

Transformative Household Methodology (THM)

A simple method to help families explore and share roles and resources more equally.



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Community mapping activities in Ethiopia

Transformative Household Methodolgy (THM) is a tool that was developed by Ripple Effect in 2014. THM is a simple, practical way to engage whole families in gender discussions. During a THM session, with the support of a Ripple Effect facilitator, families identify responsibilities within the home and their individual access and control over resources, such as money.

How it works

1. The grid represents the family members and the tasks they each do
2. Each person places stones to show their workload
3. After counting the stones, they then compare their roles
4. The project facilitator helps the family to discuss their findings and agree changes together

Impact

- Women's physical workload is decreased
- More women become involved in decision-making processes, including the use of household income
- More men share household tasks

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