



# Shattered lives and dreams: the toll of the war on Gaza on young people

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November 2024

## Acknowledgements

The authors wish to gratefully acknowledge funding and support from UNFPA Palestine, especially Sima Alami, Programme Analyst and team leader for adolescents and youth. We are also very grateful to the support provided from Juzoor, including the administrative and financial teams in Gaza and the West Bank.

The authors also wish to thank the team of data collectors who carried out the work in very difficult circumstances: Maram AbuHamad, Kholoud Atta-Alha, Maha Asfour, Ablah Rjellat, Iman Awni, Soad Jadali, Nadeen Al-Redaisy, Soad Radwan and Hanna Younis.

We also gratefully acknowledge Kathryn O'Neill's editorial support and Christine Khuri's layout and design support.

Most importantly, however, we wish to thank the participants in the study and their families who generously gave us their time and insights at an exceedingly challenging time in their lives. It is our hope that the findings from this report can help to inform the humanitarian response that is so urgently required.

### Suggested citation:

Abu Hamad, B., Vintges, J., Diab, R., AbuHamad, S., Khammash, U., Dabis, J., Labadi, H., Maayeh, C. and Jones, N. (2024) *Shattered lives and dreams: the toll of the war on Gaza on young people*. Report. London: Gender and Adolescence: Global Evidence

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# Introduction



Accounting for approximately one quarter of Gaza's population<sup>1</sup>, over the past year, young people have witnessed traumatic events, lost family and friends, suffered from hunger and thirst, lost homes, and have not been able to go to school. Since the attack on Israel by Hamas on the 7th of October 2023 and the ensuing Israeli invasion of Gaza, the United Nations Secretary-General, António Guterres, has warned that Gaza is becoming 'a graveyard for children'. One year on, even conservative estimates put the death toll among Gaza's children at more than 14,000 (among an overall estimated death toll of over 42,000 and more than 10,000 still buried under the rubble) (Khatib et al., 2024; Wintour, 2023; United Nations Children's Fund (UNICEF), 2024)<sup>2</sup>. Children and young people, along with their families, have been displaced multiple times since the war started, and have yet to find a safe place, as designated safe zones are still targeted by the Israeli military, forcing families to flee once again (Yasser, 2024).

While there is no doubt that the war has taken a heavy toll on young Palestinians in Gaza, who are at a crucial stage of their development, concrete data on what is happening to young people in Gaza has been scarce since the war started, mainly due to the unprecedented level of violence and restricted access for humanitarian responders and independent observers. This short report draws on survey research with 1,011 young people aged 10-24 years across the five governorates of the Gaza Strip undertaken in August and September 2024 and aims to contribute to filling this gap, and to provide evidence to inform an urgently needed adolescent and youth-centred humanitarian response.

<sup>1</sup> Half of Gaza's population are under 18 years old (Palestinian Central Bureau of Statistics (PCBS), 2024). The same source indicates that the percentage of youth (18-29 years) in Palestine is about 22% (1.16 million) of the total population in mid - 2021 (22.3% in the West Bank and 21.8% in Gaza Strip).

<sup>2</sup> Note that a letter published in the Lancet in July 2024 noted that the indirect death toll taking into account deaths related to severe shortages of food, water, shelter and medical care could be as high as 186,000, many of whom will be children and adolescents (Khatib, McKee and Yusuf, 2024).

# Background context

## Brief situation analysis pre-October 2023

Most young people in Gaza have no other memory than the Israeli blockade that was imposed after the electoral victory of Hamas in 2006. The blockade meant tighter restrictions on movements in-and-out of Gaza into Israel and Egypt and was exercised through complete control of Gaza's airspace, adjacent seawaters, and all but the Rafah border crossing (which was controlled by Egypt) (Barakat et al., 2020). The closure crippled Gaza's economy and made cross-border mobility close to impossible. Adolescents/youth and their families have been severely affected by these restrictions: even before the current conflict nearly 80% of Gazans depended on humanitarian assistance, and close to 80% of youth were unemployed (UNICEF, 2022). Since that blockade began, children and adolescents have endured four large-scale conflicts (not including the current war), mass protests during the Great March of Return (2018–2019), and the Covid-19 pandemic.

These events have had serious consequences for the physical and mental health of young people in the Gaza Strip. A study among 488 adolescents (aged 12-17 years) and 160 caregivers conducted by Save the Children showed an alarming decline (between 2018 and 2022) in mental well-being among children and adolescents (Mason, 2022). Participants showed increased levels of emotional distress (from 55% to 80%), feeling fearful (50% to 84%), nervousness (55% to 80%), sadness (62% to 77%) and grief (55% to 78%). Children had less trust in family and friends and had developed worrying behaviours like bedwetting and reactive mutism (Mason, 2022: 5). Due to exposure to violence, destruction, and loss of loved ones, many adolescents developed war-related post-traumatic stress disorder (PTSD), in addition to symptoms of depression and anxiety (Abudayya et al., 2023).

Prior to the conflict, research suggested that Gazan youth faced similar challenges to those faced by adolescents. They are vulnerable due to unemployment, poverty, political violence (inflicted by the Israeli occupation), inadequate housing conditions, demolitions of houses, blockade, and lack of effective national protective policies, which causes high levels of frustration and feelings

of hopelessness (Abu Hamad and Saadeh, 2023). In 2023, the unemployment rate among youth aged 18-29 was estimated at 95%. When asked about their main health-related challenges, youth cited smoking (especially among older youth), substance abuse, unhealthy behaviours, psychological problems, and chronic diseases (PCBS, 2016). Increasingly, youth in Gaza are exposed to drug abuse, especially tramadol, hallucinogens, heavy sedatives and tranquilizers (UNFPA, 2017). More than one third (37%) of youth reported their desire to migrate, especially among males (46.7%) (PCBS, 2016). The prevalence of disability among youth in Gaza is 3.6% and is higher among males (4.9% versus 2.3% female) (ibid). Youth with disabilities face numerous barriers in accessing the labour market and public services such as education, health care, and disability support.

Prior to the current war, 95.4% of children in the State of Palestine were enrolled in basic education. Still, schools faced several challenges, and by the age of 15, 25% of boys and 7% of girls had dropped out of education (UNICEF, 2018). Both Gazan boys and girls perceived education as an important tool for their future development; however, as the numbers show, a much higher percentage of boys than girls do not complete lower-secondary and upper-secondary education. Especially due to poverty (and pressure to contribute to the household income), low academic achievement, and limited job opportunities, boys tended to lose faith in staying in education and studying to degree level and discontinued their schooling. Girls, on the other hand, often started to feel restricted in their ability to go to school when they became engaged or married, or when household finances became tight. Boys and girls alike cited overcrowded classrooms, low-quality education, and limited space for leisure as barriers to staying in education (Abu Hamad et al., 2017a). Nearly half of boys and 17% of girls, aged 12–17 years, reported experiencing some form of violence at school, compounding the already high proportion (82%) of adolescents who reported experiencing (at least once) any type of violence (of which 50% physical violence) at the hands of caregivers in the past 12 months (PCBS, 2022: 118). Before the most recent war, young people had already lost over a year of schooling

because of the pandemic and associated lockdowns (Abu Hamad et al., 2020). Discriminatory gender norms and practices compounded girls' challenges to develop their full capabilities. Many public spaces (e.g. cafés) were off limits for girls due to parental, sibling, or societal control. Health and educational services were also denied to some girls because (for instance) accessing them would involve a long walk or using public transport (which is not always allowed for girls) (Abu Hamad et al., 2017b). During the pandemic, girls (who already faced social isolation due to the Israeli blockade and strict societal gender norms) reported reduced mobility and privacy because of the stay-at-home order (Abu Hamad et al., 2020). Girls in Gaza have traditionally faced family pressure to marry early in a desire to produce children, which leads to a culture of child marriages. Still, as data collected by the Gender and Adolescence: Global Evidence (GAGE) longitudinal study shows, recent years have seen a marked decline in the number of child brides: among females aged 20–24, 16% had married when they were under 18, compared with 27% of females aged 45–49 years (Pettit et al., 2017: 12). Of ever-married women in Gaza (15–64 years), 70% experienced some form of violence at the hands of their husband in the last 12 months. 68% of the women and girls report having experienced psychological violence, 28% report having experienced physical violence, and 11% report having been sexually assaulted in the past 12 months (PCBS, 2022).





### Box 1: UNRWA's role in Gaza

The United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) was established in 1949 by the General Assembly and is mandated to provide support for over five million registered Palestinians as long as there is no solution for their plight. It provides education, health care, infrastructure, emergency assistance, and social services and operates in Jordan, Lebanon, Syria, the West Bank and Gaza. Because of the high population of refugees in the Gaza Strip (about two-thirds), UNRWA's role in Gaza is unique, and functioned as a quasi-governmental institution, with almost half of the Gazan population relying on its services (294,086 students in Gaza go to UNRWA schools) (UNRWA, 2013; Pettit et al., 2017; UNRWA, N/A).

## Brief situation analysis post-October 2023

The evidence thus shows that even before the 2023- war, young people in Gaza already faced multi-dimensional difficulties. The Israeli bombings and ground invasion since October 2023 have exacerbated these challenges and destroyed most services that young people rely on. Schools have lost their value as places of learning, and instead became shelters for displaced families hoping to find safety. However, even schools have become military targets, such that almost 90% of all schools in Gaza have been severely damaged or destroyed (Save the Children, 2024). An estimated 624,000 young people have missed an entire school year, 45,000 first graders were unable to start the academic year, 88,000 youth were deprived of going to their universities (PCBS, 2024) and 39,000 students could not sit the Tawjihi (General Secondary Education Certificate) exam in the past year (UNICEF, 2024). At the time of writing, no university is left standing in the Gaza Strip and as of April 2024 already over 95 university professors have been killed, leaving thousands of post-secondary students without education (United Nations Office of the High Commissioner for Human Rights (OHCHR), 2024).

With most of Gaza's hospitals reduced to rubble, young people have to rely on makeshift health posts that are often not equipped to deal with serious injuries and are themselves under constant threat of evacuation. Before October 2023, Gaza's healthcare system was already crippled by the blockade, lack of funding, and intermittent bombing campaigns (Mason, 2009; Ahmed, 2023); now, thousands of young people with diseases and injuries are left untreated, which can cause disability or even death over time (Gritten, 2023; World Health Organization-WHO, 2024).

In the case of young people with a disability, even before the Israeli military campaign in Gaza, an estimated 98,000 children had a disability (Human Rights Watch-HRW, 2024). Since October 2023, there has been a sharp increase in the number of people with disabilities as a result of injuries from the bombing campaign but also from bullets (in the chest or head), which would suggest that Israeli snipers indiscriminately target unarmed people, many of whom are adolescent boys (The Guardian, 2024; HRW, 2024; Sidwha, 2024). Official numbers around amputations resulted from the ongoing war are not available yet, however, key informants working on the disability sector indicate that there around 12,000 Gazans who lost at least one of their limbs during the war, among them, around 7,000 are young people.

With the ongoing violence, young Palestinians are in dire need of a safe space and an urgent response to their mental health and psychosocial support (MHPSS) needs. While MHPSS providers report a surge in extreme mental health disorders, targeted interventions are difficult under the circumstances (UNRWA, 2024) (see also Box 1). Since the war, the Israeli military has allowed only very limited humanitarian aid to enter Gaza, creating shortages on every level. Save the Children did a screening among 3,000 children in Gaza and found that 20% were suffering from moderate acute malnutrition and nearly 4% from severe acute malnutrition (StC, October 2024). Life-saving medicine or medical equipment was often out of reach (or arrived too late) for those in need (NRC, 2024), while aid workers were hindered in their work. Since October 7, the Israeli military already killed at least 885 healthcare providers, 280 aid workers, and 128 journalists in Gaza and the West Bank alone (United Nations Office of the Coordination of Human Affairs (OCHA), August 2024; OCHA, September 2024; Committee to Protect Journalists (CPJ), October 2024), the International Rescue Committee (IRC) described Gaza as 'the most dangerous place in the world to be an aid worker' (IRC, 2024).

# Research methodology

This study explores how the ongoing war is affecting the well-being of young Palestinians in Gaza. It looks at the experiences of young people during the war and the key challenges they are facing in terms of poverty, food security, health and nutrition, education, psychosocial well-being (PSS), and exposure to violence, in addition to the support they receive (both formal and informal). The study conclusions and recommendations are designed to help United Nations (UN) organisations, humanitarian agencies, and national actors to develop policies and programmes that are responsive to young people's needs, especially in emergency situations and protracted crises.

## Research objectives

The aims of the study are as follows:

- To ascertain key challenges that faced young people in Gaza during the recent war, and identify their coping strategies
- To assess the physical and mental health challenges experienced by young people in Gaza during the war
- To explore challenges related to young people's ability to maintain bodily integrity and their ability to exercise voice and agency during the war
- To recognise formal and informal support available to young people in Gaza during the war
- To identify variations in challenges facing young people and the support they receive in reference to characteristics variables
- To provide recommendations on culturally and gender-appropriate approaches for responding to young people's needs, now and in the future.

## Sample and tools

This report draws on the results of an observational, cross-sectional household survey carried out with 1,011 young people (aged 10–24 years), proportionately distributed across the five governorates of the Gaza Strip. Because it was difficult to obtain a probability sample in a war context, selection of participants for this survey relied on a convenient clustered sampling of all accessible neighbourhoods at the time of data collection (Quota Sample) (August and September 2024), based on an originally suggested sampling frame by the PCBS in 2020. Young people with disabilities and married young people were purposely oversampled to get a better understanding of their specific challenges and needs.

Young people's mental health issues were measured by using the following scales: Patient Health Questionnaire<sup>3</sup> (PHQ-8) scale for depression and distress, Generalised Anxiety Disorder<sup>4</sup> (GAD-7) scale for anxiety, General Health Questionnaire<sup>5</sup> (GHQ-12) for emotional distress, Brief Resilient Coping Scale<sup>6</sup> (BRCS-9) item scale for resilience, and the Weathers et al. (2013) Post Traumatic Distress Disorder (PTSD) checklist (20 items) for PTSD<sup>7</sup>. It is important to note, however, that these scales are indicative of mental health issues and are screening rather than diagnostic tools.

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3 The Patient Health Questionnaire (PHQ-8) is a short screening tool for depression which scores patients on a scale of 1 to 24. A PHQ-8 score of 10 or higher indicates the presence of moderate-to-severe depression.

4 The Generalised Anxiety Disorder (GAD-7) scale, a screening tool that is routinely used to test for various anxiety disorders. A score of 10 or higher on the GAD-7 indicates the presence of moderate-to-severe anxiety.

5 The General Health Questionnaire (GHQ-12) is an internationally validated measure of psychological distress that has been found to work in non-clinical settings with adolescents and with populations in LMICs, including those in the MENA region.

6 Brief Resilient Coping Scale (BRCS), a 9-item scale (0–36) that measures tendencies to cope with stress in a highly adaptive manner. A score of between 0 and 20 indicates low resilient coping and a score of between 29 and 36 indicates high resilient coping.

7 The Diagnostic and Statistical Manual of Mental Illnesses (DSM-5) diagnostic criteria for PTSD require at least: 1 Criterion B item (questions 1-5), 1 Criterion C item (questions 6-7), 2 Criterion D items (questions 8-14), and 2 Criterion E items (questions 15-20). Alternatively, according to Weathers et al. (2013) a score of 2 (Moderately on the Likert scale) or higher is an endorsed symptom. Notwithstanding the DSM related diagnostic criteria, scores of 33 or above are considered to be of clinical significance and can serve as an alternative threshold for identifying significant PTSD symptoms that interfere with daily functioning (Rosendahl et al., 2019).



## Data collection

A two-day training course was held to orient the 10 female enumerators living in the targeted localities on the data collection processes and tools. The training included orientation about the study objectives, ethical issues, safety precautions, recruitment of participants, and how to conduct face-to-face interviews with young people. The tool was then piloted with 30 participants, resulting in further modifications. The Arabic version of the tool was used during the household face-to-face interviews with participants and was programmed into tablets or mobile phones using the SurveyCTO programme, and data was collected and entered directly into the designed software. The response rate was high, with only 8 households refusing participation. To ensure the scientific rigour of the study, the programming of the software incorporated several built-in quality control measures and checks. Also, two field supervisors conducted validation visits and call-backs (152 calls).

## Ethics

The research followed the international code of ethics, and permissions were sought and granted by ethical committees and relevant administrative entities (Ministries of Health and Education) in Gaza. During data collection, care was taken to ensure that the principles of research ethics were respected and strictly followed. Informed consent was obtained from participants aged 18 years and above, and verbal and written assent was sought for those under 18 years, as well as verbal consent from their caregivers, without inducement or coercion to participate. Enumerators were oriented on how to interact with young people in an age- and gender-responsive way. To protect the rights of the participants, each of them received a complete, standardised explanation of the purpose and parameters of the research. Participants were informed that they had the right to withdraw from the study at any moment without any consequences, in which case any information already obtained would be deleted; they also knew they would not receive any form of compensation for their participation. Data was safeguarded and anonymised prior to sharing and analysis.

## Limitations

Because of the military incursions and security concerns, it was extremely difficult to select a probability random sample. To overcome the limitations of the non-probability sample and to enhance representativeness of this study, the research team applied a multi-stage quota sampling approach and included different clusters and diverse strata. A limitation of this study (like other cross-sectional surveys) is that the analyses reflect the situation at a given point in time, however, in a war context, a situation can change drastically, which may not necessarily reflect previous findings. Additionally, the data collected was solely reliant on self-reported responses, which may lack accuracy as participants are sometimes unwilling to be candid when describing their experiences, attitudes or feelings – especially when they are distressed, as in a war context. Because participants completed the survey in their households, it is possible that their responses were influenced by the setting; however, whenever possible, enumerators talked to participants privately. A lack of baseline data prior to the war made it difficult to precisely attribute findings to the consequences of the ongoing conflict. Other factors pertaining to the realities of living in a war situation proved to be significant constraints to the research, including high levels of stress, profound insecurity, lack of electricity, poor communications, lack of transportation, damaged infrastructure and limited resources.

This report reflects a race against the clock. The aggression against Gaza has only intensified since August, when the data was collected. The living conditions of young people have further deteriorated since, especially in the North of Gaza which has seen increased fighting and is currently almost completely cut off from aid (World Food Programme (WFP), 2024).



South of the Gaza Strip © Hossni Salah

# Findings

We now turn to present the key findings on young people's experiences of the war, organised by different capability domains. Our sample consists of 1,011 young people, of whom 304 (30%), 397 (39%), and 310 (31%) are aged 10-14 years, 15-19 years, and 20-24 years, respectively. Girls and young women represent 52% of the sample, and 67% have refugee status (as before the invasion). Before the war started, adolescents were living in: Gaza city (34%), North of Gaza (23%), Khanyounis (18%), Middle area (13%) and Rafah (11%). Currently, 36% are living in the North (Gaza city and above) and 64% in the South (middle area, Khanyounis and Rafah), as divided by the Israeli military after the invasion. Of the interviewees, 18% were married and among the married, 56% married before the age of 18 (Table A1).



## Living conditions

Since October 2023, 98% of the adolescents and young people interviewed have been displaced. The mean number of displacements was above 5, showing the complete lack of refuge and safe spaces for young Gazans and their families as they have been forced to move time and time again. At the time of the interview, 53% were living in shelters (public places, schools, parks, institutions), followed by their own house (21%), with relatives/friends (15%), on the street (8%), or in rented spaces (2.4%). Half of the young people had taken refuge in a living place made of cement, while the other half were sheltering in a tent or makeshift place. In terms of the size of respondents' current living space (per capita), this was reported as less than below 2 sq m (28% of respondents), between 2 and 5 sq m (38%), and more than 5 sq m (34%), with a median of 3.2 sq m (Table 1).

Most households (58%) in the sample do not have electricity, while a quarter have electricity (coming from solar energy) for between 1 and 4 hours a day only. Most young people have access to mattresses (92%) and blankets (86%). However, only 12% have access to a refrigerator, and only 9% have access to the internet. Just over one-third of respondents' households (40%) still use cooking gas for cooking, while almost all reported using firewood and charcoal (98% for cooking) (see Table 2 Annex 2).

Table 1: Overview of displacement and living conditions

	Number	Percentage
<b>Experiencing displacement</b>		
Yes	988	97.7
No	23	2.3
<b>Mean number of displacements</b>		
	5.4	
<b>Current place of living</b>		
Shelter (Public Places, schools, parks, institutions)	535	52.9
Own house	211	20.9
With relatives/friends	156	15.4
Street	85	8.4
Rent	24	2.4
<b>Type of current living place</b>		
Cement	518	51.2
Tent, pieces of clothes, shader	463	45.8
Asbestos/ Zingo	30	3.0
<b>Space in square meter per capita at current place of living</b>		
Less than 2 square meters	283	28.0
2 to 5 square meters	380	37.7
More than 5	346	34.3
Median	3.2 Square meter	
<b>At the household, having a designated place for basic utilities</b>		
Cooking	472	46.7
Washing dishes	420	41.5
Washing clothes	369	36.5
Bathing/taking shower	550	54.4
Toilet	692	68.4



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## Psychosocial well-being

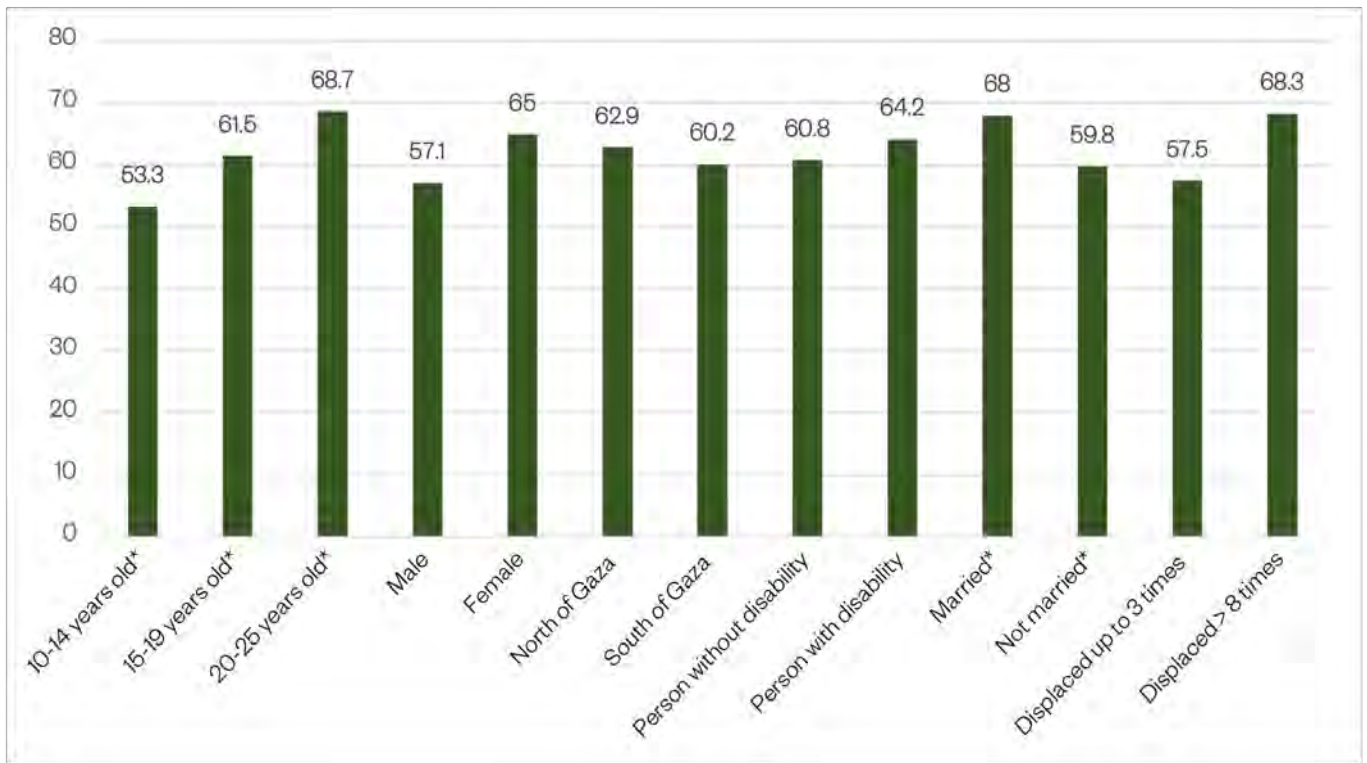
Overall, the findings underscored the grave psychosocial consequences of the war for young Palestinians. Almost all (98%) of the young people interviewed reported worries about their personal lives and the lives of their loved ones (Table A19). More than a third (39%) reported feeling fearful nearly every day (Table A14).

These findings were reinforced by outcomes on internationally validated scales indicative of mental health problems. On the Generalised Anxiety Disorder (GAD) 7-item scale, almost 61% of young people interviewed displayed signs of moderate (27%) or severe (34%) anxiety (Table 14). On the Patient Health Questionnaire (PHQ-8), almost 58% showed signs of moderate (29%), moderate-to-severe (21%), or severe (8%) depression (Table 15). Most respondents (94%) met the threshold for experiencing psychological distress on the GHQ-12 (GHQ-12  $\geq 3$ ), suggesting that they may have mental health or minor psychiatric disorders and may need intervention. Even, when we apply the less conservative and widely

used cut off point in Gaza—for example at UNRWA and Ministry of Health (MoH) (6 and more)- 60% of participants has abnormal scores indicating that they require further assessment and possibly treatment.

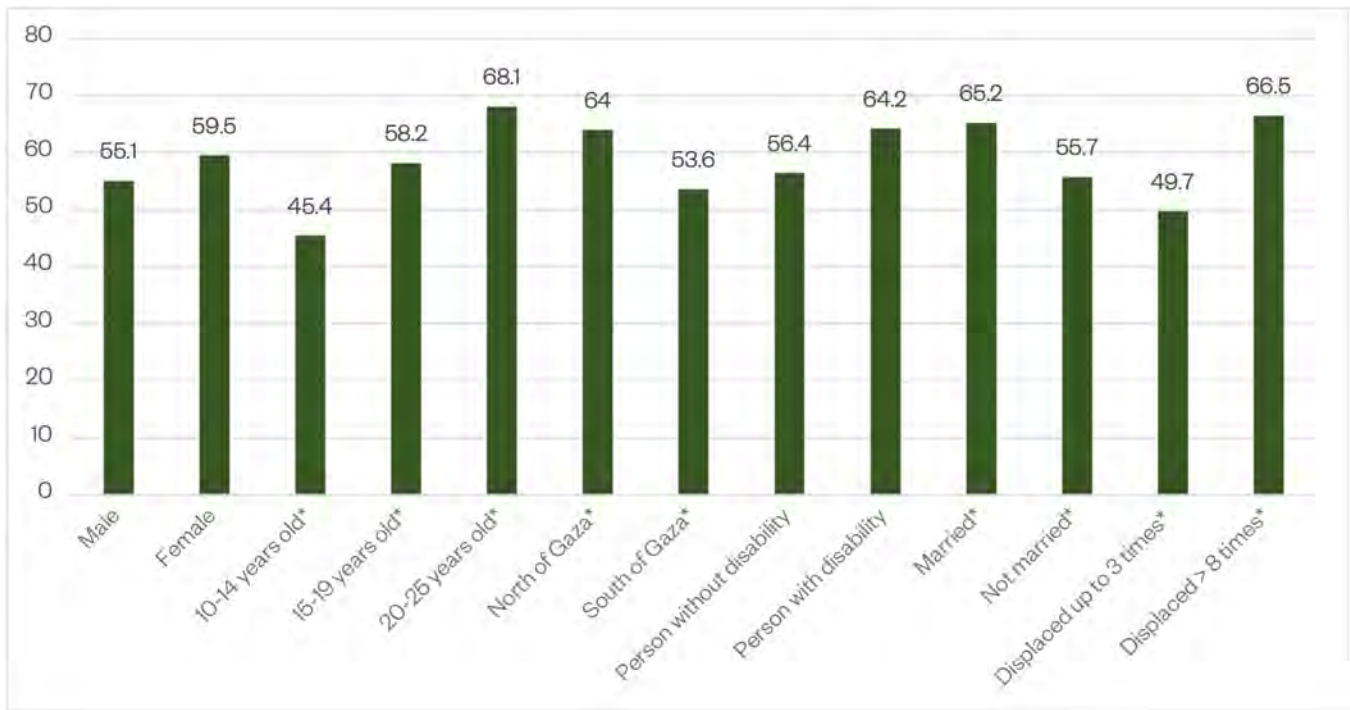
Young people who were female, older (20-25 years), married, faced multiple displacements (more than 8), and received less assistance (below 1,500 Israeli New Shekels (ILS) scored higher on scales for moderate to severe anxiety, depression, and distress (see Figure 1, Figure 2 and Figure 3). These same groups also showed elevated signs of PTSD (see Figure 4). In addition, girls who were married as children scored high in terms of distress (see Figure 3), and young people from North Gaza showed high scores indicative of depression (see Figure 2).

Figure 1: Participants scored 10 or more on the GAD-7 scale suggesting moderate to severe anxiety



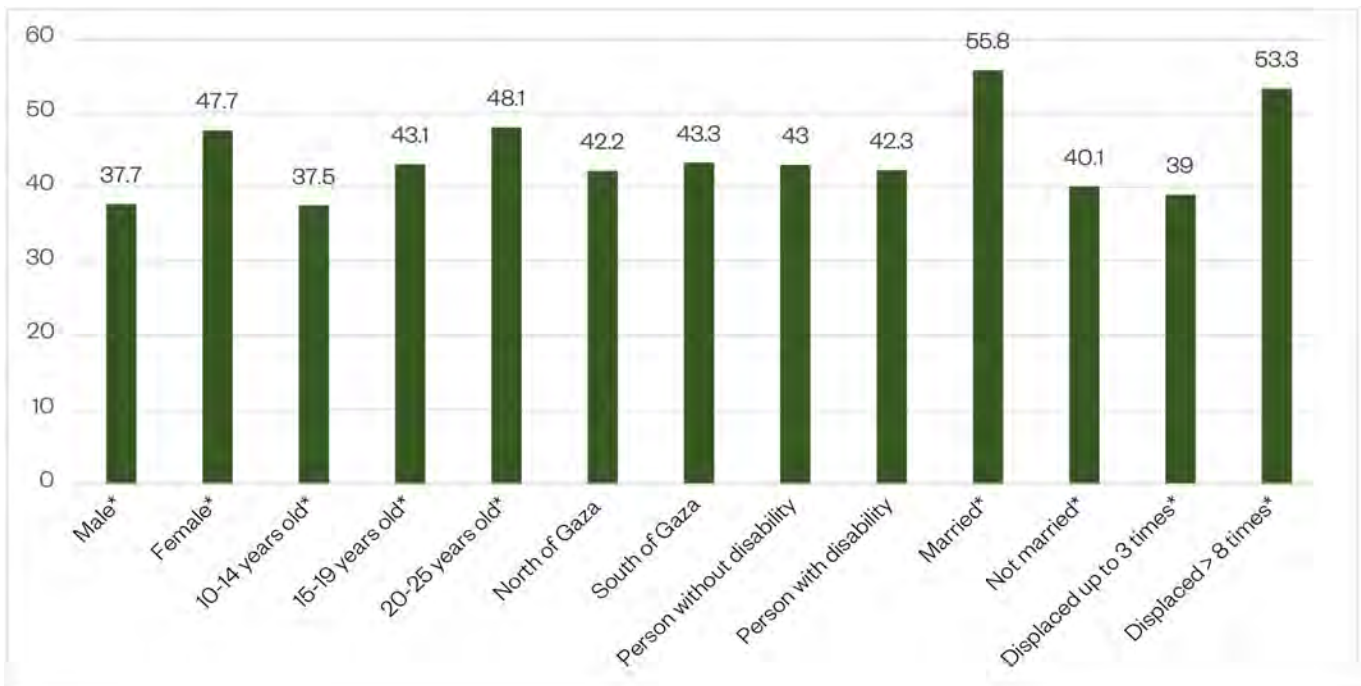
The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

Figure 2: Participants scored 10 or more on the PHQ-8 scale suggesting moderate to severe depression



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

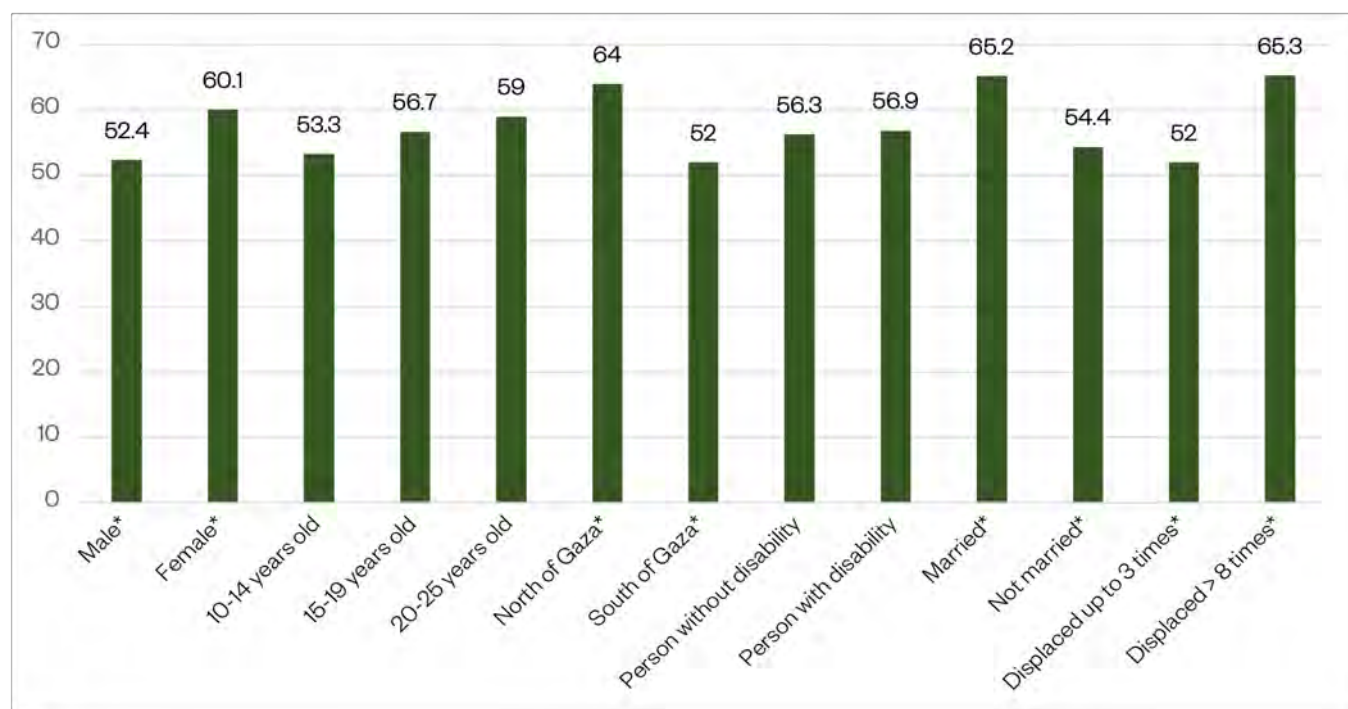
Figure 3: Participants scored 6 or more on the GHQ-12 scale suggesting moderate to severe distress



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level



Figure 4: Participants whose responses on the PTSD checklist met the DSM-5 criteria for PTSD



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

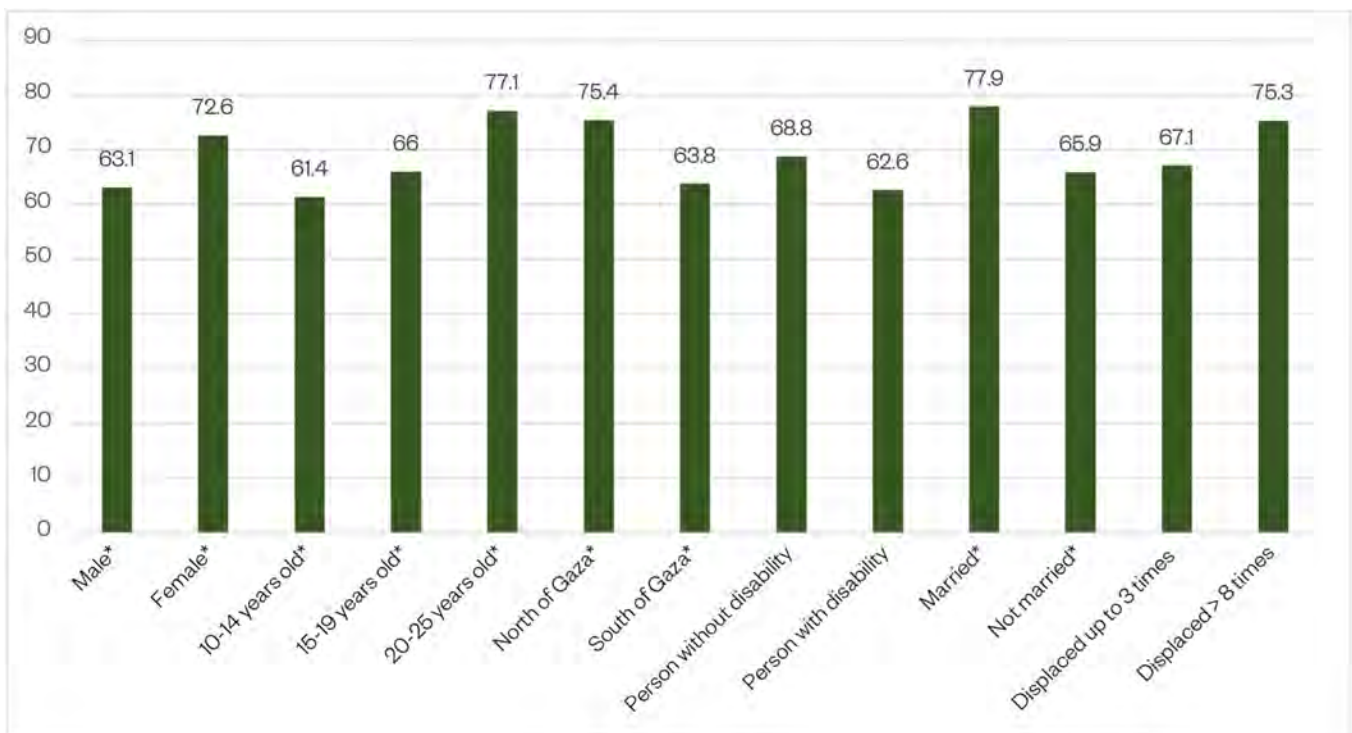
The most commonly reported challenges that young people personally noted were: lack of food (65%); poor living conditions (62%); not feeling safe (56%); repeated/frequent displacement (55%); high prices of goods (44%); lack of power sources (42%); excess household chores (42%); psychological stress (42%); shortage of food in the market (33%); lack of resources and sources of income (33%); lack of privacy (26%); and demolition of houses (24%) (see Table 2)

Table 2: Challenges young people faced since the beginning of the war on Gaza

Variable	Number	Percentage
<b>Challenges and difficulties that young people faced since the beginning of the war on Gaza</b>		
Lack of food	658	65.1
Poor living conditions	631	62.4
Not feeling safe (originated from the Israeli assaults)	566	56.0
Repeated/frequent displacement	552	54.6
High prices of goods	447	44.2
Lack of power source (electricity or gas)	428	42.3
Excess household chores	424	41.9
Psychological stress	422	41.7
Shortage of food in the market	334	33.0
Lack of resources and sources of income	330	32.6
Lack of privacy	264	26.1
Demolition of houses	247	24.4
Lack of health services	196	19.4
Inappropriate shelter	187	18.5
Lack of educational services	174	17.2
Losing a beloved one from outside family members	146	14.4
Insecurity feelings originated from the internal problems (not related to the Israeli assaults)	144	14.2
Loss of a family member	138	13.6
Frequent quarrels and conflict among people in the community	126	12.5
Lack of toilet/bathroom	101	10.0

Since the war, 68% of the young people surveyed reported feeling so sad or hopeless that they stopped doing usual activities (Table A19), with greater disadvantages reported among the females, married cohort, older young people (20-25 years), persons with disabilities, participants in North Gaza, and those who faced multiple displacements (more than 8) (see Figure 5). According to the young people interviewed, groups that are most affected by the war are: children under 5 years (67%); children aged 6–10 years (63%); young men aged 20–25 years (39%); young women aged 20–25 years (31%); adolescent girls aged 10–19 years (31%); adolescent boys aged 10–19 years (30%); elderly people aged 65 and over (28%) (Table A12).

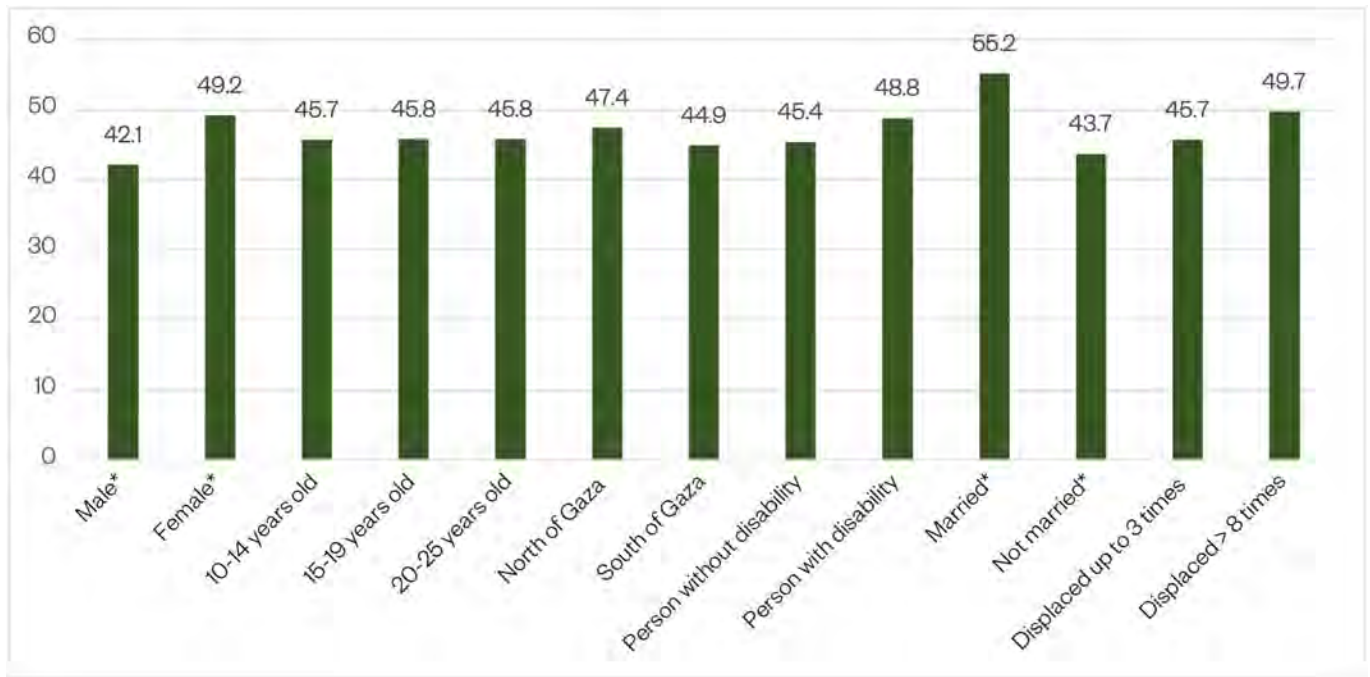
**Figure 5: Percentage of participants who reported feeling so sad or hopeless that they stopped doing some usual activities during the war**



*The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.*

Using the BRCS-9 item scale, our findings demonstrate that 46% of participants were considered to have low resilience (scored 0-20), and only 4% elicited scores suggesting high resilience (29 to 36) (Table A20), with greater disadvantages among females, people with disabilities, married people, and those who have been displaced multiple (more than 8) times. In contrast, working young people showed the lowest level of low resilience (see Figure 6). The most reported coping strategies for young people were: social interactions (30%), practicing religious duties (23%), doing different activities (20%), going to the beach (and swimming) (15%), avoiding people (14%), sleeping (13%), and practicing sports (10%). Moreover, despite the signs of abnormal levels of distress, hope is still present among young people; more than half (55%) believe their situation will improve a year from now (Table A19).

Figure 6: Participants who scored (0 to 20) on the Brief Resilient Coping Scale indicating low resilience and coping level



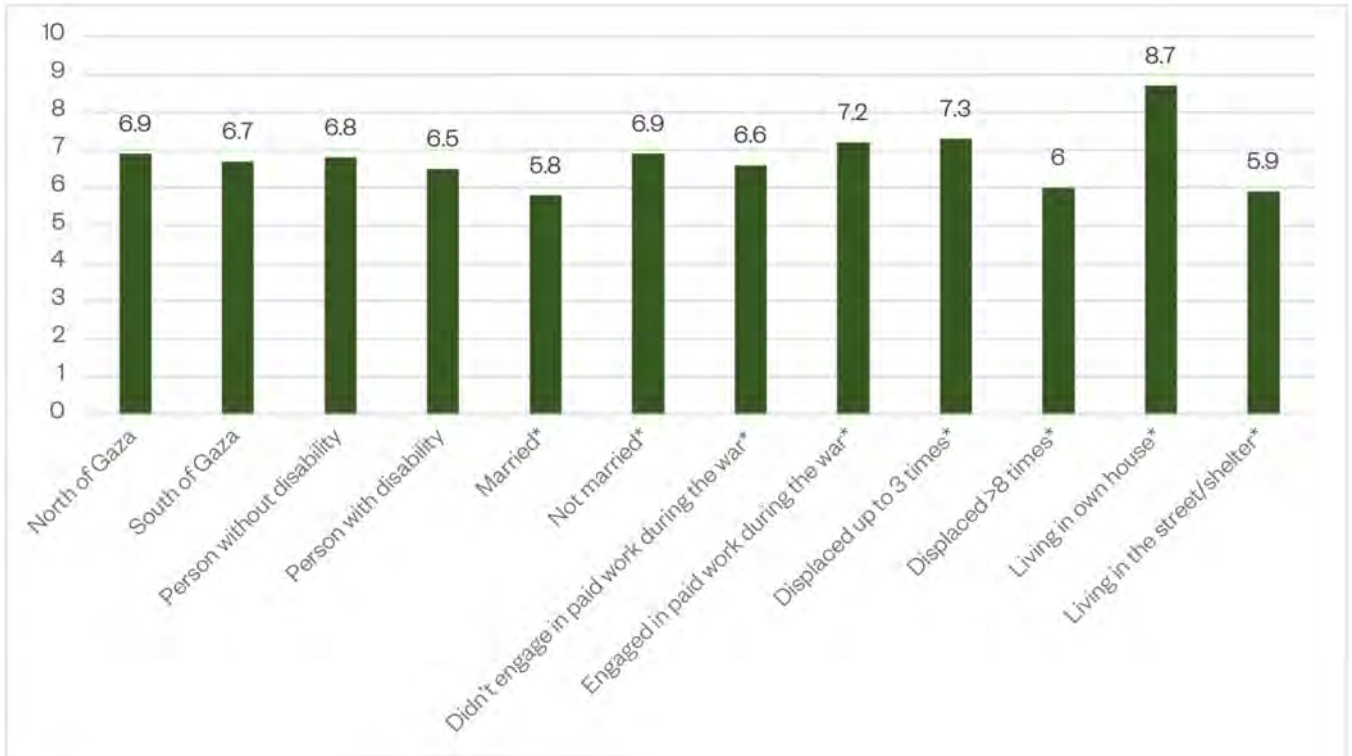
The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

The high levels of reported anxiety, depression and PTSD require an adequate MHPSS response. However, young people reported that they were not likely to seek available psychosocial support services; only 4% of participants who experienced psychosocial difficulties had asked for support (Table A19). Even before the war, specialised mental health services were scarce in Gaza, and uptake was very limited on account of stigma towards mental health conditions and also due to discriminatory gender norms discussed above (see also Abu Hamad et al., 2022). Because of the war, MHPSS programmes at schools and clinics are currently not functioning and when asked about support services, young people reported that only 9% are receiving any MHPSS (Table A3) mostly implemented by NGOs with financial support from international organizations. When they do look for support, they predominantly seek help from family and friends; 89% of participants mentioned that their family helps them to get through difficult circumstances, while 35% reported that friends help, and 13% reported receiving help from other trusted adults (outside the family) (Table A30).

### Economic empowerment

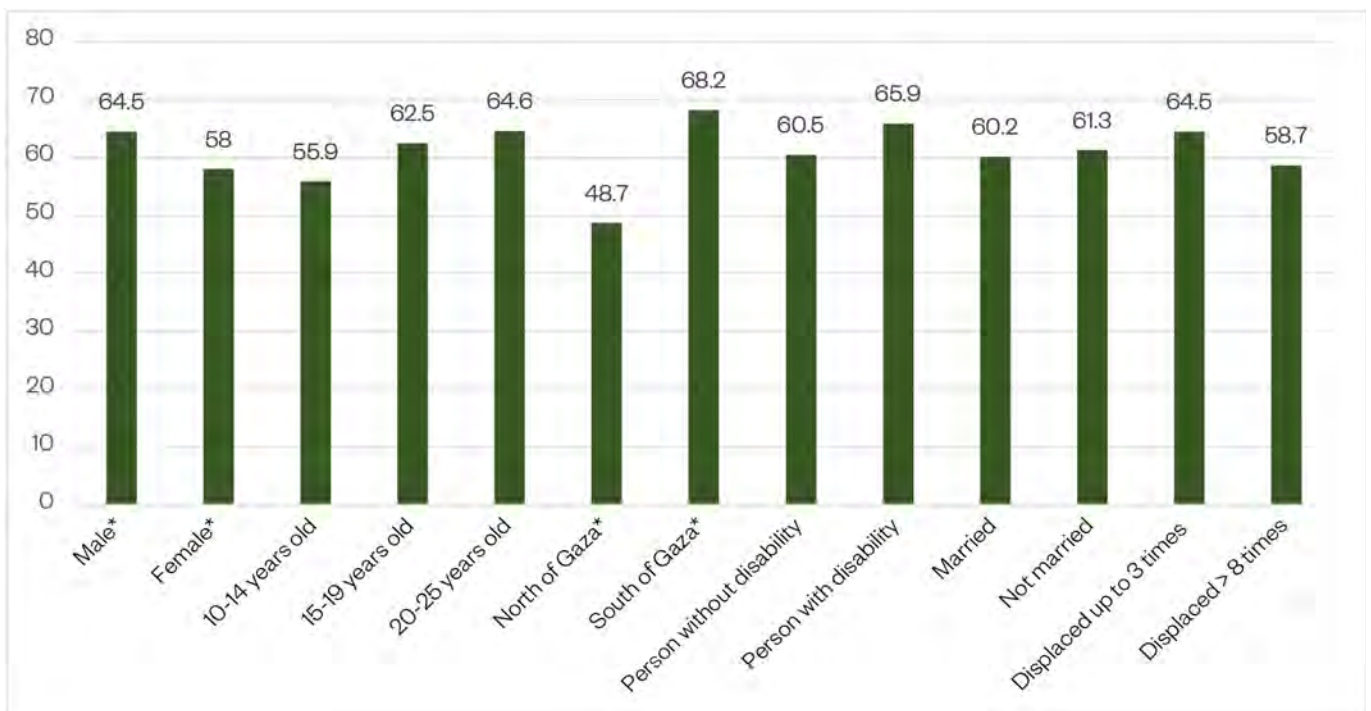
Gaza’s already crippled economy has completely collapsed due to the ongoing war. The vast majority of respondents (90%) reported that their family income has decreased, and more than half stated that this decrease was in the magnitude of more than 75%. The monthly median income per household is 500 ILS [132.70 USD] (per capita, 75 ILS [19.9 USD]). At the same time, most households saw their living costs increase, sometimes by more than 75%. Young people with a disability and married young people (especially those who married as children) had the lowest access to assets in their place of accommodation. In addition, there was a correlation between the number of displacements and a decrease in availability of assets (Figure 7). 28% (see table 2A) of young people participated in paid work during the war and worked for 43 hours (mean), for which they earned a median income of 70 ILS [18.6 USD] (Table A2).

Figure 7: Mean availability of assets at respondents' place of accommodation (out of 14 items)



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Figure 8: Percentage of young people who reported thinking of emigrating



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.



Sizeable numbers of young respondents reported that they wished to emigrate, permanently or temporarily (45% and 16% respectively), while 39% wished to stay in Gaza. Especially males, older young people, participants from South Gaza, persons with a disability, child brides, participants engaged in paid work, and those who were displaced fewer (up to 3) times were thinking about emigration (see Figure 8). Those who wished to emigrate cited the war, their living conditions, and pressure from social restrictions as the main reasons.

Young people reported that their household has received different types of social assistance, with some more valued than others. Households had received the following types of goods or support: canned food aid (95%) (68% perceived as important); in-kind food assistance (mainly flour) (73%) (95% perceived as important aid); water (65%) (99% perceived as important aid); food aid vouchers (46%) (98% perceived as important aid); hygiene supplies (38%) (100% perceived as important aid); mattresses (35%) (96% perceived as important aid); cash (34%) (97% perceived as important aid); baby aids (20%) (97% perceived as important aid); shader (plastic canvas that provides protection from rain and sun) (18%) (97% perceived as important aid); tent (8%) (96% perceived as important aid); and kitchen appliances (7%) (100% perceived as important aid). When it comes to food aid and shelter materials, young people mainly rely

on UNRWA that reportedly delivered 62% of all in-kind food assistance, 52% of all food aid vouchers, 41% of all provided shadders, and 63% of all the mattresses and blankets.

In terms of receipt of services as part of a broader package of social assistance: 32% reported receiving health services (96% perceived this as important aid); whereas only 9% reported receiving psychosocial support (although a very high proportion (93%) perceived this as important aid); and a mere 1% reported receiving legal support (but 100% perceived this as important aid). Again, UNRWA plays an important role in delivering services to young people and provided 40% of the health services and 28% of the psychosocial support.

## Education

Almost all participants (98%) were enrolled in a regular school before the war, and of respondents aged 18 or above, 27% were students at a university. Since October 2023, however, only 5% had taken part in educational activities – 2.5% in online activities, 2% in educational tents, and 0.5% in other places. In the place they had been displaced to, 13% cited the presence of educational services but only 2% participated. The vast majority (87%) stated that they wished to re-enrol in school as soon as the war ends. Young Gazans reported different challenges with regard to education (Table A28): lack of educational



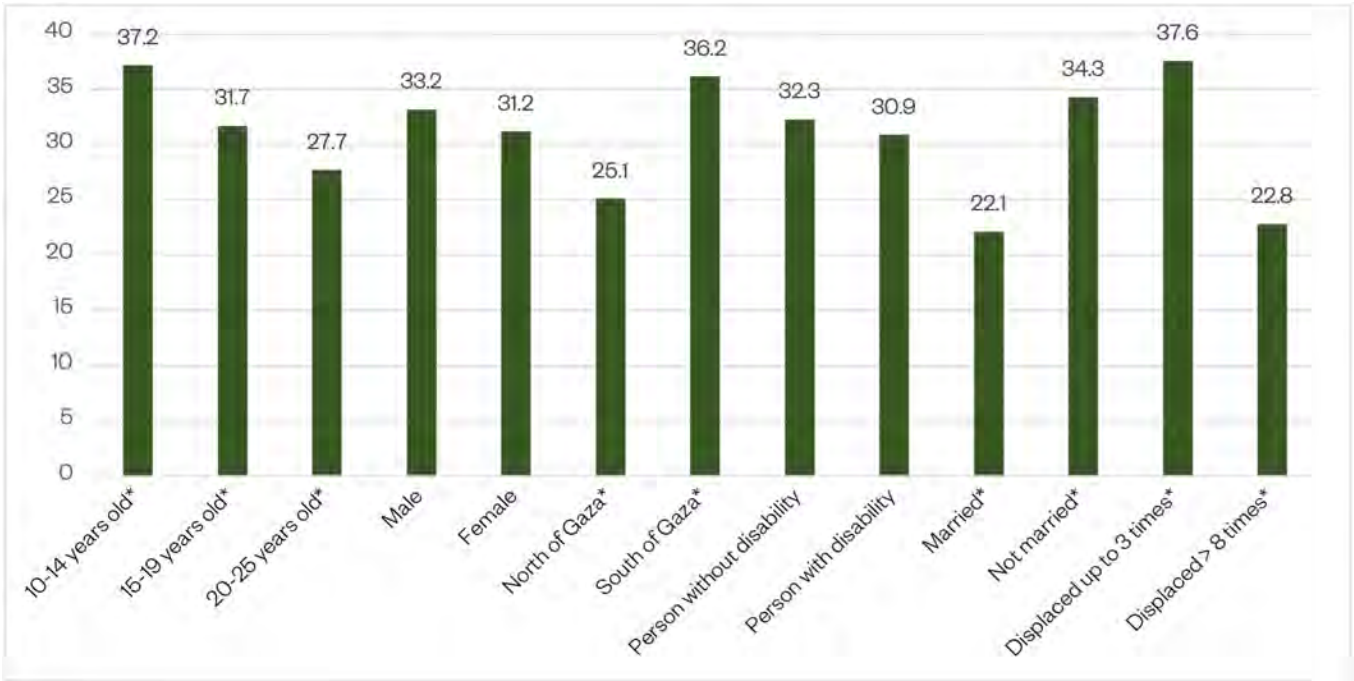
facilities (62%); lack of stationery and books (57%); their own poor psychological status (45%); no internet (44%); no money for school supplies (26%); no space to study (25%); lack of qualified teachers (25%); lack of phone (17%); no contact with teachers (8%); and no support from family (2%).

## Health, nutrition, and sexual and reproductive health

Only around one third (32%) of young people reported that their health was either 'good' or 'very good' at the time of the survey (based on their own self-perception), and 41% judged their health as bad (Table A7). Young people who were married, from North Gaza, and displaced multiple (more than 8) times reported worse overall health status (see Figure 9). Most young people (91%) reported that their health has deteriorated since the onset of the war; 37% had experienced serious illness or injury (Table A7),

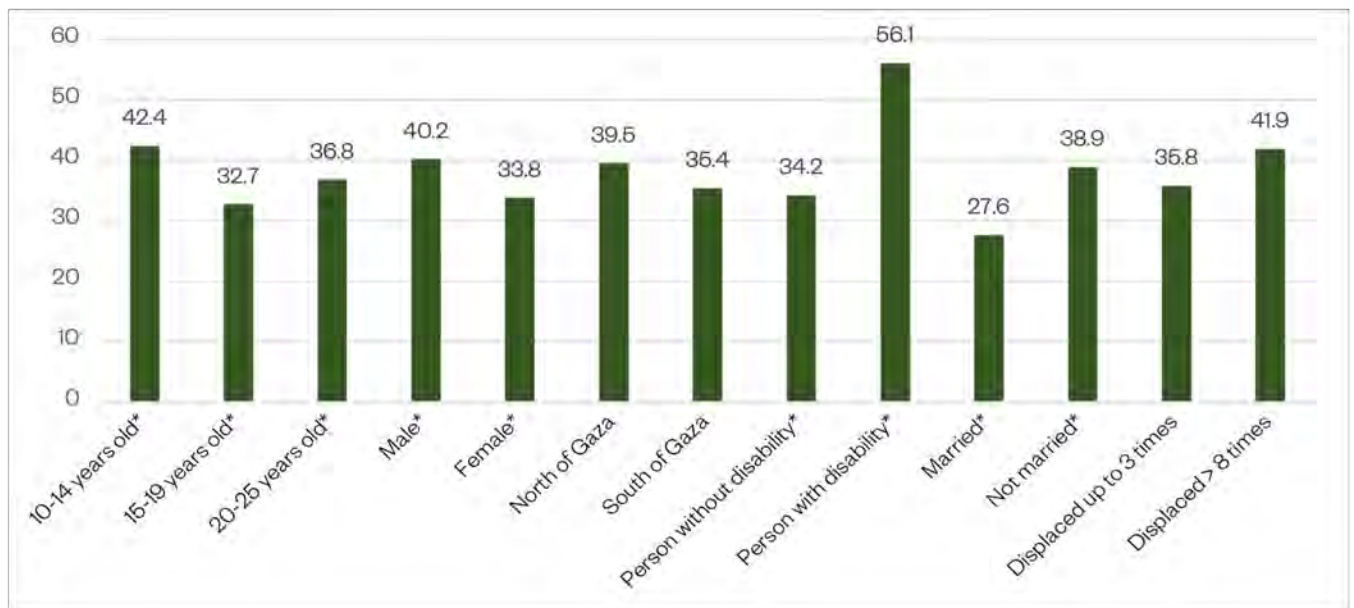
with the most striking level among young people with a disability (56%), followed by younger adolescents (10-14 years) and boys (Figure 10)—of them, 80% received treatment for this (see Table A7). In addition, 76% of the respondents reported sleeping less since the war (Table A8). An especially high percentage of married participants, participants with signs of mental health disorder, food insecure participants, females, and older adolescents (15-19 years) reported experiencing interrupted sleep hours (see Figure 11).

Figure 9: Percentage of young people who felt that their overall health status in the last two weeks is good/very good



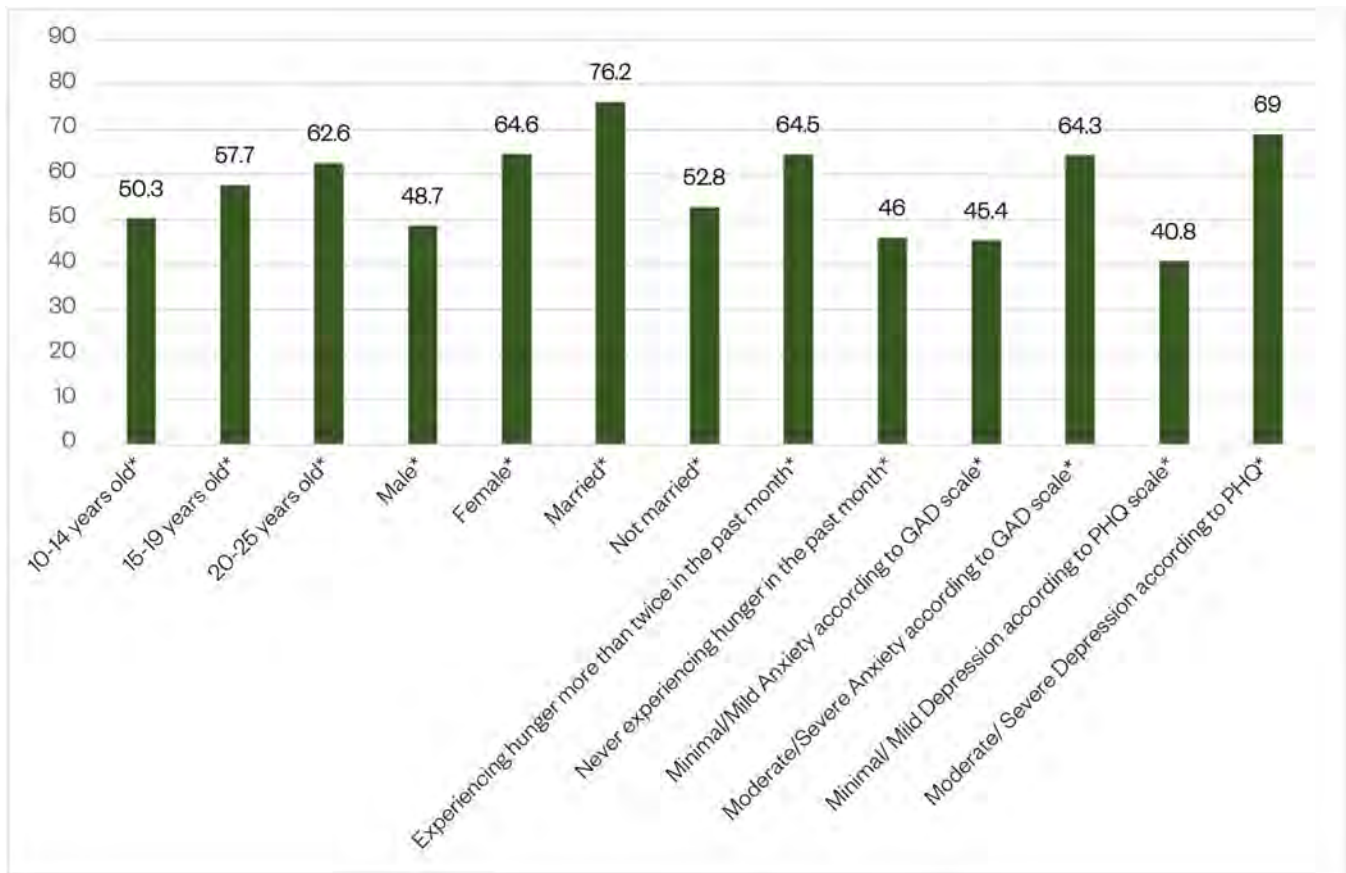
The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Figure 10: Experiencing a serious illness or injury during the war



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Figure 11: Percentage of respondents who reported experiencing interrupted sleep hours



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Just over half of participants had moments where they were not able to receive health care during the war. The most commonly cited reasons were: war (39%); lack of medications (32%); lack of money for transportation (24%); no availability of transportation (20%); closed health centres (17%); and no skilled staff in health centres (17%) (Table A7). Especially young people with a disability, from North Gaza, and those who have been displaced multiple (more than 8) times reported particular challenges in receiving health care.

Of young respondents, 12% reported having a disability, categorised as: vision (40%); walking (29%); hearing (24%); difficulty taking care of oneself (16%); remembering or focusing (7%); and communication (6%) (Table A7).

On the Household Water Insecurity Experiences (HWISE) scale, 87% of participants are categorised as highly water insecure (Table 3), with a lower score in the North of Gaza at the time of the interview (see Figure 12). In the 30 days prior to the survey, almost half of the participants worried more than 10 times about having enough water, and only 14% never had to worry about water. Around 75% cited not having enough water, and around half had moments where they went to bed thirsty. Most had to regularly collect water from sources that were possibly contaminated, and around 75% had drunk from unsafe water sources, risking diarrhoea and diseases (Table 3).



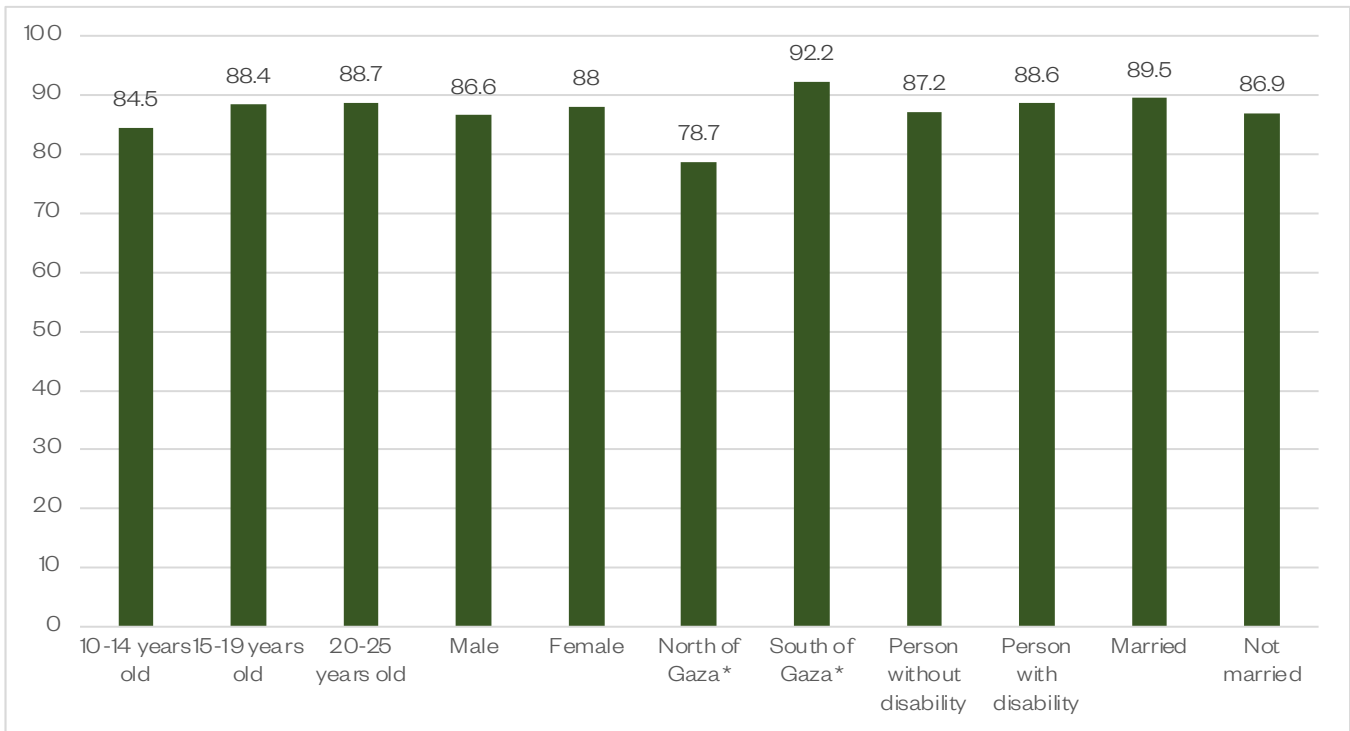
Table 3: Main sources of water

Items	Number	Percentage
<b>The main source of drinking water during the past month</b>		
Tank (filtered water, paid)	585	57.9
Tank (filtered water- free of charge)	359	35.5
Network/Well	48	4.7
Others/charity	19	1.9
<b>Main source of water for hygiene</b>		
Private well	368	36.4
Public well	223	22.1
Network	219	21.7
Tank (filtered- free of charge)	80	7.9
Sea water	48	4.7
Tank (filtered-paid)	41	4.1
Charity	31	3.1
<b>Location of the drinking water source</b>		
In the street	822	81.3
At the private accommodation	175	17.3
At the neighbour's residential place	7	0.7
At public places	7	0.7
<b>Location of water for hygiene source</b>		
At the private accommodation	292	28.9
In the street	508	50.3
At the neighbours' residential place	110	10.9
At the public places	100	9.9
<b>Time it takes for the HH members to go there, get water and come back</b>		
10 minutes and less	258	25.5
11 to 20 minutes	160	15.8
21 to 30 minutes	174	17.2
31 to 60 minutes	199	19.7
61 to 120 minutes	111	11.0
More than 120 minutes	109	10.8
<b>Last month, HH ever experienced not having enough drinking water</b>		
Yes, at least once	188	18.6
Yes repeatedly	567	56.1
No, it's always enough	256	25.3
<b>The main reason for not being able to access water in sufficient quantities when needed during the war</b>		
Water not available from the source (Cut off)	481	63.7
Water is very expensive	195	25.8
Source is not accessible	72	9.5
Other reasons (No fuel)	7	0.9
<b>Doing any measures to the water to make it safer for drinking</b>		
	34	3.4
<b>Type of measures applied to make water safer</b>		
Boiling it	21	61.8
Adding disinfectant/chlorine	11	32.4
Using water filter (ceramic, sand, composite and so on)	4	11.8
Solar disinfection (exposure to sunlight for the purpose of disinfection)	1	2.9
Letting it settle down	1	2.9

In addition, 51% of participants are classed as highly food insecure (catastrophic/crisis level), 37% are regarded as stressed and only 12% are regarded as not experiencing food insecurity on the Food Reduced Coping Strategy Index with 63% of young people reporting experiencing hunger in the 30 days prior to the survey. Only 21% had eaten 3 meals the day before. Compared to pre-war times, almost all respondents (98%) reported eating fewer meals

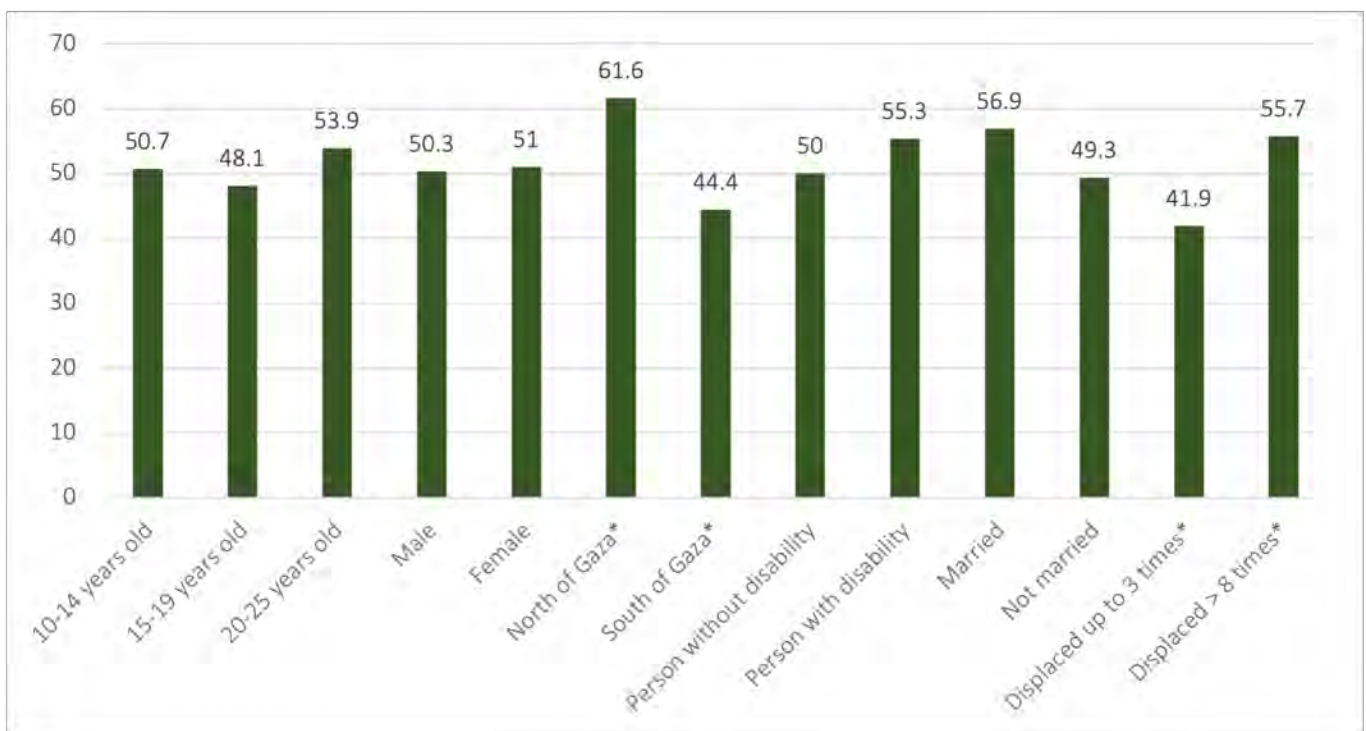
containing animal protein, while most consumed more meals containing non-animal protein (such as lentils) (Table 4). Particularly, young people in the North of Gaza, the married cohort (especially those who married as children), young people with a disability, those who engaged in paid work (during the war), and young people that have been displaced multiple (more than 8) times scored high on food insecurity level (see Figure 13).

Figure 12: Households which experienced a high level of water insecurity (5-25 points) on the household water insecurity experience (HWISE) scale



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Figure 13: Percentage of respondents who scored high (crisis/emergency and or catastrophic level on the food reduced coping strategy index)



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Table 4: Young people's food consumption frequency and type during the war compared to pre-war

Variables	Number	Percentage
<b>Frequency of experiencing hungry in the past four weeks because there is not enough food at the HH to eat</b>		
It never happened	376	37.2
Once or twice	117	11.6
More than twice	518	51.2
<b>In comparison to pre-war situation, frequency of feeling hungry because there isn't enough food to eat</b>		
More	757	74.9
Same	223	22.1
Less	28	2.8
<b>Number of meals eaten yesterday</b>		
0	3	0.3
1	303	30.0
2	487	48.2
3	204	20.2
4	11	1.1
5	2	0.2
<b>In comparison to the pre-war time, meals contents of animal protein such as meat, chicken, fish or eggs</b>		
Contains more	8	0.8
Contain less	987	97.6
The same	16	1.6
<b>In comparison to the prewar time, meals contents of non-animal protein such as lentils</b>		
Contains more	837	82.8
Contain less	127	12.6
The same	47	4.6

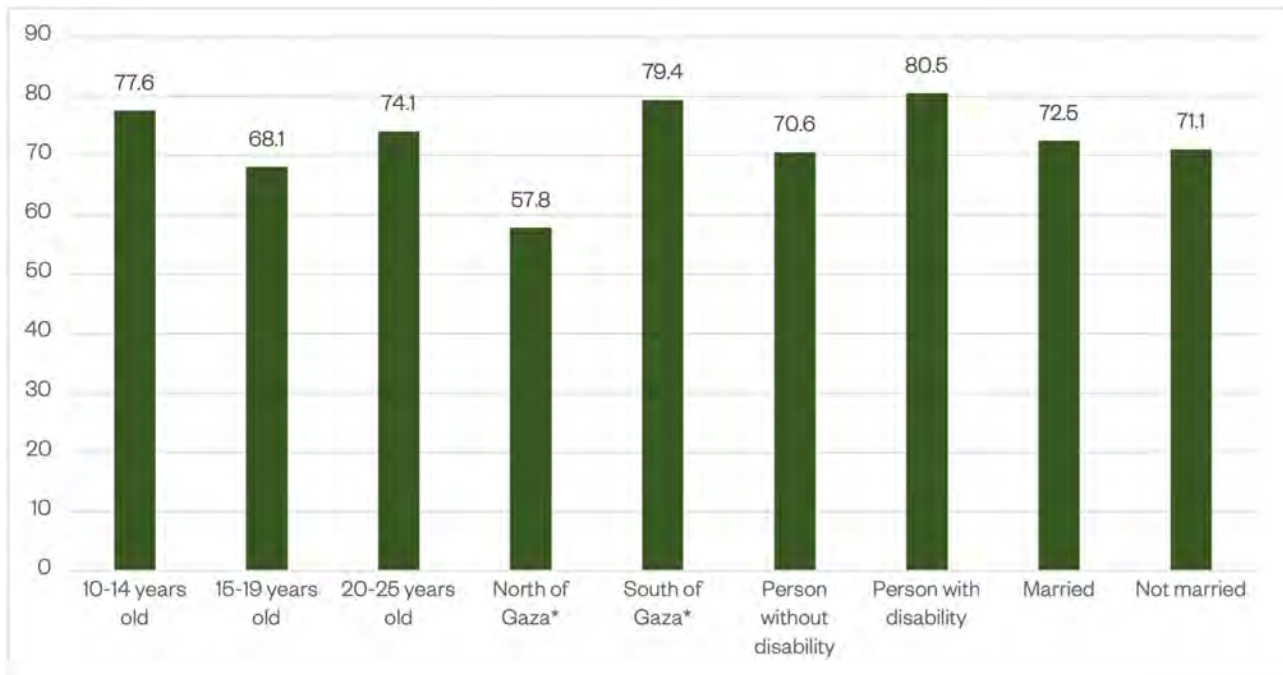
Currently, 32% of young people reported that they are staying in a place that does not have a toilet, and 21% had to defecate without a toilet. According to the participants, the median number of persons they have to share a toilet with is 11.8, and more than 90% are not gender segregated. Almost half (46%) do not have access to a bathroom to take a shower (Table A4).

In terms of menstrual hygiene, 72% of girls reported difficulties in accessing supplies and commodities. Most did not have enough money to buy menstrual products, which in any case were not always available on the market, and only 30% received menstrual hygiene kits from humanitarian organisation but most of these kits did not contain all the needed supplies. Girls also reported lacking access to soap, water, and toilets to manage their hygiene during menstruation, and 57% cited a lack of privacy. Just over half of girls surveyed reported feeling embarrassed to ask their family for support for menstrual hygiene issues (Table A5). Especially girls in North Gaza, girls aged 15-19, and those who are engaged in paid work reported

facing difficulties getting menstrual hygiene supplies and commodities since the onset of the war (see Figure 14).

Of married girls in our sample, 39% reported that they were currently pregnant, or had been pregnant at some time during the war. Almost half (45%) reported receiving any form of care during their pregnancy (Table A7). The main reported reasons for not receiving antenatal care were: could not reach the health centre because of war (40%); did not have money to go (34%); or health centres were closed or unavailable (31%) (Table A7). The main reasons for not receiving postnatal care were: could not reach the health centre because of war and insecurity (58%); health centres were closed or unavailable (33%); did not have money to go (25%); or could not find transportation (25%) (Table A7).

Figure 14: Percentage of respondents who reported facing difficulties getting menstrual hygiene supplies and commodities since the beginning of the war



The percentages above are based on a sample of older girls and young women (n=525); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.



## Bodily integrity

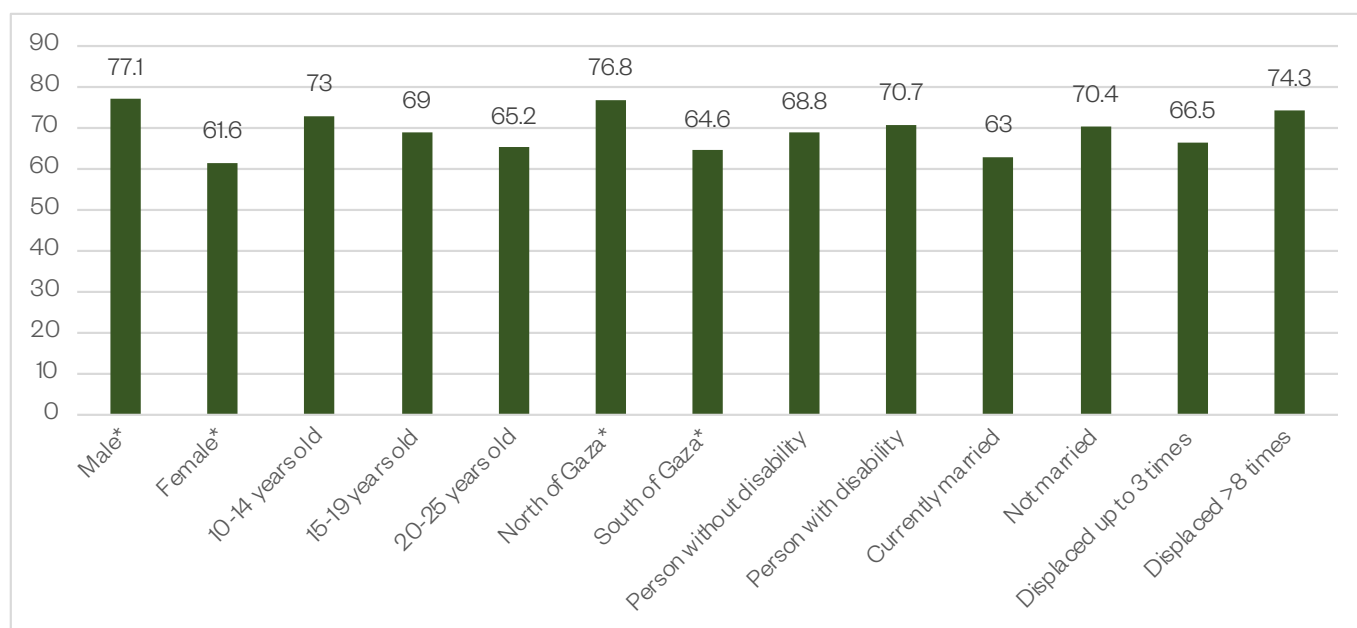
As a result of the war, a very high proportion of young people reported increasing pressures to enter into child marriages as an economic coping strategy. Some 71% of participants cited increased pressure on girls to marry as children (under 18 years), compared with 56% of boys under 18. Boys and girls alike reported an increase in violence towards male and female young people since the start of the war, with a higher increase for males (90% vs 82%) (Table A22). In addition to males, younger adolescents (10-14 years), persons with a disability, participants in North Gaza, unmarried young people, participants engaged in paid work, and those have been displaced multiple times reported the highest exposure to violence during the war (Figure 15).

More than 90% of participants cited increased violence in the household since the war began, and 69% reported being exposed to violence at home or in the community. In the two weeks preceding the survey, 52% of young people reported that they were yelled at with inappropriate nicknames by their family, and 28% had been physically punished (pushed, beaten or slapped) (Table A24)—with a greater percentage of males, younger adolescents, young brides, unmarried participants (likely because of younger

age), and participants engaged in paid work (likely because of more males) (Figure 16). Of the married cohort, 69% had quarrelled with their husband sometimes or often, 30% had experienced threats or physical assault from their husband, and 5% reported having been sexually assaulted by their husband (Table A27).

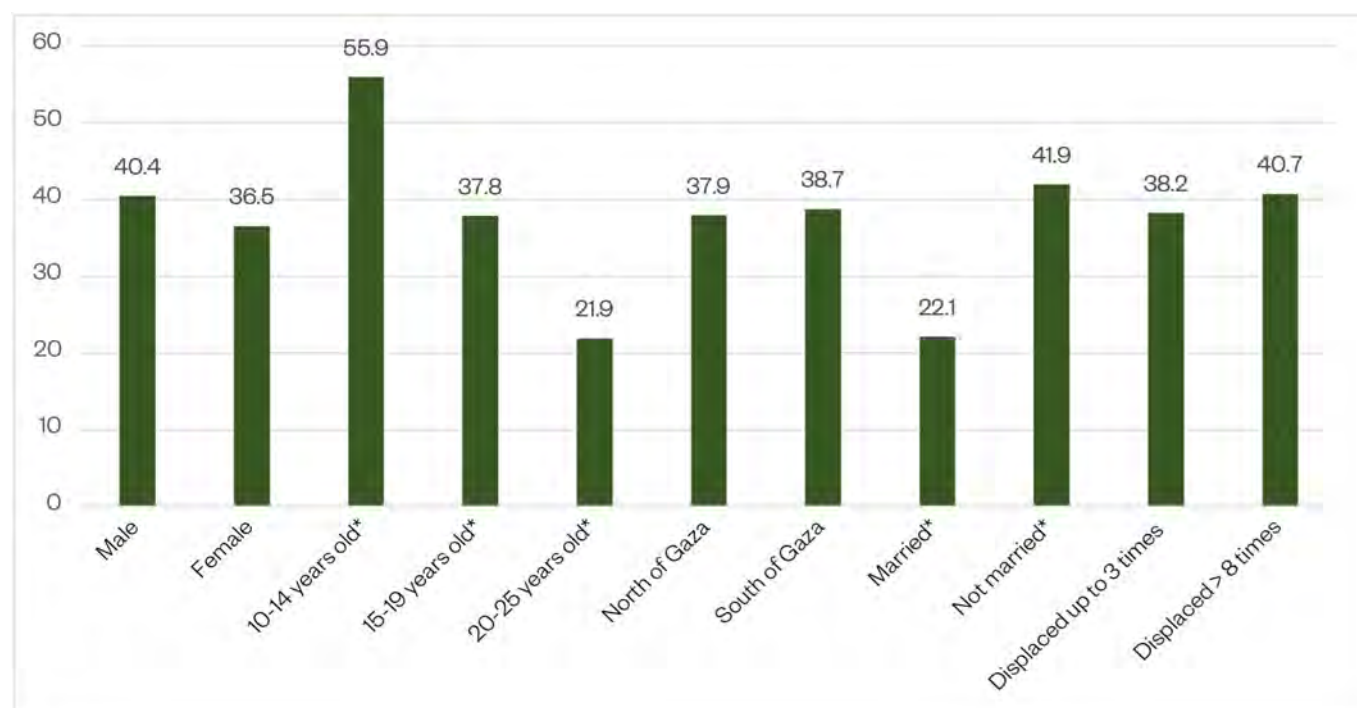
In terms of safety, young Palestinians reported that they do not feel safe in numerous settings: in their current place of residence (70%); in the street (91%); at the market (94%); walking in the community during daytime (89%); walking in the community during night-time (96%); in their neighbourhood (89%) (Table A26). The main places where participants reported experiencing violence were: at home (37%); in a queue (e.g. to get water) (34%); in the street (24%); at aid distribution points (20%); or in the market (13%) (Table A26); only 31% did not experience any violence neither at home nor in the community. The vast majority of young Gazans reported having witnessed extreme traumatic violent events in the past year as can be seen in Table 5.

Figure 15: Percentage of young people reported exposure to violence at any place during the war



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

Figure 16: Percentage of respondents who reported that an adult in the family has pushed, beaten or slapped them



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Table 5: Type of traumatic event witnessed by young people

	Number	Percentage
Seeing an Israeli raid	898	88.8
Seeing funerals of martyrs	855	84.6
Witnessed the demolition of homes/schools by the Israeli occupation forces	845	83.6
Seeing the remains of a car that has been bombed	781	77.3
Seeing the remains of martyrs or dead	710	70.2
Participant house has been bombed or demolished by the Israeli occupation forces	701	69.3
Personally, having fears of death as a result of the ongoing bombardments	668	66.1
Personal properties are being stolen	547	54.1
Having a family member who has been injured	428	42.3
Seeing strangers being injured	416	41.1
Seeing strangers being killed	369	36.5
Lost a loved person	281	27.8
Your land has been bulldozed by the occupation	232	22.9
Seeing a friend or friends being injured	221	21.9
Participants own house has been burnt	214	21.2
Seeing a friend being killed	168	16.6
Being injured during the war (gunshot/shrapnel)	136	13.5
Having family member who has been arrested	97	9.6
Being assaulted/insulted by the Israeli occupation soldiers	78	7.7
Being arrested	16	1.6

## Voice, agency and mobility

In terms of their voice and agency in the family and community and their mobility, almost all (96%) of young people reported limitations to their movement as a result of the war, and a very similar percentage reported a decrease in privacy. Almost a fifth (19%) reported that they had not left their place of shelter in the seven days preceding the survey. The places participants had visited most often in the previous seven days were the market, places of family and friends, and the street (to hang out). Most young people reported that they are still in contact with friends, either face-to-face or by phone. However, just over a third (34%) reported that they had not talked to or seen any friends over the past seven days (Table A29). Just over half (55%) of the participants reported having a friend (outside the family) that they trusted, provided support, or could talk to about personal matters (Table A29). Less access to trusted friends was observed among females, younger adolescents, the married cohort (especially those who married as child), participants in the South of Gaza, people engaged in paid work, and those who have been displaced multiple (more than 8) times (see Figure 17).

Some 74% of the respondents reported that they have a trusted adult (both family and non-family) in their lives

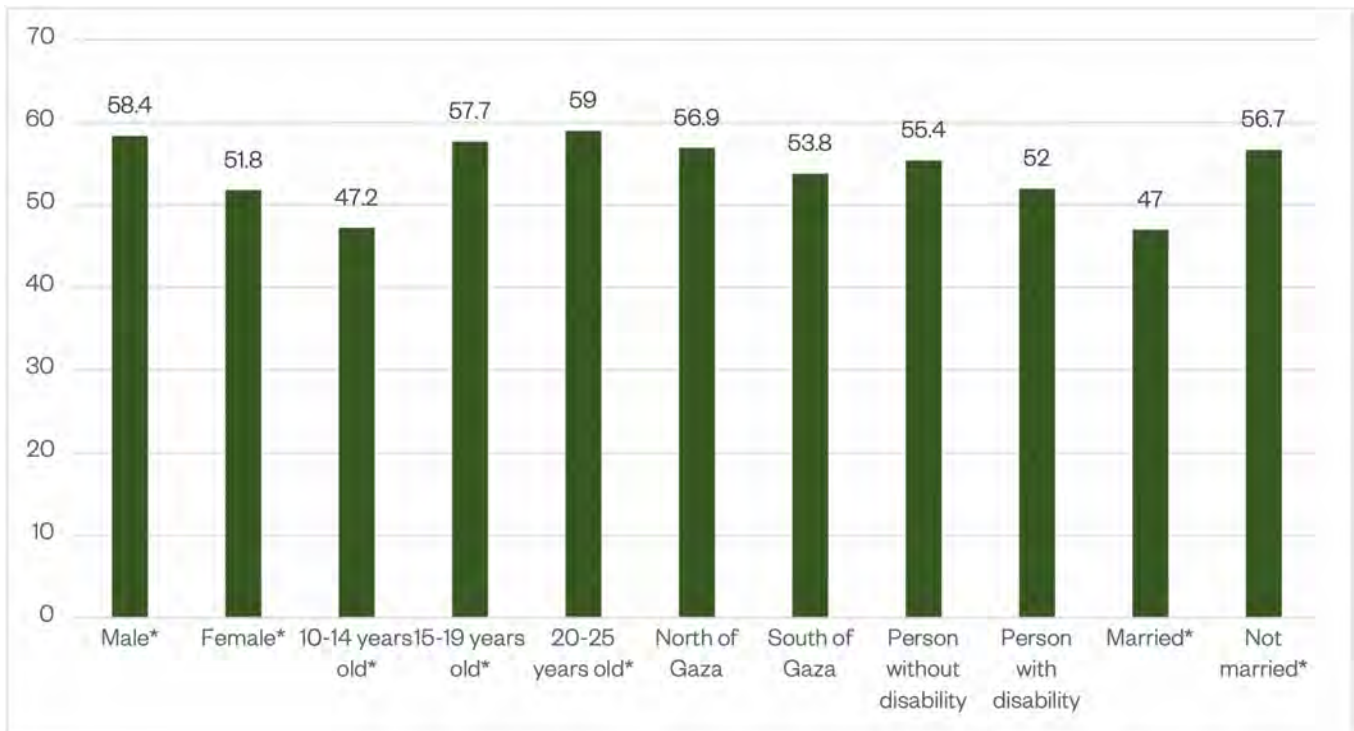
(Table A29), with greater disadvantages—although none were statistically significant—in access for males, older adolescents (15-19 years), PWDs, unmarried participants, and those who have been displaced multiple (more than 8 times) (see Figure 18).

Young Palestinians reported experiencing a number of restrictions regarding their appearance and behaviour since the war started. Some 77% reported limitations in their style of clothing (e.g. pressure to wear traditional clothes, including in household settings because shelters are not always completely private), with greater restrictions among females, older adolescents (15-19 years), participants in South Gaza, married participants, and those who have been displaced fewer (up to 3) times (see Figure 19). Other restrictions young people reported experiencing included: limits in terms of entertainment (such as watching TV shows) (96%); going outside the home (89%); less free time due to increased household chores (76%); talking to friends on the phone (67%); talking on the phone in the presence of the in-law family (married girls only) (64%); and leaving the house during menstruation (older girls only) (60%) (Table A29). Increased work in the household was higher among females, participants in South of Gaza, participants with no disability, and the married cohort (especially those who married as child) (see Figure 20).



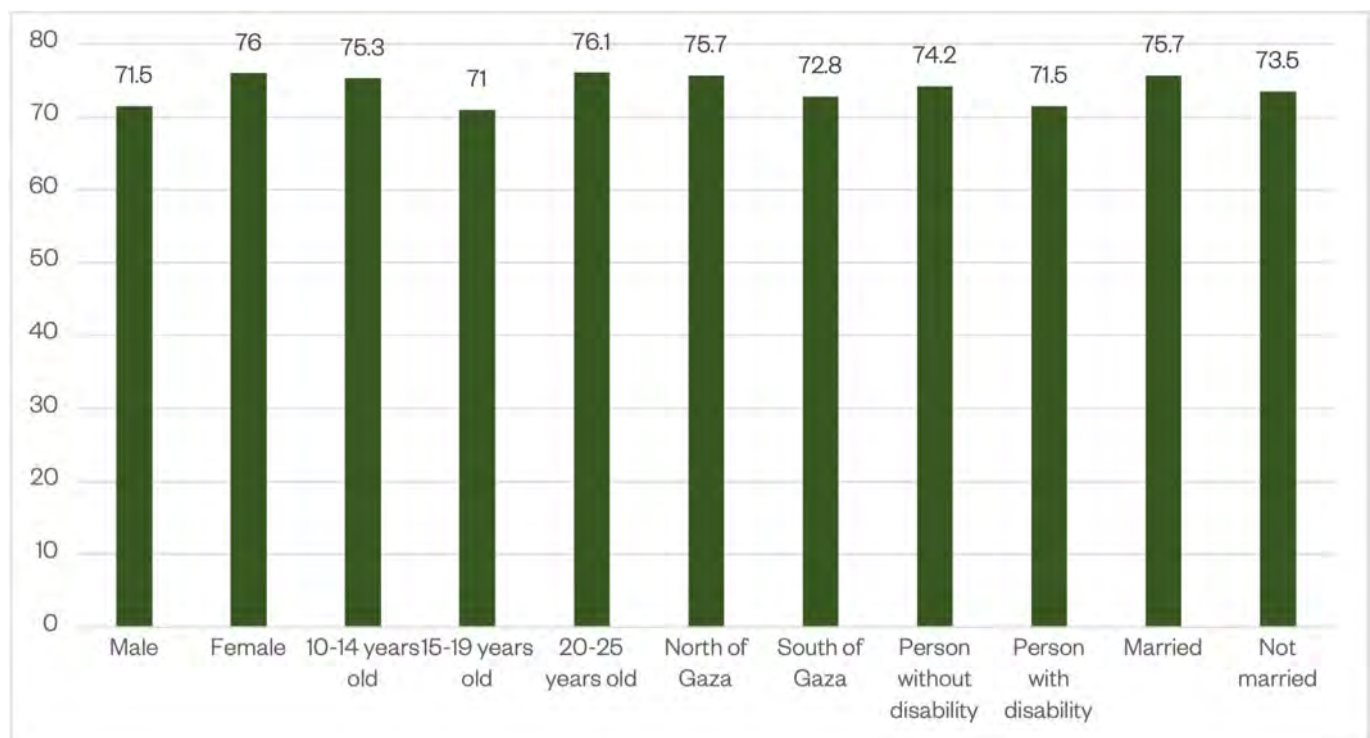
South of the Gaza Strip © Hossni Salah

Figure 17: Percentage of respondents who reported having friends (they trust) who are not members of their family that they can talk to about their feelings and personal matters or ask them for help during the war



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

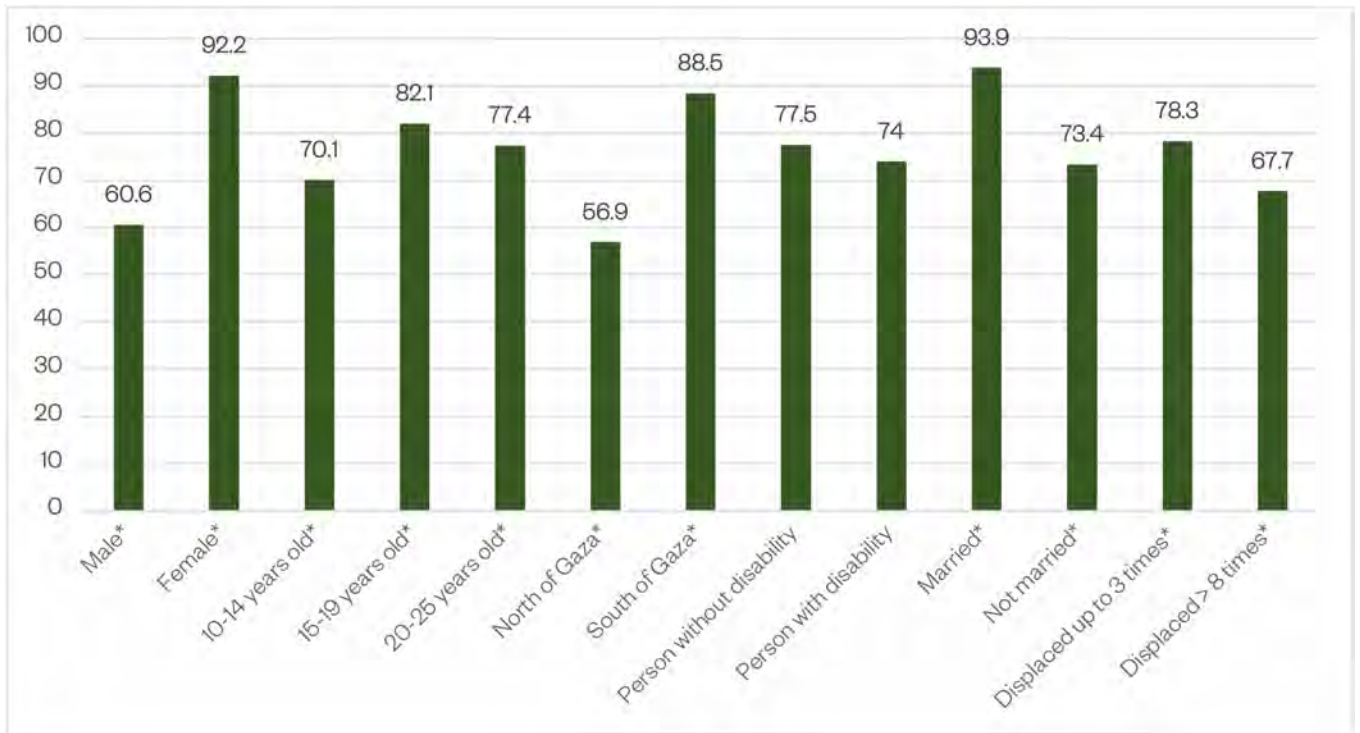
Figure 18: Percentage of respondents who reported that there is an adult (from inside or outside their family) that they can talk to about their feelings and personal matters or ask for help during the war



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

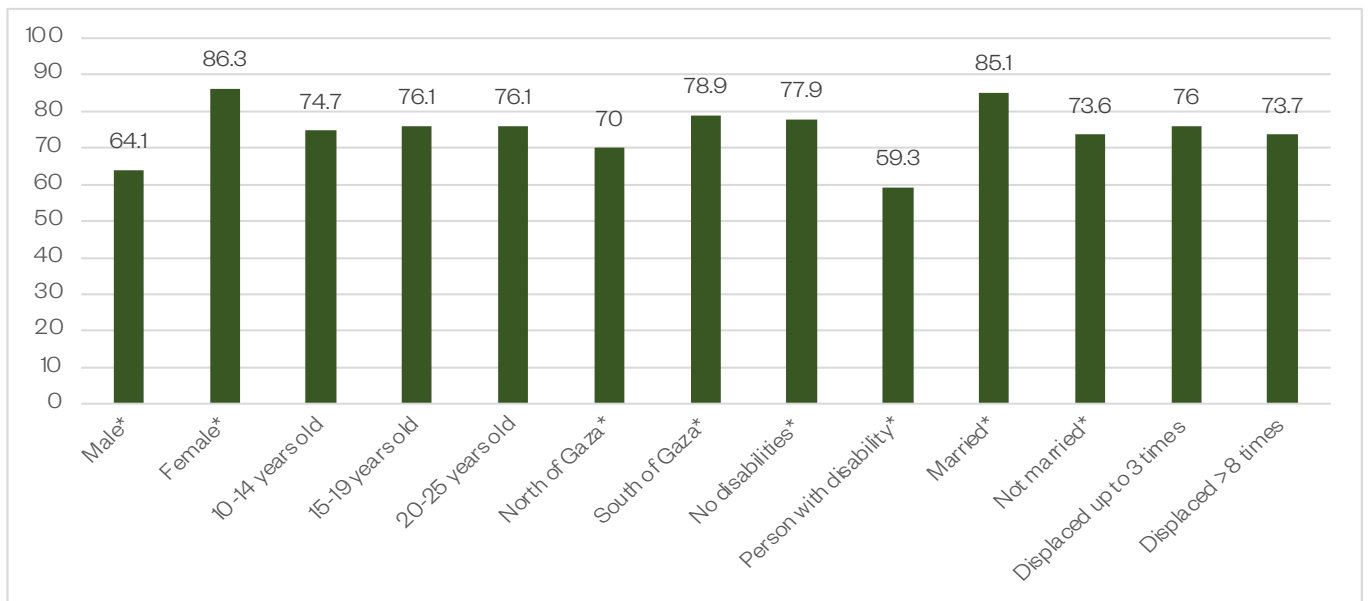


**Figure 19: Percentage of respondents who reported that they have to wear clothes that they don't usually wear, for example, clothes that cover more of their bodies**



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

**Figure 20: Percentage of respondents who reported that they have to spend more of their time on house chores**

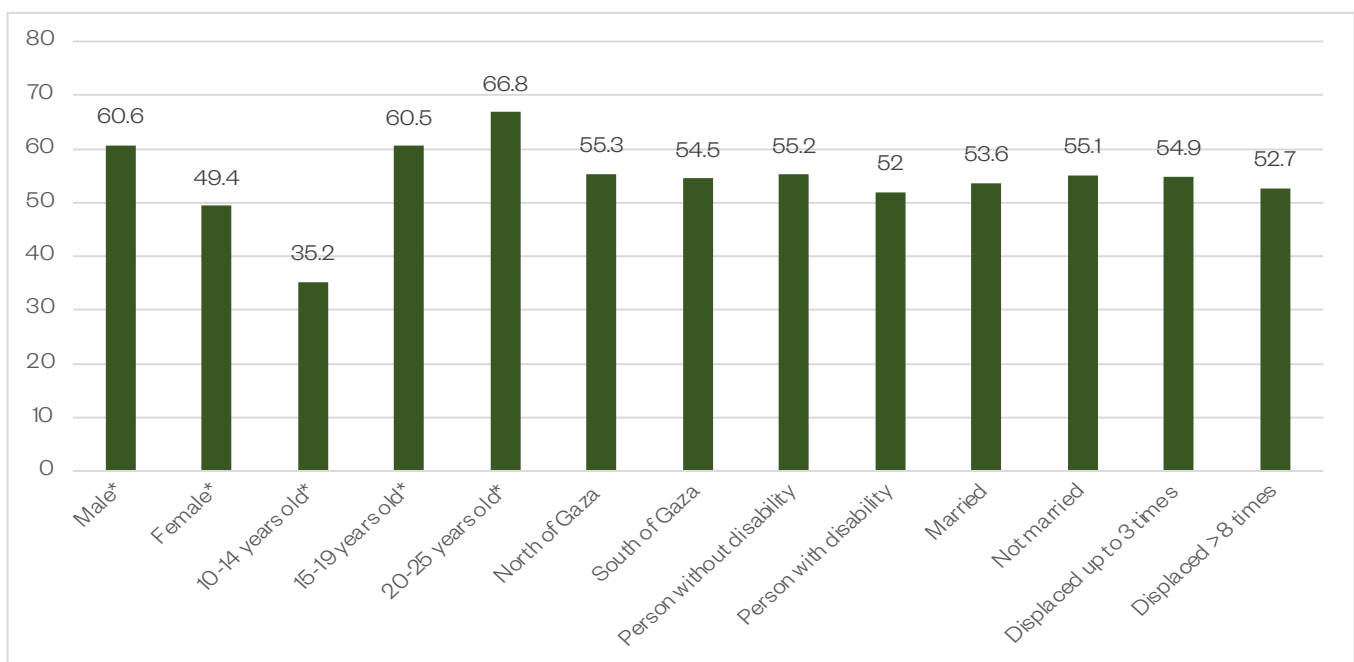


The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.

Of the young people, 68% reported that they can express their opinion towards their parents and 55% feel free to express their opinion to adults outside the family, even if they disagree with them. Greater disadvantages in expressing opinions (to parents and adults outside family) were observed among females, young adolescents

(10-14 years), and persons with a disability. In addition, participants from South Gaza, the unmarried participants (possibly because of age), and those who were displaced fewer (up to 3) times had more difficulty expressing their opinion towards an adult outside the family (see Figure 21 and Figure 22).

**Figure 21: Percentage of respondents who reported that they have the ability to express their opinion even if they disagree with others who are older than them from outside the family**

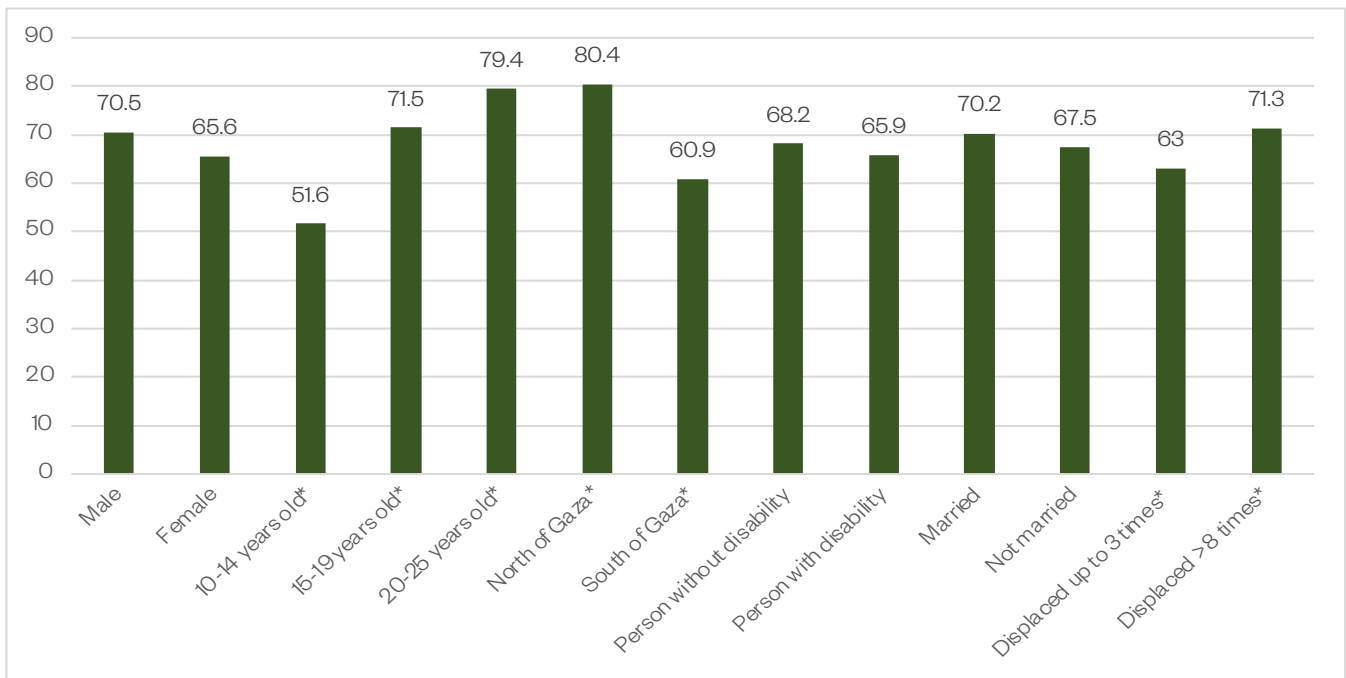


The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level.



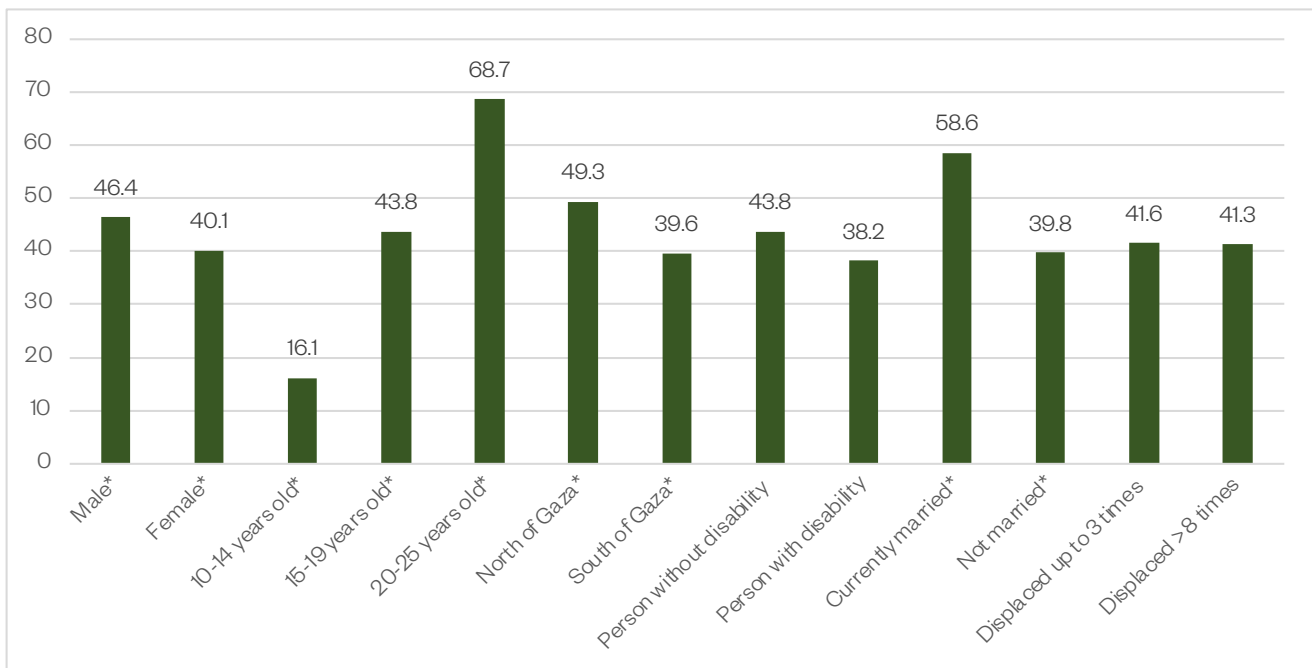
South of the Gaza Strip © Hossni Salah

**Figure 22: Percentage of young people who reported having the ability to express their opinion even if they disagree with their parents**



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

**Figure 23: Percentage of young people who reported having access to a personal mobile phone during the war**

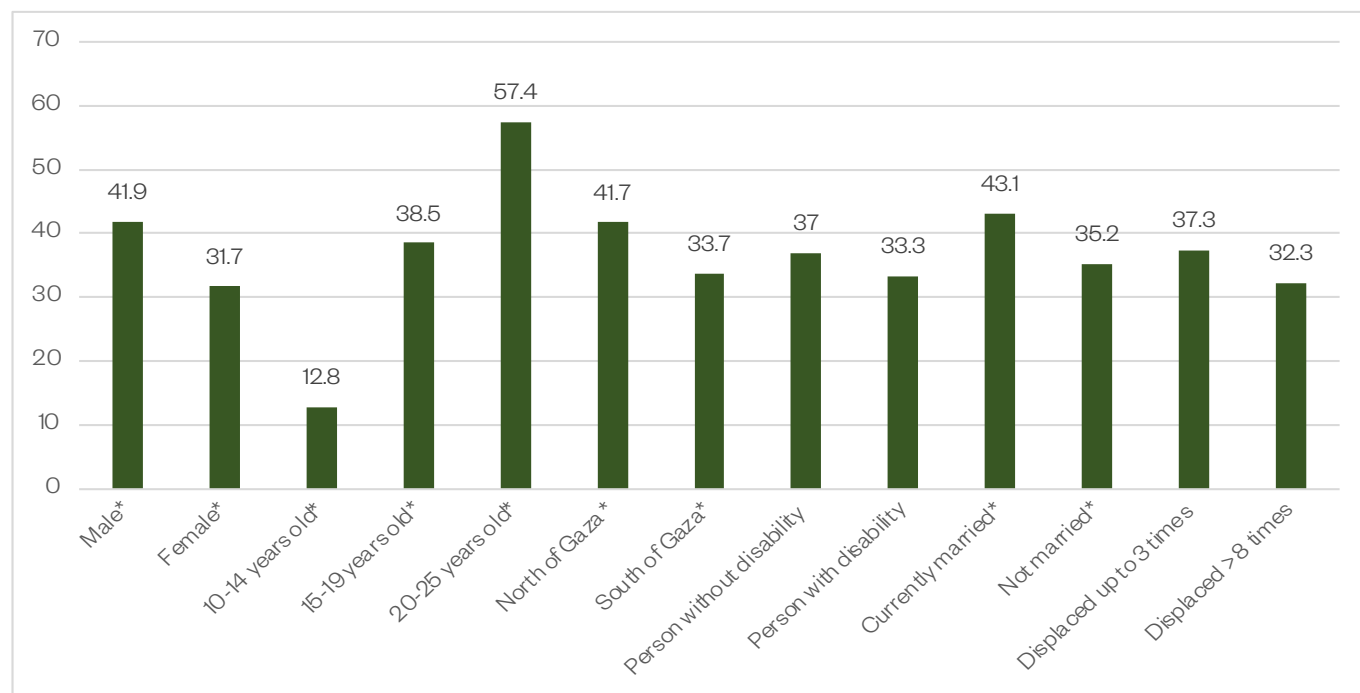


The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

Just over half of young people reported having no access to a personal device such as a mobile phone, tablet, or laptop. Mainly older young people (69%), males, (46%) participants in North Gaza (49%), persons without a disability (44%), and the marriage cohort (59%) had access

to a personal mobile phone during the war (see Figure 23). 37% have access to the internet on his/her personal device (Table A29), with greater accessibility among males, older young people, participants in North Gaza, and married participants (see Figure 24).

**Figure 24: Percentage of young people who reporting having access to internet on their personal devices during the war**



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level



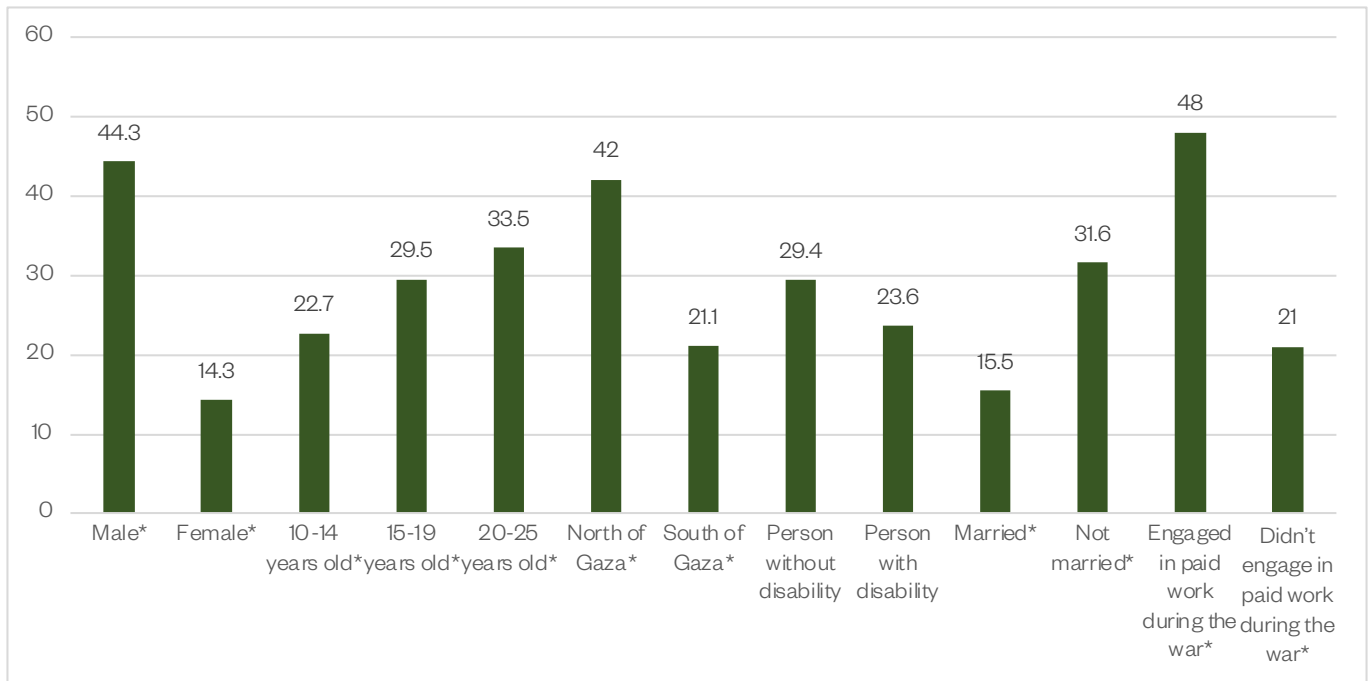
South of the Gaza Strip © Hossni Salah

## Social cohesion

The findings on social cohesion were mixed. Over half (58%) of young Gazans reported feeling that people in the community help each other, although 77% disagreed with the statement that most people can be trusted in the community. Only 5% of young people saw traditional community figures (teacher or Imam) as a role model, while 35% did not have anyone they respected or saw as role model (including parents) (Table A30). Among boys (39%), this percentage is higher than girls (31%), and among older young men (20-24 years), 43% did not have anyone they respected or saw as role model. Slightly more than half (54%) felt that they added value to the community (Table A29), whereas 34% had strong negative feelings about themselves, other people, or the world (moderate, quite a bit, and extreme feelings) (Table A17). According to most participants (73%), divorces have increased since

the war. Almost all participants reported an increase in violence between people, and theft of others' property. Most participants reported feeling that aid distributions were not done fairly. Around a third became involved in volunteer work during the war and for instance, helped distributing food and water, kept order at shelters, or supported cleaning efforts, while graduates often volunteered to teach at shelters or provided help in health facilities. Still, not everyone was able to participate, more than half would like to participate in reconstruction efforts and 49% would like to volunteer in the community (Table A30). Volunteers in the community during the war were more likely male, older young people (20-25 years), from North Gaza, persons without a disability, unmarried, and engaged in paid work (see Figure 25).

Figure 25: Percentage of respondents who reported volunteering in the community during the war



The percentages above are based on the full sample of young people (n=1,011); Categories noted with an asterisk (\*) demonstrated statistically significant differences at the 0.05 level

# Conclusions and policy implications

The findings underscore that a very high proportion of young Palestinians surveyed have suffered from extreme and far-reaching consequences of the war on Gaza, with negative impacts across all capability domains, including economic empowerment, psychosocial well-being, health and nutrition, bodily integrity, education and voice and agency. While some have received various forms of social assistance, in general access to services especially health and psychosocial support has been significantly lacking compared to the huge and multi-dimensional needs that young people have a year into the conflict, and most have had to rely on the support of family and friends who themselves are also suffering from high levels of poverty, food insecurity and trauma. Inter-Agency Standing Committee (IASC) (2020) approach provides a good frame to guide the support provided to young

people in humanitarian settings including in Gaza focusing on the five key actions of the Compact for Young People in Humanitarian Action namely; services, participation, capacity, resources and data. As such we conclude with priority actions for the short-term humanitarian response to ensure that young people aged 10-24 are provided with age-, gender-, disability and culturally-sensitive support so urgently required, as well as reflections on longer-term development priorities following a ceasefire.

The most **critical** priority is without a doubt to continue to advocate for an immediate **ceasefire**, access to humanitarian aid and an immediate return of displaced people to their homes and land as a precursor to beginning to address the far-reaching and inter-connected needs of young people in Gaza. In addition, **the findings point to the importance of the following:**

## Short term priorities

1. **Improve living conditions for Internally Displaced People (IDPs), livelihoods, WASH and food security as a matter of urgency** to address some of the underlying stressors young people and their families are facing by continuing to lobby for significant increases in aid permitted into the Gaza Strip in the immediate term whilst lobbying for an immediate ceasefire and a comprehensive reconstruction and rehabilitation process. As part of this, ensure that families have a safety net to fall back on during emergency situations through multi-sectoral collaboration to sustain livelihoods, address basic need especially gaps in food security.
2. **Incorporate adolescent- and youth-friendly psychosocial and mental health components into the current emergency response**, including access to trauma counsellors and referrals to more specialist mental health/psychiatric care in the case of severe mental health conditions, and if possible, recruiting psychiatrists and mental health specialists through medical missions and volunteers currently visiting and serving people in Gaza. This should also include:
  - › Investing in phone and internet-based hotlines for young people with psychosocial issues, with appropriate outreach, to complement in-person services in order to provide support at scale and also to help reach young people, especially girls and those with disabilities, who face mobility restrictions.
  - › Providing stepped up resources to PSS and mental health service providers, staff, drugs and technical support to help them address the huge needs of the population.
  - › Training young people and their caregivers on basic coping strategies such as psycho-emotional debriefing and seeking social support.
3. **Rebuild health services including sexual and reproductive health so that young people health needs are met.** Ensure that both young people with pre-war health conditions as well as those with conflict-related health conditions have access to adequate diagnoses, treatment and medications. Complement this by ensuring communication of health messages to raise awareness about the importance of protecting oneself in order to minimise the spread of infectious diseases

4. **Accelerate efforts to restore young people's access to education** including via online platforms, and through expanding accessible and affordable internet connectivity.
5. **Strengthen WASH, water and hygiene supplies**, including access to menstrual hygiene products.
6. **Prioritise protection and safeguarding of young people** exposed to abuse and exploitation, and ensure that the shelters provide adequate privacy for IDPs, especially adolescent girls
7. **Screen, identify and provide support and services for people** at greater risks, conflict- affected populations, proactively target vulnerable groups such as injured, orphans, IDPs, those lost their assets, married girls, young people with disabilities, survivors of violence and young people living in the north, through outreach and tailored delivery of health and social services.
8. **Monitor trends and service usage statistics** by young people and respond accordingly.

## Longer term priorities

1. **Restore education services by rebuilding infrastructure**, providing psychosocial support to teachers and students, including through investments in counselling services located at schools, and complementing in-person schooling with online educational tuition platforms, drawing on lessons from the Covid-19 pandemic.
2. **Rebuild and restore adolescent- and youth-friendly health services**, ensuring access to comprehensive reproductive health services including antenatal, natal care, postnatal care, and contraceptives for birth spacing for married young people.
3. **Tackle broader psychosocial vulnerabilities** by promoting the key determinants of mental well-being.
4. **Promote access to specialized mental health services** through recruitment of specialists, strengthen coordination and referral pathways and proactive targeting.
5. **Expand opportunities to promote social and family support** through positive parenting sessions, social support groups, promote interactions with peers and participation in recreational and PSS activities.
6. **Support positive coping repertoires among young** people, training on life skills, dealing with stress and overcoming stigma including through the establishment of one-stop centres for young people with integrated programming, drawing on lessons from the implementation of UNICEF's Makani centres in Jordan and Lebanon.
7. **Invest in a comprehensive social protection package for young people** that includes access to cash support alongside information about how to access complementary education, health, psychosocial and justice services (e.g. through one-stop centres – see above) and ensure that additional provisioning is made for young people with disabilities including cash allowances that take into account additional costs related to medical needs, assistive device purchase and repairs and transportation.



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# Annex: Descriptive analysis tables

Table 1: Distribution of study participants (Young People 10-24) by characteristic variables and living conditions (n 1,011)

Variable	Number	Percentage
<b>Age</b>		
10-14 years	304	30.1
15-19 years	397	39.3
20-24 years	310	30.7
Mode 18 SD 4	Mean age 17.14	Median 17
<b>Gender of participant</b>		
Male	485	48
Female	526	52
<b>Family size</b>		
Up to 5	312	30.9
6-to 10	492	48.8
More than 10	205	20.3
Mean family size	8.8 members	
<b>Place of living (before the war)</b>		
North of Gaza	234	23.1
Gaza	347	34.3
Middle area	132	13.1
Khanyounis	184	18.2
Rafah	114	11.3
<b>Current place of living by governates</b>		
North of Gaza	142	14
Gaza	225	23.3
Middle area	280	27.7
Khanyounis	213	21.1
Rafah	151	14.8
<b>Current place of living (North or South of the Gaza Strip as divided by the Israeli occupation)</b>		
North of Gaza (Gaza City and north)	367	36.3
South of Gaza (middle and south)	644	63.7
<b>Refugee status</b>		
Refugees	332	32.8
Non-refugees	679	67.2
<b>Current marital status</b>		
Married	181	17.9
Not married	830	82.1
Mean age at marriage	17 years	
<b>Child marriage, among those ever-married (n=195)</b>		
Yes	109	55.9
No	86	44.1
<b>Having any sort of disabilities</b>		
Yes	123	12.2
No	888	87.8
<b>Experiencing displacement</b>		
Yes	988	97.7
No	23	2.3
Mean number of displacements	5.4	

<b>Current place of living</b>		
Shelter (Public Places, schools, parks, institutions)	535	52.9
Own house	211	20.9
With relatives/friends	156	15.4
Street	85	8.4
Rent	24	2.4
<b>Type of current living place</b>		
Cement	518	51.2
Tent, pieces of clothes, shader	463	45.8
Asbestos/ Zingo	30	3.0
<b>Space in square meter per capita at current place of living</b>		
Less than 2 square meters	283	28.0
2 to 5 square meters	380	37.7
More than 5	346	34.3
Median	3.2 Square meter	
<b>At the household, having a designated place for basic utilities</b>		
Cooking	472	46.7
Washing dishes	420	41.5
Washing clothes	369	36.5
Bathing/taking shower	550	54.4
Toilet	692	68.4
<b>Basic utility index (Number of utilities available at in the household (out of 5))</b>	Mean 2.47	Median 2
.00	229	22.7
1.00	177	17.5
2.00	172	17.0
3.00	67	6.6
4.00	49	4.8
5.00	317	31.4

## Economic empowerment

Table 2: Household economic status

Item	N	%
<b>Main source of household income</b>		
Work of the head of the family or one of its members	638	63.1
Assistance from relatives and friends	131	13.0
Assistance from international organizations	127	12.6
Assistance from governmental/NGOS	68	6.7
Savings	21	2.1
Debts	17	1.7
No income	9	0.9
<b>Knowing/Telling the enumerators the household income in shekels in the past month</b>		
Yes	659	65.2
Don't know	287	28.4
Refused to answer	65	6.4
<b>HH income in shekels in the past month</b>		
0 to 100 NIS	137	20.8
101 to 500 NIS	214	32.5
501 to 1000 NIS	164	24.9
Above 1000 NIS	144	21.9
<b>Mean and median of HH income</b>	Mean 736.49	Median 500
Monthly Mean and median income per capita	Mean per capita 122.2	Median per capita 75
<b>Household income been affected by the war</b>		
Yes, income increased	11	1.1
Yes, income decreased	913	90.3
No, no effect	59	5.8
DK	28	2.8
<b>Percentage of decreased income</b>		
25% and less	22	2.4
26% to 50%	263	28.8
51% to 75%	154	16.9
More than 75%	473	51.9
<b>Can you tell me about the HH spending in shekels last month</b>		
Yes	689	68.2
Refused	33	3.3
Don't know	289	28.6
<b>Household expenditure in the past month</b>		
0 to 100 NIS	76	11.0
101 to 500 NIS	171	24.8
501 to 1000 NIS	171	24.8
1001 to 2000 NIS	153	22.2
2001 NIS and above	118	17.1
<b>Mean median of HH monthly expenditure</b>	Mean 1253	Median 1000
<b>Mean and median expenditure per capita</b>	Mean per capita 202.1	Median per capita 133.3
<b>Income expenditure gap at Household level</b>	Mean -493.69	Median -200
<b>Per capita Income expenditure gap at Household level</b>	Mean per capita 78.81	Median per capita 33.33
<b>HH expenses been affected by the war on Gaza</b>		
Yes, expenses increased	594	58.8
Yes, expenses decreased	349	34.5
No, no effect	37	3.7
DK	31	3.1
<b>Percentage of increase in the expenses</b>		

25% and less	16	2.7	
26% to 50%	206	34.7	
51% to 75%	130	21.9	
more than 75%	241	40.6	
Mean and median increase in expenditure	Mean 73.6%	Median 70%	
Being a regular beneficiary of the social assistance programs	533	52.7	
<b>Participants' engagement in paid work</b>			
Engaged in paid work during the war	282	27.9	
Engaged in paid work during the past month	137	13.6	
Engaged in paid work during the past week	91	9.0	
<b>Income earned last week from paid work</b>			
100 NIS and less	59	64.8	
101 to 500 NIS	30	33.0	
More than 500 NIS	2	2.2	
Median income	Mean 138.76	Median 70	
<b>Work hours in the last week</b>			
0 to 10 hours	18	19.8	
11 to 30 hours	20	22.0	
31 to 50 hours	18	19.8	
More than 50 hours	35	38.5	
Mean hours of work	Mean 42.9	Median 36	
<b>Doing the same type of work that the participant used to do before the war</b>			
Yes, the same work	31	10.9	
No, different	65	22.9	
I never worked before the war	188	66.2	
<b>Satisfaction about the current financial conditions of the HH</b>			
Satisfied	161	15.9	
Half/ half	86	8.5	
Not satisfied	764	75.6	
<b>Availability of assets at the household</b>			
Mobile	953	94.3	
Mattresses	933	92.3	
Battery	600	59.3	
Blankets (cover sheets)	866	85.7	
Mat	482	47.7	
Oven	259	25.6	
Fan	229	22.7	
Solar Energy	144	14.2	
Refrigerator	121	12.0	
Cooking gas	366	36.2	
Washing machine	114	11.3	
Internet	91	9.0	
Cookware	840	83.1	
Kitchen utensils (spoon, fork, knife... etc)	864	85.5	
<b>Mean/median number of assets at the HH (out of the 14 items)</b>	<b>Mean 6.78</b>	<b>Median 7</b>	
Three and less assets	96	9.5	
Four to six	357	35.3	
Seven to 10	487	48.17	
11 to 14	71	7	
<b>Type of power used in preparing food and beverage</b>			
Gas	Before the war	1008	99.7
	During the war	404	40.0
Kerosene	Before the war	1	0.1
	During the war	2	0.2
Electricity	Before the war	113	11.2
	During the war	4	0.4

Firewood/Charcoal	Before the war	18	1.8
	During the war	994	98.3
Solar Energy	Before the war	3	0.3
	During the war	6	0.6
<b>The main source of light at night in the HH</b>			
Battery		540	53.4
Self-charging torch		184	18.2
Mobile phone torch		178	17.6
No light at all		70	6.9
Solar energy		25	2.5
LED line from relatives/ others		24	2.4
Electricity from generator		5	0.5
Candles		3	0.3
Electricity from a private source		2	0.2
<b>Daily hours of power/electricity on at the HH</b>			
No electricity		582	57.6
1 to 4 hours		241	23.8
5 to 8 hours		147	14.5
More than 8		41	4.1

**Table 3: Social protection**

Type	Number	Percentage	Median number of assistances received	Median total Value in ILS	Mean total value in ILS	Perception very important
<b>Received cash</b>	348	34.4	1	800	1,047	97.4
<b>Source of this assistance</b>						
International humanitarian organizations (UNICEF and WFP)	114	32.8				
NGOs/CBOs/Religious institutions	114	32.8				
Relatives or friends/ neighbours	81	23.3				
Transfer from abroad	15	4.3				
Ministry of Social Development	14	4.0				
Political parties	9	2.6				
Government Institutions (other than Social Development)	7	2.0				
UNRWA	6	1.7				
Others	19	5.5				
DK	14	4.0				
<b>Received In-kind food assistance (mainly flour)</b>	733	72.5	2	120	198.75	95.2
<b>Source of this assistance</b>						
UNRWA	452	61.7				
Ministry of Social Development	160	21.8				
NGOs/CBOs/Religious institutions	117	16.0				
International humanitarian organizations (UNICEF and WFP)	86	11.7				
Relatives or friends/ neighbours	31	4.2				
Government Institutions (other than Social Development)	17	2.3				
Political parties	8	1.1				
Transfer from abroad	1	0.1				
Others	15	2.0				

DK	13	1.8				
<b>Receive Food aid vouchers (canned)</b>	<b>962</b>	<b>95.2</b>	<b>3</b>	<b>30</b>	<b>56.03</b>	<b>67.8</b>
<b>Source of this assistance</b>						
UNRWA	504	52.4				
International humanitarian organizations (UNICEF and WFP)	327	34.0				
Ministry of Social Development	236	24.5				
NGOs/CBOs/Religious institutions	157	16.3				
Relatives or friends/ neighbours	40	4.2				
Government Institutions (other than Social Development)	22	2.3				
Political parties	7	0.7				
Transfer from abroad	1	0.1				
Others	9	0.9				
DK	32	3.3				
<b>Received Food Aid Vouchers (Veggie)</b>	<b>460</b>	<b>45.5</b>	<b>2</b>	<b>80</b>	<b>104.27</b>	<b>97.8</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	164	35.7				
Ministry of Social Development	81	17.6				
Relatives or friends/neighbours	79	17.2				
UNRWA	49	10.7				
Government Institutions (other than Social Development)	21	4.6				
International humanitarian organizations (UNICEF and WFP)	8	1.7				
Political parties	6	1.3				
Others	54	11.7				
DK	39	8.5				
<b>Received water</b>	<b>661</b>	<b>65.4</b>	<b>30</b>	<b>5</b>	<b>8.52</b>	<b>99.1</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	496	75.0				
Transfer from abroad	126	19.1				
Government Institutions (other than Social Development)	26	3.9				
UNRWA	22	3.3				
International humanitarian organizations (UNICEF and WFP)	15	2.3				
Relatives or friends/neighbours	14	2.1				
Ministry of Social Development	8	1.2				
Political parties	1	0.2				
Others	18	2.7				
DK	87	13.2				
<b>Received baby aids (Food, Milk &amp; Pampers)</b>	<b>203</b>	<b>20.1</b>	<b>2</b>	<b>50</b>	<b>65.41</b>	<b>97.0</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	95	46.8				
UNRWA	53	26.1				
Ministry of Social Development	19	9.4				
Government Institutions (other than Social Development)	15	7.4				

Relatives or friends/neighbours	10	4.9				
International humanitarian organizations (UNICEF and WFP)	7	3.4				
Political parties	2	1.0				
Others	14	6.9				
DK	4	2.0				
<b>Received Shader</b>	<b>182</b>	<b>18.0</b>	<b>1</b>	<b>150</b>	<b>139.95</b>	<b>96.7</b>
<b>Source of this assistance</b>						
UNRWA	75	41.2				
NGOs/CBOs/Religious institutions	32	17.6				
Ministry of Social Development	20	11.0				
International humanitarian organizations (UNICEF and WFP)	19	10.4				
Relatives or friends/neighbours	7	3.8				
Government Institutions (other than Social Development)	5	2.7				
Political parties	2	1.1				
Others	14	7.7				
DK	10	5.5				
<b>Received a tent</b>	<b>77</b>	<b>7.6</b>	<b>1</b>	<b>1000</b>	<b>1,471.43</b>	<b>96.1</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	32	41.6				
Relatives or friends/neighbours	14	18.2				
Ministry of Social Development	12	15.6				
UNRWA	8	10.4				
International humanitarian organizations (UNICEF and WFP)	5	6.5				
Political parties	3	3.9				
Government Institutions (other than Social Development)	1	1.3				
Others	1	1.3				
DK	2	2.6				
<b>Received Kitchen appliances</b>	<b>74</b>	<b>7.3</b>	<b>1</b>	<b>100</b>	<b>134.60</b>	<b>100</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	28	37.8				
Government Institutions (other than Social Development)	9	12.2				
Ministry of Social Development	7	9.5				
UNRWA	7	9.5				
International humanitarian organizations (UNICEF and WFP)	5	6.8				
Relatives or friends/neighbours	1	1.4				
Others	11	14.9				
DK	6	8.1				
<b>Received Hygiene Supplies</b>	<b>379</b>	<b>37.5</b>	<b>1</b>	<b>150</b>	<b>1,78.12</b>	<b>99.5</b>
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	147	38.8				
UNRWA	140	36.9				
International humanitarian organizations (UNICEF and WFP)	32	8.4				
Ministry of Social Development	27	7.1				
Government Institutions (other than Social Development)	21	5.5				
Relatives or friends/neighbours	13	3.4				
Political parties	1	0.3				



Others	14	3.7				
DK	5	1.3				
<b>Received Mattresses and blankets</b>	350	34.6	1	60	76.43	96.0
<b>Source of this assistance</b>						
UNRWA	220	62.9				
NGOs/CBOs/Religious institutions	47	13.4				
International humanitarian organizations (UNICEF and WFP)	34	9.7				
Ministry of Social Development	20	5.7				
Government Institutions (other than Social Development)	14	4.0				
Relatives or friends/neighbours	4	1.1				
Political parties	1	0.3				
Transfer from abroad						
Others	19	5.4				
DK	3	0.9				
<b>Received education services for children</b>	53	5.2	1	-	-	96.2
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	36	67.9				
UNRWA	6	11.3				
Relatives or friends/neighbours	4	7.5				
International humanitarian organizations (UNICEF and WFP)	3	5.7				
Government Institutions (other than Social Development)	3	5.7				
Political parties	1	1.9				
DK	1	1.9				
<b>Received health services</b>	324	32.0	4	-	-	96.2
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	166	51.2				
UNRWA	130	40.1				
Government Institutions (other than Social Development)	66	20.4				
International humanitarian organizations (UNICEF and WFP)	32	9.9				
Political parties	1	0.3				
Others	1	0.3				
DK	4	1.2				
<b>Received Psychosocial Support Services</b>	91	9.0	2	-	-	93.4
<b>Source of this assistance</b>						
NGOs/CBOs/Religious institutions	64	70.3				
UNRWA	25	27.5				
Government Institutions (other than Social Development)	3	3.3				
International humanitarian organizations (UNICEF and WFP)	1	1.1				
DK	6	6.6				
<b>Received legal support and protection services</b>	10	1.0	1	-	-	100.0
<b>Source of this assistance</b>						

UNRWA	3	30.0				
NGOs/CBOs/Religious institutions	3	30.0				
Government Institutions (other than Social Development)	1	10.0				
Relatives or friends/neighbours	1	10.0				
DK	2	20.0				
<b>Total amount received from all sources for all types of assistances in ILS</b>						
500 NIS and less	358	35.9				
501 to 2000 NIS	440	44.2				
More than 2001	198	19.9				
Mean and median	Mean 1368.56	Median 800				

## Health, nutrition

Table 4: WASH

Items	Number	Percentage
<b>The main source of drinking water during the past month</b>		
Tank (filtered water, paid)	585	57.9
Tank (filtered water- free of charge)	359	35.5
Network/Well	48	4.7
Others/charity	19	1.9
<b>Main source of water for hygiene</b>		
Private well	368	36.4
Public well	223	22.1
Network	219	21.7
Tank (filtered- free of charge)	80	7.9
Sea water	48	4.7
Tank (filtered- paid)	41	4.1
Charity	31	3.1
<b>Location of the drinking water source</b>		
In the street	822	81.3
At the private accommodation	175	17.3
At the neighbour's residential place	7	0.7
At public places	7	0.7
<b>Location of water for hygiene source</b>		
At the private accommodation	292	28.9
In the street	508	50.3
At the neighbours' residential place	110	10.9
At the public places	100	9.9
<b>Time it takes for the HH members to go there, get water and come back</b>		
10 minutes and less	258	25.5
11 to 20 min	160	15.8
21 to 30 min	174	17.2
31 to 60 min	199	19.7
61 to 120 min	111	11.0
More than 120 min	109	10.8
<b>Last month, HH ever experienced not having enough drinking water</b>		
Yes, at least once	188	18.6
Yes repeatedly	567	56.1
No, it's always enough	256	25.3
<b>The main reason for not being able to access water in sufficient quantities when needed during the war</b>		
Water not available from the source (Cut off)	481	63.7
Water is very expensive	195	25.8
Source is not accessible	72	9.5
Other reasons (No fuel)	7	.9
<b>Doing any measures to the water to make it safer for drinking</b>		
	34	3.4
<b>Type of measures applied to make water safer</b>		
Boiling it	21	61.8
Adding disinfectant/chlorine	11	32.4
Using water filter (ceramic, sand, composite and so on)	4	11.8
Solar disinfection (exposure to sunlight for the purpose of disinfection)	1	2.9
Letting it settle down	1	2.9
<b>Kind of toilet that you use in your current accommodation</b>		
Traditional (Arabic)	212	21.0
Frankish- Chair	585	57.9
No toilet/use of primitive methods	214	21.1
<b>Toilet used is shared with other households</b>		
	609	61.5
<b>Number of toilets in the place of accommodation</b>		
One toilet	739	73.1
Two toilets	126	12.5
Three toilets	51	5.0
More than three toilets	74	7.3

<b>Number of persons per one toilet</b>		
Less than 5 persons	114	11.5
6 to 10 persons	310	31.3
11 to 20 persons	233	23.5
21 to 50 persons	162	16.4
More than 50 persons	171	17.3
Mean/median number of persons by one toilet	Mean 27.1	Median 11.8
<b>Whether the toilet is gender segregated or not</b>		
Gender segregated	79	8.0
Not gender segregated, mixed	911	92.0
<b>Can access clean water for washing hands</b>		
Yes, always available	402	39.8
Available most of the time	323	31.9
Available almost half the time	146	14.4
Available less than half the time	101	10.0
Never-available	38	3.8
<b>Can access bath sponge when needed</b>		
Yes, always available	307	30.4
Available most of the time	79	7.8
Available almost half the time	54	5.3
Available less than half the time	110	10.9
Never-available	460	45.5
<b>Can access soap for washing hands</b>		
Yes, always available	149	14.8
Available most of the time	78	7.7
Available almost half the time	104	10.3
Available less than half the time	164	16.2
Never-available	514	50.9
<b>Can access clean water for toilet</b>		
Yes, always available	439	43.4
Available most of the time	302	29.9
Available almost half the time	111	11.0
Available less than half the time	84	8.3
Never-available	75	7.4
<b>Can access soap for laundry (Powder/ gel/ liquid)</b>		
Yes, always available	113	11.2
Available most of the time	76	7.5
Available almost half the time	110	10.9
Available less than half the time	187	18.5
Never-available	524	51.9
<b>Can access menstrual pads when needed</b>		
Yes, always available	165	31.4
Available most of the time	98	18.7
Available almost half the time	61	11.6
Available less than half the time	75	14.3
Never-available	109	20.8
DK	12	2.3
Refuse to answer	5	1.0
<b>Can access clean water for bathing</b>		
Yes, always available	402	39.8
Available most of the time	303	30.0
Available almost half the time	143	14.1
Available less than half the time	107	10.6
Never-available	56	5.5
<b>Can access tissue for toilet use</b>		
Yes, always available	71	7.0
Available most of the time	31	3.1
Available almost half the time	34	3.4
Available less than half the time	98	9.7
Never-available	777	76.9
<b>Can access shampoo</b>		

Yes, always available	81	8.0
Available most of the time	36	3.6
Available almost half the time	53	5.2
Available less than half the time	141	13.9
Never-available	700	69.2
<b>Can access towels</b>		
Yes, always available	586	58.0
Available most of the time	152	15.0
Available almost half the time	44	4.4
Available less than half the time	46	4.6
Never-available	181	17.9
<b>Can access razor or shaving tools (blade)</b>		
Yes, always available	93	9.2
Available most of the time	32	3.2
Available almost half the time	45	4.5
Available less than half the time	116	11.5
Never-available	716	70.8
<b>Can access toothpaste (brushes)</b>		
Yes, always available	305	30.2
Available most of the time	132	13.1
Available almost half the time	84	8.3
Available less than half the time	96	9.5
Never-available	391	38.7
<b>Number of times participants took a bath in the past week</b>		
Not bathing last week	6	0.6
Once	104	10.3
2 to 4 times	494	48.9
5 to 7 times	385	38.1
More than 7 times	22	2.2

Table 5: Menstrual hygiene

Variables	No	%
Started period or monthly bleeding	426	81.0
Faced difficulties getting menstrual hygiene supplies and commodities since the beginning of the war	305	71.6
<b>Reasons for not being able to obtain the menstrual products</b>		
Don't have enough money to buy the product	255	83.6
The product is not available in the market	118	38.7
Couldn't go to the store to buy commodities or ask someone to go to the store to buy them for me	30	9.8
Family members don't prioritize these products	10	3.3
The place that usually provides these products (school or a youth program) is currently closed	6	2.0
<b>Experienced any of the following difficulties when managing menstrual period</b>		
There isn't enough soap or water	291	68.3
There aren't enough supplies	253	59.4
There isn't enough privacy	243	57.0
There aren't enough toilets	106	24.9
<b>Measures taken to manage inadequate or lack of menstrual commodities</b>		
Asked family members to provide sanitary pads	225	52.8
Used cloth substitutes for sanitary pads	138	32.4
Borrowed money to buy sanitary pads	126	29.6
Used baby diapers/ fine tissue	26	6.1
<b>Received menstrual hygiene kit provided by humanitarian organizations</b>		
Yes, and contains all the needed supplies	20	4.7

Yes, and contains some of the needed supplies	107	25.1
No	299	70.2
<b>Number of times menstruating girls/women received personal hygiene kits from humanitarian institutions</b>		
Once	109	86.5
Twice	13	10.3
Three times	4	3.2
<b>Participants feel embarrassed to ask their family members for my support regarding their period</b>		
Totally agree	236	55.4
Partially agree	21	4.9
Disagree	168	39.4
<b>Participants are afraid to ask their family members for my support regarding their period</b>		
Totally agree	101	23.7
Partially agree	17	4.0
Disagree	305	71.6

Table 6: Household Water Insecurity Experiences (HWISE) scale

Item	Never		Rarely once or twice		Sometimes 3-10 times		Often more than 10 times	
	N	%	N	%	N	%	N	%
Worry about enough water. In the past 30 days, how often did you worry about whether your household would have enough water for all of its needs	141	13.9	138	13.6	252	24.9	480	47.5
Drink water from undesirable sources. In the past 30 days, how often did you or any household members collect water for drinking from an undesirable or dirty water source because you could not collect water from a preferred or clean source	294	29.1	176	17.4	249	24.6	292	28.9
Drink unsafe water. In the past 30 days, how often did you or any household members drink water that you thought might not be safe for health	249	24.6	127	12.6	228	22.6	407	40.3
Drink less water than needed. In the past 30 days, how often did you or any household members drink less water than you needed because there was not enough water or because it was too difficult to collect more water	271	26.9	199	19.7	302	29.9	237	23.5
Use less water than needed. In the past 30 days, how often did you or any household members use less water than you needed because there was not enough water or because it was too difficult to collect water	121	12.0	140	13.8	244	24.1	506	50.0
No water at all. In the past 30 days, how often was there no water at all in your household because it was too difficult to collect more water	316	31.3	307	30.4	278	27.5	110	10.9
Go to sleep thirsty. In the past 30 days, how often did you or any household members go to sleep at night thirsty because there was not enough water	500	49.5	284	28.1	179	17.7	48	4.7
Feel angry or frustrated. In the past 30 days, how often did you feel angry or frustrated about not having enough water for the household	155	15.3	133	13.2	274	27.1	449	44.4

HWISE level								
Low	37	3.7						
Medium	91	9						
High	883	87.3						

Table 7: Health

Item	Number	Percentage
<b>Overall perceptions about health status in the last two weeks</b>		
Very good	81	8.0
Good	244	24.1
Fair	267	26.4
Bad	419	41.4
<b>Change in perceptions about health status since the beginning of the war</b>		
Improved	18	1.8
Deteriorated	916	90.6
No effect	76	7.5
<b>Wasn't able to receive health care during the war when needed</b>		
Quite often	324	32.0
Sometimes	205	20.3
No	482	47.7
<b>Reasons for not receiving health services when needed</b>		
Couldn't reach the health centre because of the war	208	39.3
Lack of medications	168	31.8
Don't have money to pay for the services/transportation	126	23.8
Couldn't find a transportation to go to the health centre	103	19.5
Health centres are closed/ no centres are available in the area	90	17.0
There are no skilled staff in health centres	88	16.6
The disease is not dangerous	28	5.3
Don't care about my health or my illness	11	2.1
Couldn't find anyone to accompany me to the centre	11	2.1
<b>Experiencing a serious illness or a serious injury during the war</b>		
No	638	63.1
Yes, disease	267	26.4
Yes, injury	89	8.8
Yes, both disease and injury	17	1.7
<b>Received health care when experienced serious injury or serious illnesses</b>		
Yes	298	79.9
No	75	20.1
<b>Reasons for not receiving health services</b>		
Lack of medications	33	44.0
Couldn't reach the health centre/security concerns	26	34.7
There are no skilled doctors in health centres	14	18.7
Health centres are closed/ no centres available in the area	13	17.3
Don't have money to pay for the services/transportation	11	14.7
Couldn't find a transportation to go to the health centre.	10	13.3
Don't care about my health or my illness	4	5.3
The disease is not dangerous	3	4.0
My family refused to take me to any health facility.	1	1.3
<b>Having a disability (Experiencing moderate or severe difficulty seeing, hearing, moving, remembering, communicating or taking care of yourself, such as washing or dressing)</b>		
Yes	123	12.2
No	888	87.8
<b>Type of disability</b>		
Vision	49	39.8
Hearing	29	23.6
Walking	36	29.3
Remembering or focusing	9	7.3
Take care of yourself such as washing or dressing	20	16.3

Communication	7	5.7
<b>Experiencing symptoms of illnesses in the past month</b>		
Headache	668	66.1
Colic	571	56.5
Fatigue	556	55.0
Muscle pain	432	42.7
Itching	422	41.7
Weight loss	406	40.2
Loss of appetite	395	39.1
Fever	384	38.0
Sore throat	363	35.9
Arthralgia/Pain in the joints	362	35.8
Dry cough	359	35.5
Skin infections	352	34.8
Frequent diarrhoea	316	31.3
Chills	280	27.7
Vomiting	236	23.3
Dysuria/difficulty in urinating	216	21.4
Jaundice	188	18.6
Redness of the eye	180	17.8
Rash	178	17.6
Pain in the ear	141	13.9
Abscess	96	9.5
Loss of smell and taste	66	6.5
Bloody stool	13	1.3
Nothing	85	8.4
<b>Measures taken when experiencing symptoms of illnesses</b>		
Visited the medical point located at the place of displacement	298	32.2
Visited a community pharmacy	179	19.3
Visited MoH clinic	113	12.2
Visited UNRWA clinic	110	11.9
Visited an NGO clinic	62	6.7
Visited a field hospital	56	6.0
Visited a private doctor	13	1.4
Did nothing, didn't approach any care providers	193	20.8
<b>Reasons for not receiving health care when experiencing symptoms of diseases</b>		
The disease is not dangerous	86	45.3
Don't have the money to pay for the services or transportations.	27	14.2
Don't care about my health	27	14.2
Couldn't reach the health centre because of the war	20	10.5
Health centres are closed/ no centres available here	17	8.9
Lack of medications	14	7.4
Couldn't find a transportation to go to the health centre.	10	5.3
There are no skilled doctors in health centres	8	4.2
Couldn't find anyone to accompany me	3	1.6
My family refused to take me to any health facility.	2	1.1
<b>Agreeing that during the war, more people are unable to access health services</b>	976	96.6
<b>Married women only</b>		
<b>Being pregnant at any time since the beginning of the war</b>		
Currently pregnant	24	14.5
Was pregnant anytime during the war	40	24.2
No	101	61.2
<b>Received any care during pregnancy</b>	29	45.3
<b>Reasons for not receiving antenatal care</b>		
Couldn't reach the health centre because of the war	14	40.0
Couldn't find a transportation to go to the health centre.	3	8.6
Couldn't find anyone to accompany me and take care of my condition	1	2.9
Health centres are closed/ no centres available here	11	31.4
Don't have money to go	12	34.3



The disease is not dangerous	1	2.9
There are no skilled doctors in health centres	2	5.7
Don't care about my health	1	2.9
<b>Received postpartum health care-Women who gave birth during the war</b>		
No, did not receive	12	34.3
Yes, received to myself (care of the mother)	3	8.6
Yes, to my baby (care of the baby)	11	31.4
Yes, to both of us (mother and baby)	9	25.7
<b>If not, Reasons for not receiving postnatal care services</b>		
I couldn't reach the health centre because of the war and insecurity	7	58.3
I couldn't find a transportation to go to the health centre.	3	25.0
Health centres are closed/ no centres available here	4	33.3
I don't have the money to go.	3	25.0
The issue is not dangerous	1	8.3
I don't care about my health or my illness	1	8.3
<b>Having a child or children less than two years old</b>	70	42.4
<b>Children under 2 years had received their vaccinations</b>		
Yes, all of them	64	91.4
Yes, some of them	4	5.7
No	2	2.9
<b>If not, reasons for not receiving immunization</b>		
I couldn't reach the health centre because of the war and insecurity	2	33.3
I couldn't find a transportation to go to the health centre.	1	16.7
I don't have the money to go.	2	33.3
The vaccine is not available	1	16.7
<b>Women who needed family planning services and didn't receive them</b>		
Yes	10	6.1
No	155	93.9
<b>Reasons for not receiving family planning services</b>		
I couldn't reach the health centre because of the war and insecurity	4	40.0
I couldn't find a transportation to go to the health centre.	1	10.0
Health centres are closed/ no centres available here	1	10.0
I don't have the money to go.	3	30.0
The devices were not available	5	50.0
<b>Women who needed STIs services and didn't receive them</b>	5	3.0
<b>If not, what is the reason</b>		
I couldn't find a transportation to go to the health centre.	2	40.0
No Medications	3	60.0

Table 8: Sleep

Variable	No	%
<b>Number of hours slept yesterday</b>		
2 hours and less	26	2.6
3 to 6 hours	341	33.7
7 to 10 hours	572	56.6
11 hours and over	72	7.1
Mean and median of sleep hours	Mean 7.29	Median 8
<b>Experiencing interruption of sleep hours "yesterday"</b>		
Slept all hours without interruptions	435	43.0
Sleep was interrupted	574	56.8
Didn't sleep at all	2	0.2
<b>The cause of inability to sleep or interrupted sleep is</b>		
Fear of bombing	381	66.1
Worried about my family members	272	47.2
Hot weather	121	21.0
Sickness	42	7.3
Guarding (so we don't get robbed)	32	5.6
Experiencing hunger	14	2.4
<b>Sleep pattern in comparison to the pre-war time,</b>		
Sleeping more	171	16.9
Sleeping less	771	76.3
No change	69	6.8

Table 9: Nutrition and food security

<b>Nutrition</b>		
<b>Frequency of experiencing hungry in the past four weeks because there's not enough food at the HH to eat</b>		
It never happened	376	37.2
Once or twice	117	11.6
More than twice	518	51.2
<b>In comparison to pre-war situation, frequency of feeling hungry because there isn't enough food to eat</b>		
More	757	74.9
Same	223	22.1
Less	28	2.8
<b>Number of meals eaten yesterday</b>		
0	3	0.3
1	303	30.0
2	487	48.2
3	204	20.2
4	11	1.1
5	2	0.2
<b>In comparison to the pre-war time, meals contents of animal protein such as meat, chicken, fish or eggs</b>		
Contain more	8	0.8
Contain less	987	97.6
The same	16	1.6
<b>In comparison to the prewar time, meals contents of non-animal protein such as lentils</b>		
Contains more	837	82.8
Contain less	127	12.6
The same	47	4.6

Table 10: Food reduced coping strategy index

<b>Relied on less preferred, less expensive food</b>	<b>N</b>	<b>%</b>
0	60	5.9
1	49	4.8
2	93	9.2
3	130	12.9
4	105	10.4
5	117	11.6
6	72	7.1
7	385	38.1
<b>Borrowed food or relied on help from friends or relatives</b>		
0	558	55.2
1	79	7.8
2	74	7.3
3	92	9.1
4	58	5.7
5	28	2.8
6	9	.9
7	113	11.2
<b>Reduced the number of meals eaten per day</b>		
0	324	32.0
1	20	2.0
2	91	9.0
3	89	8.8
4	66	6.5
5	73	7.2
6	16	1.6
7	332	32.8
<b>Restricted consumption by adults in order for small children to eat</b>		
0	516	51.0
1	24	2.4
2	71	7.0
3	75	7.4
4	46	4.5
5	62	6.1
6	10	1.0
7	207	20.5
<b>Reduced portion size of meals</b>		
0	280	27.7
1	29	2.9
2	82	8.1
3	66	6.5
4	39	3.9
5	42	4.2
6	23	2.3
7	450	44.5

**Stages Food reduced coping strategy index**

<b>Phase</b>	<b>No</b>	<b>Percentage</b>
None	125	12.4
Stressed	374	37.0
Crisis/emergency/catastrophic	512	50.6

## PSS

**Table 11: Challenges participants personally faced during the war**

Variable	Number	Percentage
<b>Challenges and difficulties have you faced since the beginning of the war on Gaza</b>		
Lack of food	658	65.1
Poor living conditions	631	62.4
Not feeling safe (originated from the Israeli occupation)	566	56.0
Repeated/frequent displacement	552	54.6
High prices of goods	447	44.2
Lack of power source (electricity or gas)	428	42.3
Excess household chores	424	41.9
Psychological stress	422	41.7
Shortage of food in the market	334	33.0
Lack of resources and sources of income	330	32.6
Lack of privacy	264	26.1
Demolition of houses	247	24.4
Lack of health services	196	19.4
Inappropriate shelter	187	18.5
Lack of educational services	174	17.2
Losing a beloved one from outside family members	146	14.4
Insecurity feelings originated from the internal problems (not related to the Israeli occupation)	144	14.2
Loss of a family member	138	13.6
Frequent quarrels and conflict among people in the community	126	12.5
Lack of toilet/bathroom	101	10.0
Difficulty in accessing transportation	98	9.7
Lack of internet	79	7.8
Inability to receive salary (liquify problem-No cash)	77	7.6
Risk of exposure to physical injury	64	6.3
Inadequate social assistance	58	5.7
Family problems-problematic interactions within families	52	5.1
Lack of water/ Difficulty getting water	35	3.5
Being arrested	8	0.8
Lack of cigarettes for smokers	8	0.8

**Table 12: Subgroup mostly affected by the war**

<b>Categories of people mostly affected by the war</b>		
Children under 5 years old	673	66.6
Children 6-10 years old	635	62.8
Youth males 20-25 years ol	397	39.3
Youth females 20-25 years old	317	31.4
Adolescent girls 10-19 years old	316	31.3
Adolescent boys-10-19 years old	307	30.4
Elderly people over 65 years old	284	28.1
Women-adults	214	21.2
People with chronic diseases	198	19.6
Pregnant women	186	18.4
Men-Adult	155	15.3

Persons with disabilities	144	14.2
Women – Widows	135	13.4
Married girls	133	13.2

Table 13: Coping strategies to deal with the difficult economic situation

Item	Number	Percentage
Relying on food provided as in-kind assistance	491	48.6
Buying small amounts of food	469	46.4
Buying inexpensive food	450	44.5
Borrowing money	406	40.2
Using savings	207	20.5
Sell-food vouchers	177	17.5
Seeking organizations that provide aid	158	15.6
Engaging in a sort of trade (e.g. selling canned goods)	84	8.3
Borrowing in-kind materials from others	76	7.5
Search for items in the neighbourhood that can be sold (such as firewood)	68	6.7
Sending children to work	66	6.5
Selling family properties	43	4.3
Relying on remittances from abroad	31	3.1
Thinking about immigrating abroad	28	2.8
Reducing expenditures on health	23	2.3
Reliance on assistance from international organizations (cash)	12	1.2
Stealing the property of others	11	1.1
Begging	3	0.3

## Mental health

Table 14: PSS-GAD-7 generalized anxiety disorder

Items	Not at all		Several days		More than half the days		Nearly every day	
	N	%	N	%	N	%	N	%
Feeling nervous, anxious, or on edge	60	5.9	321	31.8	146	14.4	483	47.8
Not being able to stop or control worrying	190	18.8	367	36.3	132	13.1	321	31.8
Worrying too much about different things	204	20.2	321	31.8	174	17.2	312	30.9
Trouble relaxing	185	18.3	309	30.6	159	15.7	357	35.3
Being so restless that it is hard to sit still	269	26.6	298	29.5	167	16.5	275	27.2
Becoming easily annoyed or irritable	122	12.1	328	32.4	200	19.8	361	35.7
Feeling afraid, as if something awful might happen	134	13.3	325	32.1	160	15.8	392	38.8
	Not difficult at all		Somewhat difficult		Very difficult		Extremely difficult	
	N	%	N	%	N	%	N	%
Difficult they have made it for you to do your work, take care of things at home, or get along with other people	206	20.4	322	31.8	214	21.2	265	26.2

## Results of GAD anxiety scale

Category	Number	Percentage
Minimal anxiety 0-4	107	10.6
Mild anxiety 5-9	285	28.2
Moderate anxiety 10-14	271	26.8
Severe anxiety 15-21	348	34.4

Table 15: PHQ-8 for measuring depression

	Not at all		Several days		More than half the days		Nearly every day			
	N	%	N	%	N	%	N	%		
Little interest or pleasure in doing things	80	7.9	264	26.1	204	20.2	462	45.7		
Feeling down, depressed, or hopeless	83	8.2	295	29.2	174	17.2	458	45.3		
Trouble falling or staying asleep, or sleeping too much	223	22.1	314	31.1	156	15.4	318	31.5		
Feeling tired or having little energy	172	17.0	310	30.7	184	18.2	345	34.1		
Poor appetite or overeating	172	17.0	380	37.6	202	20.0	255	25.2		
Feeling bad about yourself — or that you are a failure or have let yourself or your family down	664	65.7	185	18.3	57	5.6	103	10.2		
Trouble concentrating on things, such as caring of children, doing activities	306	30.3	404	40.0	132	13.1	168	16.6		
Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	642	63.5	237	23.4	68	6.7	64	6.3		
	<b>Not difficult at all</b>		<b>Somewhat difficult</b>		<b>Very difficult</b>		<b>Extremely difficult</b>			
	N	%	N	%	N	%	N	%		
Difficult they have made it for you to do your work, take care of things at home, or get along with other people	217	21.5	385	38.1	197	19.5	211	20.9		
	<b>0-4 Minimal depression</b>		<b>5-9 Mild depression</b>		<b>10-14 Moderate depression</b>		<b>15-19 Moderately severe depression</b>		<b>20-24 Severe depression</b>	
	N	%	N	%	N	%	N	%	N	%
Total PHQ depression	109	10.8	322	31.8	291	28.8	210	20.8	79	7.8

**Results of PHQ depression scale**

Category	Number	Percentage
Minimal depression 0-4	109	10.8
Mild depression 5-9	322	31.8
Moderate depression 10-14	291	28.8
Moderate/severe depression 15-19	210	20.8
Severe depression	79	7.8

Table 16: GHQ-12

Item	Yes		No	
	N	%	N	%
Been able to concentrate on what you're doing?	469	46.4	541	53.5
Lost much sleep over worry?	693	68.5	317	31.4
Felt you were playing a useful part in things?	636	62.9	375	37.1
Felt capable of making decisions about things?	664	65.7	347	34.3
Felt constantly under strain?	809	80.0	202	20.0
Felt you couldn't overcome your difficulties?	628	62.1	383	37.9
Been able to enjoy your normal day-to-day activities?	353	34.9	657	65.0
Been able to face up to your problems?	635	62.8	375	37.1
Been feeling unhappy and depressed?	860	85.1	151	14.9
Been losing confidence in yourself?	270	26.7	741	73.3
Been thinking of yourself as a worthless person?	235	23.2	773	76.5
Been feeling reasonably happy, all things considered	585	57.9	426	42.1

**Results of GHQ**

Category	Number	Percentage
Minimal distress Up to three	141	14.0
Moderate PSS distress 4-6	435	43.0
Moderate to Severe 7-9	340	33.6
Severe 10 and more	94	9.4

Table 17: PTSD

Variable	PTSD									
	Not at all 0		A little bit 1		Moderately 2		Quite a bit 3		Extremely 4	
	N	%	N	%	N	%	N	%	N	%
Repeated, disturbing, and unwanted memories of the stressful experience?	68	6.7	39	3.9	166	16.4	167	16.5	570	56.4
Repeated, disturbing dreams of the stressful experience?	263	26.0	113	11.2	198	19.6	133	13.2	302	29.9
Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	181	17.9	110	10.9	253	25.0	168	16.6	297	29.4
Feeling very upset when something reminded you of the stressful experience?	88	8.7	44	4.4	220	21.8	208	20.6	451	44.6
Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	295	29.2	97	9.6	196	19.4	163	16.1	260	25.7
Avoiding memories, thoughts, or feelings related to the stressful experience?	314	31.1	80	7.9	230	22.7	168	16.6	218	21.6
Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	374	37.0	82	8.1	224	22.2	134	13.3	196	19.4
Trouble remembering important parts of the stressful experience?	630	62.3	77	7.6	172	17.0	55	5.4	77	7.6
Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	541	53.5	126	12.5	174	17.2	66	6.5	104	10.3
Blaming yourself or someone else for the stressful experience or what happened after it?	578	57.2	88	8.7	168	16.6	86	8.5	91	9.0
Having strong negative feelings such as fear, horror, anger, guilt, or shame?	233	23.0	119	11.8	251	24.8	161	15.9	247	24.4
Loss of interest in activities that you used to enjoy?	63	6.2	54	5.3	195	19.3	203	20.1	496	49.1
Feeling distant or cut off from other people?	273	27.0	90	8.9	186	18.4	150	14.8	311	30.8
Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?	342	33.8	123	12.2	195	19.3	126	12.5	224	22.2
Irritable behaviour, angry outbursts, or acting aggressively?	482	47.7	125	12.4	189	18.7	83	8.2	132	13.1
Taking too many risks or doing things that could cause you harm?	677	67.0	79	7.8	125	12.4	51	5.0	78	7.7



Being 'super alert' or watchful or on guard?	166	16.4	115	11.4	301	29.8	129	12.8	300	29.7
Feeling jumpy or easily startled?	310	30.7	142	14.0	262	25.9	153	15.1	144	14.2
Having difficulty concentrating?	238	23.5	120	11.9	345	34.1	131	13.0	175	17.3
Trouble falling or staying asleep?	230	22.7	122	12.1	264	26.1	177	17.5	218	21.6

**Results of PTSD**

Category	Number	Percentage
Normal range <=1.23	193	19.1
Mild >1.23 to <=1.64	204	20.2
Moderate >1.64 to <=2.455	372	36.8
Severe >2.455 to <=3.265	202	20.0
Extremely severe >3.265	40	4.0
<b>Possibly alteration of functional capacities</b>		
Scored Less than 32 points (Unlikely to have PTSD)	391	39.1
Scored 33 and more points (Likely to have PTSD)	609	60.9
<b>Meeting 4 DSM PTSD diagnostic criteria</b>		
No, not meeting the criteria	441	43.6
Yes, meeting the criteria	570	56.4

**Figure 1: PTSD**

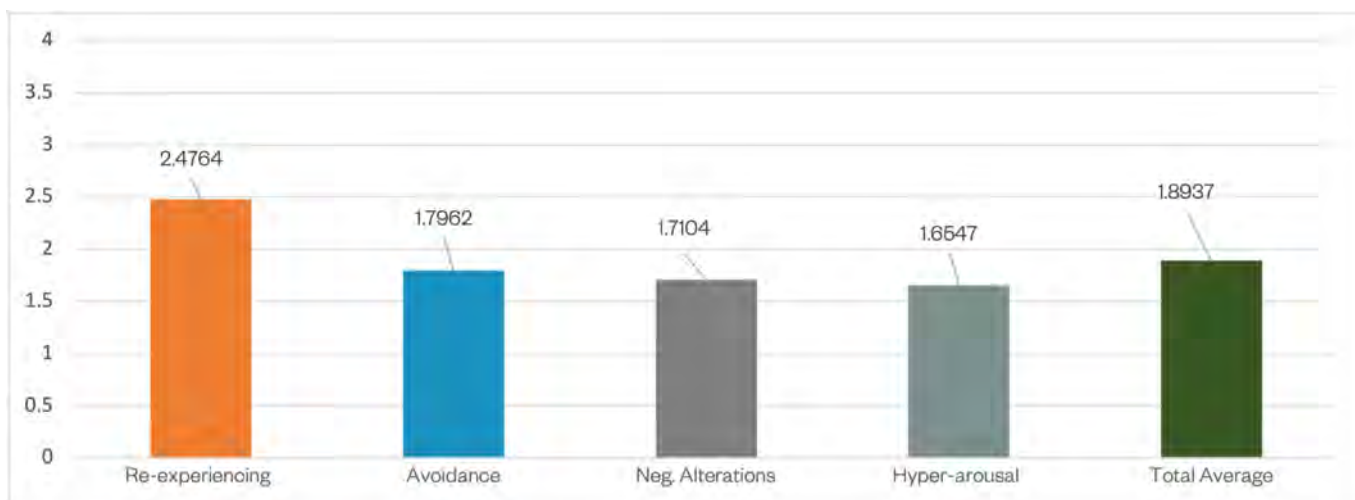


Table 19: Other mental health questions

Item	No.		Percentage					
<b>Change in feelings and behaviours during the war</b>								
Feel angry faster than before	849		84.0					
Argue more than before	698		69.0					
Help family members with house chores more than before	900		89.0					
Worry about personal life and the lives of loved ones more than before	987		97.6					
Items	Yes				No			
	N		%		N		%	
Seeking support or services to face the challenges and difficulties reported in the PHQ	43		4.3		966		95.5	
Reported feeling so sad or hopeless that you stopped doing some usual activities during the war	687		68.0		321		31.8	
Reported feel like a miserable, tired and helpless person during the war	625		61.8		386		38.2	
Items	To high extent		To some extent		No		DK	
	N	%	N	%	N	%	N	%
More people in the community are suffering from anxiety and depression	969	95.8	34	3.4	8	0.8		
Items	Better off		The same		Worse		DK	
	N	%	N	%	N	%	N	%
Expectation about their future, a year from now	555	54.9	93	9.2	277	27.4	86	8.5

Table 20: Resilience and coping

## BRCS

Items	Number	Percentage
<b>No matter what happens to me, I think I can control my reaction to what happens to me</b>		
Don't represent me at all	68	6.7
Don't represent me	278	27.5
Half/ half	228	22.6
Represent me	389	38.5
Represent me a lot	46	4.5
<b>I believe I can develop myself in positive ways by dealing with difficult situations</b>		
Don't represent me at all	38	3.8
Don't represent me	205	20.3
Half/ half	169	16.7
Represent me	517	51.1
Represent me a lot	78	7.7
<b>I am eagerly looking for ways to make up for the losses I face in life</b>		
Don't represent me at all	35	3.5
Don't represent me	267	26.4
Half/ half	128	12.7
Represent me	481	47.6
Represents me a lot	98	9.7
<b>I cope well with the difficulties and tension caused by the war</b>		
Don't represent me at all	55	5.4
Don't represent me	220	21.8
Half/ half	212	21.0

Represent me	444	43.9
Represents me a lot	78	7.7
<b>Looking for comfort and guidance through religion</b>		
Don't represent me at all	19	1.9
Don't represent me	55	5.4
Half/ half	120	11.9
Represent me	588	58.2
Represents me a lot	228	22.6
<b>Family helps overcome the difficulties and stress caused by the war</b>		
Don't represent me at all	46	4.5
Don't represent me	109	10.8
Half/ half	84	8.3
Represent me	551	54.5
Represents me a lot	220	21.8
<b>Friends help overcome the difficulties and stress caused by the war</b>		
Don't represent me at all	150	14.8
Don't represent me	326	32.2
Half/ half	96	9.5
Represent me	338	33.4
Represents me a lot	101	10.0
<b>Adults (such as community members, sports coaches, or religious leaders) help overcome the difficulties and stress caused by war</b>		
Don't represent me at all	288	28.5
Don't represent me	425	42.0
Half/ half	73	7.2
Represent me	169	16.7
Represents me a lot	56	5.5
<b>I try to develop creative solutions to face the problems I am going through</b>		
Don't represent me at all	38	3.8
Don't represent me	206	20.4
Half/ half	181	17.9
Represent me	495	49.0
Represents me a lot	90	8.9

#### Results of BRCS is a 4-item scale

Category	Number	Percent
Low resilience	463	45.8
Intermediate	513	50.7
High resilience	35	3.5
Total	1,011	100

Table 21: Methods participants used to cope with the stress during the war

Items	Number	Percent
Engaging more on social interactions	298	29.5
Doing diversional activities	200	19.8
Learning and practicing religious rituals and praying more	234	23.1
Going to the beach and swim more	155	15.3
Avoiding people	143	14.1
Using social media more	134	13.3
Sleeping more	134	13.3
Practicing sports and exercising more	100	9.9
Watching series and movies	84	8.3
Doing more household chores like cooking	78	7.7
Reading more	58	5.7

Working more	48	4.7
Learning new life skills	47	4.6
Crying more	44	4.4
Avoid participating in social activities	36	3.6
Thinking about immigrating outside the country	28	2.8
Eating more	17	1.7
Practicing daydreaming	14	1.4
Doing more charity work	12	1.2
Listening more to the radio	7	0.7
Watching TV more	5	0.5
Smoking more	1	0.1
Not doing anything	82	8.1

**Bodily integrity**

Table 22: Bodily integrity

Item	No	Percentage
<b>The war has increased stress and pressure in my family</b>		
Agree	974	96.3
Partially agree	22	2.2
Disagree	14	1.4
<b>The war has increased the pressure on girls &lt;18 in my community to get married</b>		
Agree	719	71.1
Partially agree	35	3.5
Disagree	150	14.8
DK	107	10.6
<b>The war has increased the pressure on boys &lt;18 in my community to get married</b>		
Agree	569	56.3
Partially agree	39	3.9
Disagree	293	29.0
DK	110	10.9
<b>Perceived change in the pattern of violence towards adolescents/youth (males) in the community during the war</b>		
Increased	909	89.9
Decreased	21	2.1
Remained the same	61	6.0
DK	20	2.0
<b>Perceived change in the pattern of violence towards adolescents/youth (females) in the community during the war</b>		
Increased	833	82.4
Decreased	43	4.3
Remained the same	97	9.6
DK	38	3.8

**Table 23: Political violence/ exposure to traumatic events**

	No	%
Seeing an Israeli raid	898	88.8
Seeing funerals of martyrs	855	84.6
Witnessed the demolition of homes/schools by the occupation	845	83.6
Seeing the remains of a car that has been bombed	781	77.3
Seeing the remains of martyrs or dead	710	70.2
Participant house has been bombed or demolished by the occupation	701	69.3
Personally, having fears of death as a result of the ongoing bombardments	668	66.1
Personal properties are being stolen	547	54.1
Having a family member who has been injured	428	42.3
Seeing strangers being injured	416	41.1
Seeing strangers being killed	369	36.5
Lost a loved person	281	27.8
Your land has been bulldozed by the occupation	232	22.9
Seeing a friend or friends being injured	221	21.9
Participants own house has been burnt	214	21.2
Seeing a friend being killed	168	16.6
Being injured during the war (gunshot/shrapnel)	136	13.5
Having family member who has been arrested	97	9.6
Being assaulted/insulted by the occupation soldiers	78	7.7
Being arrested	16	1.6

**Table 24: Other bodily integrity**

	No	%	Reported an increase in violent behaviour during the war (%)
<b>Seeing or knowing about physical violence at your household</b>			
During the war	397	39.3	97.0
In the past two weeks	316	31.3	
<b>Seeing or knowing about psychological violence at home</b>			
During the war	585	57.9	97.8
In the past two weeks	494	48.9	
<b>Seeing or knowing about sexual violence a home</b>			
During war	16	1.6	93.8
In the past two weeks	10	1.0	
<b>Did an adult in the family yell at you or called you inappropriate nicknames</b>			

During war	630	62.3	95.9
In the past two weeks	527	52.1	
<b>Did an adult in the family push, beat or slap you</b>			
During war	388	38.4	95.1
In the past two weeks	284	28.1	
<b>Have you heard or seen your father or a guardian pushes, beats your mother or guardian</b>			
During war	71	7.0	97.2
In the past two weeks	38	3.8	
<b>Has another adult in your household treated you badly in another way, such as withholding food while the rest of the family is eating</b>			
During war	47	4.7	93.8
In the past two weeks	27	2.7	
<b>Is there anyone (other than your family members) who has pushed you, hit you, slapped you, pulled you by your hair/ clothes or assaulted you</b>			
During war	208	20.6	95.2
In the past two weeks	114	11.3	
<b>Is there anyone (other than your family members) who verbally abused you?</b>			
During war	426	42.1	97.7
In the past two weeks	304	30.2	
<b>Have you ever been exposed or someone who tried to kiss you, hug you, touch you or touch any part of your body that makes you feel uncomfortable?</b>			
During war	16	1.6	93.8
In the past two weeks	11	1.1	
<b>Have you ever been harassed online? Have you been harassed, or sent material you don't want to see?</b>			
During war	55	5.4	85.7
In the past two weeks	33	3.3	
<b>Have you ever been deliberately ignored in a way that offends you or people close to you?</b>			
During war	289	28.6	97.6
In the past two weeks	213	21.1	
<b>Have you ever experienced being robbed or that things belong to you or to people close to you were damaged?</b>			
During war	642	63.6	98.4
In the past two weeks	182	18.0	
<b>Has anyone ever threatened to hurt you or people close to you?</b>			
During war	118	11.7	98.3
In the past two weeks	63	6.2	
<b>During the war, 'Girls face more bullying and violence from male siblings'</b>			
Agree	657	65.0	
Partially Agree	78	7.7	
Disagree	217	21.5	
<b>During the war, 'Younger children face more bullying and violence than older children'</b>			
Agree	748	74.0	
Partially Agree	51	5.0	
Disagree	186	18.4	
<b>During the war, 'There is more violence towards male children'</b>			
Agree	792	78.3	
Partially Agree	57	5.6	
Disagree	140	13.8	
<b>During the war, 'Intimate partner's violence towards wives increased'</b>			
Agree	685	67.8	
Partially Agree	69	6.8	
Disagree	155	15.3	
<b>During the war, 'Domestic violence increased towards married girls'</b>			
Agree	574	56.8	
Partially Agree	76	7.5	
Disagree	137	13.6	

**Table 25: Places that participants had personally experienced violence at during the war**

Item	No	%
Place of residence, my house	375	37.1
At the queue, to get water	341	33.7
In the street	241	23.8
At aid distribution points	203	20.1
In the market	132	13.1
In the transportation	96	9.5
At Health centres (clinics, field hospitals.....)	86	8.5
At the Israeli checkpoints	25	2.5
Did not experience any violence	313	31.0

**Table 26: Feeling safe**

Do you currently feel safe in.....	To high extent		To some extent		No		NA	
	N	%	N	%	N	%	N	%
House (current place of residence)	122	12.1	186	18.4	703	69.5		
Street	30	3.0	64	6.3	915	90.7		
In the market	22	2.2	41	4.1	945	93.5	3	0.3
Walking in the community during the day time	26	2.6	80	7.9	900	89.2	3	0.3
Neighbourhood	29	2.9	84	8.3	895	88.5	3	0.3
Walking in the community at night	12	1.2	27	2.7	965	95.5	6	0.6
Workplace	6	.6	11	1.1	121	12.0	873	86.4
<b>Are you scared for the safety of the children living with you in....</b>								
House (current place of residence)	846	83.7	53	5.2	40	4.0	72	7.1
Street	870	86.1	46	4.5	36	3.6	59	5.8
Neighbourhood	870	86.1	55	5.4	27	2.7	59	5.8
Walking in the community during the day	864	85.5	56	5.5	33	3.3	58	5.7
Place of education (if any)	202	20.0	19	1.9	56	5.5	733	72.5
Walking in the community at night	873	86.4	40	4.0	35	3.5	59	5.8

**Table 27 Intimate partner violence**

During the war, how much do you quarrel with your partner?	No	Percentage
Rarely	51	30.9
Sometimes	36	21.8
Too often	75	45.5
<b>During the war, did your partner say or do anything to humiliate or insult you?</b>		
No	105	63.6



Yes, not in front of others	24	14.5
Yes, in front of others	5	3.0
Yes, in presence and absence of others	31	18.8
During the war, did your partner threaten you or someone close to you	19	11.6
During the war, did your partner beat or physically hurt you?	30	18.2
During the war, did your partner sexually harm you	8	4.8
During the war, did your partner seize your personal property without your consent	10	6.1
During the war, did your partner force you to do things that put your life at risk	1	0.6

## Education

Table 28: Education

Items	Number	Percentage
Was enrolled in a regular school when the war erupted (up to 17 years old)	540	97.6
Was enrolled in a non-formal education program (vocational training) when the war erupted (up to 17 years old)	2	0.4
Was enrolled in a university when the war erupted (18 years and over)	121	26.5
<b>Educational level attained</b>		
Can't read and write	11	1.1
Can read and write	132	13.1
Primary school	271	26.8
Preparatory school	346	34.2
Secondary school	191	18.9
Associate diploma	23	2.3
Bachelor degree	37	3.7
<b>Joined any education activities since October 2023</b>	49	4.8
<b>Nature of the education sessions</b>		
Online	24	2.4
Educational tents	21	2.1
Others	4	0.4
<b>Presence of educational services at the place of displacement</b>	135	13.4
Joining the available educational services	19	1.9
<b>Status of enrolment of school age children at the educational tents or centres at shelters</b>		
There are no children in the family	56	5.5
All children are enrolled.	16	1.6
Some of the children are enrolled.	70	6.9
None-is enrolled	867	85.8
I don't know	2	0.2
<b>Would like to re-join education or would like his/her children to join when the war ends</b>	876	86.6
<b>Challenges participants faced with regard to education</b>		
There is no suitable educational tent at the place of displacement	630	62.3
Lack of stationery and books	576	57.0
The psychological status does not allow learning	451	44.6
Internet is not reliably available	448	44.3
Can't afford buying educational supplies	267	26.4
No space to study, at the shelter	255	25.2
Lack of qualified teachers	249	24.6
Lack of phone devices to follow the e-classes	167	16.5
No contact with teachers	78	7.7
No one helps from the family	17	1.7
Others	138	13.6

## Voice and agency

Table 29: Voice and agency

<b>Mobility</b>		
<b>In the past seven days, how many days have you stayed at home all day, without going out at all and without receiving any visits from people who don't live in your house?</b>		
0	510	50.4
1	31	3.1
2	70	6.9
3	49	4.8
4	61	6.0
5	50	4.9
6	50	4.9
7	190	18.8
Mean and median	Mean = 2.42	median = 0
<b>Places that participants visited in the past seven days</b>		
To see family members or friends	317	31.4
Market, to buy family needs or food	217	42.5
Hang out on the street	209	20.7
Family or friends visited my house	129	12.8
Medical Point/Field Hospital / Pharmacy /Private doctor	74	7.3
Work	58	5.7
Seeking earning (such as collecting firewood or the like)	49	4.8
Collecting water	43	4.3
To the sea	30	3.0
Religious practices	27	2.7
Institutions that provide aid	25	2.5
<b>In the past seven days, have you been able to talk to or hang out with your friends?</b>		
No, we don't talk or go out together at all	341	33.7
We go out together in person	371	36.7
We talk/exchange messages on the phone	348	34.4
We play together (in person)	209	20.7
We use social media to stay connected	150	14.8
We play online games together	4	0.4
We see each other and talk in another way	18	1.8
<b>Perceptions that the following items are happening to young people during the war</b>		
Your movement is restricted compared to before the war	965	95.5
Your privacy has decreased compared to before the war	954	94.4
You have less access to technology (such as the Internet and telephone) than before the war	881	87.1
The peer pressure associated with making me do things I don't want to do has dropped	657	65.0
My contribution to decision-making inside my home decreased compared to before the war	528	52.2
My household demands/burdens have increased compared to before the war	918	90.8
<b>Access to a personal device, such as a laptop, tablet, or phone, for participants personal use</b>		
Yes, a laptop	47	4.6
Yes, a tablet	16	1.6
Yes, a mobile phone	436	43.1
No, I don't have a personal device	563	55.7
<b>Participant can access the internet using his/her personal device?</b>	370	36.6
<b>Restrictions imposed on girls and boys at the HH during the war</b>		
I have to wear clothes that I don't usually wear, for example, I only wear traditional clothes or clothes that cover more of my body	779	77.1
I can't do things for entertainment that I used to do, for example watch my favourite TV show or listen to my favourite radio show	968	95.7
Married girls only, I can't talk on the phone/chat online with my parents or other family members as I used to, because my husband's family members are in the place of residence now and they don't like me doing it (n 165)	105	63.6
I can't talk on the phone/chat online with my friends (male or female) as I used to before	683	67.6

Older girls: I find it more difficult when menstruation begins with brothers and parents spending more time at the place of residence (n 378)	227	60.1
I have to spend more of my time responding to the demands of family members who are now more numerous in the place of residence	724	71.6
I have to spend more of my time doing bottling and fetching water	755	74.7
I have to spend more of my time on house chores	765	75.7
I have to spend more of my time cleaning up more work	698	69.0
I have to spend more of my time cooking on fire and so on	633	62.6
I have the ability to express an opinion even if I disagree with others who are older than me from outside the family	554	54.8
I have the ability to express my opinion even if I disagree with others or disagree with my parents	687	68.0
I have the ability to express my opinion even if I disagree with others of the opposite sex	409	40.5
My parents ask me about my opinion	647	64.0
I feel that I am an added value to my community	549	54.3
During the war, we impose more restrictions on the movement of the family members outside the home	904	89.4
Having friends, you trust who are not members of your family that you can talk to about your feelings and personal matters or ask them for help during the war	555	55.0
Is there an adult, from your family or outside your family, that you can talk to about your feelings and personal matters or ask for help during the war	746	73.9

**Table 30: Social solidarity and participation**

Items	No	Percentage
<b>People in my community come together to help each other during war regardless of their differences</b>		
Agree	374	37.0
Partially agree	209	20.7
Disagree	423	41.8
<b>There is more violence and fighting between people in the community</b>		
Agree	974	96.3
Partially agree	20	2.0
Disagree	13	1.3
<b>Because of the war, divorce is increasing in society</b>		
Agree	737	72.9
Partially agree	44	4.4
Disagree	100	9.9
DK	130	12.9
<b>During the war, negative values such as stealing others' property have emerged.</b>		
Agree	1001	99.0
Partially agree	4	0.4
Disagree	3	0.3
<b>The distribution of aid and in-kind and cash aid was fair</b>		
Agree	54	5.3
Partially agree	62	6.1
Disagree	891	88.1
<b>Most people can be trusted in my community</b>		
Agree	79	7.8
Partially agree	150	14.8
Disagree	774	76.6
<b>During the war, you talked about a problem facing the society with others in your community</b>		
During the war, you worked hard/concretely to solve a problem in your community	394	39.0
Volunteered during the war	199	19.7
Looking for opportunities to volunteer in the community	290	28.7
Would like to volunteer in the reconstruction efforts	496	49.1
	579	57.3

Would like to participate in the upcoming elections	431	42.6
You or any family member have a feeling of being displaced, you feel that you face discrimination because of displacement	902	89.3
Having someone you respect, you follow and would like to be like him/her (role model)	657	65.0
<b>Who is that role model</b>		
Father/Mother	382	58.1
Brother/ sister	61	9.3
Other Relatives	95	14.5
Friend	45	6.8
Famous Person (player, singer, youtuber)	42	6.4
Teacher/ Lecturer	27	4.1
Imam	5	.8
When I see or feel that there is a problem in society, I tell my opinion	531	52.6
<b>Thinking of emigrating and living in another country</b>		
No	393	38.9
Yes, permanent immigration	452	44.7
Yes, temporary immigration	166	16.4
<b>Main reasons for immigration</b>		
Because of the war	515	83.3
Living in a place with better livelihood conditions	265	42.9
Escape from social restrictions/pressure	120	19.4
Economic reasons	106	17.2
To access education opportunities	97	15.7
No foreseen political resolution to the ongoing conflict	74	12.0
For medical treatment	16	2.6
Joining other family members abroad	14	2.3
<b>When I'm going through difficult circumstances</b>		
Family helps to get through those circumstances	895	88.5
Friends help to get through those circumstances	358	35.4
Adults outside the family help to get through these circumstances	131	13.0
Official services help to get through these circumstances (agency - ministries - institutions)	26	2.6
No one helps to get through those circumstances	74	7.3
<b>If you're distressed, is there anyone who you can ask for help</b>		
Who provides help	863	85.4
Family members	786	91.1
Friends	247	28.6
Official Services	7	0.8
<b>Being affiliated to a larger social group</b>		
Participated in meetings or activities of the group during the war	15	9.3





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ISBN: 978-1-915783-63-9

