



**MEN AND BOYS AS PARTNERS IN PROMOTING GENDER
EQUALITY AND PREVENTION OF YOUTH EXTREMISM AND
VIOLENCE IN THE BALKANS**

ENDLINE EVALUATION REPORT

June, 2020

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EXECUTIVE SUMMARY

Purpose of the Endline Assessment

The *Men and Boys as Partners in Promoting Gender Equality and Prevention of Youth Extremism and Violence in the Balkans* or Young Men Initiative II (YMI II) project builds upon CARE's comprehensive and programmatic effort to fight interpersonal and gender based violence (GBV), as well as to improve gender equality in the region and address preventative issues related to youth extremism and violence.

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

Study design

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

Research respondents were young men and women, age 15-18 years, from four locations - Banja Luka in Bosnia and Herzegovina, Belgrade in Serbia, Pristina in Kosovo*, Tirana in Albania. Total of 1201 participants took part in the baseline study (689 young men and 512 young

women). In the endline research, 679 participants (265 young men and 414 young women), from all project target schools where intervention was implemented, filled-in the survey. In the endline research, number of respondents was lower due to several reasons, but the main reason is COVID-19 pandemic that resulted in closure of schools what led to decision that the endline survey will be implemented online. Closure of schools also resulted with teachers not having direct and personal contact with students and they were unable to influence student' participation in the endline survey. More so, some students in some cities do not have access to internet at home. In addition, in the period between the two surveys a number of students dropped out of school.

Results

We can conclude that in the endline research a few positive things had been identified. In all the cities, results of the endline research show greater level of participation of young men and young women in different daily house chores (cooking, washing, cleaning, etc.). Research results show that the most progress in all the cities has been made in the area of attitudes towards gender relations. Still, attitudes towards gender equality, including homophobia and violence, are overwhelmed with stereotypes so work with youth in this regard should continue.

Positive thing is that in majority of cases perception of violence and forms of violence in the endline research is more mature and deeper than in the baseline. Besides that, in most of the cities physical and gender-based violence are less expressed in the endline research than in the beginning of the program. In the endline research, majority of young men and young women feel capable and more ready and empowered to prevent possible violent behavior in an intimate relationship.

Young women's and young men's knowledge about sexual and reproductive health topics is average in all the cities, but significantly higher in the endline phase. This data is useful as it shows that preventive programs can have significant impact on lifestyles of youth.

We have not found progress or consistent change in the field of consumption of psychoactive substances and mental health. Through future implementation of Program Y an attempt should be made to try to prevent these trends as much as possible.

Concept of work in this program gives good results and it should be supported in future and further developed. We expect that program will provoke responsible state education institutions and schools to more actively work on establishing sustainable mechanism, i.e. regular curriculum, which would lead to improvement of life styles of youth.

INTRODUCTION

The mission of the CARE International Balkans in the region is to contribute to post-war recovery and the socio-economic development of Bosnia and Herzegovina, Croatia, Serbia, Kosovo* and Montenegro. CARE Balkans office consists of the Headquarters in Sarajevo, Bosnia and Herzegovina (BiH), and program offices in Belgrade, Serbia, Pristina, Kosovo* and Skopje, North Macedonia. CARE's work in the Balkans started in 1992, when it provided humanitarian support to people affected by war. In the late 90-ies CARE shifted its focus in the region from humanitarian post-war assistance and rehabilitation to socio-economic development engaging in interventions directed at conflict prevention and peace-building, sustainable livelihoods, gender equality and prevention of gender-based violence.

The Men and Boys as Partners in Promoting Gender Equality and prevention of Youth Extremism and Violence in the Balkans or Young Men Initiative II (YMI II) project builds upon CARE's comprehensive and programmatic effort to fight interpersonal and gender based violence (GBV) as well as to improve gender equality in the region and address preventative issues related to youth extremism and violence.

The project's specific objective is to improve youth NGOs and government capacities to integrate Program Youth - Life Skills Educational Curriculum in the current educational and youth policy strategies and strengthen governmental and civil society efforts related to the inclusion of youth vulnerable to extremism.

This project aims at scaling up and mainstreaming earlier achievements related to the implementation of the Gender Transformative Life Skills program, in short Program Y, via targeted advocacy and a close cooperation with relevant stakeholder through the support of movement / coalition building through the development of new alliances that engage parents and citizens in supporting gender equality focused life skills education program. One of the main results of the project is to develop educational tools for scaling up such activities as online education and working with universities in the training of new educators. To enhance this process, CARE and partners are scaling up the Program Y in selected secondary schools whereby the schools take the lead in implementation, with the support from CARE's local

*This designation is without prejudice to positions on status and is in line with UNSCR 1244 and the ICJ Opinion on the Kosovo declaration of independence.

partners, and are identifying allies among teachers, who will act as trainers of trainers (ToT) and youth engaged as peer educators. In addition, a new comprehensive model, Program Y plus, is being piloted by working with a more selected group of youth vulnerable to violence and extremism. This model seeks to increase community connections and address the multiple layers of exclusion often leading to extremism.

CARE's local partner organizations are increasingly recognized by the public stakeholders as key players in the field of men engagement, youth work and gender equality. Supported by the project, the partners have been launching campaigns targeting youth and selected communities around hate speech and promoting the positive role of all community members in addressing extremism and violence. The project mainly builds on the use of social media, but also involves popular media and the arts to further messaging and reaching out to vulnerable groups. The project continues to support the efforts of CARE's partners to become national resource centers in regard to gender equality, youth work and violence prevention.

The YMI II project is implemented in Albania, Bosnia and Herzegovina, Kosovo* and Serbia and targets youth, especially young men vulnerable to violence and anti-social behaviors and strengthen key skills, knowledge, attitudes that support improved behaviors around gender equitable norms and non-violence.

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

Experiences and lessons learnt from other preventive programs

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

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

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

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

Stice et al. (2009) in meta-analytic review summarizes the effects of depression prevention programs for youth. They identified 47 trials that evaluated 32 prevention programs. The average effect for depressive symptoms from pre-to-post were small, but 41% prevention programs produced significant reductions in depressive symptoms and 13% produced significant reductions in risk for future depressive disorder. Larger effects emerged for programs targeting high-risk individuals, samples with more females, samples with older adolescents, programs with a shorter duration and homework assignments, and programs delivered by professional interventionists.

Programs that focus on a single risky behavior may be successful in reducing specific risk behavior but rarely have a positive effect on other aspects of young peoples' life (Petrosino, Turpin-Petrosino, & Buehler, 2002). Young people can be supported to develop adaptive coping

skills, positive attitudes and values, healthy behaviors, and supportive social networks by changing the emphasis of programs from reducing risky behaviors to promoting positive mental health and building resilience. As a result, health risky behaviors are less likely to be taken up or to become lifelong patterns (Komro & Stigler, 2000; Saewyc & Stewart, 2008).

Programs that were designed to foster greater connect with school, and social and emotional competence, demonstrated strong reductions in risk behaviors (Patton et al., 2006).

Wright et al. (2006) evaluated a year-long community arts-based skill-building program outside of the school setting. Over 37 weeks youth explored different arts media and created a community production or presentation. In addition to developing artistic skills, participants reported improvements in communication, cooperation, conflict resolution, social connections and teamwork skills, and reductions in emotional problems when compared to a control group.

According to Keleher and Armstrong (2005), the effectiveness of media-based campaigns for youth development is increased when a campaign is complemented by a mix of focused community activities and used over time rather than as a brief intervention. Campaigns should also develop culturally sensitive and appropriate materials and practices. It seems likely that such interventions may improve participants' knowledge but are less likely to effect change in behaviors. As with other knowledge-based initiatives, these resources may be best used in tandem with other, more interactive efforts.

There is strong evidence that community-based programs are helpful in promoting positive youth development. Community programs that help a young person to establish and maintain relationship with parents, siblings and friends can assist youth to improve their responsibility-taking and problem-solving capacity, and ensure an easier transition through adolescence and into adulthood (O'Brien et al., 2004).

Good example of preventive program is the US Teen Outreach program implemented in schools, in partnership with local community agencies (Allen, Philliber, Herrling, & Kuperminc, 1997). The program goal was to reduce teen pregnancies and academic failure. Youth followed a curriculum which included discussions and skills training on self-awareness, life skills, dealing with family stress, decision-making, human growth and development, as well as volunteering in the community. After intervention that was held during one school year, youth who took part in

this program showed significant decreases in school failure, school suspension, and teen pregnancy, compared with a matched control group.

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

Purpose of the End line Assessment

The Endline Assessment was done complementary to the project, contributing to the same objective, namely for the overall program of the Young Men Initiative II, both finance by Austrian Development Cooperation and Oak Foundation.

The Endline Assessment is carried out to contribute to a comprehensive understanding of the overall project progress as well as the change in knowledge, attitudes and behavior related to gender based violence, gender equity and healthy lifestyles amongst young men and young women from Serbia, Bosnia and Herzegovina, Albania and Kosovo who are participating in the program. We assessed whether there are differences in attitudes, knowledge and behaviors of young men and women before and after the completion of the project activities. We examined the effects of project activities on the following spheres of life of young men and women:

- Views of young men and women regarding gender roles and attitudes;
- Health of young men and women, including consuming alcohol, smoking, substance abuse;
- Experience of young men and women with suffered and committed violence;
- Level of mental health of young men and women;
- What knowledge do young men and women have about sexual reproductive health, contraception, sexual-transmitted infections?
- Mediating factors (e.g. family social-economic status, etc.) that also influence attitudes and behaviors of young men and women?
- Participation of young men and women in different project activities.

METHOD

Study design

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

Endline study was conducted collaboratively between CARE, local partner NGOs, school representatives and the consultant. Local partner NGOs secured permissions to enter the schools and collect questionnaires. Leading coordination role was done by the CARE Project Manager.

Participants

Research participants were similar across all four locations (Banja Luka in Bosnia and Herzegovina, Belgrade in Serbia, Pristina in Kosovo*, Tirana in Albania) in terms of age.

All respondents were young men and women. On average, respondents in all cities were average age of 17.5 years. In the final study, in almost every city, there was a smaller number of respondents as some of them meanwhile dropped out of school. Furthermore, schools were closed during the COVID-19 pandemics thus teachers had less contact with students and consequently could not influence the level of students' participation in the endline survey as they would if they had personal contacts with the students. Besides that, it was much more difficult to motivate and control participation of the research participants in the endline survey.

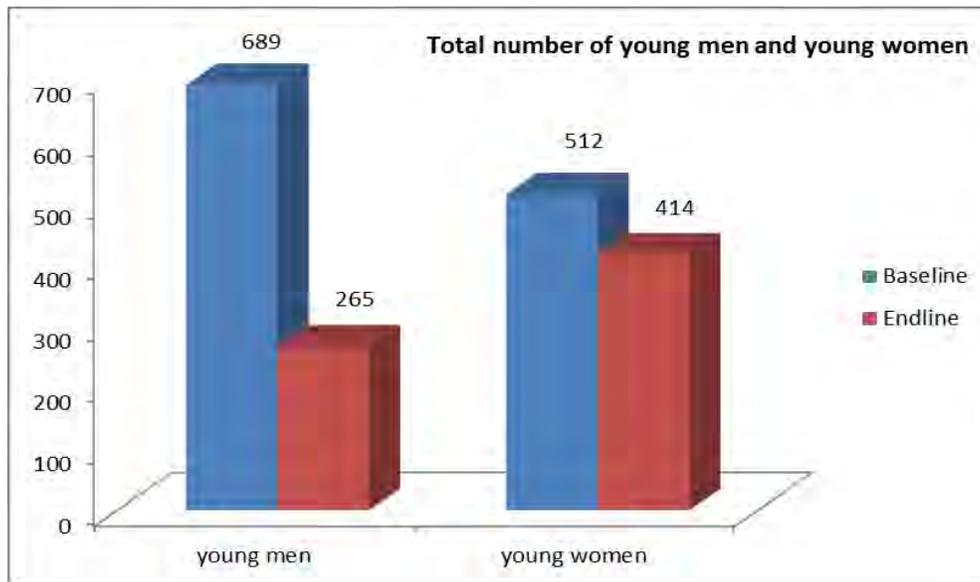
In Banja Luka, the survey was conducted in the Catering Trade Tourist School and Agricultural School; in Belgrade in two schools: X Gymnasium school and Saint Sava Grammar school; in Pristina in ‘Gjin Gazulli’ Electro-technical school and in Tirana in Ismail Qemali high school.

Overall, 689 young men and 512 young women took part in the baseline study. Total number of participants in the baseline was 1201. 265 young men and 414 young women, i.e. 679 total, participated in the endline research. In Pristina there were significantly more male respondents. In Belgrade and Tirana, it was the opposite - there were more female respondents. Details about sample and number of young men and women in each city are listed in table 1 and figure 1.

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

Cities	Sex of participants	Number of participants in the base line research	Number of participants in the endline research
Banja Luka	young men	176	66
	young women	70	83
Belgrade	young men	109	51
	young women	148	114
Pristina	young men	247	63
	young women	80	42
Tirana	young men	157	85
	young women	214	175
Total number of youth		1201	679

Figure 1: Total number of young men and young women



Social status of respondents' families is similar in all cities. Most of the parents have finished high school, then follows those who graduated from some tertiary education institution school, and the lowest number are those who finished primary school or less. Some differences in parents' education are evident between the cities. In Belgrade, number of parents with higher education is significantly higher compared to Tirana, Pristina and especially compared to Banja Luka. This is probably due to the fact that Gymnasium students usually come from more educated families than students from vocational schools. The assessment of the financial situation in a family is similar in all cities. Most respondents consider it as good. This information may be the result of a socially desirable answering. Respondents are often embarrassed to admit that they live in poor families.

Generally, we can conclude that social status of the respondents and their families is not great. The situation is particularly bad in families where parents are less educated, as this is accompanied with higher unemployment rate.

Instruments and procedures

The COVID-19 pandemic, which among other things led to closure of schools, required a change in approach to implementation of the endline survey. The decision was made to use self-administered online surveys, rather than interviewer-administered surveys, in order to collect personal and sensitive information from a large number of young men and woman in multiple

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

The first phase of the research was conducted in school facilities, with presence of an interviewer. In the endline research, survey was conducted online, without control of a consultant or interviewer. As mentioned earlier in the report, the decision to implement online survey was done due to COVID-19 and state of emergency. This is one of the limitations of the research that we were not able to influence due to schools being closed due to the pandemic. At the beginning of the questionnaire, participants gave their written consent form to participate. Filling-in the questionnaires in both stages, baseline and endline, was anonymous.

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

- General background information: included questions about family, home, demographics, socioeconomics;
- Gender relations, views about Men and Women: included 17 main items from the GEM Scale. The GEM Scale is a widely used and tested instrument that has shown tremendous reliability in assessing to what degree men and women “buy into” or support an inequitable view or a more equitable view of male-female relations. The scale has been validated in more than 15 countries. Items range from statements about roles of men and women at home, in relationships, acceptance of violence against women, and attitudes towards homosexuality;
- Health: included questions about health seeking behaviors, smoking, alcohol and substance (ab)use; knowledge questions about sexual reproductive health, attitudes towards contraception, HIV and STI; mental health states measured through a shorter version of Mental health inventory - MHI 5. This scale had five items (range is from 1 to 5). Three items were related to the presence of psychological distress, and two to psychological wellbeing in last month. Examples of items are: “How much time

during the last month have you: been a very nervous person / felt calm and peaceful?”

Authors of revised scale are Rumpf et al. (2001);

- Questions about experienced and perpetrated violence, gender based violence, violence in relationship;
- Questions about social and free time activities of young men and young women.
- Participation in program intervention activities (workshops, ‘Be a Man Clubs - BMC, exposure to campaign activities etc.).

In the endline questionnaire, we added a detailed section on program exposure designed to measure participants’ engagement in YMI and how they valued various program activities. Instruments for young men and young women were the same. The questionnaire was only changed in Tirana. Due to the decision of the Ministry officials, four questions related to knowledge of sexual-reproductive health, sexual experiences, violence experienced in the past, were taken out. We encountered the same issue during baseline study as well.

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

Survey was conducted by four engaged local partner NGOs: “Perpetuum mobile – Institute for Youth and Community Development” from Banja Luka, “Center for Promotion of Healthy Lifestyles – Center E8” from Belgrade, “Center for Counselling, Social Services and research (SIT)” and “George Williams Youth Association in Kosovo (YMCA)” from Pristina, and “ACT for SOCIETY Center” from Tirana.

Intervention program

CARE Balkans launched the *Young Men Initiative* (YMI) in 2006, a program designed to build more equitable attitudes and behaviors with young men and decreased both gender and peer violence. YMI started with a small size qualitative research exploring young men’s attitudes and behaviors in 4 cities, then over the years grew into a comprehensive program with different components targeting young people, parents, teachers, educational and social workers, university students, journalists and other important stakeholders.

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

- *Group Educational Workshops.* YMI developed a core list of workshops from Program Y Toolkit (up to 19) that were conducted over several months with groups of young men and women. Workshop sessions addressed multiple topics, including *What Is This Gender; Expressing Emotions; Labeling; What Is Sexual Violence; Anger Management; From Violence To Respect In Intimate Relationships; Sexual Health; Drugs And Alcohol Use; Peer Violence And Violence Against Women etc.* Sessions included interactive approaches that provoked dialogue and reflection by participants.
- *Campaigns* – lifestyles, social norms and violence prevention campaigns were developed in close collaboration of local partners with young men and women from all project countries. Some of them are “Are Y OK”, “Be a Man”, “React as a Human”. Campaign activities and materials were presented in schools and reinforced many of the same topics addressed in the workshops, including mental health, sexual health (e.g. promoting condom use), violence prevention and more gender-equitable norms. Some of the activities were flash mob actions, conference, workshops, videos, lectures, etc. Several materials were developed, including posters, t-shirts and brochures. Activities were open to all young men in the schools and were often organized around significant days (Celebrating 16 Days of Activism; Celebrating 8th of March; Celebrating 12th of August – International Youth Day) in order to hold educational and entertaining activities, including quizzes, music contests, graffiti art and street fairs.

Limitations

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

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

Using a self-administered survey can be strength as well as a limitation. By allowing young men and women to fill out the survey themselves, they may be more willing to share sensitive or private information than they would in a face-to-face interview. However, a potential problem with self-administered surveys is that participants may not understand the questions. Efforts were made to reduce this limitation by pre-testing the survey with a similar group of young men and women in each site to ensure comprehension and simplicity.

Finally, as this data is specific to certain schools and locations within the different study countries, comparisons between sites can pose difficulties. While it is possible to compare one school to another, these data are not saying anything that can be affiliated to young men as a whole in these cities or countries. Rather, the data tell a detailed story only about young men and women in those specific schools.

RESULTS

The results will be presented by areas of research. Results for young men and young women are presented in tables separately, as well as separately per each city. Underneath the tables, results are commented first for young men and then for young women. We did not make a more in-depth analysis between the cities as survey participants from different cities belong to different family, social and demographic context. Most of the results are presented through simple statistical measures such as estimates, in order to be understandable to a wider audience.

Gender relations

Activities in household

Table 2: Participation in the household chores (in last 3 months once or more)

Activities in household		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
Cook food for your family	B	67.5	64.4	69.6	39.7	89.9	82.4	83.5	84.9
	E	86.4	88.2	70.0	83.5	96.4	93.0	90.5	92.6
Clean the house	B	80.7	82.1	77.2	62.4	98.6	92.5	95.0	96.7
	E	80.9	91.2	77.8	80.0	98.8	95.6	100.0	97.0
Wash clothes	B	27.8	30.5	24.7	17.3	68.7	45.1	47.4	42.9
	E	50.0	25.5	33.3	80.0	86.7	45.6	73.8	57.1
Care for younger siblings or other relatives	B	61.5	61.6	61.5	18.8	66.5	61.5	77.9	75.8
	E	56.1	58.8	65.1	77.1	67.7	60.5	88.1	76.0
Fix or repair something in your house	B	86.9	66.0	85.5	82.8	44.1	40.1	52.0	46.9
	E	95.5	72.5	85.7	83.5	65.0	51.0	76.2	65.4

BL – Banja Luka; BG – Belgrade; PR – Pristina; TI – Tirana

B – baseline; E – endline

This table presents the results regarding involvement of young men and women in the household chores. In general, we can see that in the period of the endline research majority of young men and young women from all cities were involved in some of the household chores. Young women were slightly more engaged than young men. Percentage of those involved in different household chores mostly varies from 70% to 90%. Young men are mostly involved in fixing things in the house and cleaning, and young women in cleaning and cooking.

If we compare baseline and endline research, results in all the cities are better in the endline research. Progress is the greatest in the cities where level of involvement in the baseline research was the lowest, such as Tirana. Progress mostly went up to 10%, while for some activities it even went up to 60%.

Views about role of men and women

We used modified Gender Equitable Men scale to assess youngsters' alignment to various gender attitudes. The full scale included fourteen items, and youngsters chose whether they strongly agreed, partially agreed, or disagreed with each item, both in baseline and endline. For ease and specificity of analysis, we present the findings broken into three separate parts: (1) Gender Roles; (2) Gender Norms; and (3) Homophobia. A fourth part, attitudes related to violence, is presented under the project theme of violence (in the subsequent subheading). In the following table we can see young men and young women attitudes towards three categories of attitudes.

Table 3: Gender attitudes of young men and young women
(% of those who agree with the following statements)

		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
A woman's most important role is to take care of her home and cook for her family.	B	59.6	34.0	61.4	36.7	49.3	10.9	65.4	19.7
	E	42.5	29.4	33.3	23.6	24.1	7.9	33.3	9.7
Changing diapers, giving kids a bath, and feeding the kids are mother's responsibility.	B	59	42.9	57.8	31.4	62.9	28.4	74.1	21.6
	E	41	31.3	20.7	20.0	30.1	12.2	21.4	8.0
A man should have the final word in decisions at home.	B	49.1	37.8	61	35.2	15.9	6.1	44.0	6.2
	E	48.5	35.3	22.2	21.2	12.0	2.7	11.9	4.6
It is both man's and woman's responsibility to prevent pregnancy.	B	77.4	85.7	74.3	88.4	85.3	92.9	67.6	86.2
	E	75.6	92.2	74.6	80.0	86.7	93.8	67.1	79.4
It's more acceptable for a boy to skip class than for a girl.	B	42.6	15.5	45.4	35.7	37.7	3.4	23.7	11.5
	E	15.2	17.7	15.9	18.8	19.3	5.3	4.8	8.0
It is okay for men to cry and show their emotions in front of others.	B	61.3	59.5	65.5	70.0	75.8	90.5	74	87.6
	E	59.1	70.6	61.9	64.7	90.4	92.1	81.0	78.3
The most important quality of a man is physical strength and power.	B	42.8	19.8	31.9	18.6	39.1	9.6	25.0	4.2
	E	40.9	19.6	12.7	14.1	21.7	7.9	7.2	5.7
I would have a gay friend.	B	13.3	22.1	18.2	5.2	63.2	74.6	31.5	52.6
	E	15.2	39.2	23.8	35.3	62.7	82.4	45.2	55.3

It is okay to hit or kick a gay person if he flirts with me.	B	57.3	44.2	56.0	50.6	26.5	4.8	28.6	14.0
	E	42.4	35.3	31.8	27.0	9.6	4.4	9.6	4.6
I would be ashamed if I had a homosexual son.	B	70.6	69.2	64.0	68.6	47.8	23.4	39.4	31.1
	E	68.2	56.9	49.2	42.4	33.8	19.3	23.8	19.4

This table represents results on attitudes towards three categories of attitudes: gender roles, gender norms and attitudes towards persons of homosexual orientation.

Attitudes of young men

Attitudes on gender roles show that around 20-40% of young men support stereotype gender roles. The greatest percentage is in Banja Luka (48.5%). That implies that significant percentage of young men have unequal attitudes about gender roles and they feel that the role of a mother/woman is to cook, take care of a house and children, and that a man should have the final word in decisions at home. Positive thing is that 75%-92% of young men in all four cities feel that young men and young women should both take responsibility for pregnancy.

When we compare the two phases of the research, we see that progress was made in all cities. In majority of cases attitudes are more positive with 10% of participants in the end phase, but this progress in some cases varies even up to 40%, and the most significant was in Pristina (37.8%).

When it comes to gender norms, results are quite various. In the endline research, around 12%-40% of young men express gender unequal norms. Hegemonic gender norms are less represented in the endline research, and progress mostly varies from 4-14%.

Homophobia is quite present with young men, what is in accordance with previous researches. These data are also present in the endline research. Around 15-39% of young men in the endline study state they would not like to have friends who are of homosexual orientation. Around 42-68% would be ashamed to hypothetically have a son who is gay. Around 27-42% support violence towards homosexuals. However, positive fact is that endline research results show progress comparing to the baseline. In the endline research, percentage of people who are more tolerant towards homosexuals is higher. That progress is in average present with 15-20% of participants, and for some attitudes it goes even up to 30%. The greatest progress was made in Pristina and Tirana.

Attitudes of young women

When it comes to role of a woman in a household, attitudes of young women are more gender-equal than those of young men. But still, gender stereotypes, especially those on gender roles, are evident with young women. Around 8-30% of young women feel that a woman should have a lead role in household duties. Attitudes are more stereotypical in Banja Luka and Pristina. Young women are more sensitive and more emancipated when it comes to bringing decisions in a family. Only 3-5% of young women from Belgrade and Tirana and 12% of young women from Banja Luka and Pristina agree that a man should be the one who brings decisions in a home.

In all cities, attitudes on gender roles are significantly more gender equal in endline than in baseline research. That progress is very variable, but is consistent with all questions from this part. Around 80-90% of young women in the endline research represent gender equal norms. More gender equal attitudes are present with participants from Belgrade and Tirana. In the endline research, results are much better than in the baseline, and greatest positive changes are in Banja Luka (32.8%) and Pristina (52.7%).

Attitudes of young women towards homosexuals are more tolerant in the endline research, but we still qualify them as quite conservative. Around 82% of young women from Belgrade, 63% from Banja Luka, 55% from Tirana and 45% from Pristina state they would accept homosexual for a friend. Around 4.4%-9.6% of young women think that it is okay to hit or kick a gay person if she flirts with them. Around 23-48% of young women state they would be ashamed if their son would be homosexual. Comparing it with the baseline research, attitudes of 10-20% of young women towards homosexuals are more tolerant in the endline research.

We can conclude that gender attitudes of the participants, especially those of young men, are still quite filled with gender stereotypes. Unfortunately, numerous young women internalized gender-unequal relations as well. Inequality is mostly expressed in the domain of homophobia, and gender roles in general. We can notice that attitudes are most flexible in Belgrade and Tirana. Results are better in the endline research what points out that this kind of programs have significant role in changing attitudes and behaviors of youngsters.

Health

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

Health seeking behaviors, alcohol, smoking and substance use

Table 4: Smoking of cigarettes and marijuana

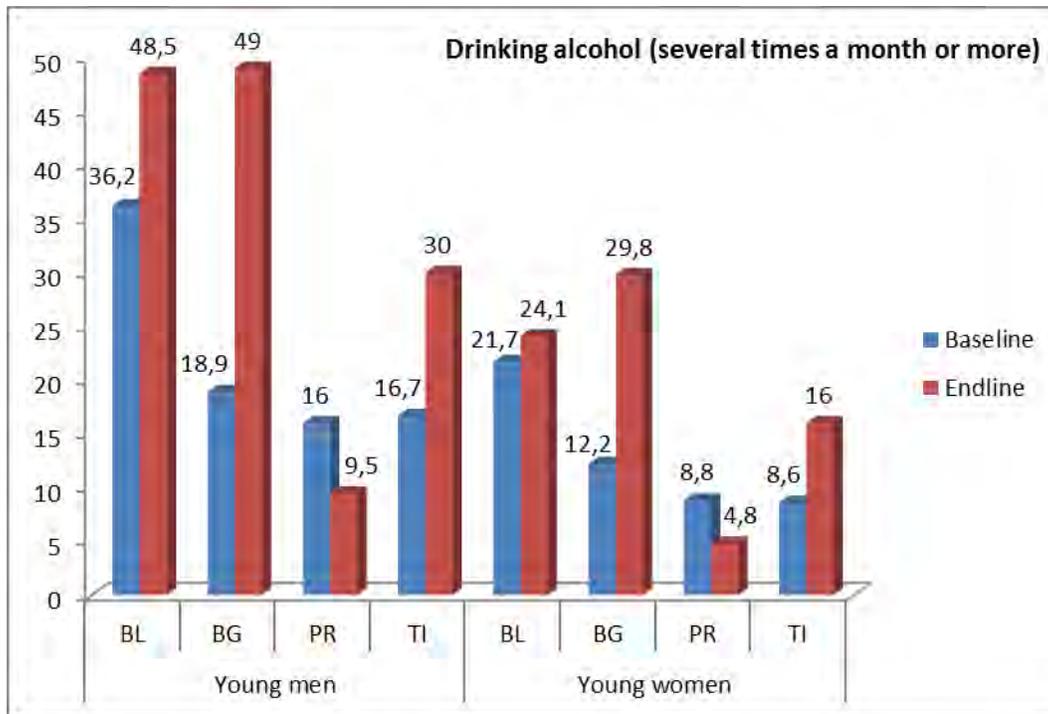
Substance use		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
Currently smoking cigarettes	B	19.8	2.8	18.1	13.4	20.3	6.1	16.3	1.9
	E	27.3	19.6	25.4	16.5	24.1	17.5	31.0	6.9
Smoking marihuana in last 3 months	B	8.1	4.7	5.4	4.5	8.8	4.1	0	1.0
	E	3.0	17.6	6.4	8.3	4.8	9.7	4.8	2.3
Percentage of respondents whose close friends consume marijuana	B	19.1	22.9	24.3	32.9	24.3	16.6	16.9	21.7
	E	19.7	31.4	36.5	42.4	18.1	28.1	21.4	28.0

In this table we can see the level of use of different psychoactive substances. Results are quite different between the cities. In the endline phase, young men and young women from Banja Luka and Pristina smoke the most, around 24-31 % of them. Participants from Tirana smoke the least (6.9%).

As expected, marijuana is used less than cigarettes – up to 17.6% in Belgrade and between 2.3-9.7% in other cities. Interesting data is that significantly higher percentages of young men and young women (18%-42%) have friends that use marijuana. This can point out to the fact the real percentage of youth who smoke marijuana is higher, but they do not want to admit that in the survey.

Level of smoking cigarettes and marijuana is greater in the period of endline research.

Figure 2: Drinking alcohol



When it comes to use of alcohol, it is mostly evident between young men and women in Belgrade and Banja Luka. Around 49% of young men from Belgrade and Banja Luka, 30% from Tirana and around 9% from Pristina drink alcohol once a month or more. When it comes to young women, young women from Belgrade drink the most too (30%), then those from Banja Luka (24%), then Tirana (16%) and Pristina (5%). Additional analysis showed that similar percentages are with young men who got drunk. Young men from Banja Luka are most often drunk (34.9%).

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

Mental health

Table 5: Mental health states during past month (most or all of the time)

States of mental health		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
How much time, during the past month, were you nervous?	B	14.4	29.0	18.4	13.5	28.6	43.3	53.8	45.6
	E	18.2	21.6	15.9	22.4	37.3	29.9	50.0	42.4
How much time, during the past month, you felt downhearted and blue?	B	9.2	10.3	13.5	6.4	24.3	18.2	23.8	24.6
	E	6.0	11.8	15.9	20.0	24.1	11.4	47.6	30.8
How much time, during the past month, you felt calm and peaceful?	B	57.8	48.1	65.3	73.8	48.6	41.7	43.0	43.2
	E	80.3	60.8	50.8	58.8	47.0	57.9	33.0	47.4
How often, during the past month, you felt so down that nothing could cheer you up?	B	5.3	9.3	6.7	4.5	10	8.2	19.0	10.8
	E	12.2	9.8	19.1	16.4	16.9	7.9	38.1	22.8
During the past month, how much time were you a happy person?	B	86.1	83.2	68.9	72.4	65.7	62.8	58.2	45.9
	E	90.9	66.6	58.7	69.5	65.1	69.3	45.2	47.0

In the statement on mental health, state of happiness (58%-91% young men and 47%-69% young women) and tranquility (51%-80% young men and 33%-58% young women) dominates in the last month. Nervousness and helplessness were the least present statuses with young men. These worse mental conditions were more common with young women than with young men. In the last month, between 30%-50% of young women had nervous phases and 8%-38% had periods when nothing could cheer them up.

When we compare baseline and endline research we can see that there are different trends between the cities. In general, mental health in Banja Luka and Belgrade is almost the same in baseline and endline assessments. Still, there are endline indicators that show that mental health in Pristina and Tirana is even slightly worse than in the baseline survey. This may be due to the fact that young men are faced with increasing challenges as they grow up. These challenges can be related to the searching of their own identity, choice of emotional partners, social independence, etc.

We also asked the survey participants who they go to when they have some mental problems. Around 20% of participants pointed out they don't talk to anybody as they try to solve problems on their own. Among those who do seek help, majority are those who ask their friends for help. Young men go to their male and female friends while young women usually go to their female friends. Majority of survey participants pointed out they have 2-5 friends they can go to. Besides friends, they ask help from both parents.

Sexual and reproductive health

Table 6: Knowledge of sexual and reproductive health (% of true answers)

Statements about SRH		Young men			Young women		
		BL	BG	PR	BL	BG	PR
Ovulation is periodic release of a mature egg from the ovary.	B	21.9	22.5	28.7	33.3	44.1	19.4
	E	50.0	51.0	19.0	66.3	76.3	38.1
A woman has greater chances of getting pregnant half way through the menstrual period.	B	20	11.2	23.6	27.9	18.8	21.9
	E	28.8	23.5	28.6	38.6	41.2	50.0
Testosterone is a hormone that influences development of male secondary characteristics (such as skin tone, facial hair, tone of voice and muscles)	B	48.5	67.7	41.5	39.4	53.5	23.5
	E	66.7	92.2	39.7	67.5	78.9	26.2
A woman can NOT get pregnant the very first time she has sexual intercourse.	B	50.9	77.2	39.1	58	83.4	31.5
	E	63.7	78.4	41.3	78.3	86.8	33.3
HIV and AIDS are not the same.	B	27.8	35.0	26.7	15.2	45.8	49.3
	E	42.4	56.9	34.9	34.9	61.4	50.0
People can get the HIV virus by sharing food with a person who has HIV.	B	28.9	52.5	22.1	25.0	58.7	19.2
	E	48.5	70.6	28.6	53.0	70.2	35.7
All sexually communicable infections have some symptoms visible to the naked eye.	B	35.1	60.2	8.7	37.7	59.2	11.6
	E	39.4	82.4	38.1	53.0	75.4	28.6
Interrupted intercourse is very reliable way to prevent pregnancy.	B	28.7	50.0	19.0	23.2	58.7	15.2
	E	36.4	56.9	31.7	36.1	72.8	21.4
Same condom can be used a couple of times.	B	85.3	91.1	81.1	84.3	83.9	60.0
	E	89.4	92.2	76.2	90.4	96.5	66.7
Emergency Contraceptive Pills (ECPs) should not be used as a routine contraceptive method, but only in emergency situations.	B	45.3	42.0	18.3	50	42.1	14.7
	E	65.2	47.1	66.7	49.4	71.1	45.2

This table presents results on knowledge about sexual-reproductive health, contraceptives and sexually transmittable infections. We remind that these questions were not included in the questionnaire in Tirana. Obtained results are percentages of correct answers.

Baseline research showed pretty bad results, 20-85.3%. Still, endline research showed significant progress in knowledge of these topics. Percentage of correct answers in the endline research varied between 19-90%, but in majority of cases percentage of correct answers was over 50%. Participants from Belgrade showed the highest level of knowledge, then Banja Luka and Pristina. Consistent differences between young men and young women were not noted.

We can notice that participants showed lower level of knowledge of the following topics: period when possibility is greater for a woman to stay pregnant, HIV and how is it transmitted, manifestations of sexually transmitted infections, awareness that stopped intercourse is not reliable measure for preventing pregnancy, etc. These topics should be covered in some of the future educational activities.

Table 7: Contraception in practice

		Young men			Young women		
		BL	BG	PR	BL	BG	PR
I still haven't had an intercourse.	B	69.2	87.4	66.8	89.9	98.2	94.7
	E	43.9	47.1	65.1	67.5	78.1	90.5
We did not use contraceptives.	B	5.9	4.9	11.5	4.3	0	2.6
	E	21.2	15.7	9.5	14.5	10.4	4.8
We used contraceptives.	B	24.9	7.8	21.7	5.8	2	2.6
	E	34.8	37.3	25.4	18.1	11.5	2.4

In this table we can see percentage of youth who had sexual intercourse and if they used protection or not. Vast majority of young men (44% - 87%) and young women (67%-90%) state they did not have intercourse. Among those who had intercourse, greater percentage is of those who used contraceptives (25-35% between young men; 2-11% between young women). So, majority of young men used contraceptives, but when it comes to young women percentage of those who used and those who did not use contraceptives is similar.

Violence

Table 8: Attitudes toward violence (% of those who agree with the following statements)

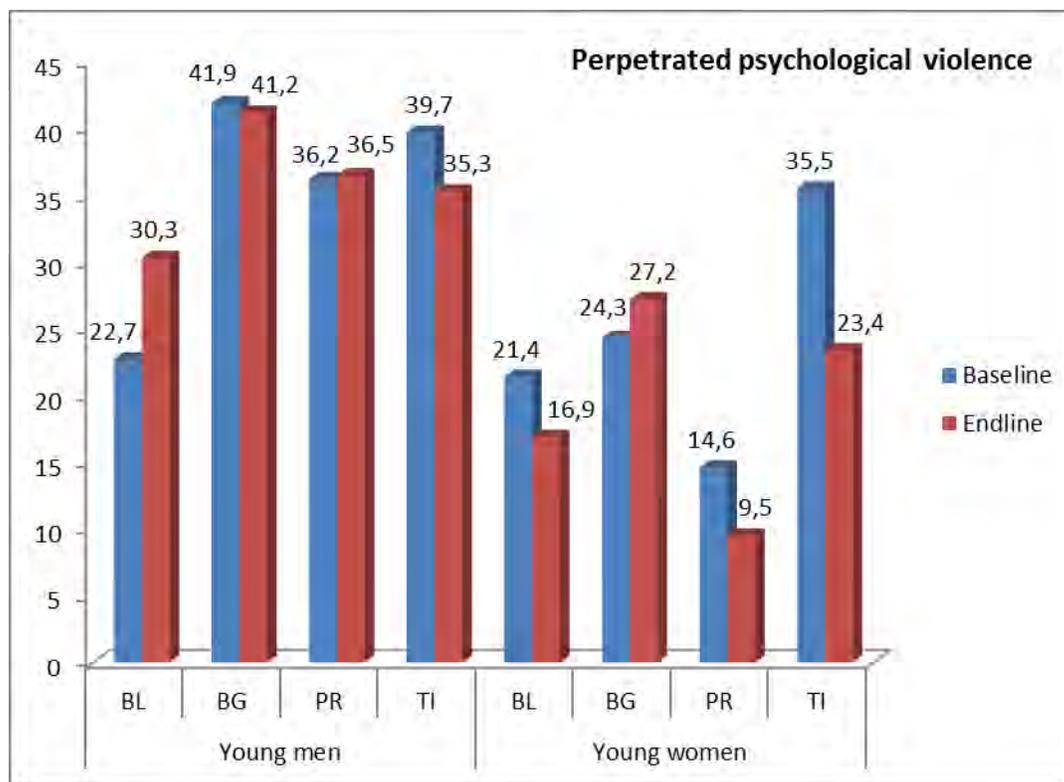
		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
A single slap is a type of violence	B	60.9	60.0	53.7	57.4	60.0	78.9	61.1	78.7
	E	68.2	70.6	62.0	60.0	78.3	80.0	59.6	67.5
Verbal insults are a type of violence.	B	59.9	67.3	69.4	82.8	80.9	86.4	64.3	91.4
	E	83.3	82.4	66.7	70.6	84.4	86.8	71.4	77.7
It is acceptable if parents beat their children when they don't behave well.	B	46.2	29.9	41.1	12.8	41.2	17.6	22.4	2.4
	E	37.9	43.2	15.9	8.3	25.3	10.6	7.2	4.0

In this table, results on attitudes towards different forms of violence are presented. Between 60%-70% of young men in the endline study feel that a single slap is a type of violence. The same attitude also comes from 60%-80% of young women. These results show that 20%-40% of youth have wrong perception and minimize gravity of slapping as type of physical violence. Similar situation is with verbal insults. Around 67%-83% of young men and 71%-87% of young women feel that verbal insult is violence. So, significant percentage of young men (17%-37%) and young women (13%-29%) do not perceive verbal and psychological violence as violence. Wrong perception of violence can result with increased violent behavior and tolerance of it. Positive thing is that in majority of cases attitudes towards violence in the endline research is more mature than in the baseline. Perception on meaning and forms of violence is more developed. That progress is generally more noticeable with young men, and especially in Banja Luka.

Besides these attitudes, we can see that significant percentage of youngsters in some cities has tolerance towards parental violence against their children. 8%-37.9% of young men and 4-25% of young women feel it is acceptable that parents physically punish their children. These kinds of attitudes are more expressed in Banja Luka and Belgrade. Positive thing is that in majority of cases attitudes in the endline research are more favorable than in the baseline research. In average, that progress is evident with 15% participants.

Experience with peer violence

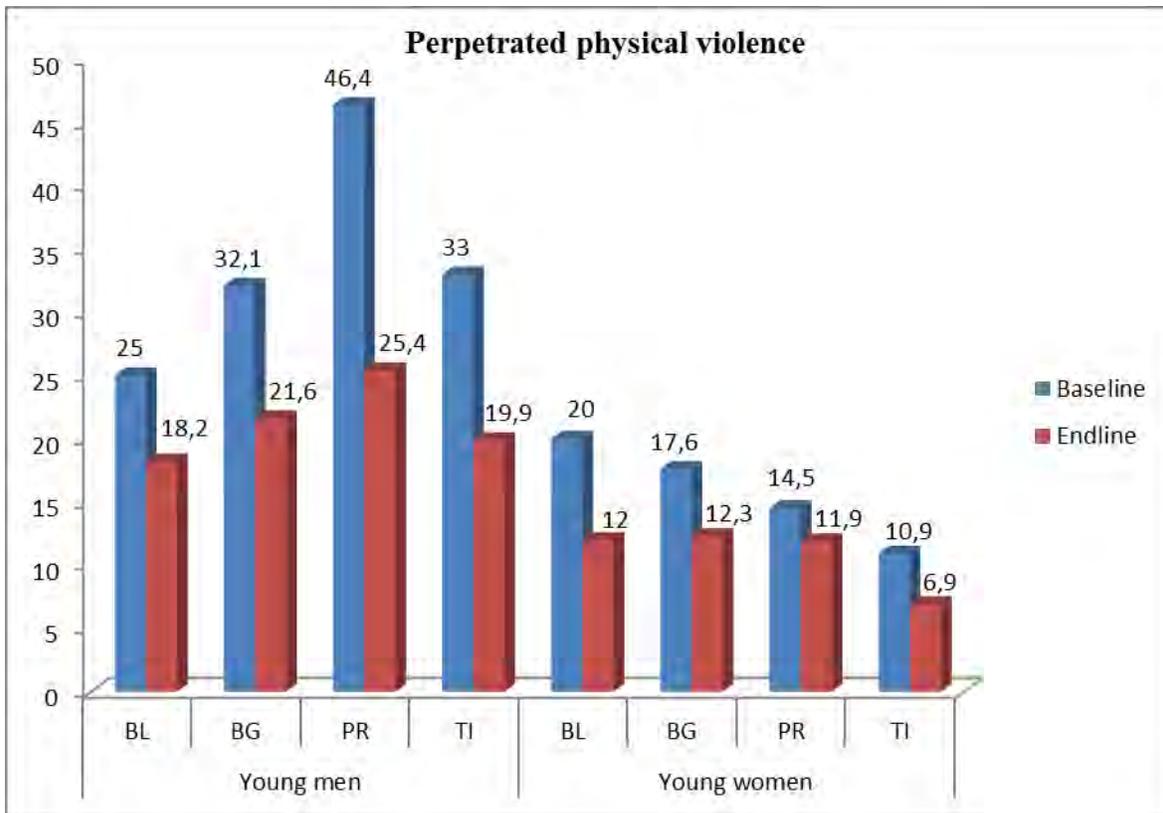
Figure 3: Psychological violence from the position of the perpetrator in last 3 months



Endline research showed that in the last three months between 30-41% of young men and 9-23% of young women participated in perpetrating verbal and psychological violence. It is more present with young men than with young women. When it comes to young men, the greatest percentage of verbal-psychological violence is noted in Belgrade (41.2), then Pristina (36.5%), Tirana (35.3%) and then Banja Luka (30.3%). When it comes to young women, verbal-psychological violence is also mostly present in Belgrade (27.2%), then in Tirana (23.4%), Banja Luka (16.9%) and Tirana (9.5%).

During the period of the endline survey, psychological violence has decreased amongst young women and young men from Tirana, and young women in Banja Luka and Pristina, while there was not significant change in Belgrade. Amongst young men in Banja Luka this type of violence was slightly higher in the endline research. If we look at the results per sub-samples and calculate in how many of them violence had increased or reduced, we can conclude that in majority of cases psychological violence in the endline research was slightly lower.

Figure 4: Perpetrated physical violence in last 3 months



In the endline research, perpetrated physical violence in the last three months was confirmed by 18-25% of young men and 7-12% of young women. This type of violence is likewise more present with young men than with young women.

If we compare two phases of the research, we can see that in the final phase of the research physical violence had decreased in all cities. Changes are especially significant among young men and it varies from 75 to 20%, and the highest is in Pristina. Physical violence with young women is reduced with 3-8% of them, and especially in Banja Luka.

These results and positive changes in all cities indicate that this kind of preventive programs could have a positive effect on violent behavior.

Table 9: Perpetrators' experiences with different types of peer violence in last 3 months

Types of violence		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
I was sending threatening or insulting messages to my peers via SMS, mail or through social networks.	B	6.5	7.6	8.9	12.2	5.7	4.1	6.5	3.8
	E	9.0	9.8	4.8	12.9	6.0	2.6	4.8	9.7
I sexually harassed or touched other people against their will.	B	4.7	5.7	6.8	-	0	0	0	-
	E	3.0	3.9	0	-	0	1.8	2.4	-
As a member of peer group, I took part in violent act.	B	10.5	9.6	6.9	25.6	7.1	7.4	3.9	6.2
	E	12.1	5.9	28.5	22.3	1.2	5.3	2.4	9.7
I verbally insulted or hit someone I thought was gay.	B	12.3	14.3	4.8	14.1	2.9	2.1	3.9	0.5
	E	19.7	25.5	6.4	8.3	1.2	3.5	2.4	2.3

The table shows level of perpetrated different types of peer violence in the last three months. In the endline study, cyber violence, perpetrated on social media, is noted with 9-13% of young men and 6-13% of young women. Sexual harassment was confirmed by around 3% of young men and around 2% of young women (in Belgrade and Pristina). In Tirana this question was not included in the questionnaire. 6%- 28 % of young men (highest in Pristina) and 1-9% of young women (highest in Tirana) participated in group peer violence. Verbal or physical violence towards persons perceived as gay was confirmed by 8-25% of young men (highest in Belgrade and Banja Luka). Up to 3% of young women confirmed this type of violence.

If we compare the two phases of the research, we can conclude that mostly there is no significant change, and where there is change it is usually not significant. An exception is increase of group violence in Pristina, and violence towards homosexuals in Belgrade.

Gender based violence and violence in relationships

Table 10: Attitudes toward gender based violence

(% agrees with the following statements)

		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
If a woman cheats on a man, it is justified for him to hit her.	B	16.4	17.2	33.2	15.4	5.7	.7	19.5	1.0
	E	7.5	11.7	11.1	7.1	2.4	1.0	4.8	0
It is okay for a man to hit his wife if she does not want to have sex with him.	B	9.3	2.8	11.5	5.2	1.4	1.4	4.1	0.5
	E	3.0	7.8	4.8	7.1	2.4	2.6	4.8	0.6
A woman should tolerate violence in order to keep her family together.	B	14.5	2.9	24.4	16.0	7.2	2.8	10.7	5.2
	E	7.5	0	7.9	12.9	0	1.0	2.4	1.7
When a woman is sexually harassed, it is usually because the way she is dressed.	B	40.6	37.5	72.5	42.0	32.9	16.0	41.5	23.6
	E	24.2	44.2	39.7	36.5	21.7	19.3	14.3	8.5

This table represents results on attitudes towards gender based violence. As expected, attitudes of young women are more negative towards gender based violence as they are often victims of this kind of violence. We can see that in attitudes of some young men there is certain approval to gender based violence. Around 3-11% of young men approve gender based violence if a woman cheats on a man or does not want to have sex with a man. Around 40% of young men from Pristina, 24% from Banja Luka, 36% from Tirana, and 44% of young men from Belgrade feel that if a woman is sexually harassed, it is usually caused by the way she is dresses. Around 7-12% of young men feel that a woman should tolerate violence in order to keep her family together. These kinds of attitudes are not as supported in Belgrade (0%).

Attitude of young women towards gender based violence is more negative, what was expected. In majority of cases agreement with the statements is below 5%. What is worrying is the fact that

significant percentage of young women feel that the way young women dress is a cause for sexual violence (8-22%).

If we compare baseline and endline survey, attitudes about gender based violence are more negative in all cities in the endline survey, which is certainly a positive and affirmative data. So, we see that most of young men, and especially young women, condemn violent behavior based on gender. Comparing with the baseline research, in most of the cases progress is 5-10%. The biggest positive change in attitudes is registered in Pristina (progress in some attitudes goes up to 32%).

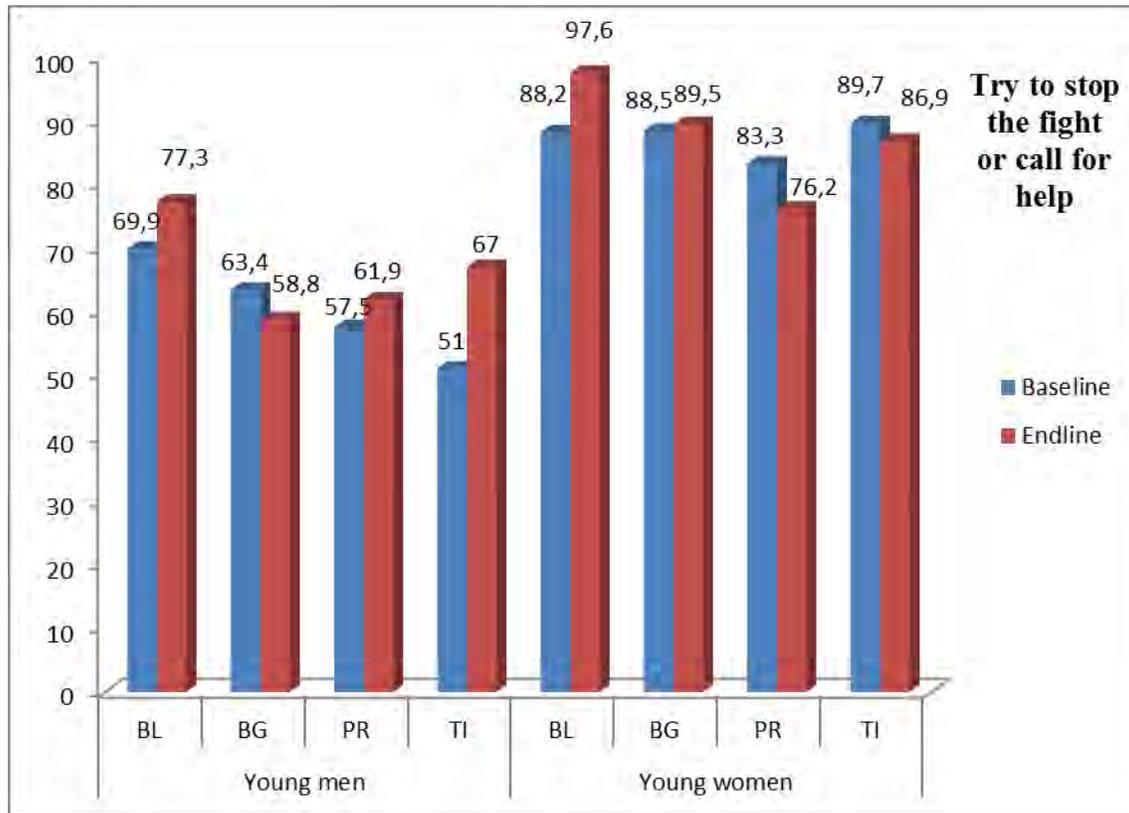
Table 11: Experiences with violence in relationship from the position of the perpetrator

Types of violence in relationships		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
Did you insult or humiliate your girlfriend/boyfriend?	B	11.0	10.4	19.6	23.1	7.4	15.3	24.2	14.0
	E	25.8	21.5	12.7	14.1	10.8	8.8	14.3	14.8
Did you limit or forbid your partner to communicate with friends, go out, etc.?	B	5.2	5.3	39.0	29.7	8.9	4.2	29.0	13.2
	E	22.7	5.9	23.8	23.5	9.6	8.8	19.0	10.3
Did you hit your girlfriend/boyfriend?	B	11.6	5.3	8.9	3.8	26.4	18.3	8.2	5.9
	E	19.7	19.8	1.6	2.4	14.4	7	2.4	6.9
Did you have sex with a girlfriend/boyfriend against her/his will?	B	3.3	1.3	9.0	5.4	0	0	1.6	0
	E	4.5	2	1.6	2.4	1.2	0.9	0	1.7

When it comes to violence in a relationship, we noticed that this type of violence is more evident with young men. Psychological violence is present with 6-26% of young men and 9-19% of young women. These types of violence are more expressed than physical and sexual violence. Physical violence is differently represented. It varies between 1.6% and 20% with young men, and 2.4%-14.4% with young women. Physical violence (in a relationship) by young men and young women is more visible in Banja Luka and Belgrade than in other cities. Sexual violence in a relationship is less present and varies up to 4%.

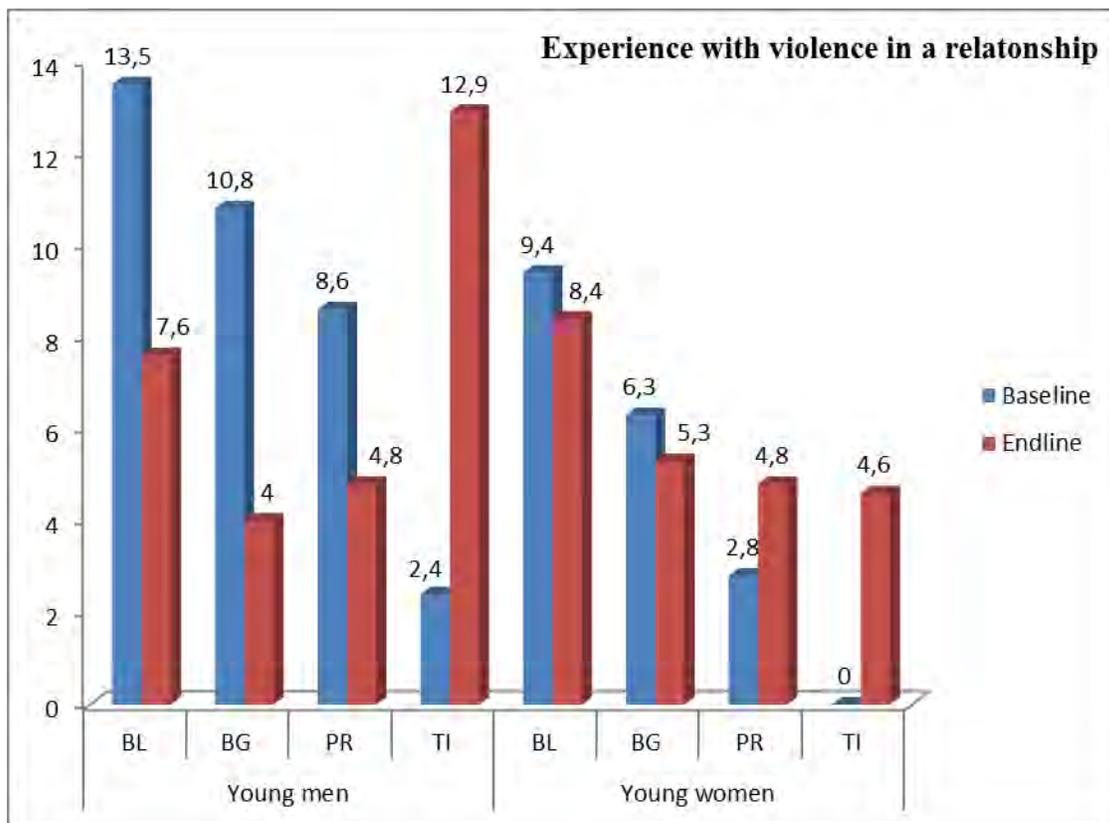
If we compare differences between results in the baseline and endline research, we can see that it is different from one city to another. In Banja Luka and Belgrade situation in the endline research is worse, especially with young men, while in Pristina and Tirana progress and smaller level of violence in a relationship was noted. That progress in Pristina and Tirana varies up to 16%.

Figure 5: Constructive reactions on fight



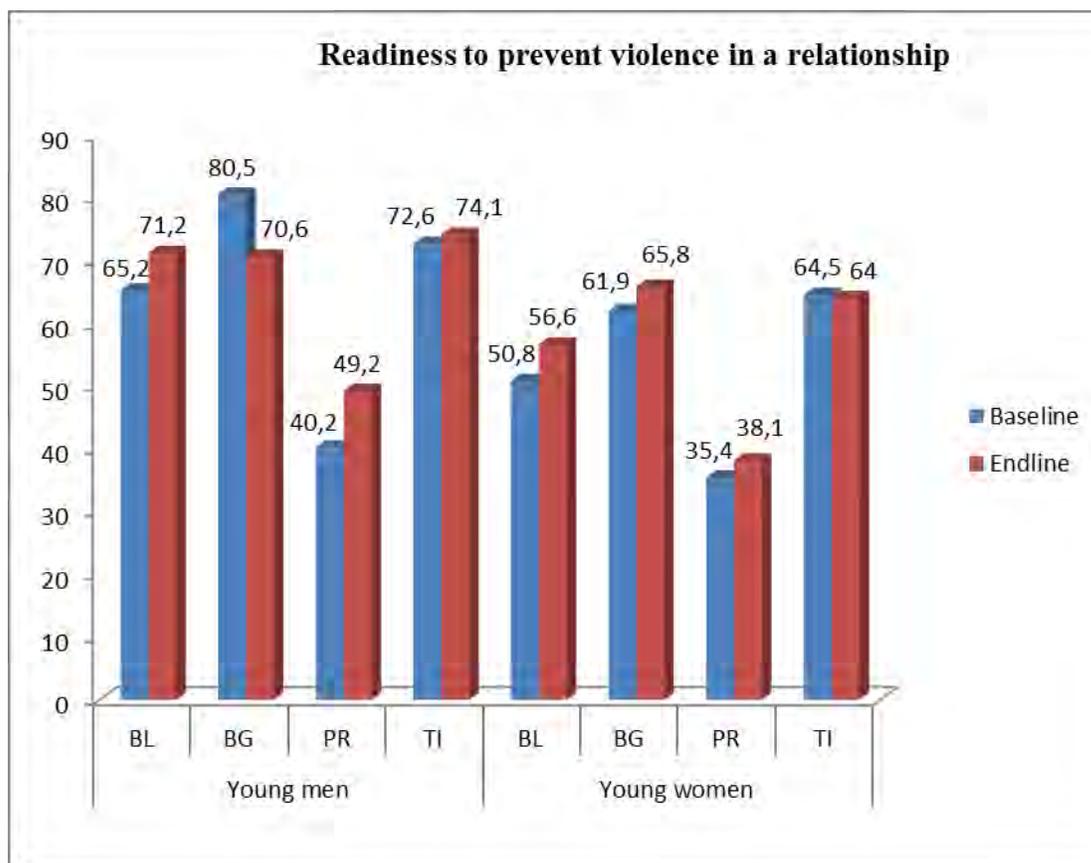
In this figure we can see how youth would react if they would see a fight between a person they know and somebody else – bystander behavior. In the endline research, between 58%-79% of young men and 76%-97% young women claim they would try to stop the fight or call for help. Thus, young women are somewhat more motivated to stop the violence than young men. When we compare results from the baseline and endline research we can see that results are more even and that there is no significant difference.

Figure 6: Experience with violence in an intimate relationship



In this figure we can see the percentages of young men and young women who experienced violence in a relationship. Around 87-96% of young men and young women claimed they never found themselves in a situation like that. Remaining percentage of young men and young women claim they found themselves in that kind of a situation mostly once. If we compare results between baseline and endline research positive thing is that in majority of cases experience with violence in an intimate relationship is less presented in the endline research (except in Tirana).

Figure 7: Readiness to prevent violence in a relationship



We also asked the survey participants if they feel ready to prevent violence in a relationship. In general, young men feel more ready than young women. In the endline study, around 71% of young men from Banja Luka and Belgrade, 74% from Tirana, and 49% from Pristina feel ready. When it comes to young women, 66% of young women from Belgrade, 64% from Tirana, 57% from Banja Luka and 38% from Pristina feel ready to react. If we compare both phases of the research, we can see that in the endline research participants stated they feel more ready and empowered. It is possible that the prevention program empowered them and they know how to behave in violent relationships. Despite that, there is still room that this segment is improved, especially with young women.

Table 11: How did you react on violence in an intimate relationship?

		Young men				Young women			
		BL	BG	PR	TI	BL	BG	PR	TI
I successfully resolved the	B	23.6	8.5	37.3	18.7	10.0	5.2	22.8	6.5

situation by defending myself or avoiding violence.	E	6.1	7.8	9.5	9.4	8.4	4.4	21.4	4.6
I couldn't stop violence I had been a victim off.	B	.0	3.7	3.8	1.9	.0	1.0	5.3	0
	E	.0	2.0	4.8	5.9	1.2	1.8	7.1	2.9
I did not experience violence in a relationship, so I did not react.	B	76.4	87.8	58.5	79.4	90.0	93.8	71.9	93.5
	E	93.9	90.2	85.7	84.7	90.4	93.8	71.5	92.6

In this table we can see how young men and young women dealt with violence in a relationship, if they experienced it. Majority of respondents in the endline survey, 71-94% did not have that problem at all. Positive thing is that in the endline research number of those who had such experiences is lower than in the period of the baseline research. Among those who had such negative experiences, in both phases of the research, significantly greater percentage is of those who successfully solved the problem.

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

In the text below we will present to what extent the participants took part in certain activities and how satisfied they had been with them. Results will be presented as overall number, young men and young women together.

Table 12: Participation in the Be a Man club

Participation in Be a Man club	BL	BG	PR	TI
During last 2 school years become a member of a Be a Man club	12.8	6.7	73.3	60.4
During last 2 school years, attended on event hosted by a Be a Man Club	29.2	15.2	58.1	58.1
During last 2 school years, attended on workshop hosted by a Be a Man Club	60.4	46.1	27.6	76.9

In this table we can see the participation of young men and women in the Be a Man Clubs. Results are pretty heterogeneous. Different percentage of participants have become members of the Be a Man Club. In Banja Luka 12.8% of participants had joined the club, in Pristina 73%, in Tirana 60%, and in Belgrade 7%. Around 58% of participants from Tirana and Pristina, 29% from Banja Luka and 15% from Belgrade took part in some of the activities hosted by the Be a Man Club.

77% of participants from Tirana, 60% from Banja Luka, 46% from Belgrade and 28% from Pristina participated in the workshops. Majority of participants in all the cities, but in Pristina, pointed out they took part in majority of workshops.

Table 13: Satisfaction with individual workshops (percentage of participants who say they learned a lot)

Workshop	BL	BG	PR	TI
What is sex and what is gender	43.6	30.9	35.2	79.2
Characteristics of men and women	50.3	44.2	40.0	56.5
Fights and peer violence	61.7	43.0	38.1	62.3
Violence in relationships and sexual violence	61.7	41.2	37.1	55.8
Ways to prevent arguments, fights or conflicts	62.4	36.4	39.0	59.2
How to express your emotions, anger, etc.	59.7	27.3	33.3	54.6
Use of alcohol and different types of drugs	61.7	48.5	41.0	52.7

In this table we can see the results of the effects of participation in the workshops. Approximately 30-80% of youngsters from all the cities say they learned a lot during the workshops. The greatest level of satisfaction with workshops is in Tirana (from 52.7% to 79.2%) and then in Banja Luka (from 43.6% to 62.4%).

Table 14: Exposure to ‘Be a Man Club’ promotional activities

Exposure to Be a Man to Be a Man promotional tools	BL	BG	PR	TI
Be a Man Club leaflets	31.5	16.4	67.6	61.2
Be a Man Club Facebook or Instagram page	45.0	6.7	58.1	61.9
Be a Man Club posters	31.5	20.0	53.3	71.9
Be a Man Club t-shirts	24.8	4.8	41.9	55.8

In this table we can see to what extent youth from four cities noticed some of the promotional materials and activities. Youngsters from Tirana and Pristina had the highest exposure to such activities (42-72%), then youngsters from Banja Luka and Belgrade. All listed promotional means were evenly used and applied (but T-shirts that were not used as much).

Table 15: Exposure to Be a Man campaigns

Types of promotion	BL	BG	PR	TI
Promotion of Be a Man Club	60.4	35.8	61.9	63.1
Promotion of web page	30.9	8.5	26.7	45.4
Promotion of workshops	57.7	36.4	30.5	60.4
Marking 16 Days of Activism in fighting gender based violence	43.0	10.3	37.1	38.5
Campaign ‘React as a Human’	40.9	19.4	36.2	31.2
Campaign ‘Are you OK?’	43.0	30.9	34.3	64.2
Marking 8 th of March – International Women’s Day	47.7	30.3	31.4	46.9
Marking 12 August – International Youth Day	32.9	7.3	26.7	43.1

In this table we see to what extent young men from four cities noticed some of the campaign activities. In majority of cases, 30-45% of participants noticed listed activities. The highest percentage (35-62%) had remembered promotion of the Be a man club, followed by promotion of workshops and Campaign Are you OK (30-60%).

Table 16: Satisfaction with project activities in general (a lot or very much)

Types of activities	BL	BG	PR	TI
Workshops	51.0	36.9	34.3	59.6
Activities in community	40.0	24.2	35.3	56.2
Way and method of work with the youth	55.1	36.9	49.6	65.2
Communication and socializing during the project	60.4	43.0	46.2	64.9
Work of the trainers/educators	56.2	44.9	52.4	70.0
Project as a whole	58.4	42.5	56.7	70.4

In this table we can see how many participants are a lot or very much satisfied with different project activities and aspects of work. Grading ‘somewhat satisfied’ is not included in these percentages, but only higher grading is. In general, we can see that majority of participants are satisfied with listed aspects of work. The highest level of satisfaction is shown by participants from Tirana (56-70%) and Banja Luka (40-60%). Participants from almost all the cities highly valued the work of trainers, communication and socializing, as well as methods used during the work. Majority of participants expressed high value and satisfaction with the project as a whole.

CLOSING REMARKS

In this chapter we will integrate and interpret key research results and formulate main conclusions. Everything will be divided based on the research topics. Key results and priorities for individual cities will also be underlined. At the end, we will reflect on effects of concrete program activities.

Gender relations

Firstly, we reflect on participation in daily chores at home. In all cities, results of the endline research show greater level of participation of young men and women in different daily house chores (cooking, washing, cleaning, etc.). Progress was usually in the range of up to 10%, and is the most evident in Tirana. It appears that program such as this one can contribute to greater sensibility of youngsters in relation to their participation in daily activities at home. This is maybe indirectly linked with development of more sensitized gender norms. That is especially important for development of young men.

Research results show that progress in all cities had been made in the field of attitudes on gender relations. In the endline research respondents have more tolerant towards gender roles, gender norms and homosexuals. When it comes to young men, endline research showed that attitudes about gender roles and norms in most of the cases are more tolerant and positive in 10-15% of respondents. Similar situation is related to attitudes towards homosexuals. Most tolerant attitudes are visible in Belgrade, and the most significant progress was in Pristina and Tirana.

Young women, expectedly, had more gender equal and tolerant attitudes than young men. In the endline research those attitudes were more tolerant. Most tolerant are participants from Belgrade and Tirana, and greatest positive changes, comparing to the baseline assessment, were noted in Banja Luka (up to 32.8%) and Pristina (up to 52.7%).

Despite the progress, results point out that more work is needed in order to reduce gender stereotypes and intolerance. Namely, in the endline research up to 40% of young men express gender unequal roles and norms and social distance toward homosexuals. Among the young women, up to 30% have stereotype attitudes on gender roles, and up to 20% represents traditional gender norms.

Based on these results we can conclude that at the end of the program significant improvements in the area of gender relations were made. That means that this concept of work and methodology gives good results in this area and it should continue in the future as gender stereotypes are still highly present with young men and young women.

Health

Within health area we have been dealing with mental health of young, use of alcohol and marihuana. Results in this area are not very promising. Similar or even somewhat worse results are evident in the endline research.

In endline phase, young men and women from Banja Luka and Pristina smoke the most, around 23-31 % of them. Participants from Tirana smoke the least. As expected, marijuana is used less than cigarettes, up to 17.6% in Belgrade and in other groups between 2.3-9.7%.

When it comes to use of alcohol, it is mostly evident between young men and women in Belgrade and Banja Luka. Around 49% of young men from Belgrade and Banja Luka, 30% from Tirana and around 9% from Pristina drink alcohol once a month or more.

Level of smoking cigarettes and marijuana, and drinking alcohol, was the higher in the period of endline research. This is probably the consequence of growing-up and emancipation during which time youth start experimenting with the opiates. This is contributed with the fact that use of alcohol in some regions is totally socially acceptable, is part of the folklore and tradition. In others, it is not socially desirable behavior. In such circumstances it appears that the effect if preventive program is limited.

In the statement on mental health, state of happiness (58%-91% of young men and 47%-69% of young women) and tranquility (51%-80% of young men and 33%-58% of young women) dominate in the last month. Between 30%-50% of young women had nervous phases and 8%-38% had periods when nothing could cheer them up. Mental health in Banja Luka and Belgrade is similar both at baseline and endline. Still, there are indicators to show that in Pristina and Tirana it is even slightly worse than in the baseline survey. This may be due to the fact that young men and women are faced with increasing challenges as they grow up. These challenges can be related to the searching of their own identity, choice of emotional partners, social independence, etc.

When it comes to sexual-reproductive health, baseline research results were pretty bad, while they improved in the endline. In majority of cases percentage of correct answers in the endline research was over 50%, comparing to baseline where varied from 20-40%. This data is useful as it shows that preventive programs can have significant impact on lifestyles of youth. In future, more attention should be dedicated to the following areas: periods when it is more likely to stay pregnant; knowledge about HIV and how is it transmitted; manifestation of sexually transmitted infections; awareness that stopped intercourse is not a reliable method for preventing pregnancy, etc. That there is a need for this kind of educational activities is supported with the fact that similar percentage of young women did not use contraceptives.

Violence

We also tested attitudes towards violence and representation of different types of violence at the beginning and at the end of the program. Positive thing is that in majority of cases attitudes towards violence in the endline research are more mature than in the baseline, meaning they better understand that not only physical violence is considered as violence. Awareness on meaning and forms of violence is more developed. That progress is somewhat more evident with young men, and especially in Banja Luka. What is worrying is that in the endline research significant percentage of young men (17%-37%) and young women (13%-29%) do not perceive verbal and psychological violence as violence. Wrong perception of violence can result with increased violent behavior and tolerance of it.

In the endline study, between 30-41% of young men and 9-23% of young women, participated in perpetrating verbal and psychological violence in the last three months. Perpetrated physical violence in the last three months was perpetrated by 18-25% of young men and 7-12% of young women. Both types of violence are more present with young men than with young women. If we compare psychological violence from the baseline and endline researches, we can see that there are no great consistent changes, but in Tirana where it is significantly lower in the endline research (4% less with young men, and 12% less with young women). At the end of the program we can see some positive signs related to physical violence. In the endline research, physical violence in all cities is less expressed than at the beginning of the program. That progress with young men is from 7%-21% (greatest progress is in Pristina), and with young women by 3%-8% (greatest progress is in Banja Luka).

When it comes to other forms of violence (cyber, sexual) we can conclude that there are no significant changes, and where there is change it is usually not a significant one. Violence towards gay people is not very much present but is quite expressed in Belgrade and Banja Luka which is not good.

In the endline research, attitudes on gender based violence are more negative in all cities, what is positive and affirmative data. So, we see that most of the young men, and especially young women, condemn gender based violence. Progress in comparison to the baseline survey, in most of the cases, is 5-10%. What is worrying is the fact that significant percentage of young men and young women feel that the way young women dress is a cause for sexual violence.

When it comes to violence in a relationship, psychological violence is present with 6-26% of young men and 4-15% of young women (the least present in Tirana and the most present in Banja Luka). Psychological violence is more present than physical.

What is bad is that in the endline research close to 20% of young men from Belgrade and Banja Luka confirmed they had been physically violent in their relationships. In some future programs this can be one of the priorities in working in these cities. In general, in Banja Luka and Belgrade results with young men are worse in the endline research, while in Pristina and Tirana they are better than in the baseline.

In the endline research, majority of young men and young women (56-70%, but in Pristina) feel capable and ready to prevent possible violent behavior in an intimate relationship. In the endline research, participants declared themselves more ready and empowered. In general, among those who had such negative experiences, in both phases of the research percentage of those who successfully solved the problem is higher.

Positive thing is that waste majority of young men and especially young women stress they would try to stop violence if they would see it in their surroundings. When we compare results from the baseline and endline research, we can see that the results are even and there is no significant difference.

We can conclude that in the endline research a few positive things had been identified. Physical types of violence were consistently lower, and perception about violence and gender based violence is also more mature. Majority of youth is focused on finding constructive solutions in

violent situations. A task remains to invest additional efforts in some cities in order to improve behavior of young men in relationships and in relations towards gay people.

Effects of concrete program activities

Participation of youngsters in project activities differs from one city to another. Majority of participants from Tirana participated in workshops and Be a Man Club activities. Participants from Banja Luka and Belgrade participated more in the workshops than in the Be a Man Club, while in Pristina it was the opposite. It is certain that the situation caused by the pandemic influenced that the level of participation in some activities is lower than expected, but it is a factor nobody could influence.

Majority of participants was satisfied with the effects of individual workshops. Approximately 30-80% of youngster from all the cities, say they learned a lot on the workshops. Youth from Tirana, and than from Banja Luka, are the once who are the most satisfied with the workshops.

Promotional activities (leaflets, posters, Facebook and Instagram page) during the project were mostly noted in Tirana and Pristina. Around 30-45% of participants noticed or participated in project's campaigns. The highest percentage of participants (35-62%) remembers promotion of the Be a Man Club, followed by promotion of workshops and "Are you OK" campaign (30-60%).

In general, majority of participants is satisfied with mentioned aspects of work. Participants in almost all the cities highly valued work of the trainers, communication and socializing, as well as methods used during the work. Majority of participants highly valued and showed satisfaction with the project as a whole. The greatest level of satisfaction was recorded in Tirana and Banja Luka.

Correlations between phenomena

We tested if there was statistical correlation between certain phenomena, i.e. if their smaller or greater representation is mutually correlated. We had determined that in all cities there was a correlation between several characteristics. Youth who are more inclined to peer violence often perpetrate more violence in relationships. Those youth also use alcohol, cigarettes or marijuana more, have lower grades in school, and have more unequal gender attitudes. Likewise, these youth were more exposed to violence in the past and have worse mental health. It appears to be a

vicious circle where different personal frustrations and problems of youth cause other asocial behaviors. It would be useful to further explore problems that lead young people to frustration and personal dissatisfaction.

Certain differences between young men and young women had been determined. Young women have more equal gender attitudes, but they also have worse mental health. Young men use psychoactive substances more than young women. Participation in violence is mostly higher with young men.

We also tested whether there are differences in behavior and attitudes of youth considering some of their social characteristics such as education, employment and financial status of parents. In majority of cases statistically significant correlations were not determined. Only several significant correlations were found. In Banja Luka and Pristina most unequal gender attitudes had been noted with youth in families where both parents are unemployed. In Tirana, perpetrated peer violence is higher in families where both parents are unemployed. In Belgrade and Pristina mental health of youth is worse in those families where nobody is employed.

These data can point out to importance of family for children's socialization. It appears that in families with lower social status and where parents are more occupied with duties outside of the house and family, children are more exposed to risky behaviors. Since gender can be determination of certain behaviors, that points out to importance of perception of gender roles in society.

Situation, specificities and priorities in individual cities

In this chapter we will summarize main findings in the cities and emphasize priority issues for work in the future.

Some characteristics are mutual for all the cities. Young men and young women from all cities had been mostly involved in household chores (young women more). Progress in developing gender equality attitudes had been made in all the cities (especially in Pristina). Still, gender stereotypes, including homophobia, are still evident in all the cities and they should be tackled in the future. Endline results show that percentage of those using alcohol, cigarettes and marijuana increased in all the cities. Smoking is equally present in all the cities. Knowledge of young women and young men about sexual and reproductive health is on average level in all the cities and better in endline phase. Participants from Belgrade showed the highest level of knowledge,

followed by youth from Banja Luka and Pristina. Results showed that 20%-40% of youth in all the cities have wrong perception on what is violence. In the endline survey, perpetrated physical violence and gender based violence was similar and had decreased in all the cities. In other types of violence we can conclude that there was no significant change in any of the cities, and where there is change it was not significant. Likewise, majority of participants in all the cities aim to constructively act and resolve conflict if it appears.

Besides similar characteristics, in certain cities specific problems were noted.

Physical violence in a relationship, both with young men and young women, is more visible in Banja Luka and Belgrade than in other cities. In Banja Luka, drinking alcohol is more expressed than in other cities. In Belgrade, use of marijuana and use of alcohol were present more.

In Pristina and Tirana, unlike in other cities, mental health was somewhat worse at the end of the project. Positive thing is that in these cities progress and lower level of violence in a relationship was recorded in the endline research. Group violence among young men was more expressed in Pristina. In Pristina, highest positive change in attitudes towards gender based violence was recorded. But, participants in Pristina felt the least ready to prevent violence in a relationship than youth from other cities.

When it comes to attitudes about project activities, majority of participants is satisfied with all aspect of work. In Banja Luka and Belgrade participation in Be a Man Club is significantly lower. Likewise, in these cities, participants showed lower level of noticing project's promotional material. In Pristina and Belgrade we noticed somewhat lower level of satisfaction with participation in workshops.

Mutual problems and priorities in all cities, as well as named specificities per cities, can be useful determinant what topics and problems should be given greater attention in future work. Obviously, in all cities, future projects should continue addressing development of gender equality, and especially on the improvement of mental health and the prevention of the consumption of psychoactive substances.

Conclusions

The research has been implemented on a significant sample of secondary school students from several regions. It resulted in numerous valuable and interesting data.

In all the cities, results of the endline research show greater level of participation of young men and young women in different daily house chores (cooking, washing, cleaning, etc.). Research results show that the most progress in all the cities had been made in the area of attitudes towards gender relations. Still, attitudes towards gender equality, including homophobia and violence, are overwhelmed with stereotypes so work with youth in this regard should continue.

Positive thing is that in majority of cases perception of violence and forms of violence in the endline research is more mature and deeper than in the baseline. Besides that, in most of the cities physical and gender-based violence are less expressed in the endline research than in the beginning of the program. In the endline research, majority of young men and young women feel capable and more ready and empowered to prevent possible violent behavior in an intimate relationship.

Significant progress has not been made in the area of mental health what is probably a consequence of growing-up, social challenges and adolescents crises youth go through at this stage. State of happiness, with occasional phases of unhappiness and nervousness, dominates with adolescents in both research phases. Endline results show that percentage of those using alcohol, cigarettes and marijuana increased in all the cities. With age, youth are more exposed to different new challenges and risk behaviors. Through future implementation of Program Y an attempt should be made to try to prevent these negative trends as much as possible. Young women's and young men's knowledge about sexual and reproductive health topics is average in all the cities, but significantly higher in the endline phase. This data is useful as it shows that preventive programs can have significant impact on lifestyles of youth.

We can conclude that in the endline research a few positive things had been identified. There has been improvement in the field of gender equality, participation of youth in household chores, violence, gender based violence, knowledge about sexual and reproductive health. We have not found progress or consistent change in the field of consumption of psychoactive substances and mental health.

This program has demonstrated that different aspects of work with youth (Be a Man clubs, campaigns, workshops) can contribute to improvement of lifestyles of young men and women, and the greatest influence has been made with those who had participated in couple of program components. Concept of work in this program gives good results and it should be supported in future and further developed. Additionally, it is necessary to obtain systematic support from institutions that would establish mechanisms so that youngsters know who to address once they face some problems or have some other need. We expect that program will provoke responsible education institutions and schools to more actively work on establishing sustainable mechanism, i.e. regular curriculum that would lead to improvement of life styles of youth. We hope that CARE International, in cooperation with its donors and local partners, will continue with its work that thus far showed improvement in school environments and created better conditions for a healthy development of young men and women in the Balkans.

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