



Dear friends and colleagues of Nashim LeGufan. With the spring arriving, and following a productive and fruitful period of progress and work, we are thrilled to share a small taste of what has been going on in Nashim LeGufan, and a glimpse of what's to come.

During this hectic time, we hope you take a moment to read and get involved yourself, by:

- Sharing your thoughts with us, visit us at www.wtb.org.il/english/
- Forwarding this email to someone else who might find it interesting
- Donating to [support our youth at-risk program](#), see details below
- Buying a book for yourself or someone special, for a school or youth hostel

We look forward to many more productive months impacting the lives of many women, young women, adolescent girls and their families from the entire spectrum in Israel.

Hag sameach and warm regards from all of us at Nashim LeGufan

Nabila Mana and Nava Braverman Co-Chairs
Dana Weinberg, Director, and Tal Tamir, Informational and Action Project Manager

Overview of Nashim LeGufan's progress and programming focus this year

From **INFORMATION** → to **AWARENESS-RAISING** → to **ACTION**

Established in 2005, Nashim LeGufan (Women and Their Bodies - WTB) is a unique women's non-profit organization working to promote comprehensive social change in the perceptions and attitudes of women's health, sexuality and reproductive needs in Israel, which will lead to shift in perceptions and institutional change within the health and medical establishments, and overall Israeli society.

While the first few years were dedicated to the research, writing and editing of the two breakthrough books in Hebrew and Arabic (the equivalent of Our Bodies,

Ourselves tailored to Israeli reality), the past two years are increasingly focusing on outreach, educational and recently action-driven work with diverse groups of women and girls in Israel. Recognizing the need among women and young women to translate knowledge into action, we recently introduced the unique Knowledge and Action groups to our work. The new approach enables Nashim LeGufan to serve as an empowering vehicle for participants to be directly involved and initiate specific actions promoting their own health, affecting change on their lives and their communities.

Highlights of Recent Activity

Knowledge and Action Group in East Jerusalem



Participant: "When I was a young girl I told my dad that when I walk in the street men harass me with looks and sayings. My dad told me to be modest, cover up and wear a hijab (head cover). So I did. But the harassments continued. I got married, had kids of my own, and I still suffer from harassment. Today I am a grandmother and the harassment continues. I ask myself – does the problem really lie with our modesty?"

Nashim LeGufan conducted a unique action and knowledge group in East Jerusalem, with 17 leading Palestinian women, in cooperation with the Social Services Dept in East Jerusalem and the local Community Center in Abna El Kuds. This exceptional group has some highly invested women leaders with great thirst for knowledge and motivation to propel change. The women participated in a series of informative and interesting workshops covering a wide range of health, sexuality and rights issues. During the workshops, many of the participants shared stories of sexual harassment during medical exams, many by the same two doctors serving

their community. As a result, the women decided to tackle the topic of sexual harassment during medical exams. Following the topic selection, the women participants began planning their community action work. At this stage the women met with experts, heard lectures and asked questions on the social, emotional, rights and regulations aspects of sexual harassment by medical professionals. The women are decided to hold a community outreach event targeting 100 young women and young mothers in their community, equipping them with knowledge, rights, and opportunities to protect themselves and prevent further cases of sexual harassment.



Adolescent Girls at-risk

...Despite our team's initial fears given these highly sensitive issues I am pleased to say that right away, the girls related to the facilitator, process and contents. They had a lot of fun, and they learned and cooperated exceptionally... The girls looked forward to the workshop every week, which had far-reaching impact on their perception of body, health and sexuality." - Ofer Turgeman, Director, Neve Hadar Youth Hostel for youth at-risk

Nashim LeGufan conducted a first of its kind training on body, health and sexuality of adolescent girls ages 13-18 in a hostel for youth at-risk, in Ness Ziona. The 15 girls belong to a wide spectrum of at-risk behaviors and backgrounds, including sexual violence, abuse, neglect and other. We held 20 workshops with the girls and their staff that were eye-opening and informative, raising awareness to central issues, needs and possible services and rights. The girls loved the facilitator and connected with her, surprising the hostel's staff that was apprehensive about the effectiveness of the program, they looked forward to the meetings each week! The first ten sessions covered issues of body image, eating disorders, anatomy and sexuality, healthy relationships and more. The second part of ten sessions were dedicated to social change, protest, leadership development and action. The girls

initiated an art installment in full body size on the topic of body image, how others perceive them in relation to their self-perceptions. The art installment was unveiled at a festive event at the hostel, attended by the girls, other youth, peers, family members, staff and other stakeholders. The empowering and emotional event was great success, with the installment becoming a fixed part of the hostel.



A poster of the art installment by the youth, in full body size, based on their drawings, photos and writings on body boundaries

Knowledge and Action Workshops and training for women on central health, sexuality, disease and beyond



Participants in the Chronic Pain Knowledge and Action Group, 2013

In the first quarter of 2013, Nashim LeGufan conducted over 150 workshops engaging over 600 women, young women, adolescent girls, youth at-risk, Arab and Bedouin women, medical, psychological and social work professionals working with youth and in general.

One example is the current Knowledge and Action group for Women suffering from Chronic Pain. When we first published the group the demand was surprisingly high and we were forced to close with 20 participants and many others hopeful for future opening of a new group. The participants include 20 women suffering from chronic pain, fatigue and related diseases and 6 professionals from fields treating these diseases. Thus far, with the aid of humor and knowledge, the group met four times and began exploring ways of living and coping with the symptoms, as well as sharing professional and field knowledge in the field. The group is hosted by Kula in the Tel Aviv Port and sponsored by the Faiser company.

Upcoming Activity Highlights – From Invisible to Heard - Adolescent girls in Israel

Nashim LeGufan recognized a real void in research and data, as well as knowledge and experience, related to young/adolescent girls in Israel. The target group of adolescent girls, ages 12-17, demonstrates clear unique attributes and patterns of behavior, yet we lack any concrete and accurate data that can shape more effective programming and responses to their needs.

Following a series of workshops for young women alongside meetings with professionals it became clear to us the

need for more information and tailored programming for adolescent girls. In response, Nashim LeGufan designed a comprehensive work plan covering related issues, such as self-esteem, body image eating disorders, sexual and reproductive health, and violence within relationships, which preoccupy young women today. The plan includes conducting a first of its kind national survey on adolescent girls in Israel, unique knowledge and action groups with diverse young groups (Ethiopian, Russian-speaking, Arab and Bedouin, etc), and more.

Support our programs advancing young women and girls' health in Israel, by donating:

- \$150 – Allows a girl to participate in one workshop that is eye opening and life changing
- \$1,500 – Allows 15 girls to participate in a series of workshops that propel to action
- \$5,000 – Enables educational materials in Hebrew and Arabic tailored to young women and girls
- \$10,000 – Towards conducting Israel's first ever national survey on adolescent girls and young women
- Other _____

Your donation helps enable women in Israel to protect and promote their own health, for the benefit of themselves, their families, communities and the entire society by providing them with information to make informed choices.

- For foreign credit card online donations, [click here](#)
- For Israeli credit cards online donations, [click here](#)
- Tax deductible donations can be made by Check, made payable to: The New Israel Fund – On the memo line, please write "for Women and Their Bodies" along with our NIF identification number 5459
 - o To receive a tax deduction in the US, please mail checks to: NIF~P.O.Box 91588~Washington DC 20090-1588~U.S.A.
 - o To receive a tax deduction in the UK, please mail checks to: NIF G.B.~26 Enford Street~London W1H 2DD~U.K.



For more information about how you can support Women and Their Bodies, please contact us at info@wtb.org.il