

# No Means No Worldwide — IMPower & Ujamaa Empowerment Self-Defense and Bystander Programme, Nairobi

Gender Equality · Good practice · Kenya

Quality score: 89/100

Evidence strength: Strong

## Summary

In Nairobi's informal settlements, a paired girls' empowerment/self-defense and boys' bystander curriculum cut sexual assault by 3.7 percentage points in a cluster-randomised trial of 5,686 students, with over a third of assaulted girls using trained skills to stop an attack.

## Key dimensions

| Dimension                       | Score |
|---------------------------------|-------|
| Transferability / replicability | 3/3   |
| Impact on gender equality       | 1/1   |
| Effectiveness                   | 1/1   |
| Efficiency                      | 0/1   |
| Evaluated outcomes              | 1/1   |
| Sustainability                  | 1/1   |
| Achievement / evidence          | 1/1   |
| Gender-mainstreaming embedding  | 1/1   |
| Curator validation              | 1/1   |

Evaluated by C-NAPSE

## Data sources

[C-NAPSE web research](#) — accessed 2026-08-30

[Ujamaa-Africa / No Means No Worldwide](#) — accessed 2026-08-30

[Peer-reviewed cluster-RCT \(PMC\)](#) — accessed 2026-08-30

[Stanford Medicine News coverage of the bystander study](#) — accessed 2026-08-30

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