



## **BASELINE ASSESMENT REPORT**

**PROMOTING HEALTHIER LIFESTYLES AMONG  
YOUTH IN BOSNIA AND HERZEGOVINA BY  
CHALLENGING GENDER STEREOTYPES, Phase III –  
YOUNG MEN INITIATIVE PROJECT III (YMI)**



Schweizerische Eidgenossenschaft  
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Young  
Men  
Initiative

## BASELINE ASSESMENT REPORT

### PROMOTING HEALTHIER LIFESTYLES AMONG YOUTH IN BOSNIA AND HERZEGOVINA BY CHALLENGING GENDER STEREOTYPES, Phase III – YOUNG MEN INITIATIVE PROJECT III (YMI)

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# INTRODUCTION

Young Men Initiative – Promoting Healthier Lifestyles among Youth in Bosnia and Herzegovina by Challenging Gender Stereotypes, Phase III or Young Men Initiative III (YMI III) 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. The YMI III project will be implemented in Bosnia and Herzegovina, it will target youth, in particular young men, and young women vulnerable to violence and their anti-social behaviours by strengthening relevant skills, knowledge and attitudes leading to improved behaviours around gender equitable norms and non-violence. The project that CARE Balkans is implementing continue to build positive changes in attitudes and behaviours among young people of the secondary school age group that relate directly to health, violence, and gender equality.

Gender transformative programming, within Young Men Initiative projects, started in 2006 and supported by Swiss Development Cooperation (SDC) in the last three phases has brought outstanding contribution to enabling positive and peaceful societies and a healthy environment for young people in Bosnia and Herzegovina (BiH), as well as in the region of the Western Balkans in cooperation with the Austrian Development Cooperation, CARE Deutschland and Oak Foundation from Switzerland.

The third phase (2021-2023) will be focused on producing tangible, long-term systematic solutions, the key one being the official integration of Program Y (for high schools) and Program E (for higher grades of elementary schools) as part of the school curriculums beyond the project duration in the entire Bosnia and Herzegovina as a result of intensive collaboration with the Ministries of Education (Outcome 1). CARE and its partners IPD - Institute for Population and Development from Sarajevo, Perpetuum Mobile - Institute for Youth and Community Development from Banja Luka, and Youth Power from Mostar will continue to build



on the accomplishments of the first two phases and ensure the realization of adequate solutions that will last beyond the project lifetime.

This will be accomplished through work on institutionalization, standardization, and quality insurance of comprehensive Program Y in high schools as well as piloting and implementing Program E for healthy lifestyle education in elementary schools in BiH. Furthermore, YMI III will continue in paving the way for social change in BiH by gathering the support of movement/coalition-building through the development of new alliances that engage teachers, parents, universities, media representatives, young people, and citizens in supporting gender equality focused life skills education program (Outcome 2).





## PURPOSE OF THE BASELINE EVALUATION

The baseline assessment was carried out to contribute to a comprehensive understanding of attitudes amongst young men and women within Bosnia and Herzegovina society (from Banja Luka, Sarajevo, Mostar region, Tuzla, Brčko, Bijeljina and Istočno Sarajevo) participating in the program toward prevention of gender-based violence, promotion of gender equity and healthy lifestyles, in the project inception phase, to work-out lessons learned and to provide recommendations for further action. We conducted a baseline assessment with the mentioned target groups to assess how they feel, think and how much they know about the topics we address through our work, by using a survey as a tool in the process. The key research questions underlying the evaluation are:

1. What are the views of young men and young women regarding gender roles and attitudes?
2. What is the situation with young men and young women related to health, including the use of alcohol, smoking, substance abuse, sexuality, and reproductive health?
3. What is the experience of young men and women in relation to suffered and committed violence, violence in a relationship?

CARE intends to assess the knowledge level, attitudes, and behaviours of youth by conducting self-administered surveys prior to and after the intervention so that comparison and assessment of the project results can be made and will contribute to a comprehensive Final Project Evaluation.



## METHOD

In order to obtain detailed input from young men and women in the most effective way, we were using a self-administered questionnaire at baseline in intervention sites. Most respondents filled out the questionnaire through an online platform. Students who did not have a smartphone filled out printed questionnaires. We conducted the self-administered surveys among all target groups in intervention sites, before our partners started with interventions, so that a comparison of what has changed can be made at a later stage. The survey is conducted collaboratively between CARE, local partners NGOs and the consultant. Local partners NGOs secured permissions from relevant ministries and institutions to enter the schools and implement data collecting. The leading coordination role was done by the CARE project manager.

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## PARTICIPANTS

Age group of respondents was similar across all locations (Banja Luka, Bijeljina, Brčko, Istočno Sarajevo, Mostar region, Sarajevo and Tuzla). Most of the respondents were young men and women, aged 15-16 years. Most of them were in the first or second year of high school. The following number of youth participated in this research: 275 from Banja Luka, 87 from Bijeljina, 110 from Brčko, 112 from Istočno Sarajevo, 602 from the Mostar region, 178 from Sarajevo and 135 from Tuzla, while 12 respondents live in some other cities. Overall, 861 young men and 627 young women took part in this research. Twenty-three respondents did not indicate their gender and they categorized themselves as “other (non-binary)”, while 89 did not fill in the question. This said, overall number of respondents in the survey was 1600. More details, including some socio-demographic characteristics, are presented in the following table and charts.



**Table 1**

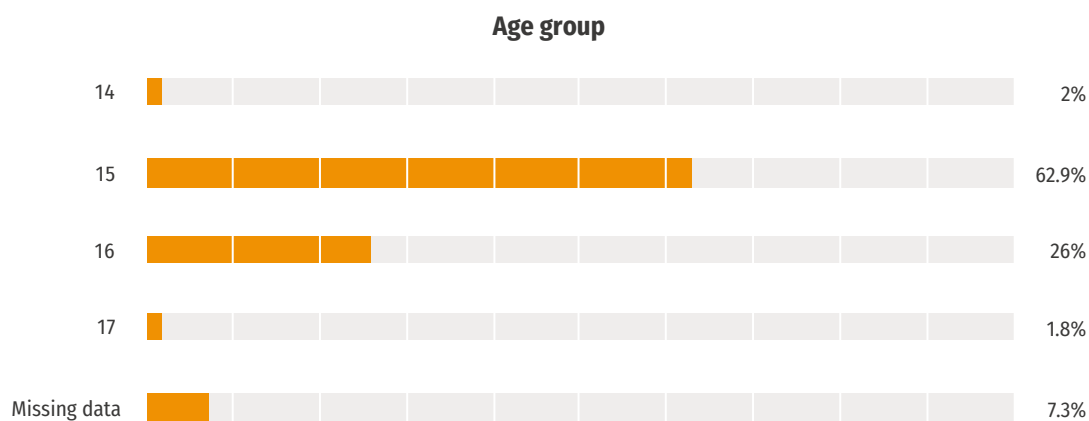
*Number of young men and young women respondents from all cities*

City	Young men	Young women	Other / non-binary	Total per city
Banja Luka	189	82	4	275
Bijeljina	49	36	2	87
Brčko	85	23	2	110
Istočno Sarajevo	23	87	2	112
Mostar region	333	264	5	602
Sarajevo	75	102	1	178
Tuzla	97	33	5	135
Other cities	10	0	2	12
<b>Total</b>	<b>861</b>	<b>627</b>	<b>23</b>	<b>1511</b>

*Note: Missing data is 89*

**Chart 1**

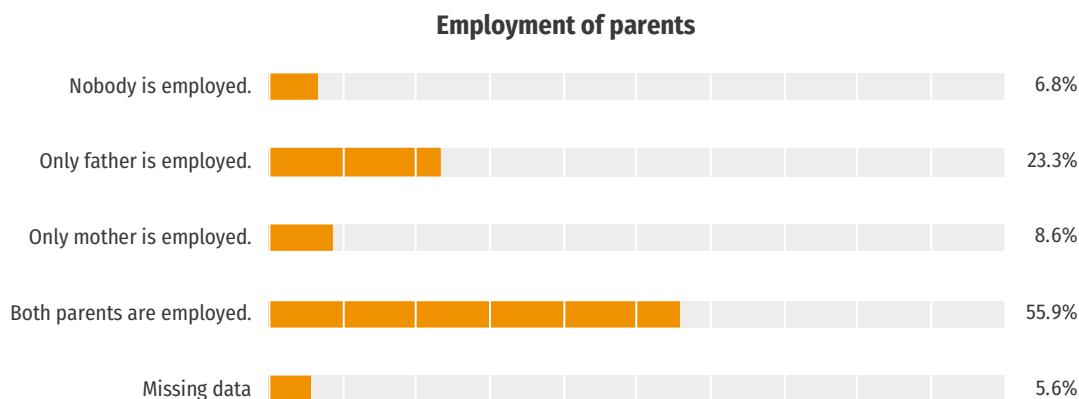
*Age of respondents*



*Note: The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.*

## Chart 2

### Employment of parents



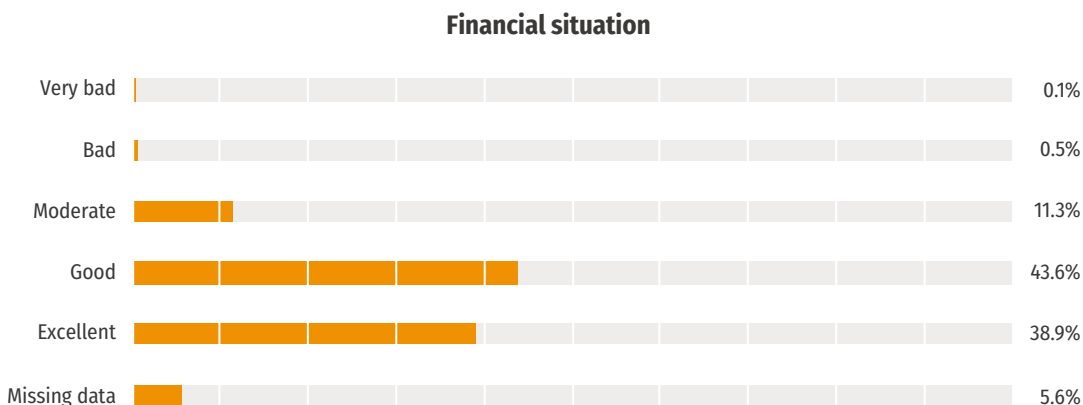
*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In chart no. 2, we can see that the greatest number of respondents (around 56%) have parents who are both employed, 23.3% live in a family where only the father is employed, and 9% where only the mother is employed. Around 7% live in a family where none of the

parents is employed. We can conclude that in a significant number of families (around 44%) one or both parents are not employed, which points out to potentially problematic social situation in BiH families.

## Chart 3

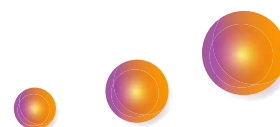
### Assessment of the financial status of a family



*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In contrast to the above-mentioned data are results on the perception of the financial status of a family. Results show that only 0.6% of respondents state that their financial situation is bad, and 11.3% that it is moderate. Close to 44% assess it as good, and 39% as excellent. Thus, around 83% of respondents are satisfied with their financial status. Taking into con-

sideration objective data on social standards and average salaries in BiH, we can assume that this data is not very realistic, and it is a consequence of young respondents feeling ashamed to openly state their financial problems their families potentially have to deal with.





## INSTRUMENTS AND PROCEDURES

The decision was made to use self-administered 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 a multiple school setting. 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 the young men and young women understand the questions and know how to respond to the questions. The survey was pre-tested in all cities and adjustments were made accordingly prior to administering the baseline survey.

At the beginning of the research, data collectors explained the survey, consent process and obtained written consent from each student. All research participants gave their consent to participate. While no personal identifiers were collected, each student was assigned a unique code in order to match baseline and later end-line responses.

The research was primarily implemented online, through online platform KA. This method was used for number of challenges and problems caused by COVID-19 pandemic. Namely, it was doubtful whether respondents in all the cities would attend classes in the school premises in the period of survey implementation. In some cities and schools, it was though more practical to implement the survey using printed questionnaires. Consequently, 305 BiH respondents filled out the printed questionnaires, mostly because their internet connection in a school was weak, or students did not have a smart phone.

The self-administered questionnaire successfully met the needs of this study. The data collectors shared that while filling out the surveys, young men and young women were silent and comfortable in asking questions. There were no reports of young men and young women treating the survey as a test or noteworthy problems with the survey administration procedures.

In order to gather information necessary for the evaluation, as well as to establish a baseline understanding of the situation by these young men and women, the questionnaire was divided into several sections. The sections were the following:

- › General background information: included questions about family, home, demographics, socioeconomics;
- › Gender relations, views about men and women: included 17 main items from the 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 towards homosexuality;
- › Health: included questions about health seeking behaviours, smoking, alcohol and substance (ab) use; knowledge questions about sexual reproductive health, attitudes towards contraception, HIV and sexually transmitted infections (STI); mental health states measured by standardised scale MHI 5 (mental health inventory);
- › 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.

Instruments for both young men and young women were the same. The plan is to repeat the research after the program implementation.

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





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## LIMITATIONS

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

It is not great that a number of respondents filled in the survey online, and a number through printed questionnaires. It would have been better if they all filled in the questionnaires in the same way, but that was simply not possible due to different IT conditions in different schools.

One of the limitations of the research was the existence of codes on questionnaires. All questionnaires

had codes that should enable us to link the questionnaire from the initial and final research. Data collecting itself went generally well. In some classes students had objections that questionnaires contained numbers/codes and they expressed doubt about the anonymity of the questionnaires. Data collectors tried to resolve this issue by explaining a couple of times that in fact it is anonymous and that no one will pair names with codes, no one will use this to tell on them to teachers or parents, etc.

One of the limitations is the process of data collection in Bijeljina, which took place on two occasions, with some delay compared to other cities. The consequence of this process or of some other factors is that the results on some questions differ significantly from the results in other cities.

One problem is that some students did not know certain terminology used in the questionnaire. Some did not know the meaning of AIDS, HIV, or contraception. These problems were solved by data collectors explaining the meaning of these words.

# RESULTS

We will present results per thematic areas: gender, health, violence, and free time. Results for young men and young women are presented in tables separately, as well as separately per each city. Underneath the tables, results are commented first for young men and then for young women..

## GENDER RELATIONS

The following tables represent the results of attitudes towards gender relations. We grouped them into three categories of attitudes: gender roles, gender norms, and attitudes towards persons of homosexual orientation. Components related to violence and gender-based violence will be presented in the chapter on violence.

**Table 2**

*Gender attitudes of young men*

	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
A women's most important role is to take care of her home and cook for her family.	42.9	0.0	47.6	30.4	28.3	9.7	40.2
Changing diapers, giving kids a bath, and feeding the kids are mother's responsibility.	39.8	2.0	46.4	39.1	38.6	34.2	38.5
A man should have the final word about decisions in the home.	48.1	24.5	51.2	52.2	47.3	44.7	48.4
It's more acceptable for a boy to skip class than a girl.	17.1	18.4	31.0	39.1	28.4	18.5	16.5
It is okay for men to cry and show their emotions in front of others.	78.7	18.4	68.0	43.5	65.1	76.3	77.3
The most important quality for a man is physical strength and power.	40.8	4.1	42.8	30.4	32.1	40.9	44.3
I would have a homosexual friend.	8.7	4.1	10.7	13.0	11.3	22.4	10.3
It is okay to hit or kick a homosexual person if he flirts with me.	65.1	4.1	56.2	69.6	58.3	41.3	58.8
I would be ashamed if I had a homosexual son.	69.4	6.3	71.9	82.6	72.2	67.1	65.9

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

The previous table presents attitudes towards gender roles, norms and homophobia. In most of the cities, results are similar, with the exception of Bijeljina. Young men in this city generally expressed more gender-equal attitudes, but we also notice contradictions in the results on some of the gender-equality questions. This may be a consequence of participants not filling in the questionnaire seriously enough in this city. Therefore, we will predominantly focus on commenting on the results in other cities.

Attitudes toward gender roles, in almost all the cities, show that between 30% and 50% of young men, or even more, agree with the statements in the questionnaire. Around 30-40% of young men feel that women should do housework and take care of children. Close to 50% of young men feel that men should be those who make the most important decisions in a family.

So, significant percentages of young men have unequal attitudes about gender roles.

When it comes to gender norms, the situation is similar. Around 30-40% of young men express gender unequal norms.

Homophobia is quite present in young men. Around 60-90% of young men, or even more, show bigotry towards homosexuals. The majority of young men (40-70%) agree that it is okay to hit or kick a homosexual person if he flirts with them.

When we look at the results by cities, we can notice that there are no major consistent differences (except Bijeljina). The only thing is that bigotry towards homosexuals is somewhat less present with young men from Sarajevo and Bijeljina.

**Table 3**

*Gender attitudes of young women (% - agrees with the following statements from GEM scale)*

	Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
A women's most important role is to take care of her home and cook for her family.	30.5	0.0	21.7	9.2	17.1	12.9	12.6
Changing diapers, giving kids a bath, and feeding the kids are mother's responsibility.	44.0	5.6	34.8	21.8	29.3	21.0	25.0
A man should have the final word about decisions in the home.	20.1	0.0	17.3	19.5	14.8	7.0	12.5
It's more acceptable for a boy to skip class than a girl.	21.0	8.4	13.0	14.9	11.7	8.9	12.6
It is okay for men to cry and show their emotions in front of others.	85.1	61.1	95.7	94.2	91.9	99.0	93.7
The most important quality for a man is physical strength and power.	22.5	0.0	13.0	11.5	17.9	11.3	12.5
I would have a homosexual friend.	47.6	51.4	47.8	70.9	37.3	55.5	71.9
It is okay to hit or kick a homosexual person if she flirts with me.	25.3	2.9	17.3	4.6	12.6	7.1	9.4
I would be ashamed if I had a homosexual son.	24.7	8.4	34.8	23.0	37.2	33.2	15.6

Note: The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

When it comes to gender roles, attitudes of young women are somewhat better than those of young men. Young women from Bijeljina expressed significantly more gender-equitable attitudes than young women from other cities. In the majority of cities, between 7% and 30% of young women show gender-inequitable attitudes. In the majority of cases and cities, up to 15% of young women support gender-inequitable norms. This is probably a consequence of the psychological internalization of stereotypes. Persons who are exposed to certain labelling for a longer period of time start to internalize those labels, meaning prejudice towards themselves.

We can notice that young women from Banja Luka (besides Bijeljina) have the most gender-inequitable attitudes.

Attitudes of young women toward homosexuals are more open than those of young men. Between 37% and 72% of young women from all cities state that they would accept a homosexual for a friend. Between 15% and 35% of young women state they would be ashamed if their son would be homosexual.

We can conclude that a significant number of youth, especially young men, express gender stereotypes. Inequality is mostly expressed in the domain of homophobia and gender roles in general.

## HEALTH

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

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

**Table 4**

*Drinking, smoking cigarettes and marijuana - young men and young women*

Behaviours		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
Currently smoking cigarettes	YM	16.0	24.0	18.1	22.7	17.3	7.9	13.4
	YW	21.0	5.6	0.0	4.6	9.1	8.0	6.3
Drinking alcohol (several times a month or more)	YM	37.8	0.0	26.2	40.9	13.9	14.4	13.4
	YW	30.8	0.0	4.3	17.2	7.2	6.0	0.0
Being drunk (once a month or more)	YM	27.4	2.0	27.4	36.3	15.3	11.9	12.4
	YW	23.4	0.0	4.3	8.0	9.1	7.0	3.1
Smoking marijuana in last 3 months	YM	5.3	14.3	3.6	9.1	3.3	2.6	3.1
	YW	7.3	2.8	0.0	1.1	0.8	3.0	6.3

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.





Up to 24% of youngsters smoke cigarettes. Young men from Bijeljina, Istočno Sarajevo and young women from Banja Luka smoke the most, while young men from Sarajevo and young women from Brčko smoke the least.

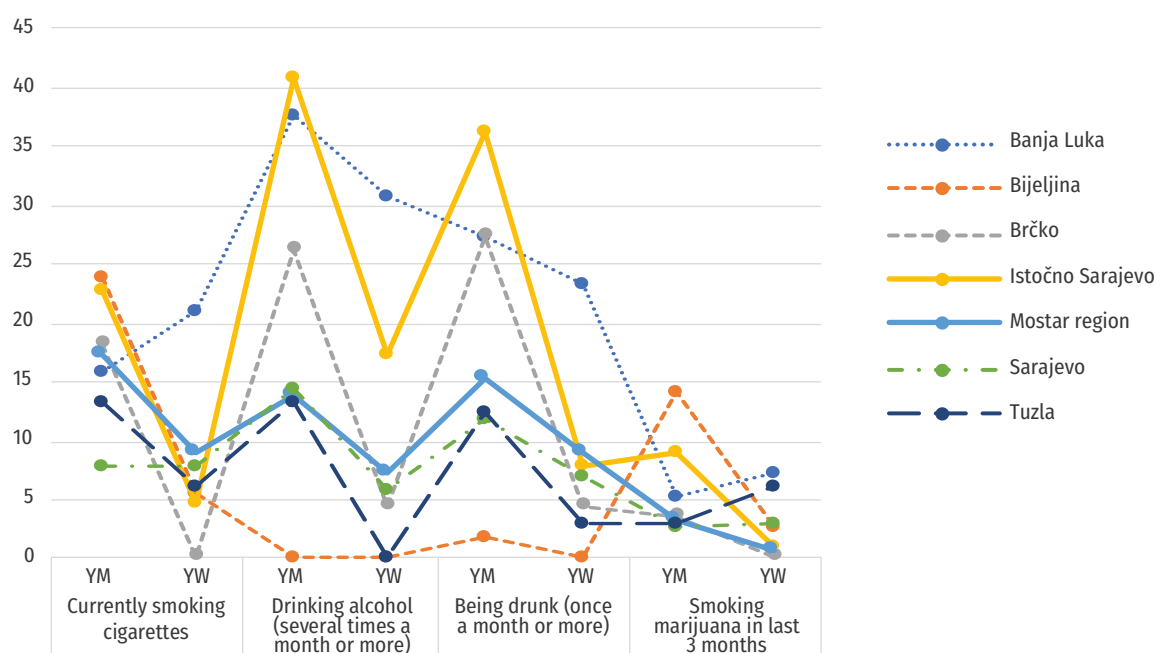
The greatest difference between the cities is in the use of alcohol. Between 26% and 41% of young men from Banja Luka, Istočno Sarajevo and Brčko drink alcohol (several times a month or more). The lower percentage of young men (around 14%) from Sarajevo, Tuzla and Mostar state they drink. According to the results, the lowest percentage is in Bijeljina. Young women drink less than young men, but relations are similar between the cities. Similar percentages are of young men who claim they are getting drunk.

As expected, marijuana is used less. In the majority of cities, 3-9% of young men and up to 7% of young women used marijuana. The exception is Bijeljina, where 14% of young men confirm that they have consumed marijuana. Interesting data (in additional analysis) is that a significantly higher percentage of young men and young women (6-22%) have friends that use opiates. This can point out the fact that the real percentage of youth who smoke marijuana is higher, but they do not want to admit that in the survey.

From the previous table we saw that in the majority of cases young men used psychoactive substances more than young women. The results on these topics can be seen more clearly in the chart.

**Chart 4**

*Youth and substance use*

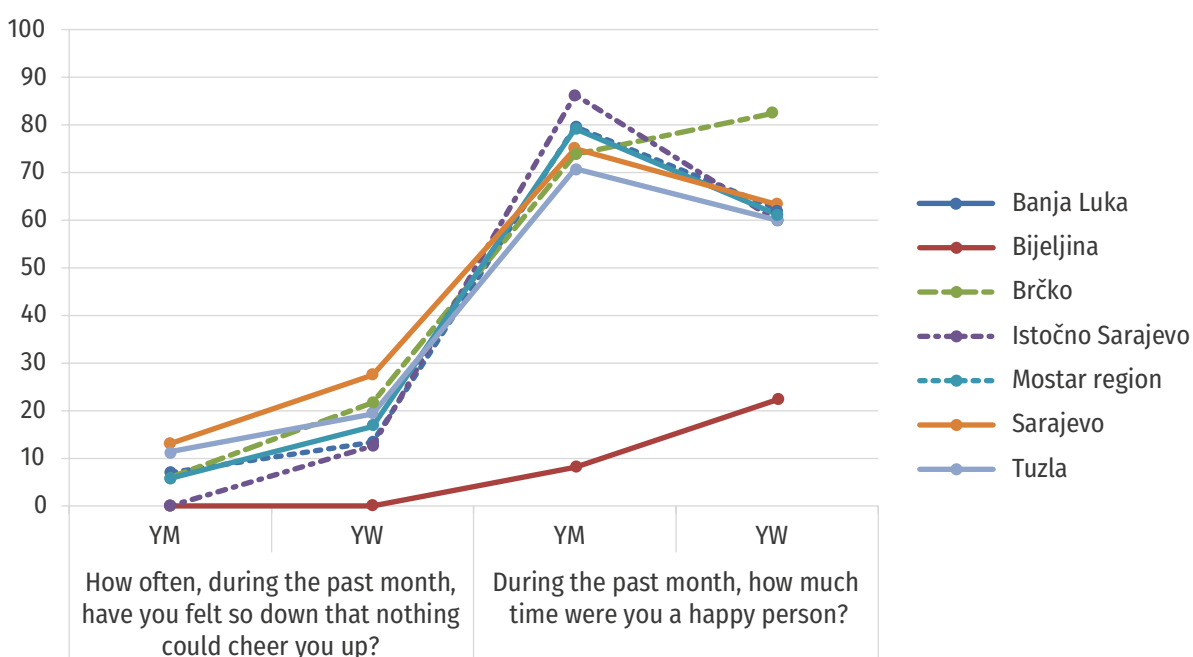


*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

## Mental health

**Chart 5**

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



*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

We had asked the youth to what extent they feel happy and how often they experience helplessness (felt so down that nothing could cheer them up). Similar results were achieved in most cities, except in Bijeljina. In that city, young people do not show signs of helplessness, but it is strange that the percentage who feel happy is not high (8% of young men and 22% of young women).

In other cities, in the statement on mental health, the state of happiness that young women and men experienced in the month prior to the research dominates to the extent (71-86% young men and 60-82% young women). Up to 13% of young men, and 12-27% of young

women, manifest helplessness. So, worse mental conditions were more common in young women than in young men.

We also asked the survey participants who they go to when they have some mental problems. Among those who do seek help, the majority are those who ask their friends for help. Young men go to their male and female friends and both parents, while young women usually go to their female friends, mother and then both parents. Only a few had said they would only talk to their father. The majority of survey participants pointed out they have 2-5 friends they can go to.

**Table 5***Self-esteem of young men and young women*

Statements		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
I am happy with my body.	YM	57.3	51.0	51.8	66.7	58.2	64.9	52.1
	YW	47.6	57.1	63.6	60.9	59.7	49.5	48.4
When I am in a group of friends, I feel less worthy than them.	YM	8.1	0.0	1.2	4.8	4.0	5.4	2.1
	YW	9.8	0.0	9.1	3.4	6.9	12.4	9.7
I do many things well.	YM	61.1	59.2	50.0	50.0	64.9	56.8	62.5
	YW	46.3	82.4	27.3	53.5	61.2	54.1	38.7
I accomplish most of the goals I set.	YM	72.7	10.2	50.0	61.9	55.6	59.5	67.7
	YW	48.1	40.0	50.9	47.1	57.3	54.1	51.6
Sometimes I think I am good for nothing.	YM	25.3	14.3	17.9	19.0	14.8	20.3	21.9
	YW	34.1	0.0	18.2	37.9	32.4	34.7	32.3

Note: The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In the table above we can see the results related to self-esteem. In general, the majority of youngsters (50-70% of young men and 40-60% of young women) expressed satisfaction with themselves, their looks, and accomplishment of goals. Around 1-8% of young men and 3-12% of young women show significant problems with self-respect and feel they are less worthy than others.



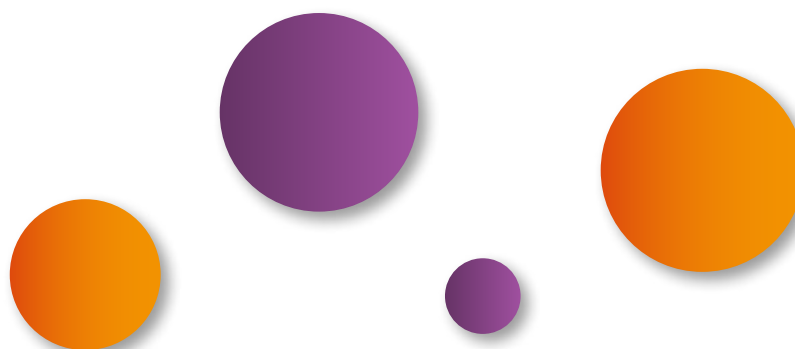
## Sexual and reproductive health

**Table 6**

*Knowledge about sexual and reproductive health*

Statements		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
A woman has greater chances of getting pregnant halfway through the menstrual cycle.	YM	22.8	2.0	18.0	4.5	7.9	8.1	8.3
	YW	20.7	14.3	8.7	25.3	16.0	9.7	9.7
Testosterone is a hormone that influences development of male secondary characteristics.	YM	38.7	61.2	56.0	54.5	42.0	60.8	41.1
	YW	22.5	62.9	26.1	25.0	25.9	34.1	24.1
A woman can NOT get pregnant the very first time she has sexual intercourse.	YM	54.9	95.9	65.2	45.5	50.8	68.9	51.6
	YW	47.6	91.7	39.1	62.8	53.4	65.3	61.3
HIV and AIDS are not the same.	YM	24.0	36.7	29.8	27.3	28.7	53.3	26.8
	YW	23.2	62.9	17.4	10.7	18.7	49.5	30.0
People can get the HIV virus by sharing food with a person who has HIV.	YM	36.8	61.2	36.9	27.3	24.2	40.0	14.4
	YW	31.6	65.7	39.1	49.4	23.0	45.7	12.9
All sexually communicable infections have some symptoms visible to the naked eye.	YM	35.9	2.0	41.7	22.7	27.1	39.2	28.9
	YW	34.1	62.9	30.4	39.3	32.4	42.2	26.7
Interrupted intercourse is very reliable way to prevent pregnancy.	YM	22.7	95.8	33.3	27.3	16.2	20.8	12.6
	YW	22.8	85.7	21.7	33.7	27.5	36.6	16.1
Same condom can be used a couple of times.	YM	81.0	98.0	80.7	72.7	79.3	83.6	83.2
	YW	80.0	88.9	78.3	76.7	72.5	80.0	67.7

*Note:* The data on the table refer to the percentage (%) of respondents' correct answers in regard to the statements from the GEM scale. Author.





This table presents results on knowledge about sexual and reproductive health, contraceptives and sexually transmittable infections.

The first three statements are related to reproductive health. The percentage of correct answers varies a lot. From 2% to 22% of survey participants knew in which period of the month it is easier for a woman to get pregnant, while a significantly higher percentage (39-96%) knows it is possible to get pregnant during first intercourse. The role of testosterone was recognised by 39-61% of young men and 23-63% of young women.

For the majority of items on knowledge of HIV and other STIs, the correct answer was given by 20-65% of survey participants.

When it comes to preventing pregnancy, between 22% and 37% of survey participants from most of the cities (except in Bijeljina) feel that interrupted intercourse is not a reliable way to prevent pregnancy. In Bijeljina percentage of correct answers is up to 96%. A significantly higher percentage (72% to 98%) is aware that the condom cannot be used more than once.

In the majority of cases, we can conclude that the percentage of correct answers varies between 20% to 50%. There are no consistent differences considering gender. Young people in Bijeljina, in most cases, had a higher percentage of correct answers compared to young people from other cities.

Thus, there is plenty of space for progress on these important topics, so in future educational activities attention should be given to this area.

**Table 7**  
*Contraception in practice*

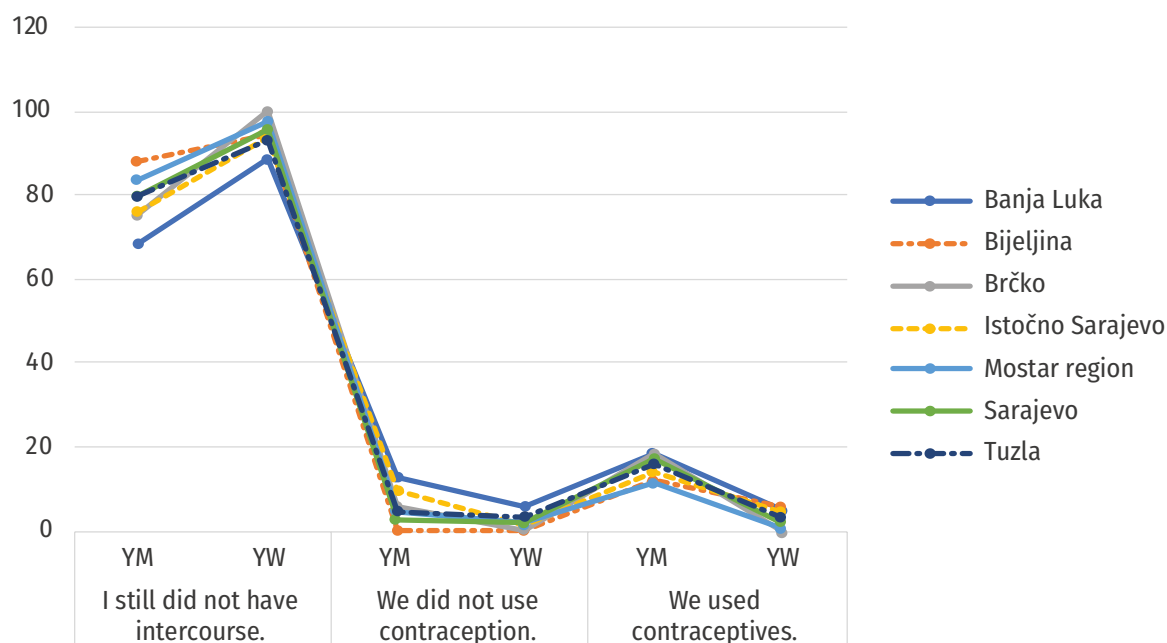
Options		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
I still did not have intercourse.	YM	68.7	87.8	75.6	76.2	83.7	80.0	79.8
	YW	89.0	94.4	100.0	94.0	97.3	95.7	93.3
We did not use contraception.	YM	12.6	0.0	6.1	9.5	4.6	2.9	4.3
	YW	6.1	0.0	0.0	1.2	1.9	2.1	3.3
We used contraceptives.	YM	18.7	12.2	18.3	14.3	11.7	17.1	16.0
	YW	4.9	5.6	0.0	4.8	0.8	2.1	3.3

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

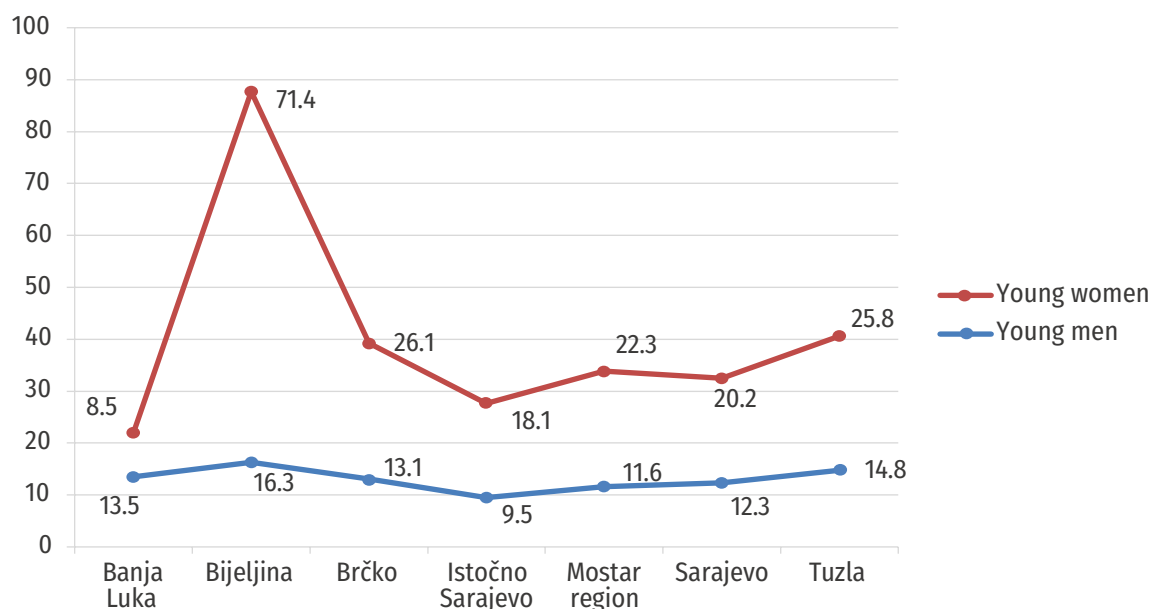
In this table, we can see the percentage of youth who had sexual intercourse and whether they used protection or not. The vast majority of young men (68-84%) and young women (89-100%) state they did not have intercourse. Among those who had intercourse,

a greater percentage is of those who used contraceptives. Despite that, these data point out the need for education on the use of contraceptives. We can see a clearer overview in the chart.



**Chart 6***Intercourse and contraception*

Note: The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

**Chart 7***Visiting doctor (EVER) to check sexual and reproductive health*

Note: The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In this table, we can see to what extent young men and young women visited a doctor in order to check their sexual and reproductive health. We can see that the vast majority (except young women in Bijeljina)

of both young men and young women (74-91%) never had this kind of check-up. This is somewhat odd, especially the fact that young women never went to a gynaecologist once their menstrual cycle had started.

# VIOLENCE

**Table 8**

*Attitudes toward violence*

Statements		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
A single slap is a type of violence.	YM	56.5	93.8	51.8	60.8	62.8	52.6	61.8
	YW	77.6	86.2	91.3	86.2	84.7	77.3	78.1
Insulting and calling somebody names cannot be considered violence.	YM	24.6	2.0	21.7	13.6	18.4	14.7	23.7
	YW	16.0	2.8	13.0	6.9	15.6	12.4	19.4
Parents physically punishing and hitting their children is a normal thing.	YM	21.3	2.0	18.1	9.1	11.6	16.0	11.6
	YW	7.4	0.0	0.0	2.3	3.0	3.0	3.2
If somebody would invite me to join the fight, I would be embarrassed to give up the fight.	YM	27.9	10.2	24.1	22.7	25.9	26.7	15.6
	YW	11.1	2.8	4.3	4.7	5.0	4.1	0.0
Violence is sometimes the only way to solve some problems.	YM	37.2	8.2	37.3	36.4	36.9	41.3	29.9
	YW	11.1	0.0	0.0	14.0	9.1	12.2	3.2
If violence between youth happens, in a relationship or family, the best thing is not to discuss it with others.	YM	36.5	91.8	34.9	31.8	32.1	38.7	40.2
	YW	25.9	69.4	43.5	26.4	24.9	25.0	29.0

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In this table, results on attitudes towards different forms of violence are presented. The results in Bijeljina are significantly different from other cities and we will comment on them separately.

In most cities, 52-62% of young men feel that a single slap is a type of violence. The same comes from 77-91% of young women. These results (on the general level) show that 40-50% of young men and 10-23% of young women have the wrong perception and minimize the gravity of slapping as a type of violence. Similar situation is with verbal insults. Around 14-25% of young men and 0-7% of young women feel that verbal insult is NOT violence. This wrong perception is more common in young men than in young women.

Between 9% and 21% of young men and 7% to 21% of young women feel that it is justifiable for parents to physically punish and hit their children. This is probably a consequence of traditional and patriarchal norms that usually imply an autocratic style of parenting with elements of violent 'upbringing' measures.

Around 16-28% of young men feel it is a shame to leave the fight. Around 30-41% are of the opinion that violence is sometimes the only way to solve problems, and one should not talk about it with others. The percentage of young women who agree with these statements is lower.

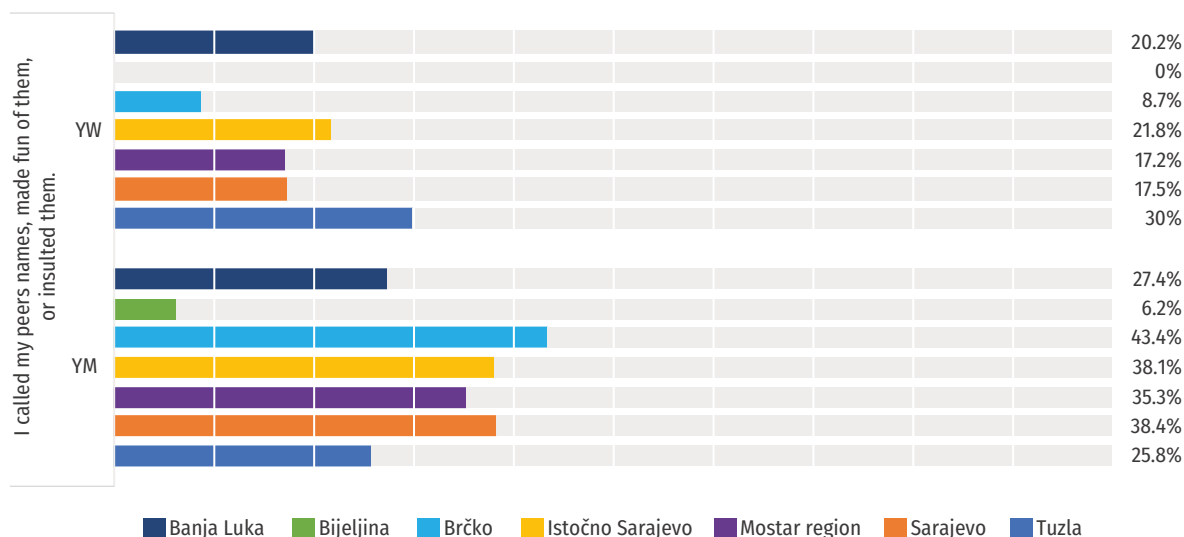
There are no consistent differences between the cities, except in Bijeljina. In that city, significantly higher percentages of young men and women (80-90%) recognise various forms of violence and have a proper attitude towards violence.

So, a significant percentage of young men and women do not perceive slapping and psychological violence as violence. This is definitely a problem, as the wrong perception of violence can result in increased violent behaviour and tolerance of it. When working with youth, it is certainly important to teach the youth about different types of violence and the consequences of that violence.

## Experience with peer violence

**Chart 8**

*Psychological peer violence from the position of the perpetrator in last 3 months*

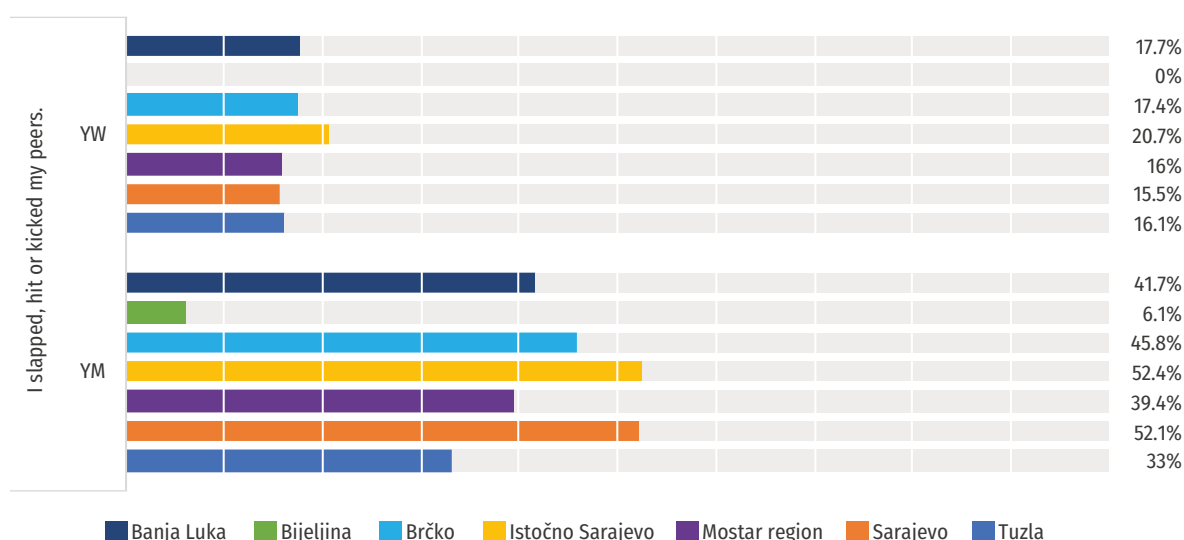


Note: The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

The chart shows the level of perpetrated peer violence (different types) in the last three months. In most cities, between 26-43% of young men and 9-30% of young women participated in perpetrating verbal and psychological violence. In Bijeljina, this type of violence is confirmed by 6% of young men.

**Chart 9**

*Physical violence from the position of the perpetrator in last 3 months*



Note: The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In six cities (except Bijeljina), perpetrated physical violence was confirmed by 33-52% of young men and 16-21% of young women. Similar to psychological violence, in Bijeljina the physical type of violence is confirmed by 6% of young men.



**Table 9**

*Experiences with other forms of peer violence from the position of the perpetrator in last 3 months*

Types of violence		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
I was sending insulting messages to my peers via SMS or through social networks.	YM	10.6	6.2	12.0	25.0	8.8	17.8	11.3
	YW	6.3	0.0	0.0	2.3	3.4	1.0	12.9
I sexually harassed or touched other people against their will.	YM	7.8	0.0	10.8	14.3	3.0	0.0	2.1
	YW	1.7	0.0	0.0	2.3	0.4	0.0	3.2
As a member of peer group, I took part in violent act.	YM	15.6	0.0	20.7	19.0	13.7	12.5	15.5
	YW	5.1	0.0	4.3	2.3	4.6	4.2	3.3
I verbally insulted or hit someone I thought was homosexual.	YM	25.8	0.0	20.7	32.3	18.6	19.2	18.6
	YW	2.5	0.0	0.0	6.9	1.5	6.2	9.7

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

We will comment on data from six cities since these forms of violence have not been identified in Bijeljina. Cyber violence, perpetrated on social media, is noted in 9-25% of young men, and up to 13% of young women.

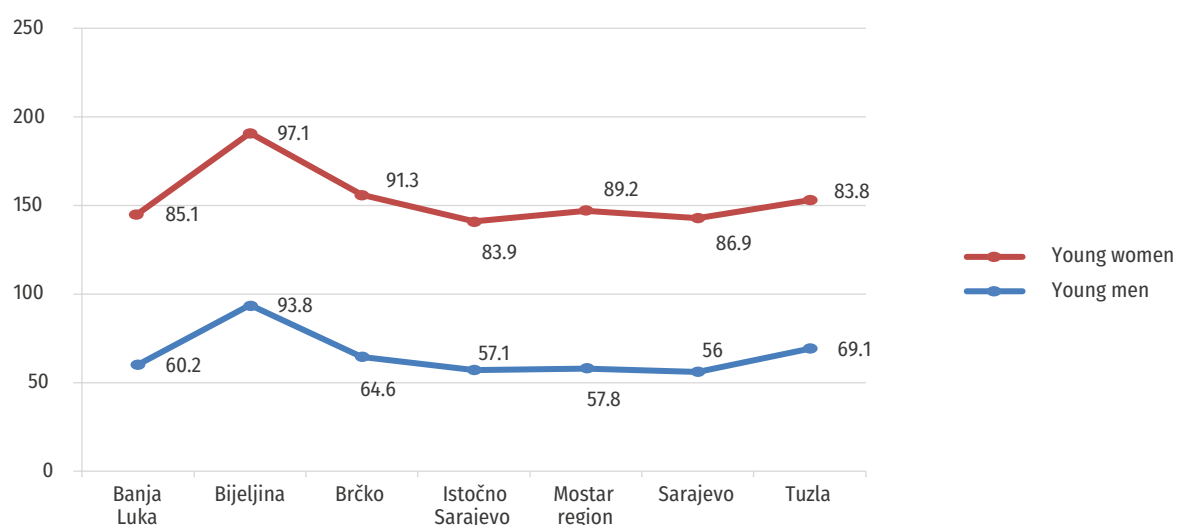
About 13-21% of young men participated in group peer violence. The highest level of it is evident in Brčko and Istočno Sarajevo. This type of violence was confirmed by up to 5% of young women.

Sexual harassment was confirmed in most cities by up to 14% of young men. It is higher in Istočno Sarajevo and Brčko. This type of violence is not so much registered among young women in most cities, except in Tuzla, Istočno Sarajevo and Banja Luka (up to 3%).

Verbal or physical violence towards persons perceived as homosexuals was confirmed by 19-32% of young men (highest in Istočno Sarajevo) and by 0-9% of young women (highest in Tuzla).

**Chart 10**

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



*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In this chart we can see how youth would react if they saw a fight between a person they know and somebody else. Between 56-69% of young men and between 84-89% of young women from six cities claim they would try to stop the fight, or they would try to call for help. At the same time, it is problematic that

around one-third of young men, or even more, would join the fight in some way, instead of trying to stop it. This could be one of the topics for future work with young men. In Bijeljina, 97% of young women and 94% of young men claim they would stop the fight.

## Gender based violence and violence in relationships

**Table 10**

*Attitudes toward gender-based violence*

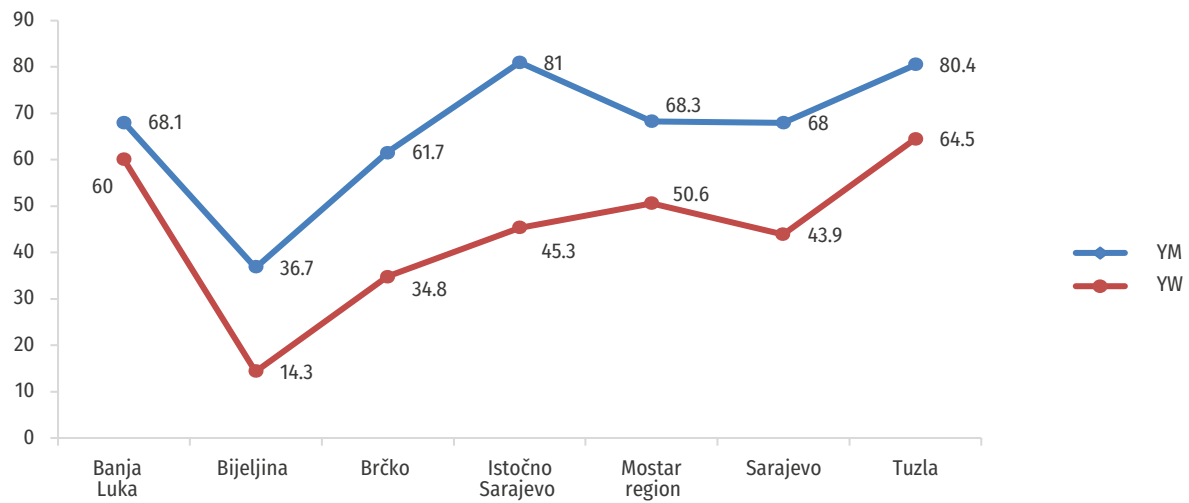
		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
If a woman cheats on a man, it is right for him to hit her.	YM	13.4	0.0	9.6	8.7	7.2	7.8	5.2
	YW	4.8	0.0	4.3	2.2	1.9	2.0	0.0
A woman should tolerate violence in order to keep her family together.	YM	11.0	0.0	3.6	4.5	5.8	9.5	5.1
	YW	3.7	0.0	0.0	0.0	4.2	4.0	0.0
When a woman is sexually harassed, it is usually because the way she dresses.	YM	31.5	0.0	29.7	26.0	29.1	26.3	31.0
	YW	12.4	2.9	8.7	10.4	24.4	11.7	31.3

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

This table represents the results of attitude towards gender-based violence. We will comment on data from six cities since in Bijeljina participants disagree with the claims. We can see that the attitudes of some young men show certain approval of gender-based violence. Around 7-13% of young men approve gender-based violence if a woman cheats on a man. The highest percentages are in Banja Luka. Around 26-32% of young men feel that if a woman is sexually harassed, it is usually because of the way she dresses. Around 4-11% of young men (the highest percentage is in Banja Luka) feel that a woman should tolerate violence in order to keep her family together.

The attitude of young women towards gender-based violence is more negative, which was expected. In the majority of cases agreement with the statements is below 5%. What is worrying is the fact that a significant percentage of young women feel that the way a young woman dresses is a cause for sexual violence (8-31%). The highest percentages are in Tuzla and Mostar.



**Chart 11***Experience with relationships*

*Note:* The data on the chart refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

Before questions on behaviour in relationships, we had asked the survey participants whether they had been in a relationship in the past. Around 62-81% of young men from six cities had a relationship. The per-

centage of young women who were in a relationship is slightly lower (34-64%). In Bijeljina, this percentage is lower, 37% of young men and 14% of young women confirmed the relationship.

**Table 11***Experiences with violence in a relationship from the position of the perpetrator (in the sample of those who had a relationship)*

Types of violence in relationships		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
Have you ever insulted or humiliated your current or former girlfriend/boyfriend?	YM	17.5	11.1	16.0	17.6	15.2	25.5	20.8
	YW	39.6	-	37.5	39.0	24.8	26.8	42.1
Did you limit or forbid your current or former girlfriend/boyfriend to communicate with friends, go out, on the way they dress, and similar?	YM	13.4	22.2	12.0	17.6	10.3	12.2	20.8
	YW	10.4	-	0.0	5.6	15.9	15.0	11.1
Have you ever hit your partner?	YM	9.3	0.0	4.0	5.9	2.2	3.9	1.3
	YW	12.5	-	0.0	14.0	10.7	7.3	15.8
Have you ever had sex with a partner against her/his will?	YM	17.6	0.0	16.0	17.6	5.4	8.0	3.9
	YW	4.2	-	0.0	2.8	0.0	0.0	0.0

*Note:* For some questions, data for girls from Bijeljina were not shown because there were only 6 answers. The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.



When it comes to violence in a relationship, it is not negligible, especially having in mind the fact that the majority of young people in this age group do not have a steady relationship. It is interesting that the violent behaviour of young women in a relationship is similar to or even higher than the violent behaviour of young men. Psychological violence in the form of insulting and humiliating varies between 11% and 25% among young men, and 25-42% among young women.

Physical violence is differently represented. It varies between 2% and 9% with young men (the highest in Banja Luka), and up to 16% with young women. Phys-

ical violence (in a relationship) perpetrated by young men is more visible in Banja Luka, and that perpetrated by young women is higher in Tuzla, Istočno Sarajevo, and Banja Luka.

Sexual violence perpetrated by young men is quite present in some cities, especially having in mind the gravity of such violence. This type of violence was confirmed by 16-18% of young men in Banja Luka, Brčko, and Istočno Sarajevo, while in other cities it is between 4% and 8%. Such violence was not noted with young women, but in Banja Luka and Istočno Sarajevo (3-4%).

**Table 12**

*How did you react on violence in an intimate relationship?*

		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
I successfully resolved the situation by defending myself or avoiding violence	YM	27.4	5.6	18.0	0.0	18.5	16.3	20.8
	YW	14.9	0.0	0.0	8.3	9.4	4.9	15.8
I couldn't stop violence; I have been a victim.	YM	4.3	0.0	2.0	13.3	1.4	2.0	1.3
	YW	0.0	0.0	0.0	0.0	3.9	0.0	0.0
I did not experience violence in a relationship, so I did not react.	YM	68.4	94.4	80.0	86.7	80.1	81.7	77.9
	YW	85.1	100.0	100.0	91.7	86.7	95.1	84.2

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In this table we can see how young men and young women dealt with violence in a relationship, if they experienced it. The majority, 68-95% did not have that problem at all. Among those who had experienced violence in a relationship, the majority of them claim

they successfully solved the problem. Said this, 13.3% (in numbers 2 participants) of young men from Istočno Sarajevo, and 4.3% from Banja Luka pointed out they had been victims of violence in a relationship and were not able to stop it.



## SOCIAL AND FREE TIME ACTIVITIES

**Table 13**

*Spending free time on a weekly basis (several times a week or more)*

Types of activities		Banja Luka	Bijeljina	Brčko	Istočno Sarajevo	Mostar region	Sarajevo	Tuzla
Hanging out with friends	YM	78.1	93.9	85.3	90.0	86.8	80.0	88.5
	YW	87.8	86.2	73.9	89.1	82.5	77.0	53.4
Cultural activities (concerts, theatre etc.)	YM	10.6	0.0	13.4	10.5	6.4	6.6	7.3
	YW	8.8	0.0	4.3	2.4	9.4	8.3	6.7
Watching TV	YM	69.9	57.1	62.6	50.0	73.9	62.6	73.0
	YW	66.3	41.7	87.0	65.1	74.0	66.7	53.3
Surfing on social networks (Instagram, Facebook etc.)	YM	88.5	100.0	93.9	80.0	94.8	96.0	97.0
	YW	97.6	100.0	95.6	96.4	98.4	97.9	100.0
Helping parents	YM	86.8	44.9	80.3	95.0	94.7	92.0	100.0
	YW	91.3	55.6	95.7	100.0	97.3	98.0	90.0
In a café or club	YM	52.6	34.7	40.9	70.0	59.4	38.6	41.7
	YW	46.3	19.4	34.8	54.9	50.8	46.3	13.3
Learning or reading	YM	53.7	79.6	62.6	75.0	72.0	72.0	82.3
	YW	78.8	97.2	95.7	94.0	87.6	92.6	86.6
Bored, mostly alone	YM	29.5	10.2	36.1	25.0	23.5	24.0	33.3
	YW	36.3	14.0	39.1	34.9	36.7	49.4	63.3
Sports or recreation	YM	70.2	59.2	69.5	65.0	75.4	85.2	77.1
	YW	50.0	38.9	65.2	58.0	52.2	59.6	46.7
Working or volunteering in a youth group or some other association.	YM	9.8	0.0	8.4	15.0	11.4	4.1	9.4
	YW	7.6	0.0	4.3	3.6	13.7	9.7	6.6

*Note:* The data on the table refer to the percentage (%) of respondents' agreement with the statements from the GEM scale. Author.

In this table we can see how young men and young women spend their free time on a weekly basis. We can see that in most of the activities there are no major differences between the cities. The highest percentage of young women and young men (from 60% to 100%) spend their free time socialising with friends, watching television, surfing social networks, helping parents, and studying. A slightly smaller percentage of young men and young women (47-85%) spend time doing sports or in a café (35-70%). From 10% to 63% of youth state that they spend their free time being lonely or bored. Up to 15% of youth are involved in vol-

untary work. Youth spend the least time doing some cultural activities (2-13%).

Young men are more involved in sports activities and cafés. Young women spend more time studying and helping their parents.

We can conclude that youth spend time in different ways. Some of those activities are creative, while some have no purpose or goal. It would be better if some uncreative activities are less present.

# CONCLUSIONS AND RECOMMENDATIONS

## GENDER RELATIONS

**A significant number of young people, especially young men, express gender stereotypes.** In most of the cities (with the exception of Bijeljina) around 30-50% of young men express gender unequal attitudes towards gender roles and gender norms. Around 60-90% of young men, or even more, show bigotry towards homosexuals. In the majority of cities, between 7 and 30% of young women show gender-inequitable attitudes. Attitudes of young women toward homosexuals are more open than those of young men.

### Recommendation:

In future work, it is very important to work with youth with the aim to annul traditional gender stereotypes that often open door to domestic violence or violence in intimate relationships. Social norms and expectations create social pressure where, in the end, young men, eager to prove their masculinity, strength, and power in public, often reach out to completely absurd or risky behaviour. If this conditioned reaction is explained to them in some workshops, it is very possible that due to the need for independence and authenticity they would start using healthier lifestyles.

## HEALTH

**A certain number of young people are in contact and are consuming psychoactive substances.** In the majority of cities, young men use psychoactive substances more often than young women.

Up to 22% of youngsters smoke cigarettes. As expected, marijuana is less used. In the majority of cities, 3-14% of young men and up to 7% of young women used marijuana. The greatest difference between the cities is in the use of alcohol. Between 26% and 41% of young men from Banja Luka, Istočno Sarajevo and Brčko drink alcohol (several times a month or more). The lower percentage of young men from Bijeljina, Sarajevo, Tuzla and Mostar state they drink. Young women drink less than young men, but relations are similar between the cities.

### Recommendation:

Acquired results on the number of youth who use psychoactive substances are not so high but having in mind the developmental characteristics of youth one can expect that in the future period youngsters face this change more often. That is why future preventive programmes should be focused on: the introduction with different psychoactive substances and the effects of their use; reconsider motives with youth on why they decide to use psychoactive substances; how to resist peer pressure. These problems should especially be addressed in municipalities where this problem is more articulated.

**The majority of youth gave a positive assessment of their mental health.** State of happiness dominates in the last month (71-86% young men and 60-82% young women) in most of the cities (with the exception of Bijeljina). Similar percentages of youth express self-esteem. Up to 13% of young men, and 12-27% of young women, manifest helplessness. Thus, worse mental conditions were more common in young women than in young men. Young men and young women usually get support from their friends, mothers, or closer relatives. On average, they have two to five friends they can go to when they feel bad.

**Recommendation:**

*Despite the fact that the majority of youngsters give positive opinions on their mental health, it is essential to pay attention to a significant percentage of those who show signs of helplessness, which is very closely linked with depression. It is important to inform the youth who they can go to in case they have certain psychological problems. In the process of psychological support, it is important to include fathers more.*

**Knowledge of young men and young women about sexual and reproductive health, sexually transmittable infections, and contraceptives is on a quite low level.** In most of the cases percentage of correct answers, on average, is around 20-50%. There are no significant and consistent differences considering gender. Young people in Bijeljina, in most cases, had a higher percentage of correct answers compared to young people from other cities. The vast majority of young men (68-84%) and young women (8-100%) state they did not have intercourse. Among those who had intercourse, a greater percentage is of those who used contraceptives. The majority of young men and young women (74-91%; with exception of young women in Bijeljina) never visited a doctor in order to check their sexual and reproductive health.

**Recommendation:**

*Results show that youth are not well informed about sexual and reproductive health, thus it is very important and good that future program envisages active work on sexual and reproductive health. Besides education on reproductive health and contraceptives, it is important for youth to understand the importance of regular medical examinations. This is especially important as in the near future youth will be more mature and sexually active, thus potential risks are higher.*

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## EXPERIENCE WITH VIOLENCE

***A significant percentage of young men and women from most of the cities had a misconception of violence,*** and do not perceive slapping and psychological violence as violence. Also, a significant number of young men and young women feel it is acceptable that parents physically punish their children. This is definitely a problem as the wrong perception of violence can result in increased violent behaviour and tolerance of it. The exception is Bijeljina where a significantly higher percentage of young men and women recognize various forms of violence.

### **Recommendation:**

*The misconception of violence can later lead to increased violence or tolerance of violence. Educational programs should familiarize youth with different forms of violence, including psychological violence, and raise awareness of youth that physical punishment of children is not an optimal way of upbringing.*

***A significant number of young people, especially young men, had participated in different forms of peer violence.*** This conclusion and the following data do not refer to Bijeljina where significantly less violence was recorded. Besides psychological violence, what is worrying is physical violence, especially as it occurred in the last three months. Between 26-43% of young men and 9-30% of young women from most of the cities participated in perpetrating verbal and psychological violence. Perpetrated physical violence was confirmed by 33-52% of young men and 16-21% of young women in most cities. Group and cyber violence were noted to a lesser extent (up to 25%). Sexual harassment was confirmed in most cities by up to 14% of young men. Positive thing is that majority of young women (84-89%) and young men (56-69%) claim they would try to stop violence, in case it occurs.

### **Recommendation:**

*In future preventive programmes, it is necessary to dedicate attention to all forms of peer violence: psychological, physical, sexual, cyber, group, etc. Due to the brutality of consequences of physical violence, work should especially be focused on the prevention of physical violence. As part of educational programmes, it would be beneficial to include sub-topics: forms of violence (pay attention to the manifestation of psychological violence); when and why we become violent; how to face anger; non-violent and assertive communication techniques; empathy with victims of violence; how to get engaged and stop peer violence, etc. One should not forget that all forms of violence were present among young women as well, and these programmes should involve young women as well.*

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## GENDER-BASED VIOLENCE AND VIOLENCE IN RELATIONSHIPS

**Attitudes of some young men and young women show approval of gender-based violence.** Depending on a question, 4-31% of young men from most cities feel that violence makes sense or that a woman should bear domestic violence. They mostly agree with the statement that it is a woman's fault if being raped because of the way she dresses. The lower percentage of young women, up to 5%, agree with similar statements. In Bijeljina, the results are somewhat different and better.

**Different forms of violence in relationships are present, but not so much.** Around 62-81% of young men and 34-64% of young women had a relationship. Psy-

chological violence in a relationship, in the form of insulting and humiliating, varies between 15% and 25% with young men and 25-42% with young women. Physical violence varies between 2% and 9% among young men, and up to 16% among young women. It is interesting that the violent behaviour of young women in a relationship is similar to or even higher than the violent behaviour of young men. Sexual violence was confirmed by 16-18% of young men (in Banja Luka, Brčko and Istočno Sarajevo), while in other cities it is between 4% and 8%. Such violence was not noted with young women (but 3-4% in Banja Luka and Istočno Sarajevo).



### **Recommendation:**

*As part of the future preventive programme, attention should be given to several things. Develop attitudes on gender relations with participants, as well as how they reflect gender-based violence. It is indispensable to check the perception of gender-based violence, and to what extent and in which way it is present in the lives of survey participants. Pay special attention to the perception of young women as violent behaviour in a relationship was present with them as well. It is necessary to check if this implies behaviours committed as a joke, or if it is real violence.*



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## SOCIAL ACTIVITIES

***Youth spend their free time doing different types of activities; some useful and creative, while some others (like hanging out in bars) could be less present.***

We can note that in most of the activities there are no major differences between the cities. The highest percentage of young women and young men spend their free time socialising with friends, watching television, surfing social networks, helping parents, and studying. A slightly smaller percentage of young men and young women spend time doing sports or in a café or being lonely and bored. Youth spend the least time participating in cultural activities. Young men are more involved in sports activities and spend time in cafés. Young women spend more time studying.



### ***Recommendation:***

*It would be important to secure activities in each city that would provide quality free time for the youth. That is probably one of the main mechanisms for healthy upbringing and growing-up that would further contribute to the prevention of asocial behaviours of youth.*

## ***Specificities related to gender and place of residence***

If we compare results taking into account gender, we can see some similarities as well as differences.

Participants of both genders have a quite low level of knowledge on sexual and reproductive health and contraceptives. In the future, great attention should be given to this area. Young men and young women express certain gender stereotypes, but they are more present with young men. Young men have a quite higher level of negative relations towards homosexuals. Young men use psychoactive substances, such as alcohol and cigarettes, more often. The majority gives a positive opinion of mental health, but we can see that young women show helplessness more than young men. Violence is more expressed with young men, but physical violence in a relationship is present with young women as well, and attention should be paid to this too.

If we compare the cities, we can see that the situation differs and that we cannot generalize that youth from certain cities live better or worse. The biggest difference is between Bijeljina and other cities. In most cases, the results are better in Bijeljina. These results (in Bijeljina) are sometimes quite extreme, so we wonder if they are objective and realistic, and how honest and serious the respondents were when filling out the questionnaire.

This dilemma is one of the weaknesses of this study, which we talked about in the introduction.

Some characteristics of other cities are mutual. Attitudes and behaviour in the area of gender relations were identified as a problem in most of the cities. That more concretely relates to the stereotype gender roles, domination of men in the area of sexual relations, decision making within a family, participation in family obligations, relations towards homosexuals, etc. Homophobia is present in all cities, slightly less among young women.

Knowledge of young women and young men about sexual and reproductive health topics is generally low in most cities. A significant percentage of youth has a misconception about violence. Certain types of physical and psychological violence are not perceived as violence. Thus, consistent differences in attitudes towards gender relations, mental health, peer violence, and knowledge of reproductive health were not determined. The greatest difference between the cities is in the use of alcohol. Survey participants from Banja Luka, Istočno Sarajevo, and Brčko drink much more than participants from other cities. In the same cities, a slightly higher percentage of young men confirmed sexual violence.

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## GENERAL CONCLUSION

Data from different areas of the study show that one of the central problems in the life of young men and women are some social norms that direct other problems. Gender attitudes of the participants, especially of young men, are quite filled with gender stereotypes. The use of psychoactive substances is present, especially in some cities. Mental health in most subsamples is on a satisfactory level. A state of happiness, with occasional phases of unhappiness and nervousness, dominates with youth. Young women's and young men's knowledge of sexual and reproductive health is generally low in all cities. Significant percentages of youth in all cities have low awareness about types of violence. All types of violence are present among youngsters, and some of them (e.g., physical) are on a level that is worrying. Certain types of physical and psychological violence are not perceived as violence.

It is important to work on reducing these phenomena, especially as it leads to other problems. It is undeniable that some preventive programmes that deal with these issues can bring certain positive results. We hope that the activities that CARE plans with its partners will improve the situation. Additionally, to these concrete programmes, the greater social community should secure an ambient (e.g., through sports, art, or culture) where youth could, undisturbed and with minimal expenses, creatively fulfil their free time and develop pro-social values.

