



ADOLESCENT KITS IN PALESTINE

Since September 2024, over 8200 adolescent kits have been distributed across Palestine, to support adolescent girls and boys affected by the ongoing conflict. These kits address their physical, educational, and psychosocial needs, providing essential hygiene supplies, educational materials, and protection tools to help adolescents maintain dignity and safety.

KITS HELP ADOLESCENTS BY



HYGIENE

Items like soap, sanitary pads, and toothpaste help adolescents maintain health and dignity.



EMPOWERMENT AND EMOTIONAL RESILIENCE

Educational tools (notepads, puzzles) and stress relief items (sensory toys, stress balls) assist with managing psychosocial distress and support cognitive development and resilience.



PROTECTION

Flashlights, bandages, masks help ensure safety in uncertain environments.

CONTENTS

Each kit includes essential items for hygiene, health, and well-being: soap, shampoo, sanitary pads, deodorant, bandages, thermometers, non-adhesive wound pads, puzzles, coloring books, stress relief toys, flashlights, and whistles. Kits are distributed discreetly to ensure privacy, safety, and cultural sensitivity. For a full list, see Annex 1.



AWARENESS

Before distribution, awareness sessions with youth educators cover health awareness and life education topics including Menstrual Hygiene Management (MHM), proper use of kit items (sanitary pads, deodorants), and tools for self-care and protection from gender-based violence. The sessions also teach safety protocols, including the use of whistles, flashlights, and other protective items for security.



ELIGIBILITY CRITERIA

The kit is available to adolescent girls and boys aged 10–19, with priority given to those most vulnerable, including those in refugee camps or displacement shelters, and those who have previously received health services and education interventions.



DISTRIBUTION

The "Do No Harm" principle guides the distribution of Adolescent Kits, ensuring that the process does not increase vulnerability of adolescents, especially in sensitive or conservative communities. Key safety protocols include:

- Distribution to girls handled by female youth educators, midwives, and psychosocial counselors to maintain privacy and dignity.
- Kits distributed discreetly in trusted locations, such as youth-friendly health spaces, medical points, and temporary learning areas.
- Trained security personnel assigned when needed to ensure the safety of both teams and recipients.
- Pre-distribution information shared about where, when, and how to safely collect kits.
- Culturally sensitive messaging used to address concerns from parents, community leaders, and local authorities.
- Distribution occurs in strategic locations, including refugee camps, based on need and security.
- Gender-sensitive approach to ensure kits are distributed discreetly to both boys and girls, especially in conservative communities.
- Local youth volunteers facilitate the distribution, with close involvement from community leaders for respectful, culturally appropriate engagement.



ENVIRONMENTAL CONSIDERATIONS

Kits are packaged in eco-friendly canvas backpacks, minimizing plastic usage and promoting sustainability.



MONITORING & EVALUATION

Post-distribution monitoring is conducted to assess the effectiveness of the kits and gather feedback to improve future distributions.



"When I opened the kit, I felt like someone truly cared about us. The colors, the supplies, even the small notebook—it reminded me of the normal days before the war. It gave me hope that things could get better." – Menna, a 14-year-old girl displaced in a tent in Deir Al-Balah.



"The war took away my school, my friends, and even my home, but having this kit with its important items reminds me that I'm not forgotten. I just want to feel normal again." – Yamen, 12, Gaza City.



"I received a really nice box, and I needed everything inside it. The best part was the drawing notebook and the box of colors, because whenever I feel scared, I keep myself busy with them." – Rasha, a 15-year-old girl in Khan Younis.



ANNEX 1: Adolescent Kit Item Description & Quantity



Short Description

Qty



Bandage (Sterile, elastic, size: 10 cm x 5 m, material: Cotton or polyester)

50 pieces per box



Plastic bags (Clear, resealable, size: 30 cm x 40 cm, material: Polyethylene)

50 pieces per box



Small flashlight (Compact LED, handheld, approximately 10 cm)

2



Thermometer (Digital, waterproof, LCD display)

1



Non-adhesive wound pads (Sterile, non-stick, size: 10 cm x 10 cm)

50 pieces per box



T-shirt (Adult, short-sleeve, round-neck, 100% cotton, size: M, L, color: dark blue or black)

2



Scissors (Stainless steel, rounded safety tips, 12 cm long)

1



Toothbrush & Toothpaste (Soft-bristle toothbrush, fluoride toothpaste 75 ml tube)

1 each



Napkins (Disposable paper, size: 30 cm x 30 cm, pack of 50)

1



Sanitary pads – female adolescents (With wings, cotton cover, super absorbent core, pack of 10)

3



Deodorant (Roll-on, alcohol-free, 50 ml)

1











Hair brush & bobble (Plastic hairbrush with flexible bristles, 18 cm length, fabric-covered elastic bobbles)

1 each

ANNEX 1:

Adolescent Kit Item Description & Quantity



Short Description	Qty
 Soap (Antibacterial, 100 g)	3
 Shampoo (Gentle shampoo, 200 ml bottle)	1
 Sunscreen (Broad-spectrum SPF 30, 100 ml tube)	1
 Face Masks (Non-woven 3-ply disposable, pack of 20)	1
 Puzzle (Educational, cognitive skills, boxed set, suitable for ages 12-18)	1
 Think notepads (A5, 100 pages, recycled paper)	1
 Coloring book & pencils (A4 size, 50 pages, 12 assorted colors)	1 each
 Push Bubble Sensory Toy (BPA-free silicone, 12 cm diameter)	1
 Drink container (500 ml, BPA-free plastic or stainless steel, leak-proof lid)	1
 Stress balls (Non-toxic foam or gel, size: 7 cm diameter)	2





ANNEX 2: Eligibility Criteria

Essential Criteria

- Adolescents between 10 and 19 years of age
- Adolescent girl received menstrual hygiene management awareness in Adolescent and Youth Spaces

Preferred Criteria

- Family of the adolescent is a recent IDP or returnee
- Family of the adolescent is a female-headed household (i.e., female is the main income earner), no adult male present
- Family of the adolescent is a female-headed household (female is the main income earner), with a male present but disabled
- Family of the adolescent is a child-headed household (under age 18), without other adults present in the household
- Family of the adolescent is all female, with no close male family members present in the community
- Family of the adolescent is an elderly-headed household (above age 55)
- A family member has a disability, chronic illness, or special needs (mental or physical)
- Family of the adolescent has more than 7 members
- Family of the adolescent has debt or has sold assets to meet basic needs

