



## **2023 Summary with an eye towards 2024 at Women and Their Bodies!**

The year is ending in a time of war, hardship and challenges for us all.  
We pray for peace, security and health to all of us in the up coming year.

To read the report in its entirety, we recommend to click on the link at the top of

the email: ["view in browser"](#)

The full report can also be read in Arabic and Hebrew on our [website](#).



# Response in wartime:

Since the outbreak of the war on October 7, 2023, we have held three extensive brainstorming meetings with the WTB's board members, team workshop facilitators, the Board of our Center of Expertise, and more in an effort to understand the unique needs and challenges of women and girls during times of war and beyond.

## Among our activities during wartime:

- 1. Zoom workshops** in **Hebrew and Arabic** for pregnant women, postpartum women, mothers of young children, single mothers, displaced women, women who are experiencing trauma, anxiety and sleeplessness nights and more.
- 2. Creation of an interactive database** in **Hebrew and Arabic** on **our website** which provides information regarding the various aid agencies, and a list of emergency contacts for assistance for a variety of women's health issues.
- 3. Daily social media content** in **Hebrew and Arabic** with information to improve mental and physical health of women during wartime.
- 4. We have begun an extensive study examining the effects of exposure to sexual violent and gender offensive content on media on girls and young women.** The goals of the research are firstly to hear the voices and experiences of girls and young women in these contexts. Also, to clarify our response and field work on the subject in accordance with the information that will emerge. It will enable a better planning for our future actions and those of educational and therapeutic institutions working with girls and young women.
- 5. Participation in various forums and coalitions addressing the effects of wartime on women's health and well-being,** including the Council for Women's Health, the Ministry of Health, Ministry of Science, the Emergency Obstetrics Forum, Collective Impact, the Parliament of Childbirth Organizations, and the Coalition of Women's Organizations.

As part of this work, we joined several appeals in Israel and abroad calling for the return of all hostages, condemning the brutal acts of sexual violence against women on October 7th and demanding that women will take significant part in decision-making processes.



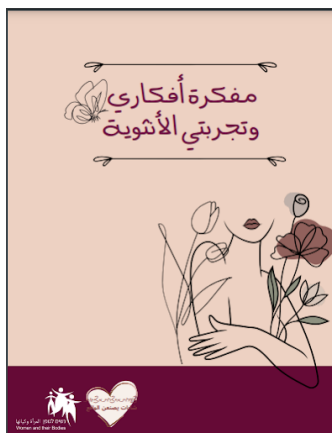
For a secure donation to promote the health of women and girls in Israel - click [here](#)



# Two successful incubator groups - "Young Women Create Reality"



Our first incubator group included 10 young women in their 20's from different backgrounds, including secular and religious Jewish and Muslim women, who came with willingness to learn together and become activists in their communities regarding issues related to body, health and sexuality of young women. The participants created health education materials , including an [inspirational booklet](#) in Hebrew and Arabic for young women, an Instagram page and QR code stickers with information on women's health, which were then posted throughout Israel in train and bus stations. At the request of the group members, we created an extension group that included some of the young women who participated in the first group and a few new members. This groups created a [questionnaire for women](#) aged 20-30 with the aim of learning about the experience of these women's use of social networks during the war, their needs and the impact of the war on the relationships in their lives. The questionnaire is currently being distributed and the results will be collected, published and used by *Women and Their Bodies* to continue adapting our efforts to the needs that will arise.





# Online Safety program

**WTB's award winning program promoting safety on the internet for girls and adolescents ages 12-18, their parents and educational staff.**

During the current war, horrific and gruesome information, images and videos are on social media channels. This has an enormous negative effect on women and girls. WTB's Online Safety program promotes healthy and proper use of social media, in times when many women and young girls are home for the majority of the day and in front of their phones for hours at a time.

[The program provides tools to identify harmful and fake content as well as ways to manage and diffuse them, and focus on healthy channels of information and outlets.](#)

## **Action we took in 2023:**

**1. We ran 8 workshops for Israeli and Arab girls** across the country, to talk about the impact of the Internet and social media on them in essential issues such as: body image, eating disorders, sexuality, relationships, sexual abuse, contraceptives and more.

**2. We held training workshops for educational teams of youth at risk** in Haifa, Ma'ale Adumim and Netanya, in order to facilitate open discussion related to protecting girls and safety online, including issues related to body image and sexuality and issues related to the internet that is flooded with harsh and offensive messages and gender-based violence.

**3.** Following a comprehensive study on the informational material WTB used over the last three years, [we decided to invest our efforts in promoting our existing materials](#) alongside positive social media content. For example, we created "**Designing our Feed**", in which we share Instagram accounts of women who normalize different body shapes and disabilities and discuss complex issues in their lives.

## **Visit our [Online Safety Center](#)**

We believe that our program [Online Safety](#) is of great importance during the wartime, we aim towards expanding the program in the upcoming year:

### **What is planned for Online Safety for 2024?**

**1.** We will **continue to hold workshops** for young women and adolescents in Hebrew and Arabic throughout Israel, with a special emphasis on the effects of the internet and social media during wartime.

**2.** We will **continue to hold trainings** for both educational and therapeutic teams and for parents in both Hebrew and Arabic.

**3.** We will **continue to publish campaigns** for girls and young women to raise awareness of the dangers of Internet platforms, while promoting positive content.

**4.** We will **continue to work together with young women to create positive content in collaboration with influencers.**

Click for our Online Safety and to order workshops





# Prevention of Gender-Based Violence:

Our program for the prevention of gender-based violence deals with preventive aspects of gender violence on different levels and focuses on adolescents, young women and the educational teams working with them. The program subjects includes: Workshops discussions about what is right for me, my emotional needs, personal strengths, who am I before I am in a relationship, identifying and choosing a relationship that is beneficial for me, developing critical thinking about relationship models in culture and online, discussion about contraceptives, consent and safe and protected sex, identifying relationship patterns, dealing with leaving a violent relationship, and more.

## Our work in 2023:

**1.** We held [4 workshops in Hebrew and Arabic for adolescents](#) in Beit Shemesh, Tel Sheva, Hora and Modi'in.

**2.** We held [2 workshops in Hebrew and Arabic for youth development teams](#) in Beer Sheva.

**3.** [Participation in the Impact Collective "Red Lines"](#) initiative to prevent gender violence, led by the Shitufim Organization, in accordance with a working model to prevent violence and raise social awareness of the issue in three sectors.

This year as part of the partnership, the center website collective was established, with information about gender violence and the aid agencies available in Israel. In addition, we participated in the campaign **"Especially now, we must not ignore"** which focuses on bystanders.

**4.** [We created informational health and education materials](#) for dealing with gender violence, including a playlist - listening to the songs raises many important questions including: Where is the line between flirtation and harassment? Are there other ways to interpret the word "No"? What are the warning signs of a violent relationship? And more thought-provoking questions.

## What is Planned for the "Prevention of Gender-Based Violence program" for 2024:

**1.** Continuing **workshops for educational teams, and workshops for Hebrew and Arabic speaking adolescents and young women**. To order our workshops - [sadnaot@wtb.org.il](mailto:sadnaot@wtb.org.il)

**2.** We will **continue to work to raise awareness of domestic violence** through the distribution of informational materials on all of WTB's digital platforms.

**3.** We will **continue to act as part of the Collective Impact** on the important issue of gender-based violence.

# A series of informational posts dealing with Safety on the internet and Gender Violence

In 2023, we published a series of posts that included recommendations and analysis of series and movies available online, which present positive (and less positive) models of relationships. With these recommendations, we hoped to influence the content which girls and young women are exposed to and provide recommendations with positive effects on the self-esteem of girls and young women.



## Promoting Women's Health during Menopause and beyond:

### Our work in 2023:

1. We held 4 workshop series with groups of women in menopause. Each series consisted of six sessions of two academic hours per session. The series covers discussion relating to health and quality of life in menopausal women, menopause symptoms and possible solutions, mental and emotional health, sexuality and relationships, body image, contact with the medical system and more.
2. We participated in the first cycle of Impact.51's accelerator, the world's first startup studio for women's health. The first cohort addressed challenges in menopause, and *Women and their Bodies* took part as partners and mentors in the process. **Special thanks to Dr. Ayala Branson**, WTB board member who accompanied contestants on WTB's behalf.
3. In light of the findings of our committee promoting the health of menopausal women, we established a team that is developing a course on menopause for nurses. In addition, we are working towards establishing a website or an application that will serve as a means of self-reporting and monitoring for menopausal women, and will contain information about the various treatments available to help menopausal women.
4. We started a collaboration with Na'amat organization -The women's movement of Israel, to spread awareness of our workshops for menopausal women throughout the country. The opening event which was planned for October was postponed due to the war.

### What is planned for 2024?

- 1. Continuing our workshops** in Hebrew and Arabic for women throughout Israel, with a unique emphasis on women from the social and geographic periphery.
- 2. Continuing our work promoting policy reform and raising awareness to the challenges of women in menopause** and improving the quality of life for menopausal women.

# מסיבת סיום מחזור

מזל טוב - הגעת לגיל שאפשר להתחיל...!



**23 / 10**

17:00 במרכז ענב,  
גג גן העיר, ת"א

מחיר 45 ש"ח  
מספר המקומות מוגבל

אירוע השקת  
סדנאות לנשים  
בגיל המעבר

בשיתוף עמותת נשים לגופן

קוקטיילים ונשנושים	17.00-18.15
דברי פתיחה:	18.30-18:45
חגיית פאר - יו"ר נעמת	
ד"ר איילה ברנסון - חברת הנהלה, "נשים לגופן"	
אודיה קורן - סטאנדאפ	18.45-19.30
"תגבירו את המזוגן אני בוערת" - מופע בהנחיית ענת לב-אדלר	19.30-21.00
מחברת רב המכר "אישה בעונת מעבר", ובהשתתפות רופאת נשים ושחקנית. בסיום המופע יתאפשרו שאלות ותשובות	



## Expanding our work in the Arab society in Israel:

### WTB's website:

All Arabic content on WTB's website has been updated and refreshed. In addition, new and varied content was written in Arabic and is constantly being updated on our website, which is visited by thousands of women across the globe.

In this project also participated, professional Arab women who are knowledgeable in the fields of women's health and sexuality.

In 2024 we will continue to distribute information about women's health in Arabic on our [website in Arabic](#) to which many women from all over the world are exposed to.

### Social Media:

This year we recruited an Arabic speaking staff member who coordinates our social media networks in Arabic, including; Instagram and Facebook pages adapted and designed for women in Arab society.

المرأة وكيانها

To follow our Instagram page in Arabic [click here](#).

In 2024 we will continue extensive activity on the network in the Arabic language

We established a [Women's Health Expertise Team in the Arab sector](#), to target the needs and define the challenges facing Arabic speaking women and girls in Israel. The team of all women consist family doctors, gynecologists, nurses, and physical therapists specializing in women's health, psychologists, attorneys, an Arab representative from WTB's team of the facilitators group and more. The goal of the committee is to map existing needs and challenges and choose topics to tackle for change and raise awareness of health of Arab women.

In 2024, we plan to film a series of informational videos in Arabic, with the guidance of our women's health expertise team.



## Continuation of Fieldwork in Arab Society:

A significant part of the fieldwork that WTB carries out is with Arabic-speaking women and girls. To order workshops for groups of girls, young women, educational teams, mothers, menopausal women or senior citizens, please email [sadnaot@wtb.org.il](mailto:sadnaot@wtb.org.il)

In 2024 we will continue to hold workshops in Arabic in all parts of the country for different groups of women, girls and teams.

## Childbirth Preparation for Bedouin Women in the Negev

In partnership with other women's organizations and Bedouin midwives, WTB took part in programs promoting childbirth preparation courses for Bedouin women in the Negev.

In 2024 we will continue to take part in this forum and promote programs on the subject.

Click here to visit WTB's Arabic language website



# Elder Information Center

## Promoting health and wellbeing of women aged 60+

### our work in 2023:

**1.** With the support of the 'Migdal' Group we held 7 workshops for senior women in Hebrew and Arabic, throughout Israel.

In Haifa and Turan we held special workshops in Arabic for female volunteers of the 'Beterem' organization with the goal to dedicate and allow the women volunteers time to talk about themselves, their well-being and health. We have assigned to our groups a facilitator who also works with ODT-Outdoor Training guidance tools. When possible, the facilitator worked with the groups in nature.

**2.** We held ongoing meetings with members of our Elder Information Center steering committee and with our group facilitators to continue to focus on activities to the needs of senior women.

**3.** Our informational materials include brochures, videos, online courses and digital platforms such as Genially. This year, we focused on two main issues - brain health in old age and preventing falls in senior women.

**4.** Women and Their Bodies is a member of the steering team of Collective Impact led by 'Shitofim' - an initiative for quality of life and loneliness in old age, which is an inter- sector partnership to promote optimal aging in Israel, operating systematically and according to the Collective Impact model. In our work as a team, *Women and Their Bodies* illuminates angles of gender and old age, especially in the context of promoting the health and well- being of senior women.

### What is planned for 2024?

**1.** **Continuing our workshops** for women aged 60+, in Hebrew and Arabic, throughout Israel, with a unique emphasis on women from the social and geographic periphery.

**2.** **Creating and disseminating informational materials on relevant topics**, including the flexibility of the brain of senior women and the importance of preserving it through the aging process, and information on prevention of falls.

**3.** **Continued participation of Women and Their Bodies in the steering team at Collective Impact** for the promotion of women's optimal aging.

**4.** **Hosting a Hackathon** for women aged 60+ for the promotion of community led initiatives to meet their needs. With a special emphasis on needs during and after the war.

For the Elder Information Center click here



## Policy Change

We at *Women and Their Bodies* are at the forefront of promoting gender-based medicine in Israel, and constantly work to create a policy change in everything related to women's rights and health services from a gendered perspective. Over the years, we have gained experience, knowledge and partnerships in various forums and key committees in the field of women's health, with a firm belief that the voice and experience of women must be heard and influence the planning of gender-sensitive health and medical policies.

### What did we promote in 2023?

As an on-the-ground organization deeply involved in field work, WTB collects comprehensive nationwide data directly from the field regarding pressing issues and needs, and works to create policy change by publishing this data and presenting it to governmental decision-makers and relevant bodies such as Israel's Ministry of Health, various Knesset committees, universities and medical schools, hospitals, HMOs, local clinics, municipalities and more. WTB works to amplify women's voices, bringing often neglected issues to the forefront in an effort to create systemic change.

#### Partnerships with Government Ministries:

1. Appointment and membership in the [National Council for Women's Health of Israel's Ministry of Health](#) - WTB is a member of the Council for Women's Health for several years. The council is an advisory body promoting the health of women and girls and addresses a wide range of issues. The council, chaired by Prof. Naama Constantini, is an advisory body to Israel's Ministry of Health promoting the health and wellbeing of women and girls by addressing a wide range of issues. Since the outbreak of the war, the Council's discussion dealt with wartime needs and challenges.
2. Appointment as a [member of the Council for Israel Women's Health Ministry of Science](#). In this council, we contribute knowledge and experience that emerges from our field work. Last year, we were a partner in conducting a study, which examined the aspects of sex and gender in medical schools, nursing schools and other healthcare professions. The study comparatively examined Israel in relation to a number of leading programs in the world. The results of the study clearly indicate the need to introduce curricula of sex- and gender-awareness in medicine.
3. [Participation in two initiatives of the Collective Impact](#) under the leadership of 'Shetufim' organization. WTB is a partner in two initiatives of the Impact Collective: [The Red Lines Initiative](#) which is a multi-sector initiative to create systemic measures that will help reduce and prevent the phenomenon of violence in relationships. The second initiative, [the quality of life and loneliness in old age initiative](#), in which *Women and Their Bodies* is a partner in the steering committee leading the collective.
4. [Membership in the Coalition to Abolish Committees for Pregnancy Terminations](#), which works to change abortion law in Israel. Last year, the coalition worked together with the Ministry of Health to promote new procedures for abortions. This year, the coalition monitored the implementation of the procedures and held brainstorming sessions on directions for the continuation of activities.
5. [Membership in the Parliament of Pregnancy and Childbirth Organizations](#) which includes midwives, doulas, home midwives, gynecologists, activists, lactation consultants and more. This year we formulated and published the vision statement of the parliament dealing with the birth process and social processes surrounding it, and at its core is the principle of freedom of choice of the mother. The vision statement is profound and revolutionary, and puts the birthing woman at the forefront.



6. Membership in the Steering Committee of the Association for Sex Educators -  
WTB's Executive Director, Dana Weinberg was a member of the steering committee that deals with writing an ethical code, creating content, defining membership and professional framework. Recently, an association for sex educators was founded, in which 34 of WTB's group facilitators take part in.

### What is planned for 2024?

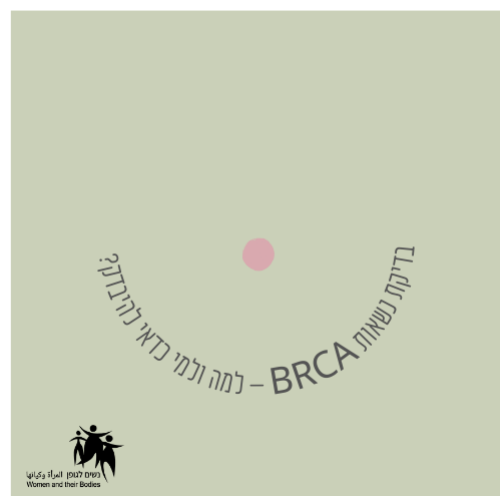
We will continue our activity in the field of policy promotion:

1. **Continued participation in initiatives and partnerships** as detailed above.
2. **Gathering information** about the needs of girls and women through dedicated surveys, questionnaires and studies posted on our social media networks.
3. **Focusing action and policy change on women's health needs focused on wartime and the period that will follow after the war.**

## Cooperation with the Good Genes Association

In partnership with **Good BRCA Genes**, we worked to raise awareness of the importance of BRCA testing and the challenges that accompany it.

As part of the collaboration, we were exposed to the difficulty of women diagnosed as carriers to conduct follow-ups, due to the scarcity of treating clinics and the long wait time between appointments.



### Rebranding WTB's workshops

In an effort to expand our reach and efficacy, we led a strategy group with WTB's board, staff and group facilitators regarding our workshops and field work. As part of the rebranding process, we updated the workshops information on the website by dividing them into five groups by age and teams and updated marketing materials.



To view our variety of workshops – [click here](#)



## Partnership with SeboCalm:

This year, the company chose to promote 4 organizations working with women and girls, with WTB among them. The designed boxes are expected to be released soon.



# ROUND UP

## SMALL CHANGE BIG CHANGE

Are you purchasing with a credit card?  
**Rounded it up for *Women and Their Bodies*.**  
How does it work?

Each amount of a purchase will be rounded up to the nearest shekel and the pennies will be donated for *Women and Their Bodies*.

*SMALL CHANGE can make A BIG CHANGE*

[Click here to round up your pennies to promote the health of women and girls](#)



Still not following us on social media?



[← Woman and their Bodies website](#)