

**Name of the initiative:** Raise your voice

**Originators:** Shahd Kinana (Recent graduate Student) and Lina Bakry ( College student)

**Guidance:** Khulood Abd Al Hady. Math teacher at the secondary level- Nazareth

**Location of meetings:** Al Ithraa educational center- Albi'neh village

**Direct Target Audience:** secondary female students, grades between 10<sup>th</sup> - 12<sup>nd</sup>

**Number of participants:** 14

**Number of meetings:** 8

**Date:** 23.3.2015 -18.5.2015

**Goals of the initiative:**

1. Raising awareness among teenage girls on psychological changes and its future effects on liberating their minds and themselves from social constraints and preconceived notions.
2. Developing a learning space where teenage girls can take safely about their issues and psychological challenges.

**The idea of the initiative:**

The initiators, as girls, are fully aware that the society in general and schools in particular do not give special care about the teenage girls and the psychological changes they go through. Schools in particular do not deal with the emotional side of it, because it centers on other issues which leads to repressing emotions.

The initiators wanted to develop a new space where feelings and the emotional side are a pivotal point to learning about oneself and a place to improve self-esteem and deepen the realization that talking about feelings is not something to be ashamed of but an important side to improving oneself.

This initiative is special because the initiators are girls who still are defined as a part of this age group, so they are leading an initiative that is organically linked with the target group. The initiative is basically meetings where several topics related to the girls are discussed.

**Working mechanisms** : workshops, open dialogue.

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