

# Adolescent Empowerment in Haryana

A glimpse using Breakthrough's evaluation data  
2023



Breakthrough

RISING AGAINST GENDER-BASED VIOLENCE



01

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## Who is **Breakthrough?**

Breakthrough makes **gender-based violence unacceptable** by transforming the culture that permits violence.

We work with nearly **1.5 million adolescents in schools and communities** to mould gender norms and beliefs before they solidify into behaviour. As we build their capacity by fostering aspiration, leadership, agency and negotiation skills, we enable a **generational shift towards a gender-equal culture.**

Our mission is led by young people aged 11 to 25. As they rise against gender-based violence, we also support them with media tools that shape public narratives and inspire people to **build a world of equality, dignity and justice.**



# 02



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## What do we do in **Haryana?**

Breakthrough works across six states in India, Haryana being one of them. **In Haryana, we work across six districts: Jhajjar, Rohtak, Sonipat, Panipat, Karnal and Gurugram.** Across these districts, our work is focussed on adolescent empowerment where **we work with adolescents in schools and communities, their parents, teachers, frontline workers, Panchayati Raj Institutions (PRI) members and youth.** We've been working in Haryana since 2014.



At the heart of our Adolescent Empowerment Programme is an innovative curriculum on gender equity called *Taaron ki Toli* used in schools and communities. The initiative empowers girls and boys to tackle detrimental social and gender norms that contribute to girls facing discrimination or violence, encourages them to be confident, develops their leadership skills, and enables them to make decisions about their own lives. The programme builds their negotiation skills, prepares them to make

informed choices on matters such as higher education and marriage, and starts seeding the discussion on reproductive health.

Under the programme, adolescents are divided into two groups: Ujjwal Tara and Roshan Tara. Ujjwal Tara adolescents participate in the curriculum developed for 11-14 year old adolescents and Roshan Tara adolescents participate in the curriculum developed for 15-18 year old adolescents.



# 03

## What is this **booklet about?**

Breakthrough conducts evaluation studies periodically to assess its Adolescent Empowerment Programme. An evaluation study was carried out in July 2023 across the six Breakthrough intervention districts in Haryana for the same.

Data was collected from 1263 adolescents and 186 teachers through a structured interview tool, through 48 focus group discussions with parents, youth and adolescents and 18 in-depth interviews with other key stakeholders like teachers, Anganwadi workers, ASHAs and PRI members.

**Through this booklet we want to share some findings from this evaluation study.**

# 04



## Some findings from the **evaluation study**

### Majority of adolescents reported thinking that the following roles should be the responsibility of both men and women:

- Rights over parent's property (77.9% adolescents)
- Taking care of children and elders (76.1% adolescents)
- Earning money (75.3% adolescents)
- Going to the market to shop (69.2% adolescents)
- Cleaning the house (63.9% adolescents)
- Cooking (63.7% adolescents)
- Taking major household decisions (59.3% adolescents)
- Washing dishes and laundry (58.1% adolescents)

This is a positive trend. Further, between boys and girls, a slightly higher proportion of girls reported thinking this way. The one role which **a significant proportion of adolescents (56.5%) still think should be performed by men was that of attending panchayat/village/society meetings.** There is a need to understand why adolescents think this way and address it accordingly.

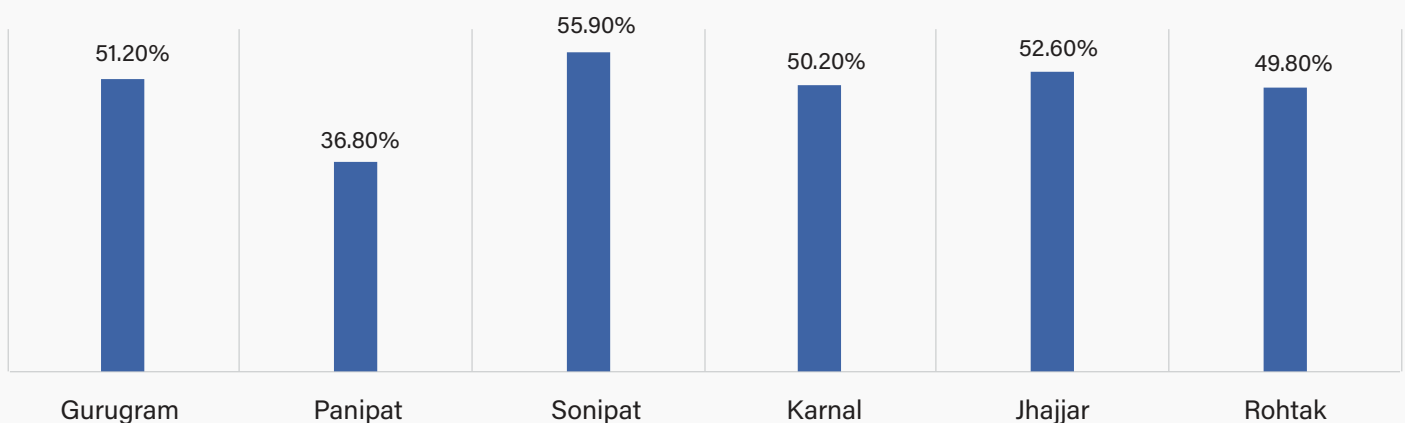


— Largely, we see positive trends emerging with regards to attitudes of adolescents towards gender based discrimination:

- 81.3% adolescents from all six districts disagreed with the statement that educating girls is not necessary as they are supposed to do household chores.
- More than 85% of respondents disagreed with the statement that a girl should not do higher studies as it will be difficult for her to get married.
- Around 88% of adolescents agreed with the statement that a girl should get as much leisure time as boys get.
- 60 to 80% adolescents disagreed with the statement that women should only eat after the men of the family have eaten. Proportion of adolescents who agreed with this statement was maximum in Sonipat followed by Panipat.
- Around 60% of adolescents disagreed with the statement that a girl should not talk to boys in or outside school for long hours. However, in Sonipat, more than 50% adolescents agreed with the statement.
- **Nearly 25% adolescents agreed that women should tolerate domestic violence in order to maintain family peace.** If we compare district wise, nearly 40% of adolescents from Panipat agreed with the statement which is greater than other districts. Jhajjar had the maximum proportion of adolescents who disagreed with the statement.
- **17.7% adolescents agreed with the statement that girls should be married off early to prevent molestation or harassment issues.** Jhajjar had the maximum proportion of adolescents disagreeing with the statement.

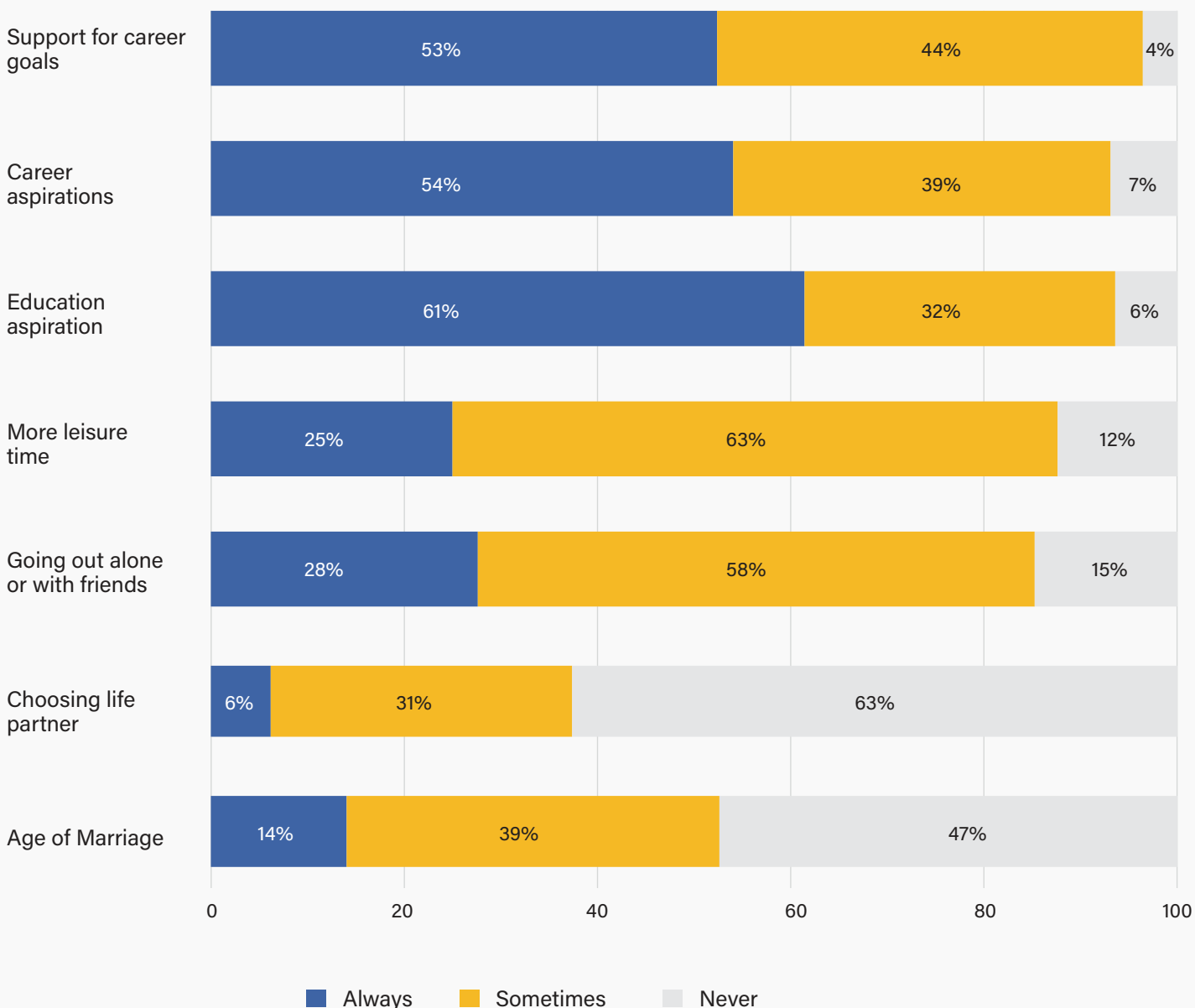
— With regard to inter-gender interactions, Panipat had the lowest proportion of adolescents (36.8%) reporting the same. **Sonipat, Rohtak, Karnal, Gurugram and Jhajjar had almost 50% or more adolescents reporting inter-gender interaction.**

Proportion of adolescents who reported inter-gender interaction



Majority adolescents reported being able to ‘always’ discuss topics like their education and career aspirations, the required support for achieving them with elders. With regard to topics like leisure time, going out alone or with friends, the majority of adolescents reported being able to discuss these with elders ‘sometimes.’ Age of marriage and choice of life partner emerged as difficult topics with 47.4% and 62.6% (respectively) adolescents reporting ‘never’ being able to discuss these with elders.

Proportion of adolescents discussing topics with elders

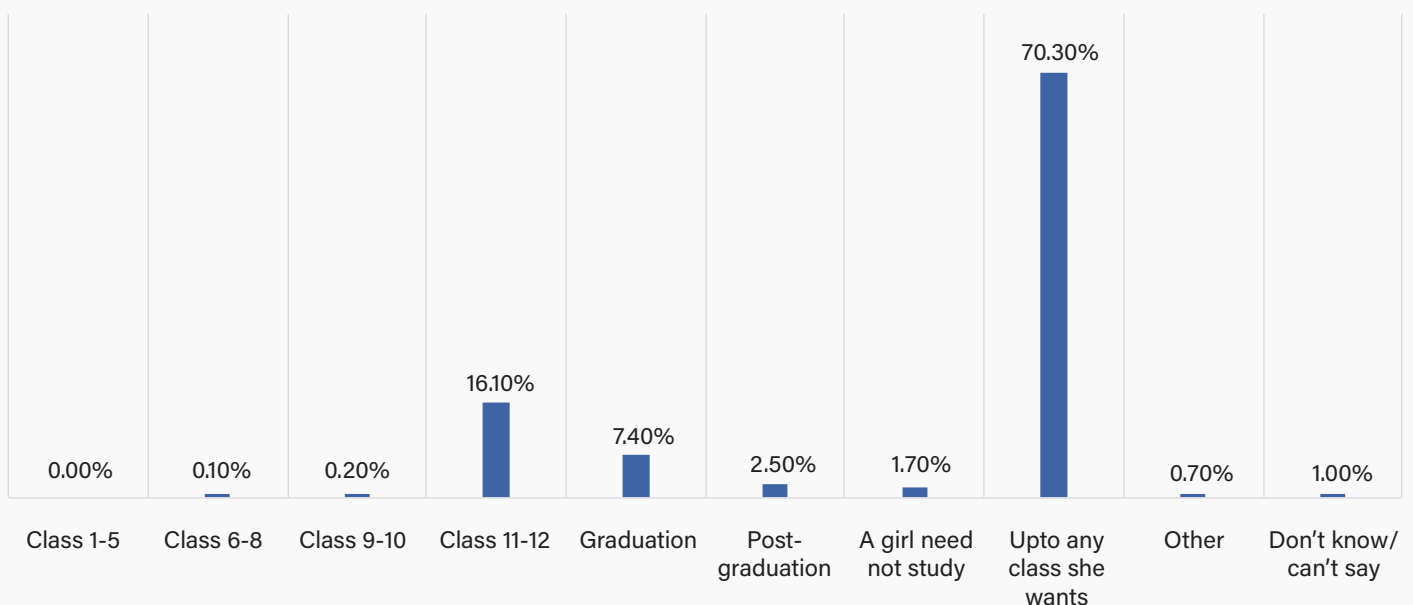


Majority of adolescents reported that girls and boys should study up to whatever level they wish. However, it is interesting to note that the second highest proportion of adolescents was for girls studying till class 12th and boys studying till graduation. This could be indicative of the reality where due to several factors these are the levels that girls and boys study upto even though there is increase in value of education for both boys and girls. The evaluation also highlighted that there is significant support (90% or higher) for higher education of girls among adolescents and parents. However, qualitative interactions also brought up that while people have supportive attitudes, girls don't pursue studies due to challenges such as financial constraints etc.

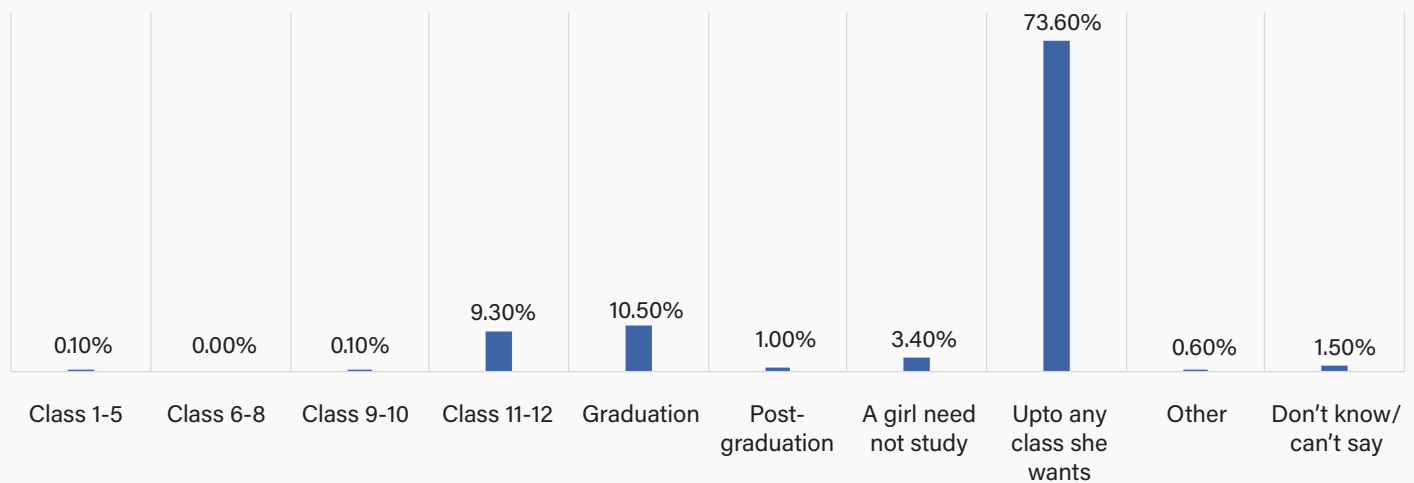
**“Yes, 80% of the girls now pursue higher studies outside the village but rest do not go as family issues like financial shortage may be the reason.” ~ Quote from focus group discussion with men in Gurugram.**

Compared to other districts, Panipat had a slightly higher percentage of adolescents (specifically Ujjwal Tara adolescents) reporting that girls (6.6%) and boys (4.7%) need not study.

Proportion of adolescents stating appropriate education level for girls



Proportion of adolescents stating appropriate education level for boys



67.6% girls reported being able to go outside their village. More than 90% of these girls said that they are accompanied by elders while commuting outside the village. 81.9% girls reported being able to go out within their village. Of these, 79.1% girls are allowed to go outside with elders, with about half of them allowed to venture out alone within their village.

**“We think it’s wrong for girls to roam outside at night however, for boys it’s ok as they are allowed to roam at night.” ~ Quote from Ujjwal Tara girls, Sonipat**

**Substance abuse, not doing household chores, going out, revenge on past matters emerged as some of the top reasons for the violence witnessed by adolescents.**

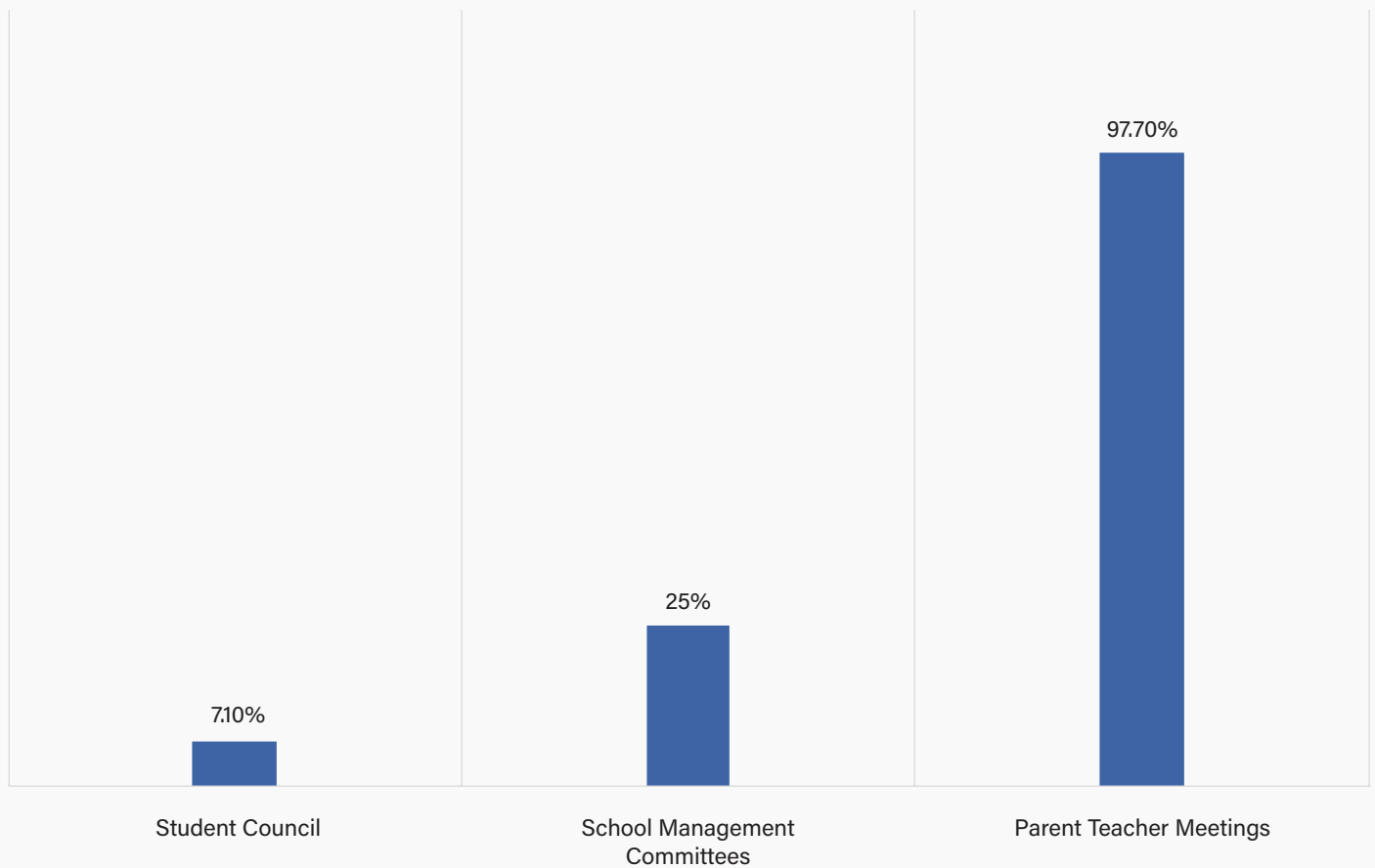
48% of the adolescents reported encountering instances of violence. Among them, approximately 21% stated they had been subjected to insults, while a higher percentage (30.8%) acknowledged experiencing threats and public belittlement. Over 26% of the girls mentioned incidents of prolonged staring, and 16% reported feeling uncomfortable due to stalking. **A positive side to this is that adolescents are aware of the different types of gender based violence and their understanding of violence is beyond physical violence.**

While the majority of adolescents confided in their family and friends about these instances

of violence, it is important to note that a **substantial portion of adolescents (15-20%) also reported not telling anyone about the violence.**

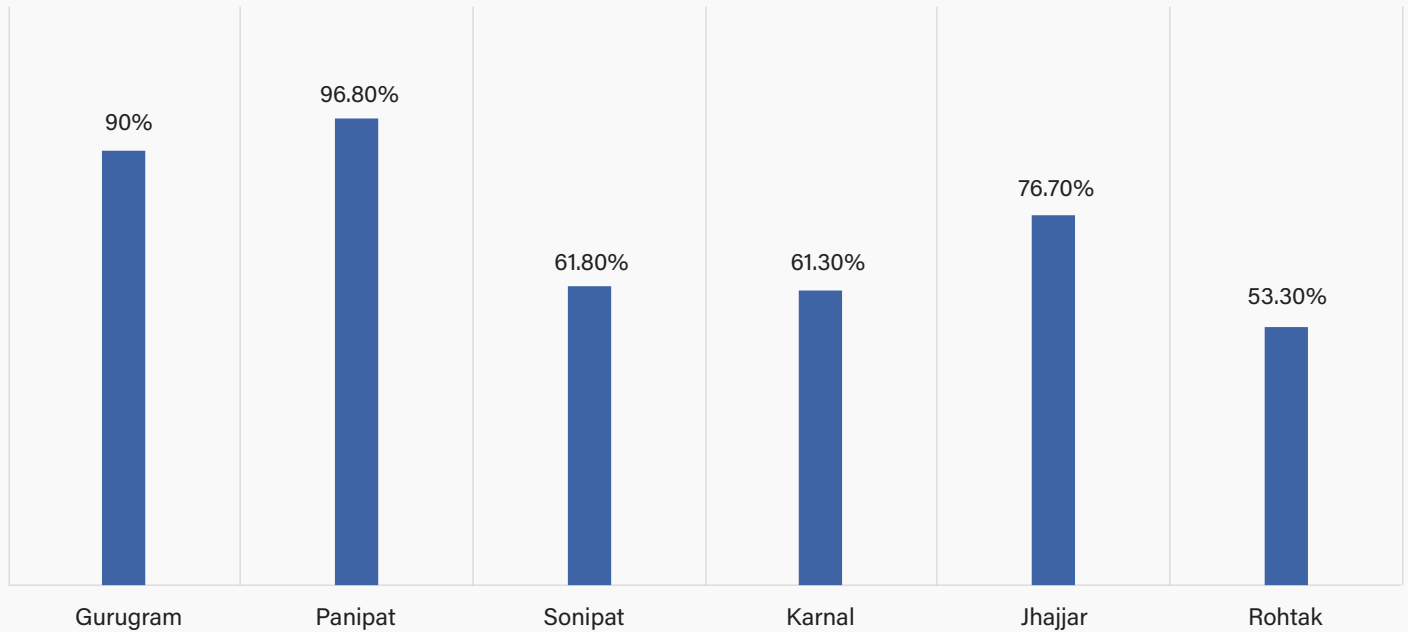
• **Awareness of Student Council and School Management Committees is low among adolescents. The awareness for Parent Teacher Meetings is high.**

Proportion of adolescents aware about these platforms/spaces



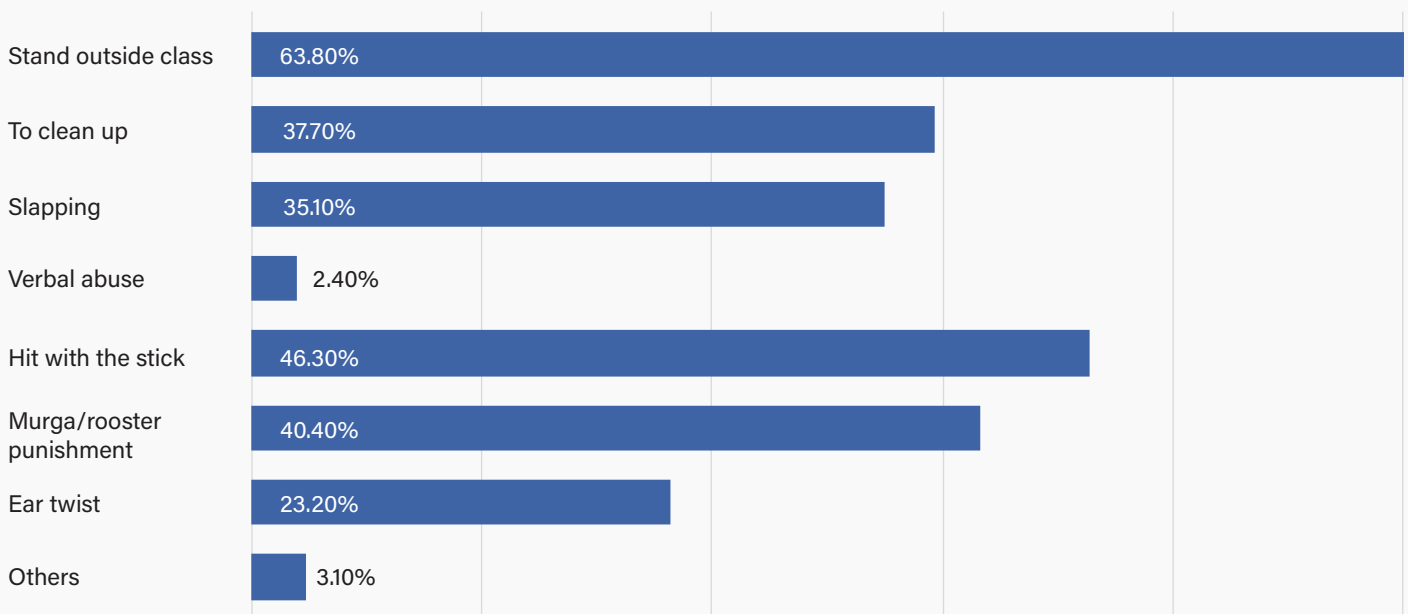
Teachers reported that most schools in Panipat have a Child Safeguarding Committee.

Proportion of teachers who reported presence of Child Safeguarding Committee in their school



84.5% adolescents reported that they are given punishment if they don't obey rules or observe discipline. **Corporal punishment is still prevalent.**

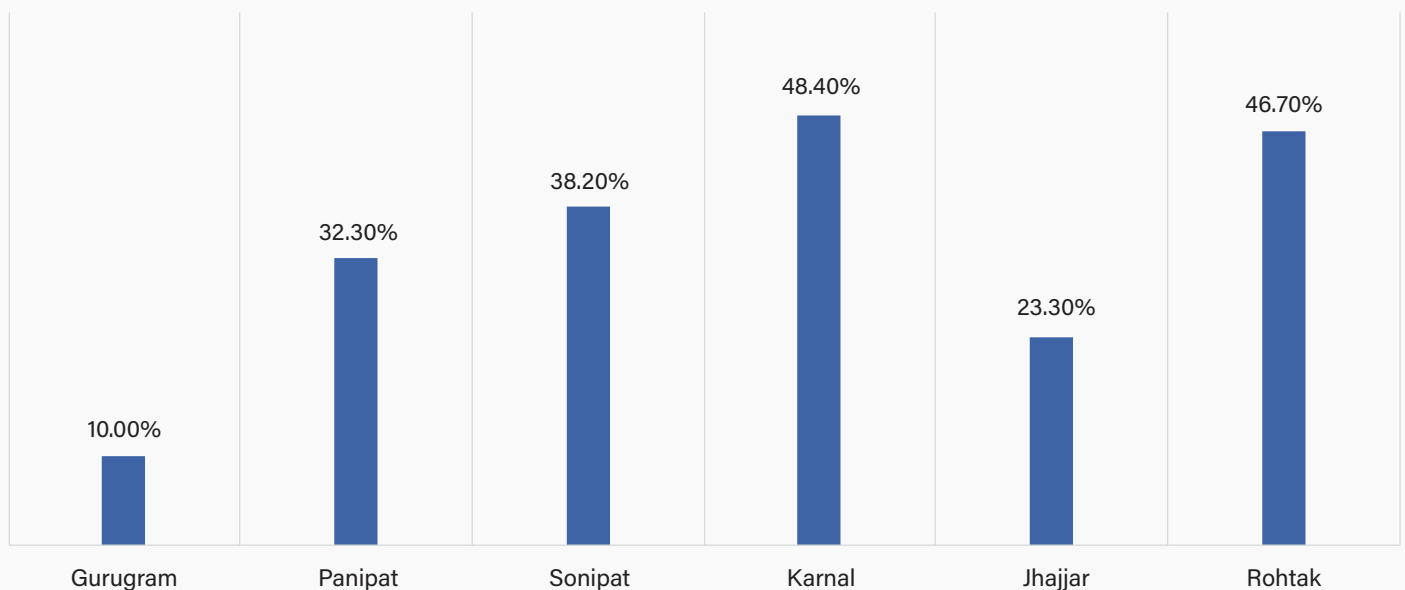
Type of punishment given to adolescents





Apart from helping students with issues related to gender based discrimination, **65% teachers said that they curb gender discrimination by promoting student leadership and empowerment along with equal participation and engagement.**


Proportion of teachers who have helped students with issues related to gender-based discrimination





## Breakthrough Trust

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