



Dear friends,  
We are pleased to send you greetings and updates as we start the New Year. This is a good time to ponder, reflect, begin and decide – we invite you all to join WTB in as we do just that!

## In this newsletter, you will find updates about our activities:

- **AGE (Adolescent Girls Expertise) Center:** Training sessions for mothers, adolescent girls and educational and therapeutic professionals who work with adolescent girls; video clips; articles; brochures; and cooperation in the national program for the prevention of sexual assault.
- **Workshops and Knowledge & Action Groups:** We have initiated workshops for older women all across Israel; a Knowledge & Action group for women suffering from migraines wrapped up successfully, and we have run dozens of workshops throughout the country including ones for students and medical staff at hospitals.
- Our **updated website**, and Facebook page.
- Celebrations for **WTB's decade** of activity.

And you can find below information on how to schedule a workshop, lecture and/or purchase books from WTB.

We would love to hear from you.  
**Wishing you a happy new year,  
The board and staff of  
Women and Their Bodies**

## AGE Center

**WTB has greatly expanded its work regarding adolescent girls, which entails gathering information and developing materials as well as work in the field on the topics of body, health and sexuality with adolescent girls, mothers and professionals.**

**1 Trainings, Workshops and Knowledge & Action groups:** Over the last year WTB expanded its work with adolescent girls, mothers and educational-therapeutic professionals. We trained professionals across Israel in Hebrew and Arabic, dealing with issues regarding adolescent girls and their bodies, such as: healthy and unhealthy sexuality, sexual and gender identity, safe sex, eating well and eating disorders, body image. Our workshops range in length from one-time lectures to 14 session workshops.



Some of WTB's group facilitators

Over the past year WTB has worked with professional teams, mothers and teens all across Israel through various organizations, such as the Ministry of Education's Division for the Advancement of Youth, the Rashi Fund's "Warm Homes", the "Change in Education" association, regional councils, Ashalim-Joint Israel, the Ministry of Defense, the Bat-Ami National Civil Service organization, and ORT Israel. A large part of our work has been funded by the National Insurance Institute's fund for At-Risk Children and Youth, and we are very grateful for the opportunities this partnership has enabled.

WTB's workshops are highly praised and in great demand. This past year we worked with a total of about 400 adolescent girls and 1,500 professionals. In the coming year we anticipate even higher numbers.

We invest substantial efforts in the professional development of our group facilitators. WTB runs six in-depth training sessions every year, which include lectures from professionals in different areas on topics including sexual and gender identity, body image, eating and eating disorders, anatomy, menstruation, adolescent health, sexuality and relationships. Through our work we continue to learn about the needs, interests and voids in the field and use this information to shape future workshops.

**2 WTB published a short article in the 'Efshar' journal,** which provides a summary of the insights we have gained through the work of the AGE Center, from a multi-cultural perspective. You can read the article in Hebrew in our website. An additional article we have drafted on this topic will be included in a book being published in the near future.

**3 WTB has developed and distributed video clips on relevant topics.** One clip was created to support adolescent girls in their protest regarding their right to wear short pants at school. This topic drew significant attention in the local press this past summer, as many schools enforce strict dress codes for girls while boys do not face similar restrictions. The video was widely viewed and received positive feedback.

Soon two additional videos will be released - one on body image by Dana Weinberg and the other on sexuality by Tal Tamir. The ten minute long videos are designed like TED lectures, and were created for the online learning program of Ashalim-Joint Israel, which is intended for professionals in the field. Additional videos will be filmed soon, regarding topics including eating, eating disorders, anatomy and relationships.

**4 Broadening collaborations** – During this past year WTB has furthered its collaborative work with government institutes, regional councils, and non-profit organizations. Among the new partnerships developed this year is one with the Ministry of Education's Pitsga program which provides on-going professional education for teachers through which we will run a unique 30-hour training workshop in Hulon next year.

**5 Participation in the national program for the prevention of sexual assault** – WTB has participated in this forum for the past two years, along with government ministries and other organizations. After a great deal of work, the forum has finally succeeded in getting a national program approved which includes treatment as well as educating for healthy sexuality. We are proud to be a part of this extremely important program.

The Hebrew book **"Sky, Let Your Voice be Heard!"**, written by two WTB facilitators deals with sexual abuse in early childhood. [Click here](#) for information on ordering a copy of the book. To accompany the book we also offer a workshop for preschool and kindergarten teachers and other professionals working with children. Contact WTB to schedule a workshop.



## Workshops and Knowledge & Action Groups for Women Throughout Israel

WTB continues to run workshops and knowledge groups throughout Israel in Hebrew, Arabic, Amharic and Russian, for women of all ages.

**Our Knowledge & Action Group for women who suffer from migraines**, which took place in Tel-Aviv, ended several months ago and was very successful.



We have also given lectures throughout the country. For example, we participated in a day dedicated to women's health at Rambam Hospital and ran lectures and workshops at Hebrew University through programs dealing with women's health and gender-oriented health.

**Workshops to promote the health of elderly women.**

WTB was chosen by the insurance company "Migdal" to promote the health of elderly women. We will run fourteen session workshops in the social and geographical periphery of Israel, give lectures for professionals who work with elderly women based on the insights gathered in our workshops, and run a Knowledge & Action group.

**Workshops for mothers of at-risk children.**

This year WTB is starting a new project with twelve groups of mothers who have been identified through local service departments as having difficulties in providing for their children's' physical and emotional needs. This work is being done in the framework of the project for families of neglected children and youth, run together with the National Insurance Institute, the Rashi Fund and the Ministry of Social Services.

## WTB Online

We have recently launched our improved Hebrew website, which looks great and is more user friendly. We are currently working on updating the content.

WTB's Facebook page is also quite active, and serves as a platform for interesting views, perspectives and discussions.

Attached is the online version of our new marketing postcard. Please feel free to pass it on and spread the word about WTB and our work.



## Women and Their Bodies Celebrates a Decade!



Women at WTB's celebration of a decade in East Jerusalem

WTB has done a tremendous amount of work over the past decade! We have worked with thousands of women and adolescent girls and our work is very meaningful and moving. We have chosen to celebrate this milestone with several events in different places in Israel. Each event celebrates a different decade in women's lives, from adolescence to the old age, and will address a different population group. We believe that a number of small,

focused, and high quality events targeting different populations we work with best represents the spirit and essence of WTB.

So far we held two events as part of our decade celebration. The events were held with the generous help of the Jerusalem Foundation as a conclusion to a series of workshops for elderly Muslim and Christian Arab women in East Jerusalem. The workshops enabled conversations among the women of silenced issues regarding health and sexuality. The events were titled "Things that make me feel good in this age" and included physical activity, making a healthy breakfast and a lecture given by one of our group facilitators. You are welcome to view our video of these moving events.

We are currently working on another event planned together with the Rambam Hospital in Haifa, which will deal with middle age and menopause. In addition to celebrating a decade for WTB, the event will be the festive opening of a center for middle aged women to be called "For You in the Middle of your Life". The event will include lectures by a doctor and a sexologist, a session of "Playback Theater" which involves the audience, and the production of a short video clip including quotes from the participants.

## How can you schedule a workshop, lecture, or Knowledge & Action group?

WTB is always eager to reach out to new audiences! If you would be interested in inviting WTB to lead a workshop or give a lecture for a group you know, contact us at [ella@wtb.org.il](mailto:ella@wtb.org.il), with a brief description of the participants' age and needs, and we will tailor a series of workshops suited to the group's characteristics and budget.

## How can you order our book?

The Hebrew version of our book "Nashim LeGufan" can still be found in book stores and makes a great gift for someone you know! The book can also be purchased through WTB for a significant discount at only 120 NIS.

## How can you help?

A new year is a great time to be generous, and WTB is always grateful for the generous financial contributions from our supporters. If you would like to make a contribution to advancing women's health and well-being in Israel you can make a secure, online donation.

[Press here for a secure donation to WTB](#)



**WTB works to promote change in the perception of women's health, bodies and sexuality in Israel**