0	78,8	61,6	71,9	59,0	79,6
		YW	97,8	97,6	-	92,5	61,6	92,9	89,2	92,4	-

In this table, we can see how youth would react if they saw a fight between a person they knew and somebody else. In the endline survey, between 52% and 80% of young men and between 61% and 90% of young women claim they would try to stop the fight or they would try to call for help. Lower percentages were seen among young men in Bijeljina and East Sarajevo. Thus, young women are somewhat more motivated to stop violence than young men. The remaining percentage of young men would help a person they know and is in conflict.

When we compare results from the baseline and endline survey, we can see that in the endline survey the highest percentage of young men and young women (up to 15%) state they would stop the violence.

## Gender-based violence and violence in relationships

Table 13: Gender-based violence index (inverse)

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Gender-based violence index	B	YM	66,5	52,3	65,3	68,7	61,8	61,4	45,6	68,7	65,8
		YW	76,7	81,2	-	79,6	79,8	77,6	50,8	78,3	-
	E	YM	74,2	67,9	74,0	73,0	75,7	73,3	68,0	71,4	71,3
		YW	87,6	78,5	-	84,7	79,8	86,1	74,1	85,7	-

The gender-based violence index includes four attitude statements related to this type of violence. These statements were:

- “If a woman cheats on a man, it is justified for him to hit her”,
- “It is okay for a man to hit his wife if she will not (does not want to) have sex with him”,
- „A woman should tolerate violence in order to keep her family together” and
- „When a woman is sexually harassed, it is commonly because of how she dresses”.

We totaled disagreement with all four statements as negative attitudes toward gender-based violence and calculated a percentage score for the index.

Index of negative attitudes toward gender-based violence in the endline survey, in all the cities, ranges from 68%-86%. So, we see that most of young men and young women condemn gender-based violent behavior. Young women have more negative attitudes toward this type of violence, which is expected as most often they are victims of such violence. Still, percentage of 15%-30% of young men and young women who, in a more implicit or explicit way support this type of violence, is worrying. These attitudes can certainly be ‘the lobby’ of violent behavior.

Attitudes about gender-based violence are more negative in the endline survey in all the cities, which is certainly a positive and affirmative data. In comparison to the baseline survey, the progress is usually 5%-15%.

Table 14: Experiences with violence in a relationship from the position of the perpetrator

Types of violence in relationships	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Have you ever humiliated your girlfriend/boyfriend?	B	YM	12,8	21,9	12,3	12,2	10,0	17,0	21,4	18,9	14,1
		YW	9,3	24,6	-	12,9	10,6	11,8	18,8	20,7	-
	E	YM	12,0	14,3	13,2	16,0	12,1	15,1	18,8	13,4	14,8
		YW	12,1	4,6	-	9,7	8,8	11,6	17,9	17,8	-
Have you ever hit your partner?	B	YM	11,0	18,7	10,1	14,8	5,0	14,6	27,1	17,9	14,1
		YW	24,8	38,6	-	13,3	14,6	21,1	31,2	25,2	-
	E	YM	7,2	4,8	5,7	4,0	6,0	7,6	6,3	8,6	5,6
		YW	17,6	11,7	-	5,4	3,0	9,7	39,2	15,1	-
Have you ever had sex with a partner against her/his will?	B	YM	2,3	3,1	0,0	0,0	2,6	3,5	8,7	0,0	2,2
		YW	0,0	0,0	-	1,2	0,0	0,7	0,0	0,0	-
	E	YM	2,9	4,8	0,0	4,0	3,0	2,3	3,1	2,9	1,9
		YW	1,1	4,6	-	1,1	0,0	1,2	10,7	10,0	-

When it comes to violence in a relationship, it is not negligible, especially having in mind a fact that the majority of youth in this age do not have a steady relationship. It is interesting that the violent behavior of young women in a relationship is similar or even higher than the violent behavior of young men.

Psychological violence is present with 12%-19% of young men and 5%-18% of young women. These types of violence are more expressed than physical and sexual violence. Physical violence is differently represented. It varies between 4% and 9% among young men, and 3%-17% among young women, except in Novi Travnik where it goes up to the high 39%. Even though young women respondents stated it happened only once, this high percentage pointed out to the need that additional work on violence in relationships should be done in this municipality. This type of violence is also pronounced in Banja Luka and Sarajevo. Sexual violence in a relationship is less present and varies up to 4%, except in Novi Travnik where it is 10% (i.e. three female respondents confirmed this experience).

If we compare the differences between results in the baseline and endline survey, we can see that they are different from one city to another. In the majority of cases, psychological and physical violence in a relationship is less present in the endline survey. Physical violence is even lower, mostly by around 10% and in some cities even more. Sexual violence in a relationship is mostly on a similar level in both phases of the survey.

**Table 15: How did you react to violence in an intimate relationship?**

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
I successfully resolved the situation by defending myself or avoiding violence	B	YM	21,4	31,0	20,3	19,2	10,5	18,5	41,4	13,2	28,9
		YW	8,1	8,8	-	11,8	4,4	7,7	10,0	8,8	-
	E	YM	7,5	14,3	13,2	4,0	12,1	12,0	31,2	6,7	11,1
		YW	9,9	4,7	-	0,0	0,0	3,9	3,6	9,0	-
I couldn't stop violence, I was a victim.	B	YM	0,8	6,9	0,0	0,0	0,0	1,2	2,9	1,0	0,0
		YW	0,0	0,0	-	4,7	0,0	0,7	3,6	1,8	-
	E	YM	2,5	0,0	3,8	0,0	3,1	0,8	0,0	1,0	1,9
		YW	1,1	0,0	-	0,0	0,0	2,6	0,0	3,0	-
I did not experience violence in a relationship, so I did not react.	B	YM	77,8	62,1	79,7	80,8	89,5	80,3	55,7	85,8	71,1
		YW	91,9	91,2	-	83,5	95,6	91,6	86,7	89,4	-
	E	YM	91,0	85,7	83,0	96,0	84,8	87,2	68,8	92,4	87,0
		YW	89,0	95,3	-	100,0	100,0	93,5	96,4	88,0	-

In this table, we can see how young men and young women dealt with violence in a relationship if they experienced it. The vast majority, more than 84%, did not have that problem at all. Only in Novi Travnik, a significantly higher percentage (31%) confirmed to be in such a situation. Among those who experienced violence in a relationship, the majority claimed they solved the problem successfully. The percentage of those who reported they were victims of violence went up to 3%. If we compare results between baseline and endline survey, a positive thing is that in the majority of cases experience with violence in an intimate relationship is less present in the endline survey.

Table 16: Readiness to prevent violence in a relationship

	Phase	Gender	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Readiness to prevent violence in a relationship	B	YM	64,5	80,0	56,6	73,1	62,2	69,0	45,5	73,1	54,8
		YW	44,5	64,2	-	62,5	47,8	70,5	42,3	71,9	-
	E	YM	71,6	81,0	73,6	80,0	66,7	74,4	62,5	87,6	51,9
		YW	56,0	60,5	-	72,0	59,6	68,4	90,7	61,0	-

We also asked the survey respondents if they felt ready to prevent violence in a relationship. In general, young men feel more ready than young women. In the endline survey, around 52%-91% of young men and young women felt ready. The lowest level of readiness was seen among young men in Tuzla and young women in Banja Luka. If we compare both phases of the survey, we can see that in the endline survey respondents stated they feel more ready and empowered. This percentage is on average 5%-15%. It is possible that the prevention program empowered them and they know how to behave in violent relationships. Despite that, there is still room for this segment to be improved, especially with young women.

## Participation of young men and young women in the intervention program and its effects

In the text below we will present the level of respondents' participation in certain activities and how satisfied they were with them. The results will be presented as an overall number for young men and young women together.

Table 17: Participation in the Be a Man Club

	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
During last 2 school years I became a member of the Be a Man Club	14,2	3,1	37,7	13,6	21,1	15,6	20,0	3,8	24,3
During last 2 school years, I attended an event hosted by the Be a Man Club	26,7	14,1	18,9	25,4	41,1	30,9	41,7	15,5	30,0
During last 2 school years, I attended a workshop hosted by the Be a Man Club	56,9	35,9	20,8	55,8	54,4	35,6	40,0	34,0	62,9

In this table, we can see the level of participation of young men and young women in the Be a Man Club. The results are pretty heterogeneous. Different percentages of respondents have become members of the Be a Man Club. It ranges from 3%-37%, the lowest in Bijeljina and the highest in Brčko.

Between 15% and 42% of youth took part in BMC activities, the most in Jablanica and Novi Travnik and the least in Bijeljina and Sarajevo.

Participation in workshops was between 21% and 57% and the highest percentages were in Tuzla, Banja Luka and Jablanica.

**Table 18:** Satisfaction with individual workshops (percentage of respondents who say they learned a lot)

Workshops	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
What is sex and what is gender	43,6	39,1	15,1	34,7	21,1	26,4	23,3	20,6	51,4
Characteristics of men and women	53,8	40,6	24,5	39,0	26,7	34,0	38,3	31,1	55,7
Fights and peer violence	61,8	46,9	34,0	41,5	45,6	39,2	41,7	39,1	57,1
Violence in relationships and sexual violence	61,8	45,3	34,0	43,2	34,4	38,2	35,0	35,7	58,6
Ways to prevent arguments, fights or conflicts	59,6	32,8	34,0	34,7	31,1	35,1	30,0	31,9	57,1
How to express your emotions, anger etc.	57,3	34,4	24,5	40,7	28,9	29,9	25,0	31,9	51,4
Use of alcohol and different types of drugs	60,0	34,4	41,5	39,8	34,4	37,5	48,3	37,8	64,3

In this table, we can see the results of the effects of participation in the workshops. Between 15% and 64% of youngsters from all the cities (40% on average) say they learned a lot during the workshops. The greatest level of satisfaction with workshops is in Tuzla (from 51%-64%) and Banja Luka (from 43%-62%).

Table 19: Exposure to 'Be a Man Club' promotional activities

Exposure to Be a Man promotional tools	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Be a Man Club leaflets	28,0	23,4	28,3	24,6	48,9	31,6	26,7	18,1	41,4
Be a Man Club Facebook or Instagram page	44,0	18,7	39,6	26,3	72,2	43,1	45,0	19,3	55,7
Be a Man Club posters	27,1	9,4	34,0	17,8	45,6	26,0	28,3	11,3	30,0
Be a Man Club t-shirts	22,7	7,8	24,5	14,4	40,0	23,3	35,0	15,1	25,7

In this table, we can see to what extent youth from four cities noticed some of the promotional materials and activities. Results are quite diverse and vary from 9%-72%. The youth mostly followed the promotion of the project through social media, such as Instagram and Facebook (19%-72%). All other listed promotional means were evenly used and applied. Youngsters from Tuzla and Jablanica had the highest exposure to promotional activities.

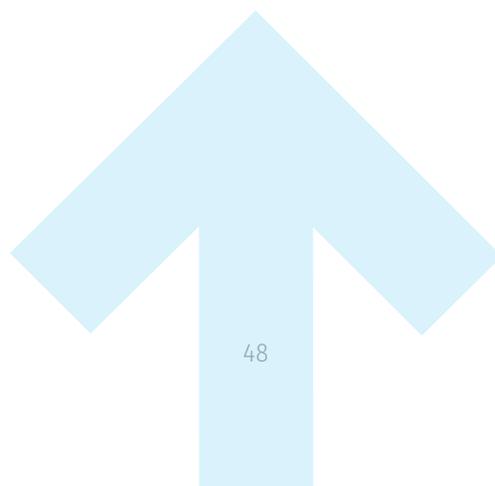




Table 20: Exposure to Be a Man campaigns

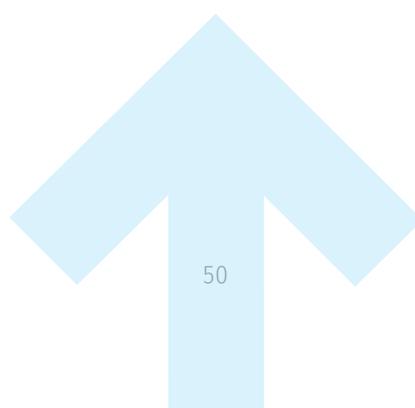
Types of promotion	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Promotion of the Be a Man Club	60,4	39,1	52,8	63,6	74,4	52,1	48,3	34,9	67,1
Promotion of the web page	32,4	17,2	32,1	25,4	51,1	37,2	30,0	21,4	41,4
Promotion of workshops	55,1	46,9	41,5	56,8	63,3	49,3	55,0	39,1	64,3
Marking 16 Days of Activism against gender-based violence	30,6	31,3	26,4	25,4	53,3	46,9	50,0	26,1	37,1
Campaign 'React as Human'	34,7	10,9	11,3	11,9	42,2	28,5	10,0	16,0	20,0
Campaign 'Are you OK?'	36,9	12,5	15,1	16,1	23,3	30,6	13,3	15,1	22,9
Marking March 8 – International Women's Day	47,6	45,3	37,7	44,9	66,7	65,3	55,0	40,3	55,7
Marking August 12 – International Youth Day	31,6	20,3	26,4	19,5	45,6	39,6	33,0	28,2	34,3

In this table, we see to what extent young men and young women from nine cities noticed some of the campaign activities. In the majority of cases, 20%-50% of respondents noticed listed activities. The highest percentage (35%-74%) remembered the promotion of the Be a man Club, followed by the promotion of workshops (39%-64%). The majority of youth who confirmed exposure to the campaigns came from Jablanica, Tuzla and Banja Luka.

**Table 21: Satisfaction with project activities in general (a lot or very much)**

Types of activities	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Jablanica	Mostar	Novi Travnik	Sarajevo	Tuzla
Workshops	47,4	51,5	26,4	39,0	25,5	40,0	36,7	39,1	72,9
Activities in community	42,2	51,1	20,7	33,1	33,3	44,5	35,0	50,4	61,5
Way and method of work with the youth	54,6	64,1	30,3	43,3	30,0	49,3	46,7	45,4	77,1
Communication and socializing during the project	62,6	67,2	33,9	46,6	33,2	52,4	51,7	51,3	75,7
Work of trainers/educators	57,8	57,9	35,9	45,0	28,9	46,8	58,3	45,3	77,1
Project as a whole	57,8	56,3	32,1	50,0	36,7	48,3	60,0	44,7	77,1

In this table, we can see how many respondents are a lot or very much satisfied with different project activities and aspects of work. Grading 'somewhat satisfied' is not included in these percentages, but only higher gradings. In general, we can see that the majority of respondents (40%-60%) are satisfied with the listed aspects of work. Respondents from almost all the cities highly valued communication and socializing, followed by the work of trainers, as well as methods used during the work. The majority of respondents expressed high value and satisfaction with the project as a whole. The highest level of satisfaction is shown by respondents from Tuzla (62%-77%), Bijeljina (51%-67%) and Banja Luka (42%-58%).





# CLOSING REMARKS

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## Closing remarks

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In this chapter, we will integrate and interpret key survey results and make the main conclusions. Everything will be divided based on the survey topics. Key results and priorities for individual cities will also be underlined.

### Gender relations

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In the area of gender relations, progress has been achieved in all the cities. In the endline survey, both young men and young women have more tolerant attitudes toward gender roles, gender norms and persons with a homosexual orientation. The progress in all aspects is around 5%-20%. Gender roles index and gender norms index among young men vary between 36% and 63%. A slightly worse situation is with the attitudes of young men toward homosexuals. That index among young men is 19%-29% which shows that the majority of tested young men show intolerance toward this group and this is definitely one of the priorities for future work. The gender equality index among young women varies between 34% and 76%. Generally, we can conclude that young women have more gender-equitable attitudes than young men and they are especially more tolerant of the gay population.

Significant differences between the cities were not observed, except in Novi Travnik where results are somewhat worse, i.e. gender intolerant attitudes were seen.

Hence, progress has been made, but we can conclude that gender equality indices are still not so high and work with young men in this respect should continue. Namely, in the endline survey, the average of up to 55% of young men express gender unequal roles and norms, 70% of them show social distance toward homosexuals. Among young women, on average 40% have stereotypical attitudes on gender roles, norms and attitudes toward homosexuals.

All these results are compatible with some previous results of surveys conducted by CARE in a similar way. It was once again confirmed that this program really contributes to the development of gender equality among young people. A great number of young people grows up in the surrounding that promotes gender stereotypes and inequality. A great number of young people do not question those preserved lessons and messages. This program encourages them to consider some “truths” that obviously do not have healthy and reasonable grounds.



### Health

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In the health sphere, we tested the use of psychoactive substances, mental health and knowledge of sexual and reproductive health. The results in this area are not very promising. Similar, or even

somewhat worse results related to the use of psychoactive substances are evident in the endline survey. Between 12% and 57% of young men and 5% and 28% of young women drink alcohol (several times a month or more). The highest percentages are in Banja Luka, Bijeljina, Brčko and East Sarajevo. This may be the result of socialization and religious and cultural differences of young men from this area. In most of the cases, 20%-30% of youngsters smoke cigarettes. Young men from Novi Travnik and Brčko smoke the most. In the majority of cities, 2%-15% of youngsters used marijuana. Endline survey results show that a higher percentage of young men and young women in all the cities drink alcohol, smoke cigarettes and marijuana. We think this negative trend is a consequence of adolescence development followed by the acceptance of some peer norms that are not positive. Furthermore, young men and young women are more and more confronted with the issue of future employment, financial emancipation and the meaning of life. All these challenges are creating pressure that can cause bad mood or even some more severe psychological conditions.

In the statement on mental health, state of happiness (64%-82% of young men and 63%-86% of young women) dominates in the last month. Nervousness was less present (11%-33% of young men and 16%-37% of young women). Significant differences between baseline and endline survey were not seen. These results are in accordance with some previous studies organized by CARE in 2017 and 2020. The preventive program has a limiting effect on mental health as numerous other challenges in the adolescence jeopardize mental health of youth. This said, we primarily refer to the selection of future profession, financial independence, selection of emotional partners etc.

Index of reproductive health, STI and contraception knowledge in all the cities (except in Novi Travnik) varies from 21% to 71%. Knowledge in the endline survey is better than in the baseline survey. The results are usually better by 5%-15%. These results undoubtedly indicate the positive impact and value of the implemented program. Overall, the greatest progress of the program has been made in this area. These results are encouraging because sexual and reproductive health is very important in every person's life. Having in mind that no one currently teaches students about these topics, it is important that NGO programs adequately respond to students' needs.

Related to the above mentioned, data on the use of contraceptives are useful. In the period of the endline survey, a significant number of young men (33%-78%) and young women (67%-94%) state they did not have intercourse. Among those who had intercourse, a greater percentage is of those who used contraceptives (21%-52% among young men; 4%-20% among young women). Despite the improvement, it is still necessary to implement educational campaigns on the importance of contraception in the future. That is especially a priority in Novi Travnik and Tuzla.

## Violence

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Around 67%-79% of young men and 78%-91% of young women are of the opinion that verbal insult is violence. So, a significant percentage of young men (21%-33%) and young women (9%-22%) do not perceive verbal and psychological violence as violence. A wrong perception of violence can result in increased violent behavior and tolerance of it. A positive thing is that in the majority of cases attitudes toward violence in the endline survey are more mature than in the baseline survey. The perception of meaning and forms of violence is more developed.

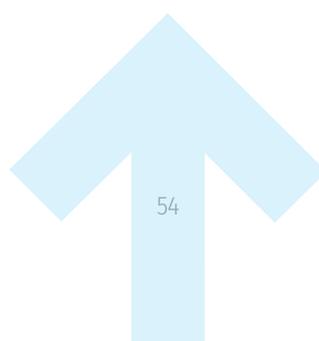
In the endline survey, 16%-38% of young men and 9%-21% of young women participated in perpetrating verbal and psychological violence in the last three months. It is most evident among young men from Brčko and Tuzla. When we compare the baseline and endline survey, consistent differences were not seen.

In the endline survey physical violence has been confirmed by 15%-29% of young men and by 5%-14% of young women. In terms of young men, the lowest level of physical violence was seen in Novi Travnik (15.6%) and among young women in Jablanica (5.3%). The highest level is among young men in Tuzla and Sarajevo and young women in Banja Luka. At the end of the program, we can see some positive signs. Physical violence in most of the cities is less expressed in the endline survey. The progress, in comparison to the baseline survey, is 8%-25% of young men, and 5%-20% of young women. Results show that other types of violence (group violence, cyber violence etc.) are also less present in the endline survey than in the baseline survey. Verbal or physical violence toward persons perceived as homosexuals was confirmed by 2%-16% of young men and by 0%-16% of young women. Violence against homosexuals is lower in the endline phase. Results in all the cities indicate that the program had a positive effect on reducing violent behavior. Another positive thing is that in the endline survey greater percentage of youth would try to prevent violence that is happening in their surroundings and would not be passive.

Index of negative attitudes toward gender-based violence in the endline survey, in all the cities, ranges between 68% and 78% (among young men) and 75% and 88% (among young women). Hence, we see that most of the young men and young women condemn gender-based violent behavior. Still, the percentage of 12%-32% of young men and young women who, in a more implicit or explicit way, support this type of violence is worrying. The progress, in comparison to the baseline survey, in most of the cases, is 5%-15%.

When it comes to violence in a relationship, psychological violence is present among 12%-19% of young men and 5%-18% of young women. This type of violence is more expressed than physical and sexual violence. Physical violence is differently represented. It varies between 4% and 9% among young men and 3% and 17% among young women (except in Novi Travnik where it goes up to the high 39%). Sexual violence in a relationship is less present and varies up to 4%, except in Novi Travnik where it is 10% (i.e. three female respondents confirmed this type of experience). The percentage of those who reported they were victims of violence in a relationship went up to 3%. If we compare results between baseline and endline survey a positive thing is that in the majority of cases experience with psychological and physical violence in an intimate relationship is less present in the endline survey. Physical violence is especially lower, usually lower by about 10%.

In the endline survey, the majority of young men and young women (52%-91%) feel capable and ready to prevent possible violent behavior in an intimate relationship. In the endline survey, respondents declared themselves more ready and empowered. On average, that percentage is higher for 5%-15%.



## Participation in the intervention program

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The participation of youngsters in project activities differs from one city to another. In BMC activities, the highest participation was among young people from Jablanica, Tuzla, Banja Luka and East Sarajevo. The percentage of participation in the BMC's work and activities varied to up to 42%. The participation of youth in the workshops was 21%-57%. The highest percentages of participation were in Tuzla, Banja Luka and Jablanica. It is certain that the situation caused by the COVID-19 pandemic influenced the level of participation which in some activities was lower than expected, but it is a factor nobody could influence.

Between 15% and 64% of youngsters from all the cities (40% on average) say they learned a lot during the workshops. Youth from Banja Luka, Bijeljina and Tuzla are those who are the most satisfied with the workshops.

During the project, promotional activities (leaflets, posters, Facebook and Instagram page) were mostly seen in Jablanica and Tuzla. Between 20% and 45% of respondents saw some of the promotional materials. The youth followed project promotion mostly on social media, Instagram and Facebook (19%-72%).

Between 20% and 50% of respondents saw or participated in the project's campaigns. The highest percentage (35%-74%) remembered the promotion of the Be a Man Club, followed by the promotion of workshops (39%-64%). The highest percentage of respondents (35%-62%) remembers the promotion of the Be a Man Club, followed by the promotion of workshops and "Are you OK?" campaign (30%-60%).

In general, the majority of respondents (40%-60%) are satisfied with the mentioned aspects of work. Respondents in almost all the cities highly valued communication and socializing, followed by the work of trainers, as well as methods used during the work. The majority of respondents highly valued and showed satisfaction with the project as a whole. The greatest level of satisfaction was recorded in Tuzla, Bijeljina and Banja Luka.

## Correlations between phenomena

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We tested if there was a statistical correlation between certain phenomena, i.e. if their smaller or greater representation mutually correlated. We determined that there was a correlation between several characteristics in all the cities. The youth who are more inclined to peer violence often perpetrate more violence in relationships. Violence against women in all the cities significantly correlates with violence in general, past exposure to violence and alcohol consumption. These young people also use alcohol, cigarettes or marijuana, have more unequal gender attitudes, and participate more in violence. Likewise, these young people were more exposed to violence in the past and had worse mental health. It appears to be a vicious circle where different personal frustrations and problems of youth cause other antisocial behaviors.

Certain differences between young men and young women were determined. Young women have more equal gender attitudes, greater knowledge about sexual and reproductive health, but they also have worse mental health. Young men use psychoactive substances more than young women. Participation in violence is mostly higher among young men, but that difference is not major as was the case in some previous surveys. This is especially evident when it comes to physical violence in a relationship, where we see higher percentages among young women. These results should be additionally checked as they can be a consequence of the so-called “socially desirable answering”, i.e. it is possible that young men willingly or unwillingly minimize their violent behavior and young women over exaggerate in order to present themselves as more emancipated.



## Priorities in different cities

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If we compare the cities, we can see that the image is a bit colorful and that we cannot generalize that youth from certain city live better or worse. Some characteristics are mutual for all the cities.



### ***Common characteristics***

The progress in developing gender-equitable attitudes has been made in all the cities. However, gender stereotypes, including homophobia are still evident in all the cities and they should be tackled in the future. The endline survey results show that the percentage of those using alcohol, cigarettes and marijuana increased in all the cities. Knowledge of young women and young men about sexual and reproductive health is on the average level in all the cities and better in the endline phase. In the endline survey, perpetrated physical violence and gender-based violence decreased in most of the cities. Likewise, the majority of respondents in all the cities aim to constructively act and resolve conflict if it appears.



### ***Priorities in different cities***

In this section, we will name topics and issues that should be priorities in the future work in certain cities.

***Banja Luka:*** gender attitudes; homophobia; drinking alcohol; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); mental health of young women, misperception of violence; physical violence; physical violence in a relationship.

***Bijeljina:*** gender attitudes; homophobia; smoking marijuana; drinking alcohol; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); readiness to prevent violence in the surrounding.

***Brčko:*** gender attitudes; homophobia; smoking cigarettes; drinking alcohol; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; physical violence.

**East Sarajevo:** gender attitudes; homophobia; drinking alcohol; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; readiness to prevent violence in the surrounding.

**Jablanica:** gender attitudes; homophobia; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; cyber violence; readiness to prevent violence in the surrounding.

**Mostar:** gender attitudes; homophobia; smoking cigarettes; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; group violence; cyber violence; violence toward homosexuals.

**Novi Travnik:** gender attitudes; homophobia; smoking cigarettes; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; physical violence; readiness to prevent violence in the surrounding.

**Sarajevo:** gender attitudes; homophobia; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); mental health (especially of young women); misperception of violence; physical violence; violence in a relationship; readiness to prevent violence in the surrounding.

**Tuzla:** gender attitudes; homophobia; knowledge about sexual and reproductive health; use of contraceptives (especially by young women); misperception of violence; psychological and physical violence; cyber violence; physical violence in a relationship; readiness to prevent violence in the surrounding.



# CONCLUSION





# Conclusion

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In nine BiH cities baseline and endline survey have been conducted through which we tried to test the effects of the intervention program that aimed at developing healthy lifestyles among young men and young women. Gained results are interesting, and the similarity of effects between the cities points out to the authenticity of results.

In all the cities, the most significant progress has been achieved in the area of attitudes toward gender relations. However, gender stereotypes, including homophobia are still evident in all the cities and they should be tackled in the future. Knowledge of young women and young men about sexual and reproductive health is on the average level in all the cities and better in the endline phase. In the endline survey, perpetrated physical violence, group violence and gender-based violence decreased in most of the cities. Likewise, the majority of respondents in all the cities aim to constructively act and resolve conflict if it appears. We have not found progress or consistent changes in the field of mental health. The only weaker result is related to the use of different psychoactive substances (alcohol, cigarettes and marijuana) which correlates to peer norms that follow that period of growing up, as well as with some traditional and cultural customs in our area.

In general, the majority of respondents are satisfied with different aspects of project activities. The respondents in almost all the cities highly valued the work of trainers and peer educators, communication and socializing, as well as the methods used during the work.

We can conclude that obtained evaluation results point out to the purposefulness of this program. Young men and young women in BiH express numerous personal and social problems, but it is obvious that the majority of those problems could be solved through adequate, interactive and youth-friendly work with youngsters. We hope that the program will encourage the competent state educational institutions and schools to work more actively on the establishment of regular school curricula that would lead to an improvement of young people's lifestyles.

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Young  
Men  
Initiative