

FOUR WARS OLD

FOURTEEN YEARS OF CHILDHOOD IN GAZA

Of the 2 million Palestinians in Gaza, 41% are children aged 14 or under. These children have lived their entire lives under Israeli blockade and experience multiple types of trauma.

LIFELONG CONDITIONS

WATER CRISIS

97% of fresh water contaminated. Lack of access to clean drinking water is a leading cause of illness and child mortality in Gaza

DEEP POVERTY

64% poverty rate / 69% food insecurity; 35% of Palestinian children under 5 at risk of not reaching their developmental potential due to chronic trauma

RIGHT TO EDUCATION

2/3 of schools in Gaza operate on double shifts due to classroom shortages

MENTAL HEALTH

88% of Gaza children participating in one study had experienced personal trauma; 54% meeting PTSD diagnostic criteria

2007

BORN A REFUGEE

I was born as one of the more than 70% of Palestinians in Gaza whose families were originally displaced during the Nakba in 1948

BLOCKADE

The year I was born, Israel imposed a blockade on Gaza (ongoing as of 2021) by land, air, and sea, intensifying earlier restrictions

DEC 2008-
JAN 2009

FIRST WAR

I survived a 22 day attack on Gaza. Israeli forces killed 1,385 Palestinians, including 318 children

NOV 2012

SECOND WAR

I survived an eight day attack as Israeli forces killed 168 Palestinians in Gaza, including 33 children

JULY 2014

THIRD WAR

I survived fifty days of onslaught as Israeli forces killed 2,251 Palestinians in Gaza, including 556 children. Over 1,500 children were orphaned

MAR 2018-
DEC 2019

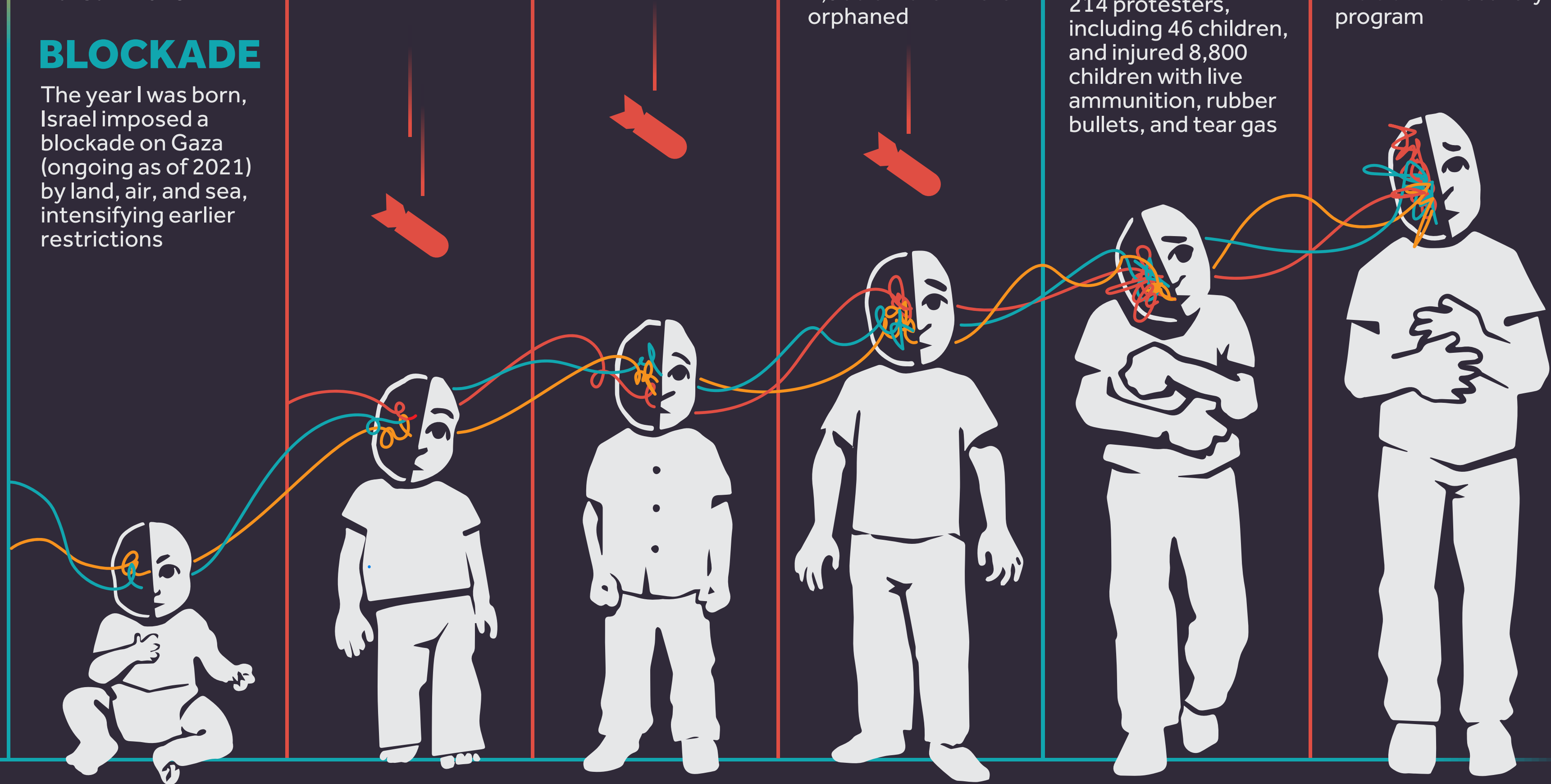
GREAT RETURN MARCH

For two years, I saw my community turn out en masse to protest the blockade. Israeli forces killed 214 protesters, including 46 children, and injured 8,800 children with live ammunition, rubber bullets, and tear gas

MAY 2021

FOURTH WAR

I survived an eleven day attack as Israeli forces killed 230 Palestinians. Twelve of the 67 children killed were participating in a trauma recovery program



AGE 0

AGE 2

AGE 5

AGE 7

AGE 11

AGE 14

“
In Gaza, there is no ‘post’ [traumatic] because the trauma is repetitive and ongoing and continuous.”

Samah Jabr
Chair of Mental Health Unit, Palestinian Ministry of Health

TYPES OF TRAUMA

CHRONIC TRAUMA

Prolonged, pervasive distressing events such as poverty or institutionalized discrimination

INTER-GENERATIONAL TRAUMA

Psychological trauma experienced by the descendants of a person who has survived a traumatic event

ACUTE TRAUMA

An extremely distressing individual event