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The Palestinian Counselling Centre, a non-governmental organization, has been responsible for increasing the number of children dropping out of school, early marriage and child labour since its inception in 1998. In 2011-2014, the focus shifted to youth sustainability, and the PAC developed a programme called the Youth Empowerment Program (YEP). Identify the community problem/goal that needs to be addressed and what needs to be done. Palestinian youth were constantly struggling with their individual and national identity and risked being alienated in their societies and becoming increasingly violent because of social and economic factors. Without proper intervention, Palestinian youth risked addressing many psychosocial problems. To combat this, YEP is targeting young people between the ages of 15 and 22 who are most at risk, and focuses on building resilience by reducing factors that can have negative effects. The programme develops the ability of young people to make decisions and plan for the future, which increases their self-esteem and identity. In order to improve the psychological well-being of young people, which in turn will increase their productivity and ability to become active members of their communities, the aim of the programme is also to increase the sense of empowerment of young people and their survival skills. Assess the level of problem or goal. In 2011, the Palestinian Central Bureau of Statistics conducted a survey on violence. The results showed that 20.8 per cent of young people (19.4 per cent of men, 33.2 per cent of women) had experienced at least one type of violence caused by the environment and their own communities. Some 31.4 per cent of them were subjected to psychological violence, 38.7 per cent to physical violence and 1.1 per cent to sexual violence. Further research conducted by the PAC has shown that a sense of identity and self-esteem has a positive effect on the mental health of young people. In order for young people to make decisions and plan for the future, they need to be given the skills to adapt to the surrounding context. Describe priority groups for the benefit and those who intervene. The program allowed at least 120 young people to be enrolled, but with additional funding, the number could increase (in 2013 there were about 180). The age group was 15-22 years old, which was considered the most at-risk group. The program targets young people who are currently in school/lives in Nablus or Jerusalem, and who have at least one of the following problems: Divorced parents of imprisoned parents have family drug problems related to violence of low socioeconomic status Young people identified not necessarily by those with low grades, but instead by those who face difficult conditions The program classes were led by a group of social consultants from the PKK, as well as volunteers of the youth university. These young volunteers were and intensively trained over a three-day period of time to prepare them for practical experience and theoretical approaches to youth and youth issues. They have also been trained by a clinical psychologist to develop joint sessions with programme staff, and are supervised and guided on a monthly basis for support and preparedness. An average team of four (including a program coordinator) is responsible for implementing a program with young people enrolled in YEP each academic year. Set goals and objectives for what success will look like. The goals of developing young people's self-esteem and identity, which include their ability to make decisions and plan future goals for empowering young people in marginalized areas to adopt alternatives to violence to increase youth resilience, in order to be able to address difficult life situations to raise parents' awareness of the needs of young people and how to empower them to identify the main components and elements of intervention. YEP was developed on the basis of extensive PCC experience. Its implementation and evolution were guided by various psychological theories, including: psychosocial theory of Erickson's development, which takes into account the influence of external factors, parents and society on the development of the individual from childhood to adulthood. This theory was realized during sessions where the focus was on finding one's identity. Kurt Levin's theory of force field analysis, which emphasizes the interaction between man and his environment. This theory was used during sessions where the focus was on educating young people that they are surrounded and affected by their environment and in turn they should positively influence this environment. Identify the delivery method by which each component and intervention element is delivered to the community (such as training workshops). At the youth recruitment phase, various methods aimed at participants were used to recruit young people for the programme. Educational institutions and community centres assisted the PAC in identifying young people who met the criteria of the target group. Thus, 60 per cent of young people were recruited through schools and 30 per cent of young people were recruited through community centres. In addition, 10% of young people were recruited through referrals and parents. Once the youth has been identified, the PCC will either directly visit them in their homes to inform them of the program, or the youth will visit the PCC directly and learn about YEP from there. The final choice is made of those who are most risky who meet the criteria. Implementation Phase During the school year, 24 group sessions in the general held once a week, covering role-playing games, brainstorming the assault video shows, interactive activities and group work. The first session is an assessment of the group's needs to determine the needs of members and help inform future sessions. The rest of the sessions revolve around the concepts of empowerment, ways to solve psychosocial problems, expressive art and group management. Groups are formed in coordination with local community centres; an average of 12 young people (mixed age and gender) participate in the sessions, focusing on the following topics: the stages of growth: the ability of young people to communicate and negotiate: traits of the age group of youth Sustainability: Trust capacity and development of the strengths of youth Uniqueness as a person As social norms and relationships form the character How to express emotions, and alternative ways to do this Changes in adolescence Acceptance of other rights and responsibilities, including obstacles to achieving rights / how to overcome them In addition to youth sessions, once-a-month group classes are offered to parents who want to participate in the program and stay informed of the topics of these sessions include ways of communicating with their children. For both young people and parents who prefer individual classes to discuss their own cases, they are referred to a clinical psychologist who is part of the PCC's counselling service. In addition to the sessions, YEP also offers youth opportunities at recreational activities. This gives young people a safe place to spend time with each other in a non-formal setting. Point out how you will adapt interventions or best practices to fit the needs and context of your community In order to provide the most inclusive environment for participants, the PCC takes several aspects into account. At the recruitment stage, the programme aims to have an equal number of male and female participants. The programme discussed gender equality and attitudes towards gender roles. This, in turn, allows the programme to promote gender equality and women's rights. Young people with disabilities and members of minorities and ethnic groups (e.g. Palestinians of African or Roma origin) are invited to participate in group sessions without discrimination. Intervention, monitoring and evaluation of the process (e.g. quality of implementation, satisfaction) and results (e.g. achieving goals). The following results are based on an assessment in Jerusalem (Nablus results are not included), and the evaluation method is based on the assessment form given at the beginning and end of the event. Two of the specific goals of the project prior to 2014 were to empower young people to embrace alternatives to violence, as well as develop their ability to Difficult life situations in marginalized areas Evaluation of alternatives to violence: 46.9% indicated an improvement in their ability to express themselves 56.7% pointed to a better understanding of others and acceptance of others, including from different faiths, which is an important milestone, as religious beliefs often play an important role in preventing acceptance. 58% expressed a stronger understanding of their physical and psychological changes In an assessment of the ability to cope with difficult life situations conducted during one of the seminars related to this issue: 14 out of 15 participants expressed new knowledge as a result of the seminar, especially regarding identity, planning for the future and alternative ways to solve problems. 9 out of 15 participants expressed new information that helped them solve their problems 11 of 15 participants to help them solve their problems after the intervention test was also conducted on 59 parents about raising awareness activities that enable them to meet the needs of children. The results are as follows: 89.7% indicated that they received new information as a result of lectures 76.4% indicated that the information received would help them cope with the difficulties they faced 94.8% indicated that the skills gained during the sessions would help them to solve their problems Youth is a powerful force for change in society, but they should be equipped with the necessary life skills to help them make this change. Demonstrating that, despite its problems, young people are highly motivated to improve and change, the PAC recognizes the importance of the programme and takes steps to expand its reach to other cities in the State of Palestine. An external appraiser will also be asked to assess how effective the program is, and to offer recommendations to improve it over the next five years, as part of an effort the PCC is making to ensure that the program continues. The program has not yet been replicated, but the PCC has developed a program guide for those interested in the following YEP models. Adapted from the Youth Empowerment Programme: the Palestinian Counselling Centre. Contributed by Leah Soweid, American University of Beirut, intern with community tool Box. youth empowerment programmes. youth empowerment program 2020. youth empowerment programs in nigeria. youth empowerment programs in kenya. youth empowerment programmes in botswana. youth empowerment program pdf. youth empowerment programmes in south africa. youth empowerment program in nigeria 2020

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