Well-Being in a Toxic Environment: Effective Communication and Community Engagement

Presented
By
Lucy Nusseibeh,
Founder and Executive Chair of MEND,

Zurich University March 2019
UN (OCHA) Map of the Occupied Palestinian Territories
The Archipelago of Palestine
(from le Monde)
It can be scary just going to school
They have to defend their right to education
• link to film by Bayan (and Wala)
• https://www.youtube.com/watch?v=BuXYjAhLgZY&feature=youtu.be
Middle East Nonviolence and Democracy

- MEND was established in East Jerusalem in 1998, because of the growing needs for proactive peace, alternatives to violence, and belief in a better future.

- MEND’s approach is holistic, inclusive, participatory, prioneering and empowering; working with education and with media
Teacher Training Manual + Sesame Stories: “I can”
MEND’s projects with the highest impact on children and youth

• Sesame outreach materials
• Schools..holistic:, involving all stakeholders, and including actions,
• Summer Camps: NOT across border but one-side only
• Choose a Future ----(girls schools)..also leading to:
  • community centres and libraries
  • Participatory Video
  • National Nonviolent Youth Service (including boot camp for solidarity and strength and community service as action and adding to sense of belonging)
• Curriculum for Tolerance --Including peer to peer advocacy and radio and video
• Radio Soap Operas + discussions in schools
• More participatory video + feedback meetings
Our theory of change is as follows:

• If children are living in a toxic environment where their sense of self, their dignity and their hopes are continually undermined, and they are at constant physical and psychological risk,

• Then for their well-being they will need:
  – Reinforcement/building of self-esteem
  – A renewed profound sense of their value to their community and the value of their actions towards building/protecting that community
  – Secure attachment and support and mechanisms for their caregivers to cope with fear as well as ways to cope with fear themselves
  – Humanisation for themselves and others and release from a sense of victimhood
Choose a Future: 150 schoolgirls in seven schools; impact through intensive teacher training, IT, nonviolence and participatory video training, and implementation of projects.

<table>
<thead>
<tr>
<th>Statements</th>
<th>Yes</th>
<th>Neutral</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you enjoy the field visits?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Was it a good idea to meet and talk with people in different institutions?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you enjoy the role-playing during the sessions?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you like the development room furnished by Choose a Future project in your school?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you benefit from the guest speakers?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Would you like other girls to benefit from the program?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Do you think that you have changed some of your ideas since your participation in Choose a Future?</td>
<td>78</td>
<td>17</td>
<td>5</td>
</tr>
<tr>
<td>Did some of your attitudes change since your participation in the program?</td>
<td>73</td>
<td>22</td>
<td>5</td>
</tr>
<tr>
<td>Do you like to train other schoolgirls what you have learned in the program?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you enjoy implementing the summer project?</td>
<td>67</td>
<td>28</td>
<td>5</td>
</tr>
<tr>
<td>Did you benefit from the Video training?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you benefit from the Computer training?</td>
<td>78</td>
<td>17</td>
<td>5</td>
</tr>
<tr>
<td>Did you benefit from the Internet Training?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you benefit from the health training?</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Did you enjoy the training sessions given by the teachers and counselors?</td>
<td>89</td>
<td>11</td>
<td>0</td>
</tr>
</tbody>
</table>
Bumper stickers in Arabic and in Hebrew

What about our children?

There must be a better way!
Guide for Palestinian School Counsellors adopted by the Ministry of Education (+ add more books?? – cut this?)
• https://www.youtube.com/watch?v=yf9C0Hd8vmc&feature=youtu.be

• Link to film by and of Rahaf..