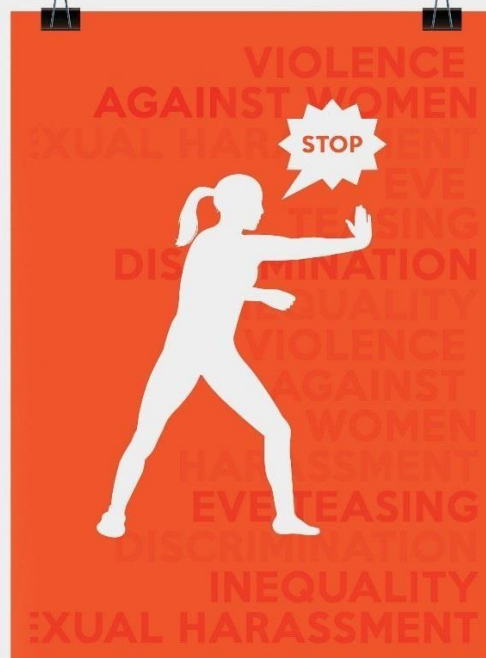


2018



## Fightback Monitoring & Evaluation Report



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### List of Abbreviations:

SFCG	– Search for Common Ground
CRPT	– Confrontation Risk Preparedness Training
GBV	– Gender Based Violence
PRisMS	– Paritran Risk And Management Systems
SHVSC	– Sexual Harassment and Violent Sexual Crimes
SPCI	– Selective Potential Confrontation Impacts
VAW	– Violence Against Women
VDC	– Village Development Committee
VSC	– Violent Sexual Crimes
w.r.t	– With respect to

## **UNIT 1**

### **Executive Summary:**

A 5 day sexual violence risk reduction workshop across 12 districts covering 600 adolescent girls was conducted in partnership with SFCG Nepal and ministry of women children and social welfare under the project Pahunch. According to the program a refresher and evaluation session had to be conducted after three months of initial training. The objective was to assess the impact of the initial training and the level of retention the trainees had after three months. The report clearly shows that there has been a high level of retention through the recall test conducted. An average of 97.3 percentile of trainees have reported that their self-confidence has increased.

## **Introduction**

### **1.1 Background**

#### **1.1.1 Violent Sexual Crimes against Women and Girls**

Deeply disturbing news of violent sexual crimes against women is pervasive in media nowadays. All the prevalent media channels like TV, radio, newspapers and social media report these statistics with alarming and increasing frequency. Pervasiveness of these crimes is to the extent that there is a fear of desensitizing the readers due to the everyday occurrence. Ranging from minor physical assaults (domestic/non-domestic) to high severity incidents like molestation, rape & murder, these heinous crimes cut across all sections of society targeting women of all ages, caste, creed, class, social standing, educational and intellectual capabilities. These are further aggravated due to real and perceived vulnerabilities of the victims. Furthermore, sadly, even larger number of these crimes goes unreported due to the perceived social stigma driven by misguided and maladjusted social norms. This calls for a powerful & serious intervention to address this malady.

#### **1.1.2 Status of Women's Security in Nepal**

Nepal has been cited slightly well in comparison to her South Asian neighbors in women security issues. However, there is still a substantial improvement required in all respect to reach a minimum acceptable level of safety & security for women. With the increasing access of media and social interventions, some light is being shed into this area which reveals a dire need for impactful interventions.

#### **Violence against women and girls is prevalent in Nepal.**

- 23% of women in Nepal think that domestic violence is acceptable under some circumstances, a 2006 UNICEF study found that nearly 18 percent of 4,000 girl students interviewed had experienced severe sexual abuse.
- On November 25, 2012, Nepal's government released a report on gender-based violence, the study comprised of a cross-sectional survey of 900 women at the household level, randomly selected across six districts. Close to half of women (48%) reported experiencing violence in their lifetime, and over a quarter had experienced violence in the past 12 months. Emotional violence (40.4%) was most commonly reported, followed by physical violence (26.8%), sexual violence (15.3%), and economic abuse/violence (8%). Women who had experienced violence reported that almost three-quarters of the perpetrators were intimate partners (including husbands).
- In another study, 77% of physical violence is conducted by people known to women and girls.
- Sexual violence is ubiquitous in every activity of women and girls life. A report prepared by World Bank, titled Gender and Public transport, found out that young women aged 19-25 years are more than twice as likely as all other age groups of women to specifically relate their feelings of personal insecurity to fear of 'inappropriate touching' with 43% noting this concern.

## **Sexual Violence against Minors and Adolescence Girls**

The review of 517 cases of rape and attempted rape covering the period from 2014 to 2016, identifies minors and adolescence girls as the most vulnerable group that are targeted by perpetrators.

<b>Year</b>	<b>Incidents</b>
2014	42%
2015	61%
2016	60%

### **1.1.3 Linkages with GBV**

Sexual Violence like rape and all its aspects, like occurrence, frequency, severity, etc. are cross-cutting concerns with serious risks and ramifications in crimes in general and Gender Based Violence(GBV) in particular. They are one of the major indicators of lack women's safety in general and in-turn, women's welfare. The correct approach to addressing the issues and concerns of violent sexual crimes against women is to look at it from a perspective of crimes in general, with all the driving factors, stages and dynamics and also understand the physiological and psychological vulnerabilities uniquely attributable to the female gender.

### **1.1.4 Nature of Sexual Violence**

All crimes, not excluding sexual violence, can be broadly understood in a framework of different stages is analogous to the process of predation and survival in the natural wild. These crimes, in general, might apparently manifest due to certain social structural or functional shortcomings and mal-adaptations, but from an incident standpoint, are directly sparked, motivated or precipitated by (a) the individual vulnerabilities of the victims and (b) the risk taking ability of the perpetrator. Since, the risk taking ability of the perpetrator has a direct co-relation with the vulnerability of the victim; any intervention that reduces individual vulnerabilities (both real and perceived) of women on a large scale will have a significant positive impact on deterring VSC & sexual harassment. Reduction of these will have tremendous impact on women's welfare as a whole.

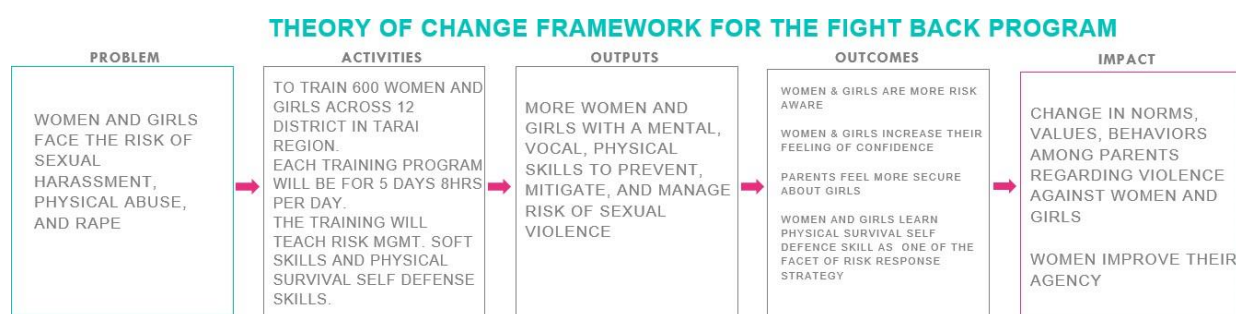
### **1.1.5 Nature of Interventions in Women's Safety and Security in Nepal**

Although legal provisions and the support networks like rehabilitation centers, trauma centers, counseling groups, activists & advocacy groups are getting bigger and better, the fact remains that Violence Against Women (VAW) - sexual, physical or psychological, is still very prevalent.

The traditional counter measures against this phenomenon have only addressed **pre-incidence**



sensitization and interventions or **post incident** support systems while largely ignoring the most vital stage— **during the incident** when the victim is the most vulnerable and suffers the most significant trauma & impact. This situation can only be holistically & effectively mitigated if in addition to the existing measures, there is a strong intervention during the incident. The violence and crimes will be better addressed if we are able to prevent/mitigate them **WHERE** they happen, by the victims to **WHOM** they are directed & **AS** they happen. This is not possible unless women themselves are empowered, have the requisite skill, knowledge and confidence to prevent, mitigate and/or manage this risk. To empower women and mitigate this risk in this manner, Paritrans has developed a specialized training intervention **“Self-Defense” the program offered by Paritrans**, which includes psychological conditioning, physical training, regimented techniques, drills & simulations which enable the empowered girls to give an effective response to the perpetrators and safe guard themselves should the heinous crimes happen.



## Main Problem

- a) Women and Girls face the risk of sexual harassment, physical abuse and rape.
- b) Minimal Deterrence for a criminal to conduct Sexual Violence.

### 1.2.

#### 1.2.1. Project: Sexual Violence Risk Reduction Workshop for Pahunch

- **Issue:** High Success Rate of Sexual Violence
- **Vision:** A society where Women and girls are free from the risk of sexual violence
- **Mission:** To build the mental, vocal and physical skills to ensure that women and girls are their own protectors.
- **Goal:** To increase the prevention and response skills of women and girls.
- **Purpose:** Reduce/manage vulnerabilities of targeted women trainees towards sexual violence.
- **Objectives:**
  - **Objective 1:** To enhance the trainees risk perception and cognition skills towards sexual violence.
  - **Objective 2:** To develop skillsets for calibrated risk response system for the prevention, mitigation and management of sexual violence.
  - **Objective 3:** Reduce vulnerability of women and girls from various threats.
  - **Objective 4:** Reduce Incidence probability of sexual violence.

Outcome 1: Enhance

Induce/enhance self-guarding capabilities

Outcome 2: Enhance Crime/Violence deterrent attributes & capabilities

Outcome 3: Enhance Safety

Output 1: Enhancement of cognition skills on Identification and Early Warning Signals of potential perpetrators.

Output 2: Enhancement of De-escalation of violent situations and tactical communication skills

Output 2: Enhancement of awareness to lower crime susceptibility

Output 3: Identification of High-Risk Zones

Output 4: Establishment, empowerment and mobilization of LSHG (peer support/pressure group)

## **1. Activities:**

### **i. Imparting Knowledge & Awareness, Skills and Experience regarding:**

- a) Relevant aspects of Violent Sexual Crimes against Women and various stresses,
- b) Relevant aspects of female Vulnerabilities & abilities
- c) General Safety & Security Framework

### **ii. Facilitating Moderated Group Activities involving:**

- a) Understanding of key roles of mindset, behavior, responses & lifestyles for Safety;
- b) Indigenization of key context into personal, local, regional and global contexts; and
- c) Inculcating General Safety Framework practices into individual, group and community mindsets, behaviors, responses & lifestyles;

## **2. Methodology**

The methodology to be employed during the training are:

- i. Practical training for Physical Skills; medium of training were live demonstrations, individual/group instructions and proprietary video clips;
- ii. Practical training for Physiological Skills; medium of training were live demonstrations and individual/group instructions;
- iii. Scenario based simulation for simulated traumatic experience and practice of gross motor skills;
- iv. Theory classes including lectures and case studies for conceptual clarity;
- v. Workshops for reflective value adjustment & adoption of proper individual and collective mindset.
- vi. Peer to Peer learning module deals with creative workshop sessions for the mental and vocal skills whereby the safety and risk frameworks learnt during lectures are used to solve real life situations.

## **3. Outcomes of the program are:**

600 women across 12 districts in Terai who have:

- i. Enhanced Assertive, De-Escalation and Tactical Communication Skills
- ii. Development of Calibrated Risk Response Skillsets.

- iii. Self-Guarding Capabilities against Sexual Violence: Enhanced basic motor skills and gross motor basic self-defense skills to prevent/mitigate risk of confrontations in Violent Sexual Crimes;
- iv. Other desirable personal attributes:
  - Enhanced basic cognitive skills, heightened awareness, deep understanding and intuitive knowledge of various aspects of violent sexual crimes against women and criminals, in order to deal with personal safety issues; critical thinking and re-alignment of values, attitudes, norms, expectations, the perpetrators and possible situations & settings of these crimes;
  - Enhanced Sense of empowerment; assertiveness, effective verbal communication, combative mindset, and more suitable body languages; zeal to acquire more physical skills and knowledge w.r.t. VSC & GBV
- v. Group Leadership Capabilities:
  - Necessary knowledge & experience to influence collective group mindset, behavior and responses;
  - Necessary knowledge & experience in promoting suitable safety framework, guidelines and safety tips;
  - Ability to provide strong strategic support to the group.

### **1.3 Monitoring and Evaluation of Fightback Trainings in the 12 Districts**

#### **1. Objectives**

- i. **To make evident assessment regarding the initial impact shown in the PRE/POST analysis of the main report ;**
- ii. **To make evident assessments of the theory of change formulated during the proposal submission;**
- iii. **To present evaluations relevant to the impacts and expected outcomes of sexual violence risk reduction trainings in the 12 Districts**

#### **2. Methodology**

- i. Printed Questionnaire Response
  - a. Objective Q/A
    - i. Recall Questions to gauge the retention capacity of the trainees.
    - ii. Trick Question
  - b. Subjective Q/A
- ii. Physical Skill Test
- iii. Interaction and Interview
- iv. Observation
  - a. General Observation
  - b. Exemplary Case studies
- v. A/V for reference and secondary evaluation

### 3. Guidelines for evidence-based MonEval

- i. Validity Criteria for MonEval
  - a. Degree of Significance for Response
    - Minimum 50% respondents from the 600 trainees
    - Minimum 50% written responses
    - Minimum 35% positive response to validate any assumption
    - Minimum 75% positive response to validate any claim
    - Open-ended subjective free response questions for indigenous un-solicited responses.
  - b. Integrity of MonEval Studies
    - Comprehension of questionnaire – to be verified subjectively from respondents
    - Independence (non-solicitation) of Response –
  - c. Physical Skill Test Guidelines
    - Certified Instructor Tests
    - Random testing
    - At least 35% satisfactory skilled response to conducted tests
    - SFCG representative witness
    - A/V support for verification
  - d. Interactive Interview
    - Free Speech
    - SFCG representative witness
    - A/V support optional
  - e. General Observation for validation of initial report observations (these cannot be instrumentally, scientifically measured)
  - f. A/V for reference and secondary evaluation
  - g. Exemplary Case Study post training
- ii. Criteria for the claims Validity
  - a. Significantly +ve Questionnaire response
  - b. Significantly Satisfactory Physical Skill Test results
  - c. Significantly +ve Feedbacks & Testimonials in Interactive Interviews
  - d. Significantly +ve impressions during General Observation
  - e. A/V for reference and secondary evaluation
- iii. Criteria for the assumptions validity
  - a. Significantly +ve Questionnaire response
  - b. Significantly Satisfactory Physical Skill Test results
  - c. Significantly +ve Feedbacks & Testimonials in Interactive Interviews
  - d. Significantly +ve impressions during General Observation
  - e. A/V for reference and secondary evaluation

## **UNIT 3**

### **Self-Defense Training in Target Areas**

#### **2.1 Refresher Training in Dang District**

##### **Training Event Details of Dang District:**

Date: 27<sup>th</sup> January, 2018 (13<sup>th</sup> Magh, 2074) Saturday

Venue: Bhusal Hotel, Lamahi

Total female participants: 39

Area covered: Lamahi Municipality, Rajpur Rural Municipality, Gadhawa Rural Municipality, Tulshipur Sub-Metropolitan, Manpur VDC



Paritran team reached Bhusal Hotel, Lamahi on 26<sup>th</sup> January 2017. The refresher training was conducted on 27<sup>th</sup> of January. The training started at 11:00 am and ended at 2:00 pm. 39 female participants from the initial training attended the training.

##### **PRE- Analysis**

Total Number of Trainees: 50

Total Number of Pre-Survey Respondents: 50

##### **Findings:**

###### **➤ PRE Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 0%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 2%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 0%** of the trainees have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 52

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **100%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **90%** of the trainees said that they could identify the state for situational awareness
- **90%** of the trainees identified what they should not do in face of a threat
- **72%** of the trainees said that they could identify a response to a threat
- **100%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **100%** of the trainees responded by saying that their self-confidence has increased
- **98%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **100%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	45%	A
	47%	B
	8%	C
<b>Offensive Skills (O)</b>		
	45%	A
	47%	B
	8%	B
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	45%	A
	47%	B
	8%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		



## 2.2 Refresher Training in Kapilvastu District

### Training Event Details of Kapilvastu District:

Date: 28<sup>th</sup> January, 2018 (24<sup>th</sup> Madh, 2074) Sunday

Venue: Hotel Tilaurakot, Taulihawa

Total female participants: 27

Area covered: Mayadevi Gau palika, Yasodhara Gau Palika, Maharajgunj Municipality and Kapilvastu Nagarpalika



Paritran team reached Hotel Tilaurakot, Taulihawa on 27<sup>th</sup> January 2018. The refresher training was conducted on 28<sup>th</sup> of January. The training started at 11:00 am and ended at 2:00 pm. 27 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 53

Total Number of Pre-Survey Respondents: 53

### Findings:

#### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 9%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 6%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 4%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 53

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **99%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **85%** of the trainees said that they could identify the state for situational awareness
- **70%** of the trainees identified what they should not do in face of a threat
- **93%** of the trainees said that they could identify a response to a threat
- **85%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **96%** of the trainees responded by saying that their self-confidence has increased
- **94%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **96%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	38%	A
	49%	B
	13%	C
<b>Offensive Skills (O)</b>		
	38%	A
	49%	B
	13%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	38%	A
	49%	B
	13%	C
<b><i>Weightage: A-Excellent, B-Good, C-Average</i></b>		

## 2.3 Refresher Training in Rupandehi District

### Training Event Details of Rupandehi District:

Date: 29<sup>th</sup> January, 2018 (25<sup>th</sup> Madh, 2074) Monday

Venue: Hotel Pauwa, Bhairawa

Total female participants: 25

Area covered: Sidharthanagar Municipality, Lumbini Municipality, Omsatiya Rural Municipality, Gaidahawa Rural Municipality, Tilotama Municipality, Kotahimai Rural Municipality, Mayadevi Rural Municipality, Butwal Sub-Municipality



Paritran team reached Hotel Pauwa, Bhairawa on 28<sup>th</sup> January 2018. The refresher training was conducted on 29<sup>th</sup> of January. The training started at 11:00 am and ended at 2:00 pm. 25 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 53

Total Number of Pre-Survey Respondents: 53

### Findings:

#### ➤ PRE Evaluation

## **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 8%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 6%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 4%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

## **Physical Skills related to Self Defense**

- **Defensive Skills: Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills: Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills: Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles: Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall: Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics: Only 0%** of the trainees did have any skills to escape from rape pins.

## **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 53

Total Number of Impact Survey Respondents: 53

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **90%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **88%** of the trainees said that they could identify the state for situational awareness
- **52%** of the trainees identified what they should not do in face of a threat
- **64%** of the trainees said that they could identify a response to a threat
- **92%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **96%** of the trainees responded by saying that their self-confidence has increased
- **94%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation
- **96%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	43%	A
	46%	B
	11%	C
<b>Offensive Skills (O)</b>		
	43%	A
	46%	B
	11%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	43%	A
	46%	B
	11%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**



		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	68%	84%	80%	76%	52%	64%	68%
5	Improved a lot	32%	16%	20%	24%	48%	36%	32%
6	Don't Know							

## 2.4 Refresher Training in Nawalparasi District

### Training Event Details of Nawalparasi District:

Date: 30<sup>th</sup> January, 2018 (26<sup>th</sup> Madh, 2074) Tuesday

Venue: : Family Planning Association of Nepal, Parasi

Total female participants: 31

Area covered: Palinandan Rural Municipality, Sarawl Rural Municipality, Sunwol Municipality, Bardaghat Municipality



Paritrans team reached Parasi on 30<sup>th</sup> January 2018. The refresher training was conducted on 30<sup>th</sup> of January. The training started at 11:00 am and ended at 2:00 pm. 31 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 52

Total Number of Pre-Survey Respondents: 52

### Findings:

#### ➤ PRE Evaluation

### Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence

- **Only 4%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 4%** trainees could methodically identify potential 'Danger Zones' of sexual violence.

- **Only 0%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 6%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 4%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

#### **Physical Skills related to Self Defense**

- **Defensive Skills: Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills: Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills: Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles: Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall: Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics: Only 0%** of the trainees did have any skills to escape from rape pins.

#### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

#### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

#### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,

- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

#### **Findings:**

##### **➤ Recall Evaluation**

#### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **100%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **96%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **94%** of the trainees said that they could identify the state for situational awareness
- **94%** of the trainees identified what they should not do in face of a threat
- **48%** of the trainees said that they could identify a response to a threat
- **100%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **97%** of the trainees responded by saying that their self-confidence has increased
- **100%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **94%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **96%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

#### **Subjective Physical skills Grading Result:**

Self-defense Skill Sets	Percentage of Student	Weightage
<b>Physical</b>		
	50%	A
	42%	B
	8%	C
<b>Offensive Skills (O)</b>		
	50%	A
	42%	B
	8%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	50%	A
	42%	B
	8%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

	<b>How safe you feel</b>	<b>Your ability to defend yourself against a</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self-defence skills</b>
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			<b>physical attack?</b>					
<b>Total</b>		<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	52%	19%	35%	23%	6%	26%	6%
5	Improved a lot	48%	81%	65%	77%	94%	74%	94%
6	Don't Know							

## 2.5 Refresher Training in Rautahat District

### Training Event Details of Rautahat District:

Date: 1<sup>st</sup> February, 2018 (18<sup>th</sup> Magh, 2074) Thursday

Venue: : Karmachari Milan Kendra, Gaur

Total female participants: 30

Area covered: Jethrahiya VDC, RajpurPharhadawa VDC, Gaur Municipality, Fatuwa Maheshpur,



Paritran team reached Gaur on 31<sup>st</sup> January 2018. The refresher training was conducted on 1<sup>st</sup> of January. The training started at 11:00 am and ended at 2:00 pm. 30 female participants from the initial training attended the training.

### PRE- Analysis

#### Findings:

##### ➤ PRE Evaluation

#### Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence

- **Only 2%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 6%** trainees could methodically identify potential 'Danger Zones' of sexual violence.

- **Only 0%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 2%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**



- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

#### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

#### **Findings:**

##### ➤ **Recall Evaluation**

#### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **93%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **98%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **50%** of the trainees said that they could identify the state for situational awareness
- **93%** of the trainees identified what they should not do in face of a threat
- **60%** of the trainees said that they could identify a response to a threat
- **100%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **100%** of the trainees responded by saying that their self-confidence has increased
- **100%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **98%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	36%	A
	34%	B
	34%	C
<b>Offensive Skills (O)</b>		
	36%	A
	34%	B
	34%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	36%	A
	34%	B
	34%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							10%
4	Improved a bit	37%	53%	13%	33%	33%	33%	23%
5	Improved a lot	63%	47%	87%	67%	67%	67%	67%
6	Don't Know							

## 2.6 Refresher Training in Sarlahi District

### Training Event Details of Sarlahi District:

Date: 2<sup>nd</sup> February, 2018 (19<sup>th</sup> Magh, 2074) Friday

Venue: Bal Mandir, Malangwa

Total female participants: 45

Area covered: Fulprasi, Bhelhi, Brahmpuri, Musaili, Dhankaul, Motipur, Parsha, Jingarwa, Naukelba, Sakhuaba, Laxmipur, Shahpur, Shreepur, Batraul, Sekhauna, Chandranagar, Parariya, Inarwa, Simrabhagwati and Basantapur Rural Municipalities



Paritran team reached Malangwa on 1<sup>st</sup> February 2018. The refresher training was conducted on 2<sup>nd</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 45 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Pre-Survey Respondents: 52

#### Findings:

##### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 10%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 10%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 6%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 4%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **92%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **99%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **87%** of the trainees said that they could identify the state for situational awareness
- **73%** of the trainees identified what they should not do in face of a threat
- **53%** of the trainees said that they could identify a response to a threat
- **100%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **98%** of the trainees responded by saying that their self-confidence has increased
- **94%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **96%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	30%	A
	55%	B
	15%	C
<b>Offensive Skills (O)</b>		
	30%	A
	55%	B
	15%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	30%	A
	55%	B
	15%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self-defence skills</b>
<b>Total</b>		<b>45</b>	<b>45</b>	<b>45</b>	<b>45</b>	<b>45</b>	<b>45</b>	<b>45</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same		7%	9%	4%		2%	
4	Improved a bit	44%	44%	49%	47%	47%	47%	42%
5	Improved a lot	56%	49%	42%	49%	53%	51%	58%
6	Don't Know							



## 2.7 Refresher Training in Mahottari District

### Training Event Details of Mahottari District:

Date: 3<sup>rd</sup> February, 2018 (20<sup>th</sup> Magh, 2074) Saturday

Venue: Nepal Red Cross Society, Jaleshwor

Total female participants: 30

Area covered: Ekdarabela, Ramgopalpur, Balwa, Salpalo, Bagada, Khipi, Sahasaula, Bhatolia, Parsha Debad, Kolhuwa Bagaiya, Pipara, Damhi Madai



Paritran team reached Jaleshwor on 2<sup>nd</sup> February 2018. The refresher training was conducted on 3<sup>rd</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 30 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Pre-Survey Respondents: 50

### Findings:

➤ **PRE Evaluation**

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 5%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 2%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 0%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

**Physical Skills related to Self Defense**

- **Defensive Skills: Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills: Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills: Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles: Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall: Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics: Only 0%** of the trainees did have any skills to escape from rape pins.

**Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

**Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

**Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

**Findings:**

➤ **Recall Evaluation**

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **95%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **93%** of the trainees said that they could identify the state for situational awareness
- **83%** of the trainees identified what they should not do in face of a threat
- **77%** of the trainees said that they could identify a response to a threat
- **97%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **97%** of the trainees responded by saying that their self-confidence has increased
- **98%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **100%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	36%	A
	32%	B
	12%	C
<b>Offensive Skills (O)</b>		
	36%	A
	52%	B
	12%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	36%	A
	52%	B
	12%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	10%	17%	20%	17%	17%	20%	13%
5	Improved a lot	90%	83%	80%	83%	83%	80%	87%
6	Don't Know							

## 2.8 Refresher Training in Dhanusa District

### Training Event Details of Dhanusa District:

Date: 4<sup>th</sup> February, 2018 (21<sup>st</sup> Magh, 2074) Sunday

Venue: Gramin Bikas Prasiksan Kendra, Janakpur

Total female participants: 28

Area covered: Mukhiyapatti Mushargiya Municipality, Chhreshwarnath Municipality, Janakpur Municipality, Nagarain Municipality, Debadaha VDC



Paritran team reached Janakpur on 3<sup>rd</sup> February 2018. The refresher training was conducted on 4<sup>th</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 28 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 50

Total Number of Pre-Survey Respondents: 50

### Findings:

#### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 8%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 4%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 12%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 16%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 2%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

#### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

#### **Findings:**

##### **➤ Recall Evaluation**

#### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **97%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **88%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **61%** of the trainees said that they could identify the state for situational awareness
- **57%** of the trainees identified what they should not do in face of a threat
- **86%** of the trainees said that they could identify a response to a threat
- **89%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **96%** of the trainees responded by saying that their self-confidence has increased
- **96%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **84%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **98%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.



**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	29%	A
	56%	B
	15%	C
<b>Offensive Skills (O)</b>		
	29%	A
	56%	B
	15%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	29%	A
	56%	B
	15%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

	<b>How safe you feel</b>	<b>Your ability to defend yourself against a</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self-defence skills</b>
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			<b>physical attack?</b>					
<b>Total</b>		<b>28</b>	<b>28</b>	<b>28</b>	<b>28</b>	<b>28</b>	<b>28</b>	<b>28</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	43%	39%	61%	46%	39%	39%	32%
5	Improved a lot	57%	61%	39%	54%	61%	61%	68%
6	Don't Know							

## 2.9 Refresher Training in Siraha District

### Training Event Details of Siraha District:

Date: 5<sup>th</sup> February, 2018 (22<sup>nd</sup> Magh, 2074) Monday

Venue: Zilla Bikas Karlaya Samiti Hall, Siraha

Total female participants: 31

Area covered: Golbazar Municipality, Fulbariya VDC, Dhangadi VDC, Siraha Municipality, Arnamalapur VDC, Ganhariya VDC, Bishnupur VDC, Sarshwar VDC, Krishnapur VDC, ThalahaKataha VDC



Paritran team reached Siraha on 5<sup>th</sup> February 2018. The refresher training was conducted on 5<sup>th</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 31 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 50

Total Number of Pre-Survey Respondents: 50

### Findings:

#### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 2%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 9%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 0%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 2%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 8%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 8%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

**Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

#### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

#### **Findings:**

##### ➤ **Recall Evaluation**

#### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **98%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **98%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **98%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **87%** of the trainees said that they could identify the state for situational awareness
- **87%** of the trainees identified what they should not do in face of a threat
- **84%** of the trainees said that they could identify a response to a threat
- **97%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **100%** of the trainees responded by saying that their self-confidence has increased
- **100%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **92%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **92%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	44%	A
	38%	B
	18%	C
<b>Offensive Skills (O)</b>		
	44%	A
	38%	B
	18%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	44%	A
	38%	B
	18%	C
<b><i>Weightage: A-Excellent, B-Good, C-Average</i></b>		

➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>	<b>31</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	23%	23%	29%	16%	13%	23%	16%
5	Improved a lot	77%	77%	71%	84%	87%	77%	84%
6	Don't Know							

## 2.10 Refresher Training in Saptari District

### Training Event Details of Saptari District:

Date: 6<sup>th</sup> February, 2018 (23<sup>rd</sup> Magh, 2074) Tuesday

Venue: Hotel I Garden. Rajbiraj

Total female participants: 41

Area covered: Surunga Municipality, Bhodebarsain Municipality, Kanchan Rup Municipality, Shambhunath Municipality, Mahadeva VDC, Tilathikulati VDC, Swanda VDC, Hariharpur VDC, Dakeshwari VDC, Agnisair Krishnaswarapum VDC



Paritrans team reached Rajbiraj on 5<sup>th</sup> February 2018. The refresher training was conducted on 6<sup>th</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 41 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 51

Total Number of Pre-Survey Respondents: 51

### Findings:

#### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**



- **Only 0%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 4%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 0%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 0%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 0%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

#### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

#### **Findings:**

##### ➤ **Recall Evaluation**

#### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **96%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **100%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **100%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **90%** of the trainees said that they could identify the state for situational awareness
- **37%** of the trainees identified what they should not do in face of a threat
- **98%** of the trainees said that they could identify a response to a threat
- **93%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **93%** of the trainees responded by saying that their self-confidence has increased
- **100%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **100%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

#### **Subjective Physical skills Grading Result:**

Self-defense Skill Sets	Percentage of Student	Weightage
<b>Physical</b>		
	24%	A
	31%	B
	45%	C
<b>Offensive Skills (O)</b>		
	24%	A
	31%	B
	45%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	24%	A
	31%	B
	41%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

	<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self-defence skills</b>
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<b>Total</b>		<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	29%	24%	15%	17%	7%	17%	22%
5	Improved a lot	71%	76%	85%	83%	93%	83%	78%
6	Don't Know							

## 2.11 Refresher Training in Sunsari District

### Training Event Details of Sunsari District:

Date: 7<sup>th</sup> February, 2018 (24<sup>th</sup> Magh, 2074) Wednesday

Venue: Hotel Royal, Inarwa

Total female participants: 41

Area covered: Harinagar, Koshi, Gadhi and Bhadreha Rural Municipality, Ramdhurni Municipality, Baraham Municipality and Inarwa Municipality



Paritrans team reached Inarwa on 6<sup>th</sup> February 2018. The refresher training was conducted on 7<sup>th</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 41 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 50

Total Number of Pre-Survey Respondents: 50

### Findings:

#### ➤ PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 14%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 4%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 0%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 5%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 0%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 2%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **99%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **86%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **95%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **100%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **90%** of the trainees said that they could identify the state for situational awareness
- **88%** of the trainees identified what they should not do in face of a threat
- **56%** of the trainees said that they could identify a response to a threat
- **98%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **95%** of the trainees responded by saying that their self-confidence has increased
- **100%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **98%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	31%	A
	41%	B
	28%	C
<b>Offensive Skills (O)</b>		
	37%	A
	51%	B
	12%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	45%	A
	47%	B
	8%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		



➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>	<b>41</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same			2%	5%			
4	Improved a bit	32%	24%	32%	46%	27%	24%	24%
5	Improved a lot	68%	76%	66%	49%	73%	76%	76%
6	Don't Know							

## 2.12 Refresher Training in Kathmandu District

### Training Event Details of Kathmandu District:

Date: 19<sup>th</sup> February, 2018 (7<sup>th</sup> Fagun, 2074) Monday

Venue: Conference Hall of Shree Kalika Sharan Uccha Madhyamik Vidhyalaya, Shankharapur- Ward 3

Total female participants: 19

Area covered: Sankharapur Minicipality- Lapsifedi, Bhujeni



Paritran team reached Jaharsing Pauwa on 19<sup>th</sup> February 2018. The refresher training was conducted on 19<sup>th</sup> of February. The training started at 11:00 am and ended at 2:00 pm. 19 female participants from the initial training attended the training.

### PRE- Analysis

Total Number of Trainees: 50

Total Number of Pre-Survey Respondents: 50

### Findings:

#### PRE Evaluation

**Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **Only 14%** trainees could identify body language, traits of potential criminals and Pre Attack Signals.
- **Only 5%** trainees could methodically identify potential 'Danger Zones' of sexual violence.
- **Only 5%** trainees did have the technique to effectively manage fear and stress during life threatening situations.
- **Only 5%** of trainees could identify vulnerable areas of a potential attacker(s).
- **Only 2%** of the trainees had an idea of the 'Victim Selection Process'.
- **Only 5%** of the trainees did have any knowledge on how to use day to day objects as self-defense weapon.
- **Only 0%** of the trainees did have the cognitive and verbal skillset to effectively respond to the initial stages of sexual harassment.

### **Physical Skills related to Self Defense**

- **Defensive Skills:** **Only 0%** trainees did have any skills to defend or block physical strikes during violent attack.
- **Offensive Skills:** **Only 0%** trainees did have any skills to identify vulnerable areas of an attacker and deliver effective strikes.
- **Defensive Plus Offensive Combination Skills:** **Only 0%** trainees did have any maneuvering defensive and offensive combination skills needed to protect oneself in a dynamic violent situation.
- **Release From Grabs, Holds, Chokes, Hugs and Strangles:** **Only 0%** trainees did have any skills to maneuver themselves out from various forms Grabs, Holds, Chokes and Strangles on different parts of the body from various positions of attack.
- **Dealing with fall:** **Only 0%** of the trainees did have any skills to safely land on the ground and break the impact of the fall, if shoved or pushed by an aggressor.
- **Rape Escape Tactics:** **Only 0%** of the trainees did have any skills to escape from rape pins.

### **Post and Impact Analysis**

Total Number of Recall-Survey Respondents: 50

Total Number of Impact Survey Respondents: 50

### **Objectives of the study:**

- To measure the impact of the 5 days program by evaluating the gain in the cognitive soft skills, risk response skills and physical survival skills after undergoing the program.

### **Methodology:**

- Respondent questionnaire survey based recall training self-assessment with respect to conceptual and cognitive skills,
- Complementary comparative subjective training evaluation with respect to conceptual and cognitive skills and
- Subjective training grading with respect to physical skills,

### **Findings:**

#### **➤ Recall Evaluation**

### **Cognitive and Conceptual Skills related to Personal Safety and Risk Management against Sexual Violence**

- **94%** of the trainees said that they could identify potential high risk zone of sexual violence.
- **86%** of the trainees said that they could identify and assess body language, traits of potential criminals and Pre Attack Signals.
- **95%** of trainees said they could identify vulnerable areas of a potential attacker(s).
- **98%** of the trainees responded by saying they have methodical framework to understand the 'Victim Selection' process.
- **100%** of the trainees said that they could identify the state for situational awareness
- **74%** of the trainees identified what they should not do in face of a threat
- **58%** of the trainees said that they could identify a response to a threat
- **100%** of trainees said that they could use their voice as a weapon to defend themselves during attack.
- **100%** of the trainees responded by saying that their self-confidence has increased
- **95%** trainees said that after the training they had the tool to manage their fear(s) in life threatening situation.
- **95%** the trainees said that they had the knowledge on how to use day to day objects as self-defense weapon.
- **100%** of the trainees said they learnt cognitive and verbal techniques to effectively respond to the initial stages of sexual harassment.

**Subjective Physical skills Grading Result:**

<b>Self-defense Skill Sets</b>	<b>Percentage of Student</b>	<b>Weightage</b>
<b>Physical</b>		
	28%	A
	60%	B
	12%	C
<b>Offensive Skills (O)</b>		
	28%	A
	65%	B
	7%	C
<b>Release From Grabs, Holds, Chokes, Hugs and Strangles</b>		
	46%	A
	46%	B
	7%	C
<b>Weightage: A-Excellent, B-Good, C-Average</b>		

➤ **Impact Evaluation**

		<b>How safe you feel</b>	<b>Your ability to defend yourself against a physical attack?</b>	<b>Your ability to avoid dangerous situations</b>	<b>Your ability to escape from possible threats</b>	<b>Your self confidence</b>	<b>Your alertness/Active Mind</b>	<b>Your self- defence skills</b>
<b>Total</b>		<b>19</b>	<b>19</b>	<b>19</b>	<b>19</b>	<b>19</b>	<b>19</b>	<b>19</b>
<b>S.No</b>	<b>Option</b>							
1	A lot worse							
2	A bit worse							
3	Stayed the same							
4	Improved a bit	21%	37%	21%	26%		26%	37%
5	Improved a lot	79%	63%	79%	74%	100%	74%	63%
6	Don't Know							

## 2.13 Qualitative Feedback

### Rupandehi Testimonials

#### Testimonial 1

I live in Bhairahawa. I have completed my +2. During the second day of the training on 22nd August after the training was over at about 4 pm I went to my room. I live in a rented room in Bhairahawa, I took a shower and went to meet a friend who had come from India. I had to give him his belongings. As my friend was from India he did not know his way around Bhairahawa, so I asked him to meet me where the location was easier for him to find, but for me it was quite far. I met him at that place and started chatting, by the time we were finished it was already 7:30. I told him to come with me so he could see where I lived. When we reached the place I lived at, we again talked for a while outside my room. As it was getting dark, I asked him to leave because he had a long way to go, right then I saw three youths loitering around my place, I had some doubt as to why they were here at this time of night, then I realized they were the same boys who had followed me earlier in the evening at around 6 pm while I was on my way to meet my friend from India. It was so quite dark so I couldn't figure out their faces, one of them was very tall, one was wearing a full sleeve and the other one was wearing a shorts and a vest with a towel thrown over his shoulder. My friend got on his bike and started to ride off, at this point I could see the three of them coming towards me, so I had some doubt about their intention and started running toward my room, when suddenly one of them got a hold of my collar and pulled me towards him and shouted "Wait, I'll teach you a lesson", I shouted and ran towards a house where one uncle was looking at me and it was not that late, so people were still awake, so I wasn't scared. And also some aunties were sitting around and chatting as it was "Teej" so I screamed on top of my lungs, as I was taught the same day during the training. The guy pulled me towards him but I pushed him and hit him in the groin area after which he let go of me. At that point, I got very nervous and ran towards my room. Different kinds of thoughts played in my mind and I couldn't eat anything. I got very scared and thought about all the people that had been raped or abused.

The next morning I was so traumatized that I didn't want to go to the fight back training but after much deliberation, finally came to the conclusion that FIGHT BACK was exactly the kind of training that would help me in such a situation and I thought it would ease my mind if I talked to the Fight back trainers. So after lunch I told Pooja Ma'am and Nirmala Ma'am about what had happened.

What I learn from my experience is that whoever we are, it doesn't matter if we come from the city, if we are educated or from the village or uneducated. We all have the capacity to FIGHT such criminals. God has given us immense strength but we just don't realize. I urge my fellow sisters and women to never think of themselves as weak because they are female. If you are attacked, make sure you give your 100%, don't feel inferior and get nervous in such a situation. Use what even you can as a tool against the perpetrator.

I have taken different types of trainings but never have I taken such a training where me as a female am able to find out my weaknesses and strengths and empower myself to never get into such a situation and even if I do I know the right techniques to get out of it.

## **Testimonial 2**

I hadn't taken physical training, but I had taken a mental one. After taking this training my confidence has grown, earlier I used to be harassed and teased on public vehicles, but this training has given me the confidence to tackle such situations, mentally as well as physically. Nature itself has made us in such a way that men can attack us at any point in time. Since we were small we had to live with that fear but I think this training will help us boost our confidence and overcome that fear. This training will help us throughout our life.

## **Testimonial 3**

No, I hadn't even heard about it but I feel happy that I could be a part of it. After taking this training my self-confidence has grown, I was unaware about the intention of people earlier but now I know what to expect from certain kind of people, I know how to identify a criminal and if anyone tries to harass us I feel confident to fight back. We always thought that men were stronger than women but we learnt at FIGHT BACK the techniques to overpower men, we learnt the four balls and one throat techniques which I think will be very useful to defend ourselves. We can share this training with our family and friend which will create awareness and I will personally pass on the important skills to as many people as I can.

## **Testimonial 4**

I think it's a great training; this has come to practical use during the second day of training, when I was attacked by 3 boys. This training has been the best gift of my life. This training will be of great use in the future because I've already been in a situation where I had the opportunity to use it practically. I will always use it and be aware of such incidents. Everything in this training was new to me, I knew quite a few things about sexual harassment but, no one had talk to us so openly about the subject matter. Earlier I used to think that everyone had good intention, but after this training I realized not every person is as good as you perceive them to be. I learnt the different methods to identify a criminal, identify.

## **Testimonial 5**

I learnt the methods and techniques to protect myself during sexual harassment, the different steps involved in defending myself, I learnt about criminal profiling, types of rapists, criminal mindset and how to avoid them and not get into situation where you could be harmed. We can always be prepared for any kind of situation and use the different kinds of techniques we learnt during the training and defend ourselves.

## **Testimonial 6**

I feel very happy about taking the training. I also feel very confident after taking the training. We learnt about criminal mentality and defending ourselves prior to the incident, during incident, and even after incident. This training will certainly be very helpful as we learnt about situational awareness, not to trust everyone and I will certainly teach this to my family and friends.

## **Nawalparasi Testimonials**

### **Testimonial 1**

This is the first time I have had the opportunity to take such safety training and I feel it will help me very much in the future. There is an increase in my self-confidence to such a level that I feel I can handle myself even if I am attacked by criminals. This training can be said as a part of personality development for young girls like me.



### **Testimonial 2**

I think this type of training is very useful for women and girls for their future safety. I always wanted to take this type of safety training now that I took it, I feel very confident and empowered. We must always utilize the safety skills learnt in the program and apply it in day to day life. I learnt about the importance of situational awareness and how to identify criminal traits among many other things.

### **Testimonial 3**

I need to commute in the evening at 7pm from work, I used to feel very afraid after dark but now I feel confident and safe to walk after the dark. The program is holistic in that it teaches mental, vocal and physical skills, it teaches about how not to be targeted by criminals, how to manage one's fear, how to resolve a conflict with dialogue and if need be defend oneself physically.

### **Testimonial 4**

This program taught me how to be safe and secured. I feel confident not only for myself but I can transfer the safety skills and knowledge to other girls like me. I don't feel unsafe to walk alone now that I have undergone the training program. I learnt a lot of things, some of the things on top of my head are: how to recognize the trait of a criminal mindset, how to identify high risk zones where sexual violence might occur and physical self-defense tactics that are easy to learn.

### **Testimonial 5**

I used to feel afraid to express myself vocally but after this program, I feel I have grown courage within me. I learnt a lot of useful things, especially the self-defense techniques, they are really useful.

### **Testimonial 6**

This program will be not only be useful for me for my future but I can help many other girls like me. The most important thing that I learnt was how to be confident and be free from fear. I really liked the program.

## **Sarlahi and Mahottari Testimonials**

### **Testimonial 1**

Namaste I am lechi Kumari and I have not taken such training before. I found the training very interesting and taking this training, now I think I can defend myself and protect against a criminal. It will be of great use in future because I learnt how to deal with criminals and easy ways to get away from them. I will teach these techniques to my friends as well.

### **Testimonial 2**

We were unaware as to the steps to be taken if we were attacked while we were alone, but after taking this training we learnt different techniques to defend ourselves. We know what to do when someone grabs our hand, if someone grabs us from behind, previously we had to call for help but with this training we are confident that we can defend ourselves. We also learnt to fight or run according to the situation and should not be aggressive at once when someone attacks us but be calm, assess the situation and try to pacify the situation because as being aggressive can escalate the situation which can lead to more violent action from the perpetrator and could lead to serious injury and even death.

Previously, we didn't know such training were there! And we were not even aware of such criminals and dangers. In the Terai Region, girls and women are seldom allowed to leave their house unattended. But with this training we are confident that we can defend ourselves and also our friends and family if need be.

**Testimonial 3**

I never knew about such training program before and taking a part in this training I feel very lucky. We learnt safety measures regarding sexual harassment, rapes and way to avoid them. After taking this training the cases of sexual harassment and rapes will definitely decrease.

This training helped me to identify if someone is following me and steps to avoid and I also learnt how I could avoid being sexually harassed or even raped. Prior to this training I never bothered latching my doors and windows, I used to be alone in the house but after the training I latch my doors and windows and try not to stay alone in the house anymore.

**Testimonial 4**

I have not taken such training program before and I feel good being participating in this, girls are bullied in our society, we are considered inferior but after this training we feel empowered and can take care/ defend our self and walk with our head held high. We learnt the art of talking (to a harasser/abuser) not to be scared of anyone. Certainly, it will be very much useful in future too.

**Testimonial 5**

I have not heard this kind of training before but being participating in this training I learnt different techniques to be used when someone attacks you from different angles, how to release oneself from grabs and holds like hand grab, neck grab, hair grab etc and how to safety land when someone pushes you. We also learnt to be safe while in our house and the importance of latching our doors and windows and also way of identifying criminals.

**Testimonial 6**

I have not participated such training before but I am glad for participating in this training because it empowered me and enhance my self-confidence. The most important thing what I learnt from this training is how to protect myself against rape, sexual violence, the measures to be taken while going to a scheduled/ new place, and the places to avoid.

**Testimonial 7**

I have not heard about such training program before and as a participant I felt very good since I got opportunity to learn many techniques and it also made me aware of various things related to sexual harassment and rape. Now, after the training, I think I can protect myself from any kind of sexual harassment in the future. I build a confidence that I can save myself and others too, can also help kids from being raped.

**Testimonial 8**

It was a very good training and new experience for me as I have never taken such training before and after this training, I feel I can take care of my safety and no one can harm me. We learnt about different types of criminals, their background, how they commit crime and ways to avoid them. In this training, we not only learnt to defend ourselves physically but also learnt to be mentally prepare ourselves from being sexually harassed.

**Testimonial 9**

I have never enrolled this kind of training before but we need such trainings in our life. Most of the time, we used to be attacked, sexually harassed but we couldn't do anything about it, we would quietly walk away but now we know how to verbally pacify the situation. Now after this training, we know the different techniques to safeguard ourselves in public vehicles as well. Well, we could forget a lot of other things but we could not forget about defending ourselves while being such vulnerable situations. Thus, we will never forget this training and will also help my friend and sisters against sexual violence.

**Sunsari Testimonials**

### **Testimonial 1**

I really liked the training program. The main thing that I learnt was how to identify threat and respond to it effectively mentally, vocally and physically (if needed). This program will help me in future.

### **Testimonial 2**

Really liked the program. I liked the physical self-defense techniques that were taught, with this new learnt skill, I feel confident that I can defend myself if someone tries to abduct me. Vigilance and preparedness is the key to fight back against criminals and I learnt a lot from this program.

### **Testimonial 3**

I use to feel afraid of boys but after the training I feel confident and empowered. I have a plan of action if I am attacked, first if the odds are against me I will run, second option will be to fight back with my wit and body to best of my abilities. I will be teaching about how not to fear to other girls of my age.

### **Testimonial 4**

I never had the opportunity to learn such important safety skills. I feel very confident and empowered. I liked learning the physical self-defense skill but more than that I learnt about being mentally vigilant and strong, which in many ways is more important.

### **Testimonial 5**

I have learnt a lot from this training and by participating in this kind of training I have learnt how to defend myself if attacked by the attackers and stalkers and punish them by defending them by myself. I learnt to be my own protector.

## **Sunsari Testimonials**

### **Testimonial 1**

My name is Shanti Chaudhary from Gadhawa Gaupalika-7. I have not taken such training before and never undergone any martial arts training like Karate. I have learnt lots of useful techniques within short period of 5 days. The society where we are living is not safe for girls and women and through this training I got opportunity to learn life-skills. Now after the training, I am empowered to fight against criminals and increased my self-confidence. Through this training I realized how vulnerable situation can be and the different ways to identify the criminals and fight them.

I used to face a lot of difficulties related to sexual harassment now I know how I can defend myself and I am confident that I can save others as well. I also got to know about the different disguises that criminals come in and ways to identify them. I have learnt about the consequences of being naive and trusting people and the problems that I could face if I trusted or made friends with wrong people. Finally, I want to teach whatever I learnt here to my friends and family.

### **Testimonial 2**

I am Bindu Giri from Rapti Gaupalika-4 and I have previously enrolled other kind of training but this is the first time I am taking a self-defense training.

This training is very helpful to everyone and especially to adolescent girls because it deals with safety and security and majority criminals attacks adolescent girls generally in our community. I also learnt how important situational awareness is and being aware, how it can keep us from getting harm. This training will be of great use because now I have the confidence to face any kind of criminal and protect myself.

### **Testimonial 3**

Namaste, My name is Mamata Chaudhary and I am glad being a part of this self-defense training. I feel more confidence after taking this training. This training not only increased my self-confidence but also brought situational awareness within

me since incidence could take place anywhere, anytime. The techniques which I have learnt here will be extremely helpful in future too because it is not just a training but a life-saving skill. I will teach this to my friends and family so they too can be safe.

#### **Testimonial 4**

My name is Tulsha Chaudhary from Tulshipurdham studying at class 12 in Public Gyanjyoti School. I have never enrolled such training before but I found the training was very interesting and I am glad being participant of this training. I would like to encourage all my friend and sisters to take this training. I not only learnt about saving myself from criminals but also way to identify criminals and danger zones.

### **Kapilvastu Testimonials**

#### **Testimonial 1**

My Name is Anju Chauhan. I never had the opportunity to undergo such safety training, now that I have, I feel very glad that whatever safety skills that I have learnt can be used in my day to day life. There has been increase in my self-confidence and situational awareness. Now I have the confidence to defend myself successfully from an attacker if ever such situation arises. What I like about the program is that it addressed all the aspects of safety which is: Mental, Vocal and Physical. I learnt how to read the criminal intent of a person through body language, the color code system of situational awareness of: Whit, Yellow, Orange and Red is really helpful. On the physical skills, I had no idea how to defend myself but the techniques that I have learnt has given me the confidence that I can confidently respond to the situation by either escaping or fighting back if need be. I can be my own protector.

#### **Testimonial 2**

Namaskar, I am Sandhya Sahani from Kapilvastu, Tilurakot. I never knew of such training program before I joined this course. I feel a sense of accomplishment and happiness that I have learnt safety skills to protect myself. I feel I can now defend myself should the situation arise. What I like about the program is that many aspects of the safety skill can be taught to others in our community and I will be definitely doing that.

#### **Testimonial 3**

My name is Radhika. What I liked about the program is that it teaches how to be vigilant and prepared. The skills like how to identify potential high risk zones of sexual violence is needed very helpful. The other aspect I liked was to think critically about the intentions and motives of others when it comes down to your personal safety. We should not be naïve and believe everything what others say. This will really help me in my future.

#### **Testimonial 4**

The most important thing that I learnt was how to deal with 'Public Vehicle Sexual Harassment', this is something that we face in a day to day basis. The program methodically taught me how to deal with that and I feel very happy I had the opportunity to learn about it. Besides, that physical self-defense techniques were really fun to learn like how to get out of a hair grab, neck grab, wrist grab, hug attack from behind etc... All these techniques are really useful and will help me in future.

#### **Testimonial 5**

I really like the program. It has taught me how to identify a criminal intent of a person and physically respond to a situation if the need arises. I want to transfer this knowledge to my peers and I wish they also have this golden opportunity to undergo such program. I feel really lucky and this will help me for the rest of my life.

#### **Testimonial 6**

I learnt how to be my own protector. I used to feel very afraid while walking alone but now I feel very confident. The thing

that I liked about the program is that it is very practical. It teaches day to day skills like how to be safe while travelling in public vehicle to defend oneself from grave crimes like rape. I think whatever I have learnt can be used in future.

## **Kathmandu Testimonials**

### **Testimonial 1**

This is the first time, I'm taking such training. Earlier I was shy and scared to talk to people. But after taking this training I have become fearless and confident. I used to be harassed a lot during my rides on public vehicle but now I know how to defend myself with-out being aggressive. I have learnt the technique of silent fightback.

### **Testimonial 2**

I came here because I know this training would be of great help. Adolescent girls are the main target for eve-teasing and harassment. After coming to this training I learnt about criminals and different ways to identify them. I learnt about danger zones and the 20 sec formula. I also I learnt about modifying natural reflexes into SOS blocks. I have found a new sense of confidence in me. I also came to know about different color codes of awareness.

I used to walk with music on with earphones on my ears but now I've come to know about the risks of doing that. This training will help me greatly in future, esp. while travelling on public vehicles.

### **Testimonial 3**

This is the first time I'm taking such training. It was my mom who insisted to take this training. I was not very sure because I have to leave work to attend this training. But fortunately this training has become a life changing experience for me.

I was a very shy girl with low self-confidence but now I feel confident and assertively talk to anyone who tries to harass me. This training is beneficial not just for us adolescent girls but for women as well.

The formulas for safety will be of great use now and in the future.

I will talk about this training to my friends, sisters and also my brothers.

### **Testimonial 4**

I used to be very scared travelling alone, esp. in the villages where I live. I felt scared when I was teased and could not retaliate but now I know the different techniques to fightback from silent fightback to active fightback. I learnt about verbal self-defense, esp. shouting and how it helps us and about taking control of my fear and running away. I also learnt about assertive communication.

This is the best training. I have ever taken and feel very happy.

## **2.14 Conclusion**

From the findings of this monitoring & evaluation project the following irrefutable conclusions can be made:

1. There is no negative outcome of the training;
2. The benefits of the training are evident as there is a high level of retention as indicated in the recall test analysis.
3. The subjective outcomes outlined in the main report could not be ruled out as the majority of respondent opinion, trainers' subjective evaluation and general observations strongly support the claims therein;
4. Contrary evidences discovered were of only exceptional and individual nature and statistically insignificant;
5. Deterioration in physical skills was expected, however the core skills on how to defend oneself from a physical attack evident and there has been less deterioration in the efficacy of the techniques executed.
6. Since, as per the outlined validity guidelines in the Introduction Sections, the expected outcomes were evidently validated.

With that, we say that the sexual violence risk reduction workshops in the 12 districts was successful. The programme was conducted with high professional standards by both the partners, Paritran and SFCG.