

A DECADE OF INSPIRE:

Evidence in Action to End
Violence Against Children

Webinar

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WEBINAR OVERVIEW

Setting the Scene: Ten years of INSPIRE

Greta Massetti

The INSPIRE Evidence Update: What Works to Prevent Violence Against Children

Madison Little

Panel Discussion: From Evidence to Action

Moderator: Alessandra Guedes

Participants: Daniela Ligiero, Nicolas Makharashvili, Deogratias Yiga, Anirbandip Gain

**WE NEED COLLECTIVE
ACTION TO PREVENT
VIOLENCE**



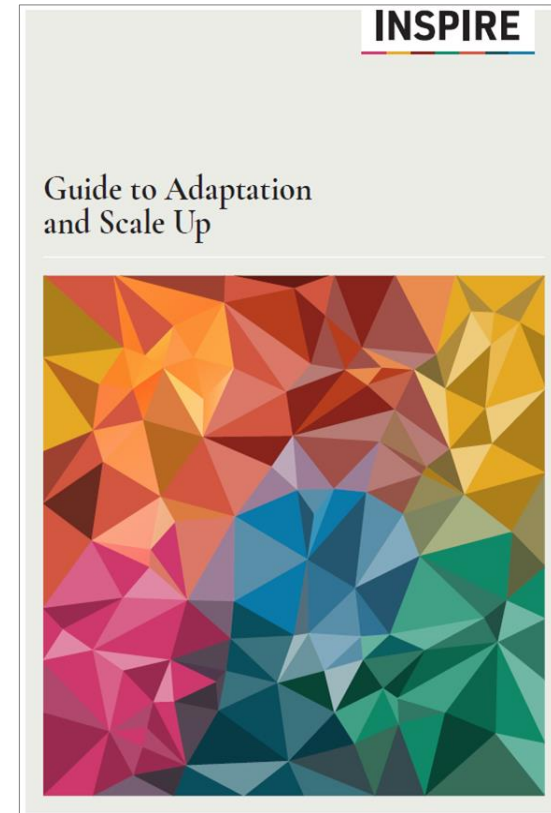
INSPIRE HISTORY

- Launched in 2016 in partnership with 10 international organisations.
- Strategies based on evidence to intensify focus and strengthen impact.
- Violence against children is not inevitable. **It is preventable.**
- We have effective knowledge and tools to prevent it.



INSPIRE

A package of resources to end violence against children



THE SEVEN INSPIRE STRATEGIES

Implementation and enforcement of laws



Norms and values



Safe environments



Parent and caregiver support



Income and economic strengthening



Response and support services



Education and life skills



INSPIRE

Seven Strategies for Ending Violence Against Children



COUNTRY COMMITMENTS TO INSPIRE



67 countries

made some commitment to implementing INSPIRE as of 2021



43 countries

are currently Pathfinding Countries, under leadership of UN Special Representative on Violence Against Children

In November 2024, 100+ countries made national pledges to address violence against children

CONSIDERATIONS FOR UPDATING INSPIRE

Evolution of
evidence and
programmes

New data
on critical
intersections

Emphasise
data from
low-resource
settings

Address
emerging
issues in
the field

INSPIRE EVIDENCE UPDATE

Review

Interventions to prevent, reduce, and respond to violence against children and adolescents: a systematic review of systematic reviews to update the INSPIRE Framework



Madison T Little, Alexander Butchart, Greta M Massetti, Sabrina Hermsosilla, Camille Wittesale, Isabelle Pearson, Janina Jochim, Susan Swingler, Claudia Schupp, Ines A Böhrer, Lakshmi Neelakantan, Sophia Backhaus, Mackenzie Martin, Meredith Mase, Sabrina Page, Roselinde Janowski, Alexandra Blackwell, Kyle T Bernstein, Sabine Rakotomalala, Lucie Cluver

Each year, one billion children globally experience violence, which carries lifelong detrimental effects. In 2016, WHO and partners launched the INSPIRE Framework: seven strategies to end violence against children. A decade after INSPIRE's development, this systematic review updates its evidence base and assesses which interventions could be prioritised for implementation. This systematic review of systematic reviews searched 152 information sources from Jan 1, 2010, to May 15, 2023, to identify systematic reviews evaluating the effectiveness of policies or interventions in addressing violence against children. Reviews were narratively synthesised and interventions were ranked using a decision matrix based on the amount and quality of evidence and the consistency of effectiveness. From 22 117 initial articles screened, 216 unique systematic reviews were included, of which 149 focused on interventions that do not have WHO implementation guidelines. Of these 149 reviews, 47 (32%) were assessed to be high or moderate confidence using the AMSTAR2 tool. Across outcome domains and countries, the strongest evidence of effectiveness includes parenting programmes for reducing child maltreatment, safe and enabling school environments (whole-school approaches) for preventing youth violence, healthy romantic relationships education for reducing adolescent intimate partner violence, cash-plus life-skills training among adolescents in low-income and middle-income countries for reducing youth violence (including sexual violence), and cognitive behavioural therapy for children exposed to violence. Parenting programmes might also reduce maternal intimate partner violence, although few studies have directly examined this outcome. Scaling up these evidence-based approaches is essential to ending violence against children. This study was registered with PROSPERO (CRD42023427487).

Introduction

Violence against children remains a public health crisis. At least half of all children—one billion globally—experience at least one form of violence each year.¹ Violence against children (ie, those younger than 18 years) is defined as "the intentional use of physical force or power, threatened or actual, against a child, by an individual or a group, that either results in or has a high likelihood of resulting in actual or potential harm to the child's health, survival, development or dignity."^{2,3} The effects from violence have substantial immediate and long-term health, social, and economic consequences.⁴ Furthermore, violence exposure significantly increases the risk for future victimisation and perpetration, and thus intergenerational transmission.^{5,7}

Efforts to address violence against children have substantially increased over the past decade, due in part to the adoption of the Sustainable Development Goals (SDGs). In 2015, SDG Target 16.2 was introduced to address violence against children, complementing other SDG targets addressing school-based violence (4-a) and gender-based violence (5.2). The following year, the INSPIRE Framework was launched by WHO, the US Centers for Disease Control and Prevention, and eight other international partners.⁸ The INSPIRE Framework consists of seven strategies (ie, entry points) to address violence against children: implementation and enforcement of laws, norms and values; safe environments; parent and caregiver support; income and economic

strengthening; response and support services; and education and life skills.⁸ Each strategy includes multiple interventions (programmes or policies) with evidence for preventing, reducing, or responding to violence against children. INSPIRE provides a unified framework for collective action and is built upon three key pillars: (1) violence is preventable; (2) priorities for prevention and response should be data driven; and (3) preventing and responding to violence should be built on evidence.

Since the launch of the INSPIRE Framework in 2016, there has been tremendous momentum in implementation, research, and policy. The number of yearly publications for interventions addressing violence against children has more than doubled from 2014–18 compared with 2010–13,⁹ and the trend continues to increase. In November, 2024, more than 100 countries gathered in Bogotá, Colombia, for the first-ever Global Ministerial Conference for Ending Violence Against Children and pledged national commitments to address violence against children. After nearly a decade of new research and policy guided by the INSPIRE Framework, it is necessary to update its evidence base so that the best science can continue to guide national and global efforts.

The aim of this systematic review of systematic reviews was to incorporate new evidence into INSPIRE and to assess which programmes could be prioritised for implementation. Specifically, this systematic review of systematic reviews investigates: (1) which interventions are effective in reducing, preventing, or responding to

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See Comment page 3
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INSPIRE Evidence Update: A Decade of Progress to End Violence Against Children

Executive Summary



A new, comprehensive global evidence review confirms what prevention leaders have long known: violence against children and adolescents is preventable, and we now have stronger proof than ever before of what works. The *INSPIRE Evidence Update*, published online in *The Lancet Child & Adolescent Health*, synthesizes findings from systematic reviews and primary studies, offering the most complete picture to date of effective interventions across countries and contexts. The analysis found that every INSPIRE strategy includes at least one intervention with consistent, high-quality evidence of effectiveness. This research solidifies the scientific foundation of INSPIRE for global action.

Through a collaboration between the University of Oxford, the INSPIRE Evidence Lab at Georgia State University, the World Health Organization, the CPC Learning Network at Columbia University, and the U.S. Centers for Disease Control and Prevention, the research reaffirms the power of evidence-based prevention. Together, these findings reinforce a clear message: violence against children is not inevitable and it can be stopped. With renewed scientific consensus and proven pathways for change, the INSPIRE Framework continues to guide governments, donors, and practitioners in building safer, healthier futures for all children.



Comment

A crucial juncture for evidence-based action to end violence against children



Violence against children in its many forms is widespread, undercounted, and contributes to cycles of violence that amplify adverse outcomes across generations.^{1,3} The persistence of violence against children, in all its manifestations, represents a failure of the international community to protect children and ensure a prosperous future for all. To catalyse investment in evidence-based approaches to address violence against children, the INSPIRE Framework was launched in 2016 and was framed around seven key intervention strategies.¹ However, the proposed strategies were supported by an uneven combination of evidence, including from single or multiple promising studies, best practice, and key learnings from related fields. Thus, the systematic review by Madison T Little and colleagues in *The Lancet Child & Adolescent Health* is a crucial step forward, updating the evidence underlying the INSPIRE Framework at a time when global financing for human rights and child protection is shrinking.⁴ In this context, the imperative to use resources in the most effective and efficient manner is paramount.

The work by Little and colleagues, covering over 200 unique existing reviews published between 2010 to 2023 substantially advances the breadth and rigour of evidence supporting the INSPIRE Framework.¹ A key message for policy makers and programme implementers is the conclusion that, for each strategy, there is at least one approach with proven effectiveness across a wide range of settings. Among these, the strongest evidence includes that for: parenting programmes for reducing child maltreatment, safe and enabling school environments (whole-school approaches) for preventing youth violence, healthy romantic relationships education for reducing adolescent intimate partner violence, and cash-plus life-skills training among adolescents for reducing youth violence. Proven interventions, including those Supported and Well supported by evidence, form a strong basis for adaptation and optimisation at the country level aligned with national priorities, integrated into systems and tailored to key populations in need. The review also provides new guidance on what has inconsistent or insufficient


evidence. For example, media campaigns, microfinance interventions, addressing so-called hotspots and hospital-based prevention programmes, among others, warrant rethinking, additional evidence generation, or acknowledgment that alone they are insufficient to prevent violence against children. The systematic review advances understanding of where there are synergies between different types of violence against children, intersections with intimate partner violence through inclusion of adolescent girls, and novel intervention typologies not previously in the INSPIRE Framework.

The systematic review also gives a window into the enormous work ahead for evidence generation. The authors note that many of the effects found are of small magnitude or diminish over time. Much of the existing evidence continues to reflect high-income contexts, underscoring the need for future research investments in low-income and middle-income countries, contextually grounded in systems that ensure equity and local ownership. Evidence is also scarce in humanitarian settings, on technology-facilitated forms of violence (eg, cyberbullying), on outcomes for infants and very young children, as well as children with intersecting vulnerabilities. There are currently no interventions classified as Well supported for sexual violence or adolescent intimate partner violence. Some of these gaps might be driven in part by the systematic review of systematic review approach, which is inherently limited by methodological choices of previous systematic reviews, and privileges aggregation of quantitative evidence within existing systematic reviews, rather than capturing the newest and emerging evidence in understudied areas. In addition, the systematic review largely cannot speak to the growing acknowledgment of the linkages between violence against children and multiple other types of violence, including violence against women and collective violence.¹ For this reason, we urge stakeholders to use this systematic review as a starting point to better align evidence generation and synthesis across the fields of violence against children and violence against women, bringing together INSPIRE and RESPECT Frameworks.^{1,4} This alignment requires investing in new systematic


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See Online/Review
[https://doi.org/10.1016/S2352-4642\(25\)00214-7](https://doi.org/10.1016/S2352-4642(25)00214-7)



NEW INSPIRE RESOURCES








seven strategies for preventing violence against children



Evidence Update

INSPIRE: Seven strategies for preventing violence against children



seven strategies for preventing violence against children

A DECADE OF DIFFERENCE – WHAT WORKS TO PREVENT VIOLENCE AGAINST CHILDREN

Violence against children remains one of the most pervasive public health and human rights challenges globally

Each year, an estimated **ONE BILLION CHILDREN** (half of all children worldwide) experience physical, sexual, or emotional violence or neglect

VIOLENCE affects children in homes, schools, communities, and increasingly online

EXPOSURE TO VIOLENCE: Injury, mental health conditions, problem substance use, suicide, and chronic diseases later in life

EXPOSURE to violence in childhood raises the likelihood of both violence victimisation and perpetration in adulthood, perpetuating intergenerational cycles of harm

HOMICIDE is among the leading causes of death in adolescents

Educational attainment and employment prospects as well as national gross domestic product

Unified global response → INSPIRE: Seven strategies to end violence against children

7 STRATEGIES

- Implementation and enforcement of laws
- Norms and values
- Safe environments
- Parent and caregiver support
- Income and economic strengthening
- Response and support services
- Education and life skills


Since 2016, **INSPIRE** has guided political commitments in **> 100 COUNTRIES** and has been integrated into local or national policies and action plans in **> 60 COUNTRIES**

Every INSPIRE strategy has at least one intervention supported by consistent, high-quality evidence of effectiveness

3 areas show **ESPECIALLY STRONG** global evidence

- PARENTING PROGRAMMES** reduce child maltreatment (including revictimisation) and may also decrease intimate partner violence against women in the home ✓
- WHOLE-SCHOOL APPROACHES** reduce youth violence by creating safe and enabling learning environments ✓
- COGNITIVE BEHAVIOURAL THERAPY** improves recovery and mental health outcomes for children exposed to violence ✓

STRONG NATIONAL POLICIES (e.g., banning all forms of violence against children) create an enabling environment that helps to maximise intervention effects. These laws reinforce the protections guaranteed in the Convention on the Rights of the Child.



OTHER INTERVENTIONS SHOWING STRONG EVIDENCE OF EFFECTIVENESS school-based bullying prevention programmes | life and social skills training | healthy romantic relationship education | cash-plus programmes | community mobilisation | kinship foster care and more ...

ISPCAN INSPIRE Resource Hub



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JOINT STATEMENT ON RENEWING THE GLOBAL COMMITMENT TO END VIOLENCE AGAINST CHILDREN

Violence against children is preventable. The science is ready.
The world must act.



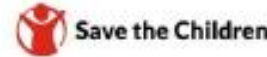
World Health
Organization



JOINING FORCES
For All Children



Red por
la Infancia



DR. MADISON LITTLE

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RESEARCH OBJECTIVES

1

Systematically identify evidence reviews on impacts of INSPIRE interventions.

2

Rank interventions based on the strength of their evidence base.

3

Identify key evidence gaps for future research.

OVERVIEW STATISTICS

200+

**Systematic
Reviews**

3000+

**Primary
Studies**

30+

**Intervention
Categories**

CORE EVALUATION COMPONENTS

**1) Quantity
of evidence**

**2) Quality
of evidence**

**3) Consistency
of effectiveness**

EVIDENCE RANKINGS

Well-supported by evidence

Supported by evidence

Promising evidence

Emerging evidence

Prudent

Not currently supported by evidence

Not supported by evidence

STRONGEST EVIDENCE BY OUTCOME

**Child
maltreatment**



Parenting
programmes

**Youth
violence**



Whole-school
approaches

**Children exposed to
violence**



Cognitive
behavioural therapy

STRONGEST EVIDENCE BY OUTCOME

Dating & intimate partner violence



Healthy romantic relationships education

Youth violence (including sexual violence)



Cash-plus youth-focused life-skills training

KEY MESSAGES

- 1** Violence against children is *preventable*. Proven programmes, policies, and strategies exist to prevent violence against children.
- 2** Each INSPIRE strategy has at least one intervention with high-quality, consistent evidence of effectiveness that meets the criteria for prioritised implementation.
- 3** Three breakthrough areas show compelling global evidence:
 - Parenting programmes
 - Whole-school approaches to violence prevention
 - Cognitive behavioural therapy for children exposed to violence

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Madison T Little, DPhil ^a · Alexander Butchart, PhD ^b · Greta M Massetti, PhD ^c · Sabrina Hermosilla, PhD ^d · Camille Wittesaele, PhD ^{a,e,f} · Isabelle Pearson, PhD ^g · et al. [Show more](#)

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Summary

Show Outline

Each year, one billion children globally experience violence, which carries lifelong detrimental effects. In 2016, WHO and partners launched the INSPIRE Framework: seven strategies to end violence against children. A decade after INSPIRE's development, this systematic review updates its evidence base and assesses which interventions could be prioritised for implementation. This systematic review of systematic reviews searched 152 information sources from Jan 1, 2010, to May 15, 2023, to identify systematic reviews evaluating the effectiveness of policies or interventions in addressing violence against children. Reviews were narratively synthesised and interventions were ranked using a decision matrix based on the amount and quality of evidence and the consistency of effectiveness. From 22 117 initial articles screened, 216 unique systematic reviews were included, of which 149 focused on interventions that do not have WHO implementation guidelines. Of these 149 reviews, 47 (32%) were assessed to be high or moderate confidence using the AMSTAR2 tool. Across outcome domains and countries, the strongest evidence of effectiveness includes parenting programmes for reducing child maltreatment, safe and enabling school environments (whole-school approaches) for preventing youth violence, healthy romantic relationships education for reducing adolescent intimate partner violence, cash-plus life-skills training among adolescents in low-income and middle-income

Figures (3)

Figure Viewer



THANKS TO AMAZING CO-AUTHORS:

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Mackenzie Martin

Meredith Mase

Sabrina Page

Roselinde Janowski

Alexandra Blackwell

Kyle Bernstein

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PANEL DISCUSSION: FROM EVIDENCE TO ACTION



Alessandra Guedes, UNICEF
Moderator



Daniela Ligiero
Together for Girls



Nicolas Makharashvili
Safe Futures Hub



Deogratias Yiga
Impact and Innovations
Development Centre (IIDC)



Anirbandip Gain
SANLAAP Boys Initiative
Programme

DR. SABINE RAKOTOMALALA

World Health Organization



INSPIRE MOOC



MOOC - Inspire online learning course

[Learn more](#)

Learn about evidence-based strategies and approaches to preventing and responding to violence against children.

Whether you are a practitioner, policymaker, funder or someone who cares deeply about this issue, this course will strengthen your knowledge about forms of violence against children, how societal, community, and family-level factors affect violence, and how the evidence-based INSPIRE framework and strategies can help to end violence against children.



INSPIRE
TECHNICAL PACKAGE



Thank you!

For more information:

<https://www.who.int/teams/social-determinants-of-health/violence-prevention/inspire-technical-package>

INSPIRE
TECHNICAL PACKAGE