

# ENGAGING MEN IN CARE WORK

## EXPERIENCES OF RWAMREC





## WHO WE ARE

A feminist men's network whose goal is to to change masculinity norms of men and boys to positively support promoting gender equality in Rwanda.



# Introduction

## Time allocation to UCW tasks in Rwanda : urban areas

Main tasks of UCW activities	Average Hours/person/day	
	Female	Male
Caring for children	1.3	0.2
Water collection	0.5	0
Firewood collection	0	0.1
Food and drink preparation, doing the dishes	1.4	0.6
Caring for people with disability, ill and elderly	1.0	0.6
Caring for community members	1.0	0.4
Teaching, tutoring and training children	0.5	0.2
Washing and drying clothes	1.2	0
<b>Total</b>	<b>6.9</b>	<b>2.1</b>

Source: UNWomen baseline 2022

**Time allocation to UÇW tasks in Rwanda: rural areas**

Main tasks of UCW activities	Average Hours/person/day	
	Female	Male
Caring for children	1.2	0.5
Water collection	1.0	0.2
Firedwood collection	0.5	0.3
Food and drink preparation, doing the dishes	1.3	0.1
Caring for people with disability, ill and elderly	0.7	0
Caring for community members	1.2	0.6
Teaching, tutoring and training children	0.1	0.2
Washing and drying clothes	1.1	0.2
<b>Total</b>	<b>7.1</b>	<b>2.1</b>

Source: UNWomen baseline 2022

## What we do in engaging men in care work



# 3Rs program

It is a gender transformative program for couples and young people that seeks to address inequalities in unpaid care work by raising awareness in communities and by engaging men and boys.

## Program Interventions

- 17 weekly training sessions for couples (women or men working with women's cooperatives and their partners) on the Program P and male involvement in UCW;
- Training young people on program H/M and male involvement in UCW
- Establishment of men engage and Youth4change clubs
- Community awareness campaigns



## Key achievements: 3Rs program

- 240 couples trained on program P and male involvement in UCW
- 120 young people trained on Program M/H and male involvement of UCW
- 6 Men engage clubs for couples and 6 youth4change clubs for young people established
- 12 awareness campaigns on UCW carried out.



## Results from the 3 Rs intervention

- Increased participation of men and boys in unpaid care work activities;
- Reduced domestic violence at home;
- Increased self-esteem and self-confidence among women and girls;
- Increased participation of women in income-generating activities;
- Equal decision-making on property management;
- Improved living conditions of households.

## Bandebereho: Role model

- Gender-transformative couple's intervention to promote men's engagement in Maternal New Born and Child Health, violence prevention, caregiving and healthier couple relations
- Fathers as entry-point to challenge gender norms, transform couple relations
- Targets expectant couples & those with children under 2 to 5 years
- 15 weekly sessions with participatory ac and guided discussion



MATERNAL  
HEALTH



ENGAGED  
CAREGIVING



VIOLENCE  
PREVENTION



GENDER  
EQUALITY




SUPPORTIVE  
HOMES



## RCT Findings of Bandedereho intervention

- A two-arm randomized controlled trial (RCT) was designed to evaluate the impact on couples who participated in the intervention by comparing them to a control group
- A total of 1,199 couples were enrolled in the RCT and randomly assigned to either the treatment (n=575 couples) or the control group (n=624 couples).

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- The Bandebereho RCT found that, when compared to a control group, participating families reported:

- **Lower rates of physical and sexual violence:** rates of violence experienced by women in the program by their husband or partner were nearly half of the those in the comparison group.
- **Greater sharing of child care and domestic tasks.** Men who participated in the program spent about 2 ¼ hours per day on unpaid care – compared to men in the comparison group who spent about 1 ⅓ hours.
- **Greater women's attendance of antenatal care visits accompanied by men:** women in the program typically attended 3-4 visits vs. those 2-3 in the comparison group.



## Some resources

3 Rs program video: [https://youtu.be/uM7PaqH63\\_o](https://youtu.be/uM7PaqH63_o)

Bandebereho:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0192756>

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