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# Research Consultancy

# to conduct a study on the effects of gender transformative education on adolescents in Portugal

# April – November 2022

**CONSULTANCY OVERVIEW**

# IPPF EN is seeking for an agency based in Portugal to develop a research methodology and conduct a baseline study aiming to answer the question:

# What is the effect of a gender transformative education curriculum on adolescents’ (age 14-15) attitudes regarding gender equality in Portugal?

# Over a period of 4 years the study will be conducted in 3 phases, from which the first one, and the subject of this call, is a baseline study on the knowledge and attitudes of adolescents who have access to sexuality education in schools.

The research agency is expected to:

1. Develop a methodology for a 4-year study and data collection tools
2. Develop a methodology and data collection tools for the baseline study
3. Conduct the first phase: the baseline study in Portugal
4. Analyse the data and develop a research findings report from the baseline study

In this initial stage we expect from the research agency to develop the overall methodology and to implement only the first phase of the research: the baseline study. Though it is most likely that we will continue with the implementation in the following years, at this moment the research agency should not commit for later phases.

# BACKGROUND

# About IPPF

The International Planned Parenthood Federation (IPPF) is a global service provider and a leading advocate of sexual and reproductive health and rights for all. We are a worldwide movement of national organizations working with and for communities and individuals. IPPF EN is one of the International Planned Parenthood Federation’s six regional networks and has 30 Member Associations across Europe and Central Asia working on sexual and reproductive health and rights through advocating, empowering actors of change and providing care.

# About the project Citizens, Equality, Rights and Values programme

This study is planned within the Operating grants to partners active in the area of European Union values and is funded by European commission Citizens, Equality, Rights and Values Programme.

# Key relationships

The responsible person from the IPPF European Network Regional Office will be Drashko Kostovski, Lead, Youth and CSE (Comprehensive Sexuality Education). The IPPF Member Association in [Portugal Associação Para o Planeamento da Família](http://www.apf.pt/)  is delivering and enabling CSE in the country, and will available to provide in - country technical support. This will include providing information on the polices and the current state of sexuality education in the country as well as establishing liaisons with the main stakeholders, the Ministry of Education and schools.

**Draft Methodological Framework**

**We expect the research agency to propose their own detailed methodology building upon the draft methodological framework as follows:**

There is already a body of evidence proving the effectiveness of comprehensive sexuality education (CSE).As highlighted in the [Updated International technical guidance on sexuality education from UNESCO (2018](https://unesdoc.unesco.org/ark:/48223/pf0000260770)), the proven effects are related to reduced risk taking among adolescents , increased contraception literacy and sexual health literacy.

Moreover, the evidence that the effects go beyond the common public health expectations and that CSE can contribute to acceptance of more equitable gender norms as mechanism to reduce gender inequality and prevent violence against women and girls is growing. The Comprehensive Review of Evaluation Studies by Nicole A. Haberland (2015) demonstrated that: “The sexuality education programmes that addressed gender or power were five times more likely to be effective as those that did not; 80% of the programmes were associated with a significantly lower rate of STIs or unintended pregnancy. In contrast, among the programmes that did not address gender or power, only 17% had such an association.  Furthermore, those programmes which addressed gender and power did not only demonstrate significant decreases in pregnancy or STIs, but also significant, independent beneficial effects on reported behavior, attitudes, or other desirable health or social outcomes”.  A Qualitative Study Examining the Role of Comprehensive Sexuality Education (Makleff, 2019) indicated that comprehensive sexuality education (CSE) has real potential to help prevent intimate partner violence (IPV) by enabling adolescents to question dominant and harmful social norms. The main reason for this is that during classes adolescents can learn about more equitable gender norms and relationships based on consent.

With the study proposed we like to expand and contribute to the evidence on the topic. More precisely we would like to research the effects of a specific gender transformative education programme on increasing knowledge and attitudes on gender equality, combatting negative gender stereotypes and reducing gender-based violence across diverse groups of adolescents . In doing so, we would employ [the Safe from SGBV toolkit](https://ysafe.net/ippf/wp-content/uploads/2021/10/SAFE-from-Sexual-and-Gender-Based-Violence.pdf) (SfSGBV) that was created and successfully piloted by youth workers. This toolkit was designed to deliver CSE sessions that support adolescents to recognize and protect themselves from SGBV.

**Timeline**

The study will be implemented in a period of 4 years: 2022-25.

**The draft concept of the study methodology envisages the research phases as follows:**

**1. Baseline study (to be conducted in 2022)**

Identifying the baseline would be the first phase of the study. This will be done in Portugal where sexuality education is accepted in policies and integrated to some level in the formal educational system before the age of 12.

We think that the most suitable age of the sample should be 14-15, as we want to assess the knowledge and attitude of a group of adolescents who already had access to sexuality education at school for a few years at least.

The main aim of the baseline study will be to measure the knowledge and attitudes on gender equality and GBV prevention of a sample of 300 adolescents who went through regular school curricula of sexuality education. Besides using tests and questionnaires, a series of interviews (40) and focus groups (5) will be conducted with both adolescents and teachers to learn about their understanding of gender equality, combatting negative gender stereotypes and prevention from gender-based violence.

**2.** **A study on the immediate effect of gender transformative education (2023-24)**

During the second phase of the study a group of educators (school teachers) will be trained to deliver a IPPF EN gender transformative curriculum.

We envisage that a method with experimental group and control group will be employed. The experimental group should be consisting of minimum 150 adolescents aged 14-15 which will go through gender transformative educational sessions in a period of 6 months.

The level of knowledge and attitudes of the experiment group will be measured right after the intervention, e.g., post-test will be completed, both after each session and at the end of the complete series of sessions of gender transformative education. It is planned to use tests, questionnaires, observations, and interviews with both the respondents and the educators.

At the same time, the knowledge, and attitudes of the control group of adolescents (150) attending only the standard state curriculum will be assessed as well. This group will have an equal access to our gender transformative programme after the study is completed.

The findings from the baseline study will be compared with the data collected after the intervention.

The research agency should provide a detailed explanation of how the control and experiment group will be established, including which research instruments will be used in order to get the most relevant results.

**3. Study on changes after the intervention (2024-25)**

After 6-9 months from the intervention a qualitative behavioural study with the adolescents from the experiment group and control groups will be conducted. This study could employ different methods, like participatory research, a method of involving adolescents as researchers to collect data with their peers. This could also include qualitative interviews with vignettes or interviews with close friends of the respondents. It is expected that 40 interviews with adolescents from both groups will be conducted.

The main aim of this study should be to indicate if there were changes in the measured variables (knowledge and attitudes) of the adolescents regarding gender equality and protection from Gender Based Violence after the implementation of the gender transformative educational programme. Also, the study will check if the identified changes are significantly different in comparison with the control group, e.g. the not exposed to the additional, but to the regular sex-ed curriculum only.

# CONSULTANCY TIMELINE AND KEY MILESTONES

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| During this period, the research agency will submit the following to IPPF EN: | |
| **Deliverables** | **Timeline (all dates estimates)** |
| Methodology for a 4-year study and data collection tools approved | May 2, 2022 |
| Methodology for the Baseline study and data collection tools approved | May 2, 2022 |
| Approval from educational institutions to conduct the study acquired | May 24, 2022 |
| Data collection and transcription completed | September 30, 2022 |
| Baseline study draft report in English submitted | October 19, 2022 |
| Full analysis report (Baseline Study) in English and Portuguese submitted. The report should include: 1. An executive summary; 2. Background on the current state of CSE in Portugal; 3.Methodology; 4.Overall - Country Analysis (results and discussion); 5.Conclusions and 6.Data collection tools | November 1, 2022 |
| Public presentation of main findings and recommendations from the Baseline study in a accessible format and language for non-researcher audience that will be involved in advocacy planning discussions and decisions. | By November 30, 2022 |
| Organize periodical coordinative meetings (remote and in-person) among all partners should be envisaged in the consultant’s proposal. | The exact dates to be agreed |

The research agency is responsible for editing and quality control of the report in English language.

The travel for the in-person coordinative meetings will be reimbursed by IPPF EN based on the receipts, in accordance with the travel policy.

# AGENCY SPECIFICATION

**Required**

* Researchers with academic degree /proven experience in developing and conducting qualitative research
* Outstanding command of English and Portuguese
* Good understanding of the Portuguese social, economic and political contexts of adolescents (including those living in vulnerable conditions)

# Asset

* Research portfolio indicating previous experience in studies related to:
* Adolescents’ sexual and reproductive health and rights
* Adolescents’ access to comprehensive sexuality education
* Gender and sexuality

The research report needs to be completed by 1 November 2022.

Please email [dkostovski@ippf.org](mailto:dkostovski@ippf.org%20) with your technical and financial proposal by 28 March 2022.   
The technical and finance proposal should contain:

- agency’s portfolio that demonstrates successful examples of similar work

- the leading researchers’ CVs outlining relevant qualifications and experience

- outline of your proposed methodology and approach for the data collection and analysis

- detailed financial proposal including the daily fee and the number of consultancy days for completing each of deliverables

- if registered please specify the VAT number. If the VAT number is not available, an identification number should be provided (e.g. company number)

This outline will be subject to negotiation and further refinement.

**SAFEGUARDING**

The researchers will be expected to sign and adhere to IPPF’s code of conduct and safeguarding on signing the contract. As per our policy on the protection of children and vulnerable adults, they may also be required to undergo a criminal record check.