



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

**YOUNG MEN
INITIATIVE PROJECT**

Baseline evaluation report
– Summary



PROJECT OBJECTIVES AND PURPOSE OF THE BASE LINE EVALUATION

The project's overall goal is to increase the uptake of healthy, nonviolent and gender equitable lifestyles among young men and women in Bosnia and Herzegovina. The overall objective of the base line evaluation is to assess and to measure understanding and attitudes of main beneficiaries group (high school men and women from schools where programme intervention will be implemented within Bosnia and Herzegovina society) toward gender based violence, gender equity and healthy life styles before intervention starts. Based on that, lessons learned were developed and recommendations for further action are provided.

METHOD

Baseline is conducted collaboratively between CARE, local partners NGOs and the consultant. All examinees were young men and women, aged 15-17 years, enrolled in secondary schools such as technical schools. We obtained in total, young men and women from 3 sites in 5 schools in Bosnia and Herzegovina (Banja Luka one school, Sarajevo and Mostar per two schools). Following number of men participated in this research: 183 from Banja Luka, 150 from Sarajevo, and 226 from Mostar. Number of young women was the following: 144 from Banja Luka, 243 from Sarajevo, and 84 from Mostar. Overall, 559 young men and 475 young women took part in this research. The decision was made to use self-administered surveys. All research subjects gave their consent to participate. The questionnaire was divided into several sections, as follows: general background information; views about Men and Women; experiences with experienced and perpetrated violence; health seeking behaviors, smoking, alcohol and substance use; social support; experience in relationships, gender based violence; health and sexual reproductive health.

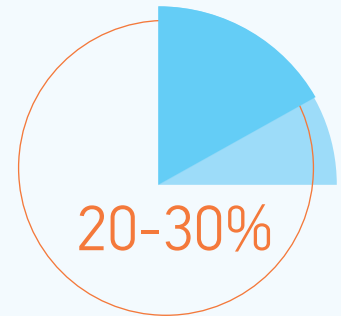
Overall, 559 young men and 475 young women took part in this research.

RESULTS

Views about role of Men and Women

YOUNG MEN

Positive thing is that majority of young men is in some way involved in house chores (50-82%). Majority of young men from all three cities considers that women main role is caring for children and doing house chores (only 15-25% young men don't agree with that), and that men should have a final word and make decisions around the house. Around 20-30% of young men have positive attitudes towards violence against women and they see violence as legitimate method for accomplishing their goals. Worrisome is the fact that 80% of young men consider that women style of dressing up is an invitation for sexual harassment and they think that responsibility for them being molested is only woman's fault.



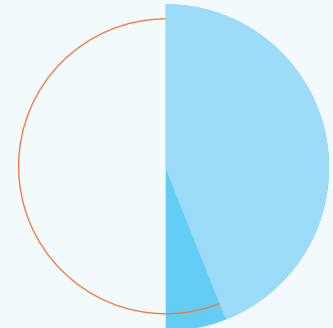
positive attitudes towards violence

A horizontal bar chart with a blue bar representing 50-82% of the total. The percentage is written in orange text to the right of the bar.

50-82%
involved in house chores

YOUNG WOMEN

Answers that were given by the young women on the subject of women social role support the stereotypes that exist on this subject. Only 16-36% of young women does not agree with the claim that women main role is to take care for the children and to do household chores and cooking, while 40-49% of them consider that men shouldn't be the head of the family and shouldn't make all the decisions, while all the others, that is to say, the majority, support this dominant role of men. Around 10% of young women think that women are responsible for the problem of violence in family and therefore, they can be punished in a physical way. Only 22-36% of young women don't support the claim that young women provoke and cause sexual violence with their dressing code.



40-49%
men shouldn't be the head of the family

Two concentric blue circles representing 22-36% of the total. The percentage is written in orange text to the right of the circles.

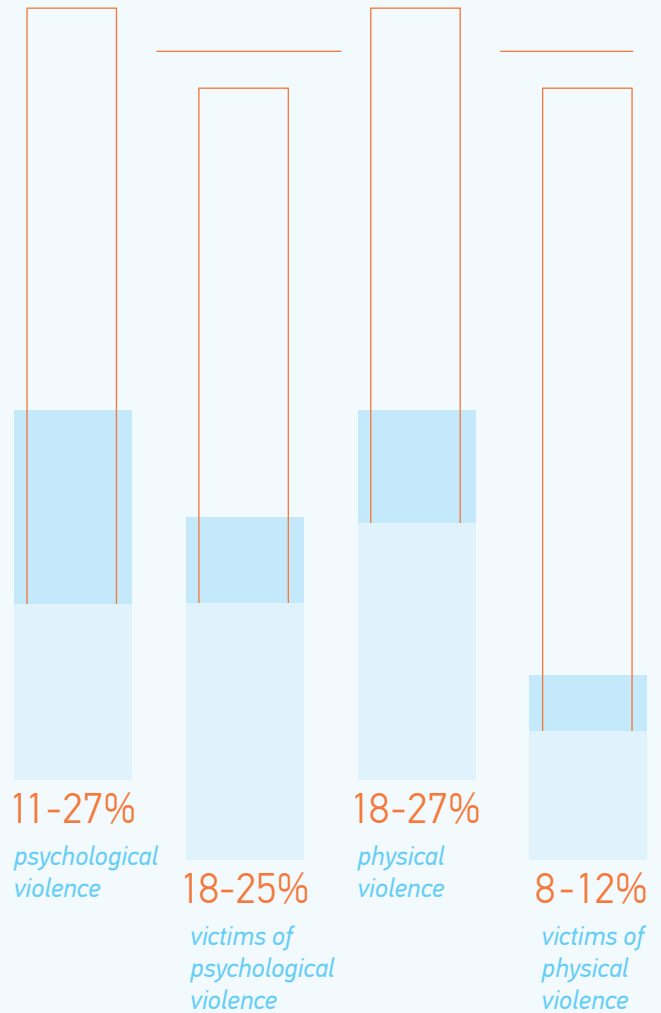
22-36%
don't support the claim that young women provoke and cause sexual violence with their dressing code.

RESULTS

Experience with violence

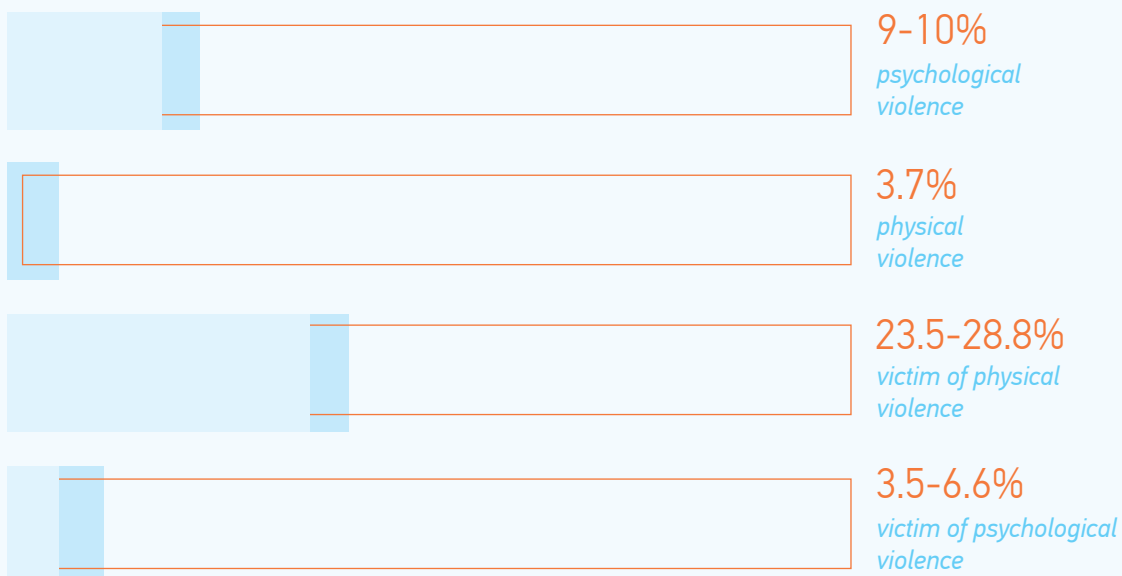
YOUNG MEN

In the last three months, 11-27% of young men confirmed they did some kind of psychological violence, while 18-25% were the victims of the psychological violence. 18-27% participated in physical violence, while the 8-12% of them were the victims of physical violence. We found significant correlation of violent behavior with alcohol consuming, gender inequality attitudes, violence exposure, violence against girlfriends, and poor mental health experience.



YOUNG WOMEN

About 9-10% of young women say they vilified other young women and men in psychological way, while the physical violence did only 3.7% of them. There is a significant correlation between young women violent behavior and bigger violence exposure, alcohol consuming, and poorer mental health experience. Looking at it from a victim perspective, psychological violence was confirmed by 23.5-28.8% of young women, and physical violence was confirmed by 3.5-6.6% of them.

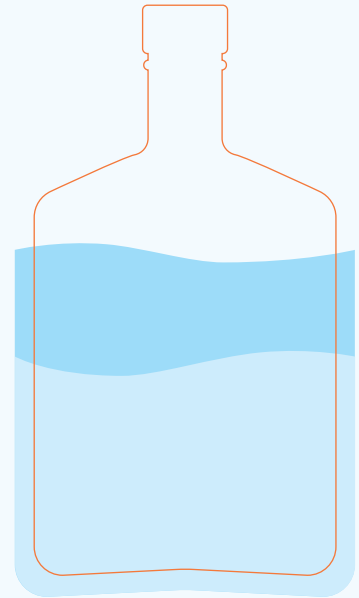
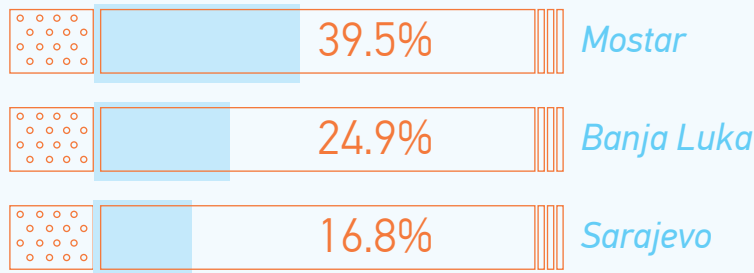


RESULTS

Health seeking behaviors, alcohol, smoking and substance use

YOUNG MEN

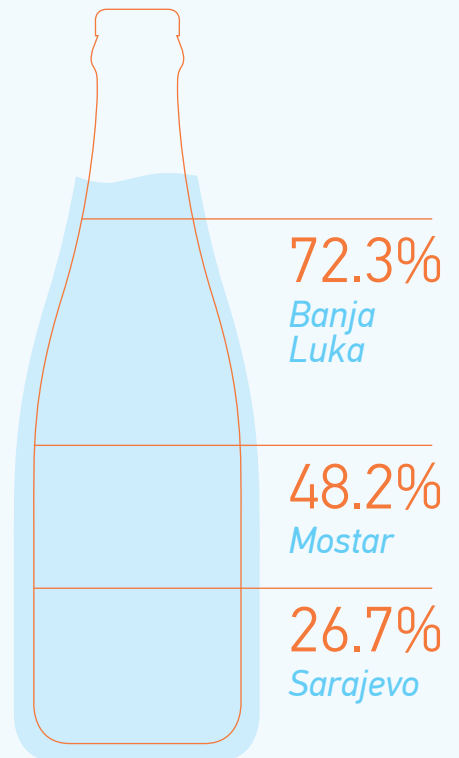
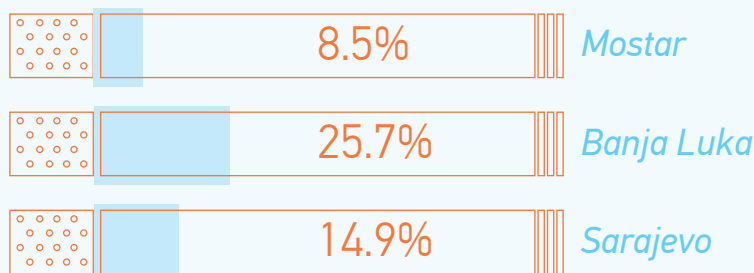
Around 57-72% of young men drink alcohol, while drunkenness experience in the last three months had around 47-58% of young men. Alcohol consumption is significantly related with violence displaying, violence against girlfriends and poor mental health experience. As far as smoking is concerned, 39.5% from Mostar smokes cigarettes, 24.9% from Banja Luka and 16.8% from Sarajevo does the same. In Sarajevo, 20.1% of young people consumed marijuana, while 14.5% in Mostar and 8.9% in Banja Luka did the same.



57-72%
young men
drink alcohol

YOUNG WOMEN

72.3% of young women from Banja Luka, 48.2% from Mostar and 26.7% from Sarajevo drinks alcohol, but the drunkenness experience had around 1.7% of them. As far as smoking is concerned, young women from Banja Luka are dominating once again (25.7%), followed by Sarajevo (14.9%) and Mostar (8.5%). Most commonly used narcotic in all three cities is marijuana, 8.3% of young women used it in Mostar, 5% of the girls in Sarajevo used it and 3.5% of Banja Luka young women consumed it.



young women
drink alcohol

RESULTS

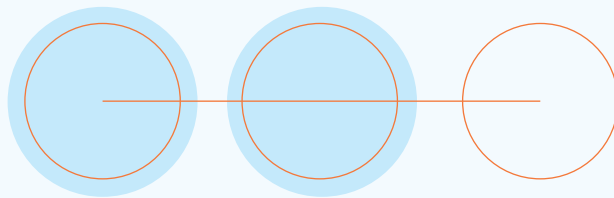
Social activities and social support

YOUNG MEN

If they feel down or depressed, young men mostly seek support from their mothers, from both parents equally, from their friends or their girlfriends. Most of them have two or three close friends with whom they can speak about their troubles and problems.

2-3

*close friends
they can speak
about problems*



YOUNG WOMEN

When the girls are feeling sad or depressed, they mostly seek support from their mothers (31.7-43.4%) or from friends (23.5-30.3%). Most young women (32-54%) have two or three friends with whom they can talk about their problems.

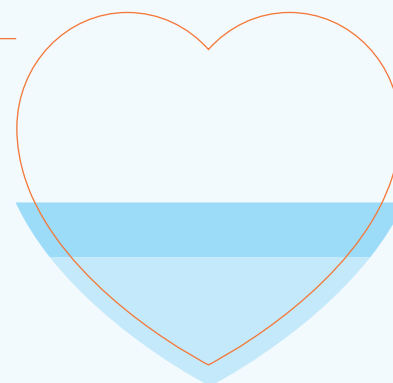
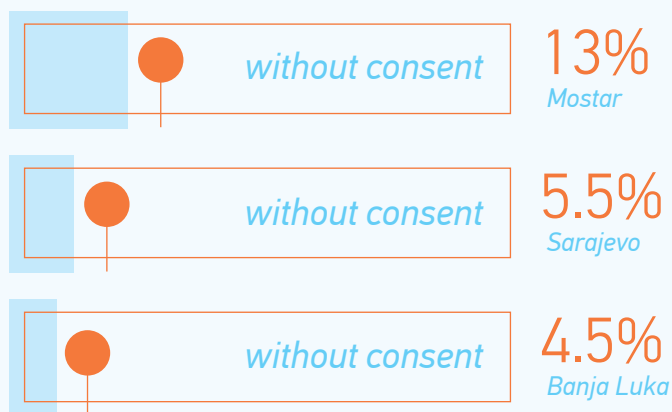


RESULTS

Experience in relationships, sexuality, gender based violence

YOUNG MEN

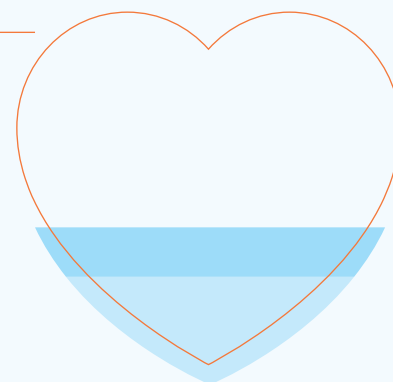
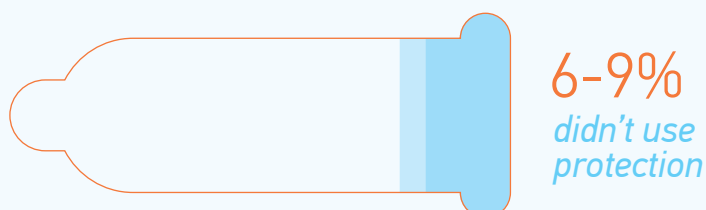
26.8%-38.6% of young men have a girlfriend, and about 60% of young men from all three cities didn't have sexual intercourse. Among the others that have had sexual intercourse, nearly half of them haven't used contraception. Sexual intercourse without consent of girlfriend was confirmed by 13% of young men from Mostar, 5.5% from Sarajevo and 4.5% from Banja Luka. Young men are poorly knowledgeable about sexual-reproductive health, contraception or sexually transmitted infections. In most cases, correct answer percentage varies between 17-50%.



26.8-38.6%
Have a girlfriend

YOUNG WOMEN

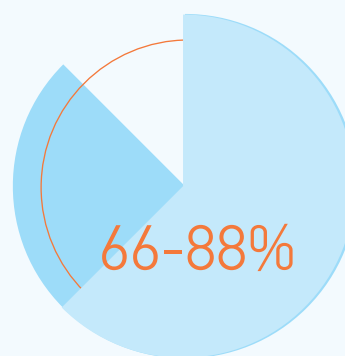
27.5%-29.4% of young women have a boyfriend. Around 85-96% of young women from all three cities didn't have sexual intercourse. Among the other who had it, 6-9.6% didn't use contraceptive protection, while 2.2-5.2% used it. Unwanted sex was commonly initiated by the men (1.2-6.9%) and rarely by women (to 2.8%). Young women knowledge about sexual – reproductive health, contraception or sexually transmitted infections is also on unsatisfactory level, and the correct answer percentage varies between 13-57%.



27.5-29.4%
Have a boyfriend

RESULTS

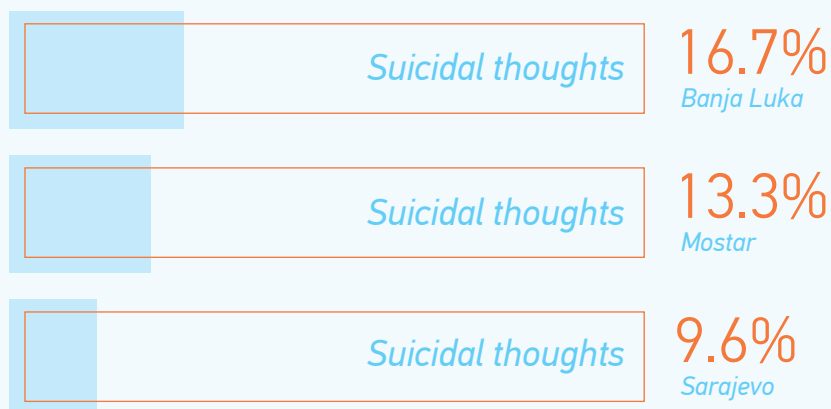
Mental health



experience
sorrow, stress...

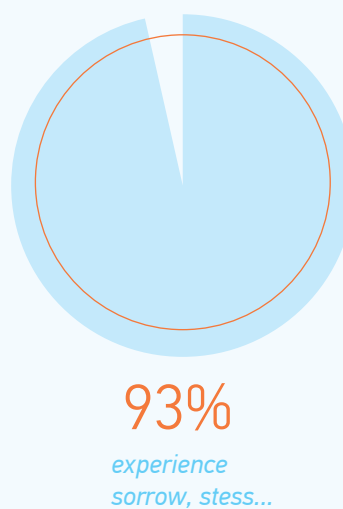
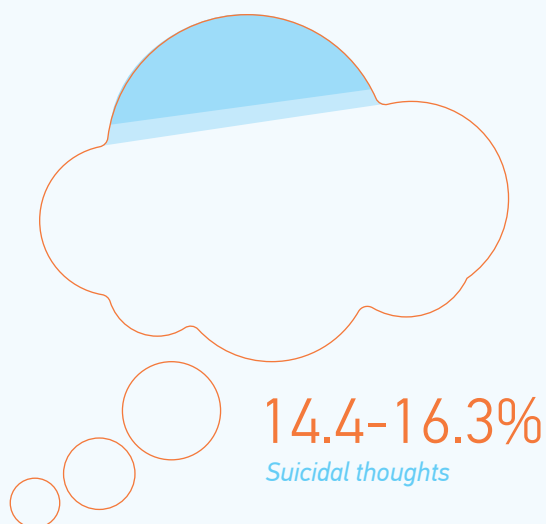
YOUNG MEN

Around 66-88% of young men experienced sorrow, disappointment, stress or anxiety, while 29% of them had a feeling of depression. Suicidal thoughts were present in 16.7% of young men from Banja Luka, 13.3% from Mostar and 9.6% from Sarajevo.



YOUNG WOMEN

Around 93% of young women experienced sadness and disappointment, 78-88% experienced stress and anxiety, while 37-49% experienced depression. Suicidal thoughts had around 14.4-16.3% of young women.



experience
sorrow, stress...

GENERAL CONCLUSION

Number of interesting and useful data has been obtained in this research. In future it would be good to tackle several priority areas. Stands on gender equality are coloured in stereotypes and belief in dominant role of men. Alcohol and narcotics in some cities are highly used so it is important to work on reducing this phenomena, especially as it leads to other problems such as violence. Sexual violence was also identified as a problem faced by part of population. Youngsters are generally uninformed about sexual-reproductive health so this data can be a starting point and measure to confront overall problem identified in this research.

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PERPETUUM MOBIL
Inicijativa za mlade u Bosni i Hercegovini

