

Solidarity with Palestine

Psychologists for Justice in Palestine | Created June 2024, Edited September 2024



History of Palestine

9000 BCE - 1918 CE

- The history of Indigenous Palestinian people in this region history dates back over 3000 years.
- **Palestine Under the Ottoman Empire**

 - Population of 600,000 consisted of a majority of Sunni Muslims, 60,000 Palestinian Christians, and 25,000 Jewish Palestinians.
 - The Ottoman Empire collapsed after World War I [1]

- **The Mandate of Palestine**

 - After World War I, Britain took over Palestine.
 - The British-produced Balfour Declaration illegally promised a "national home for the Jewish people" in Palestine.
 - Britain, motivated by their own colonial interest in the Levant and Suez, supported Zionist colonial expansion while harshly repressing Palestinian resistance movements. [1]

1918 - 1948

- **The Mandate and the Nakba**

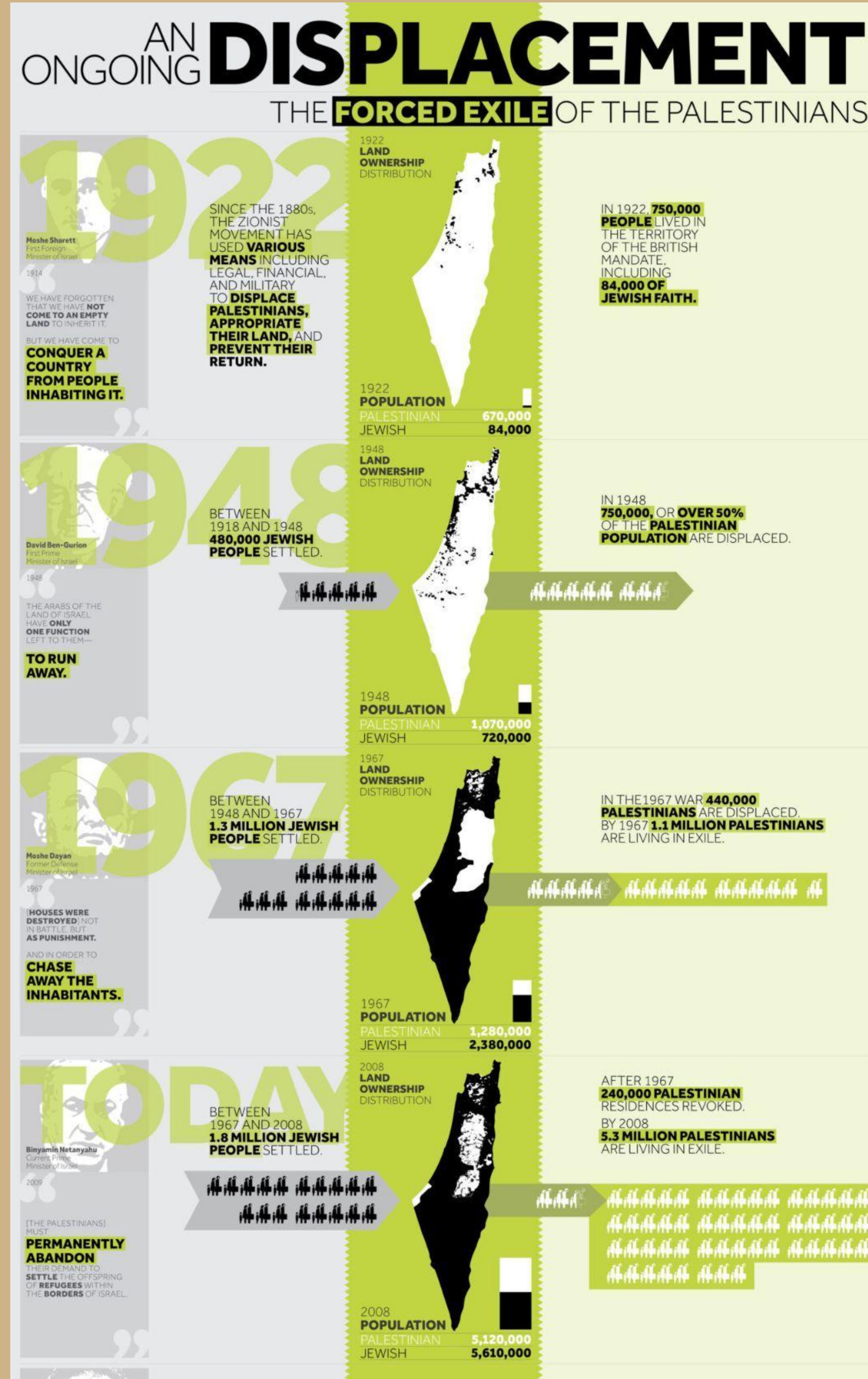
 - Zionists denied the existence of Palestinians (e.g., "A land without a people for a people without a land") to try to justify displacing the Indigenous Palestinian population.
 - Palestine has historically been a refuge for diverse populations, including Armenians, Bosnians, and Indians. Thus, Palestinians initially welcomed early Zionist settlers. However, Zionists rejected coexistence with Palestinians and discouraged cooperation with Palestinians.
 - Resistance by the Palestinian population emerged (e.g., the 1936 Great Arab Revolt) in response to discriminatory practices by the British military and Zionist leaders. [1]

- **The Partition of Palestine**

 - Following WWII, the 1947 UN General Assembly resolution recommended dividing Palestine into Arab-Palestinian and Zionist-Jewish states, allotting about 56% of Palestine to the Zionist state, including fertile coastal regions.
 - The partition plan would cause the native Palestinian population to lose a majority of their land to a minority of recently arrived settlers. [1]

- **The ethnic cleansing of Palestine**

 - Israel enforced Plan D (Dalet) in 1948, which planned the expansion of the Zionist state well beyond partition through the ethnic cleansing of Palestinians.
 - Israel ethnically cleansed 300,000 Palestinians before the Nakba (e.g., 1948 Deir Yassin massacre, Abu Shusha Massacre). [1, 6]
 - Armed Israeli militias violently stole 78% of Palestinian land, massacred 8,000-15,000 Palestinians (1948 Tantura Massacre, Lydda Massacre, Salhiha Massacre, Al-Dawayima Massacre), and forced 800,000 Palestinians from 530 villages. [1, 2, 4, 6]
 - Under article 13 of the UN declaration of human rights, refugees have the right to return to their country. Since the first Nakba, Israel has violated this by refusing Palestinians' right to return to their homes. [4]



1978 - 2005

- **Two Intifadas and a Proposed Two States**

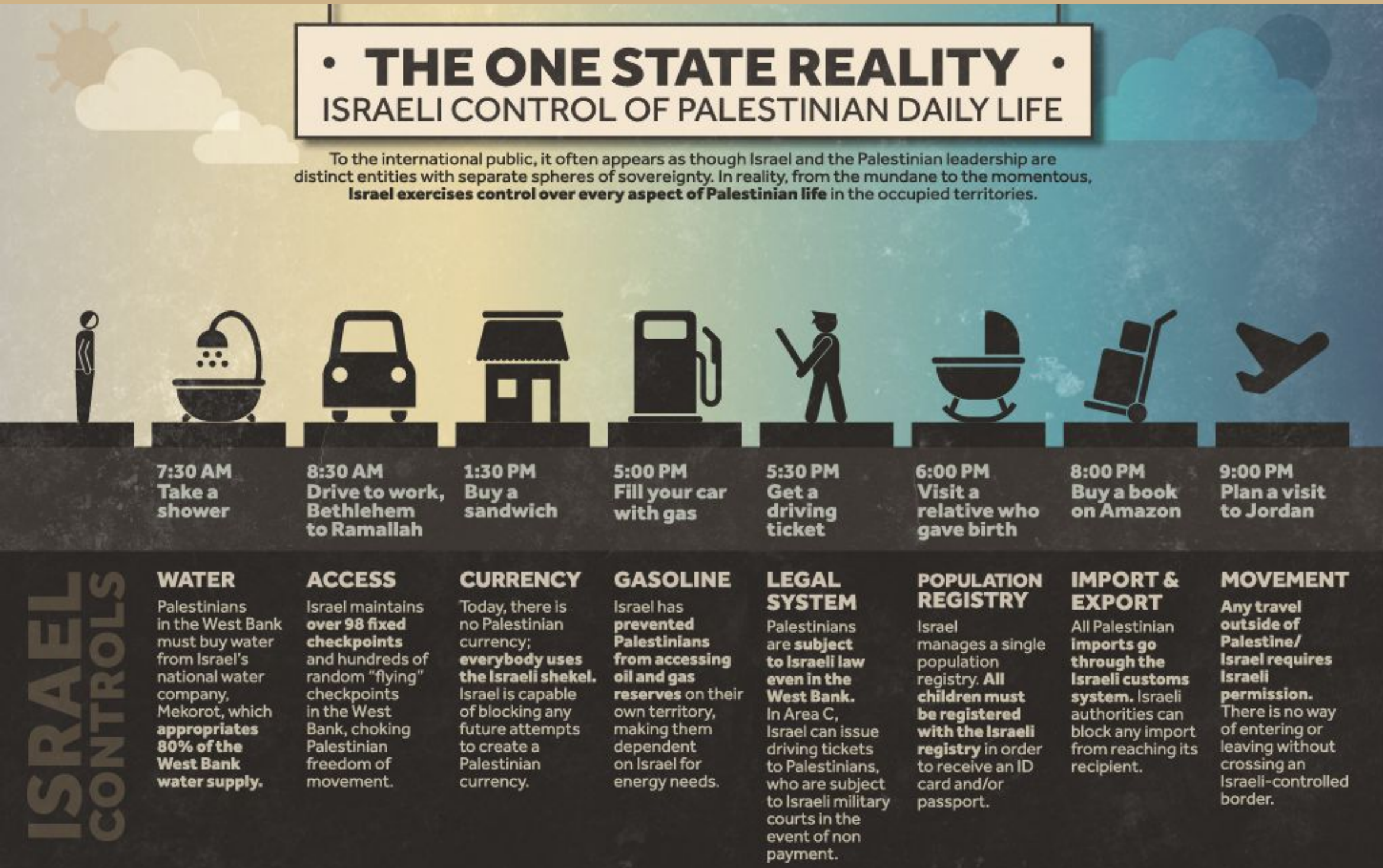
 - Palestinians in the West Bank and Gaza Strip live under severe repression, lacking civil and political freedoms.
 - The first Intifada (meaning "shaking off" in Arabic - used to indicate civil uprising) in 1987 followed decades of facing ethnic cleansing and severe repression by Israel, and was catalyzed by the murder of 4 Palestinians.
 - 1) The Intifada involved protests, boycotts, and popular committees to promote self-reliance (see more in History of Resistance and Solidarity)
 - 2) Israel responded with extreme violence ("Iron fist" policy)

- **The Oslo Accords**

 - The Oslo Accords aimed to establish the Palestinian Authority as an interim government leading to a final settlement.
 - The West Bank was divided into Areas A, B, and C, with varying degrees of Palestinian and Israeli control. Israel increased control and illegal settlement activity in Area C.
 - The Oslo Accords were a reformulation of occupation policies. However, no Palestinian state was established and Israel expanded illegal settlements, continued to justify colonization, and deny Palestinians the right of return, leading to the second intifada.

- **The Second Intifada**

 - The second intifada was catalyzed by Ariel Sharon storming Al-Aqsa Mosque with more than 1000 heavily armed Israeli soldiers
 - Sharon escalated violence by reoccupying Palestinian areas, leading to the construction of the segregation wall (also called the Wall of Apartheid). The International Court of Justice has declared that Israel's construction of a barrier in the occupied Palestinian territory is illegal.
 - Palestinians mobilized protests and resistance against Israeli occupation.



1948 - 1978

- Israel continued ethnic cleansing of Palestinians (e.g., 1953 Qibya Massacre, 1956 Kafr Qasim Massacre and Khan Yunis Massacre) [1, 6]
- Israel imposed the Absentees Property Law, seizing the homes, farms, land, and bank accounts of Palestinian refugees, including over 739,750 agricultural acres and 73,000 houses. [1]
- In 1964, with Arab League sponsorship, the Palestine Liberation Organization (PLO) was formed.
- **The war of 1967**

 - Israel invaded the Palestinian West Bank and Gaza Strip, beyond the borders of the partition.
 - Israeli soldiers invaded and bombed Palestinian neighborhoods and destroyed entire villages. Another 300,000 Palestinians were forced to flee their homes.
 - Israel claimed strikes as self-defense, but evidence suggests Israel was intent on provoking war to expand territories. [1]

- **The Allon colonization plan**

 - Israel imposed martial law regulations for Palestinian villages in the West Bank and Gaza Strip after 1967.
 - The Allon Plan seized control of territories in the West Bank through military installations and settlements, which are illegal under international law.

2005 - 2022

- **The Gaza Strip**

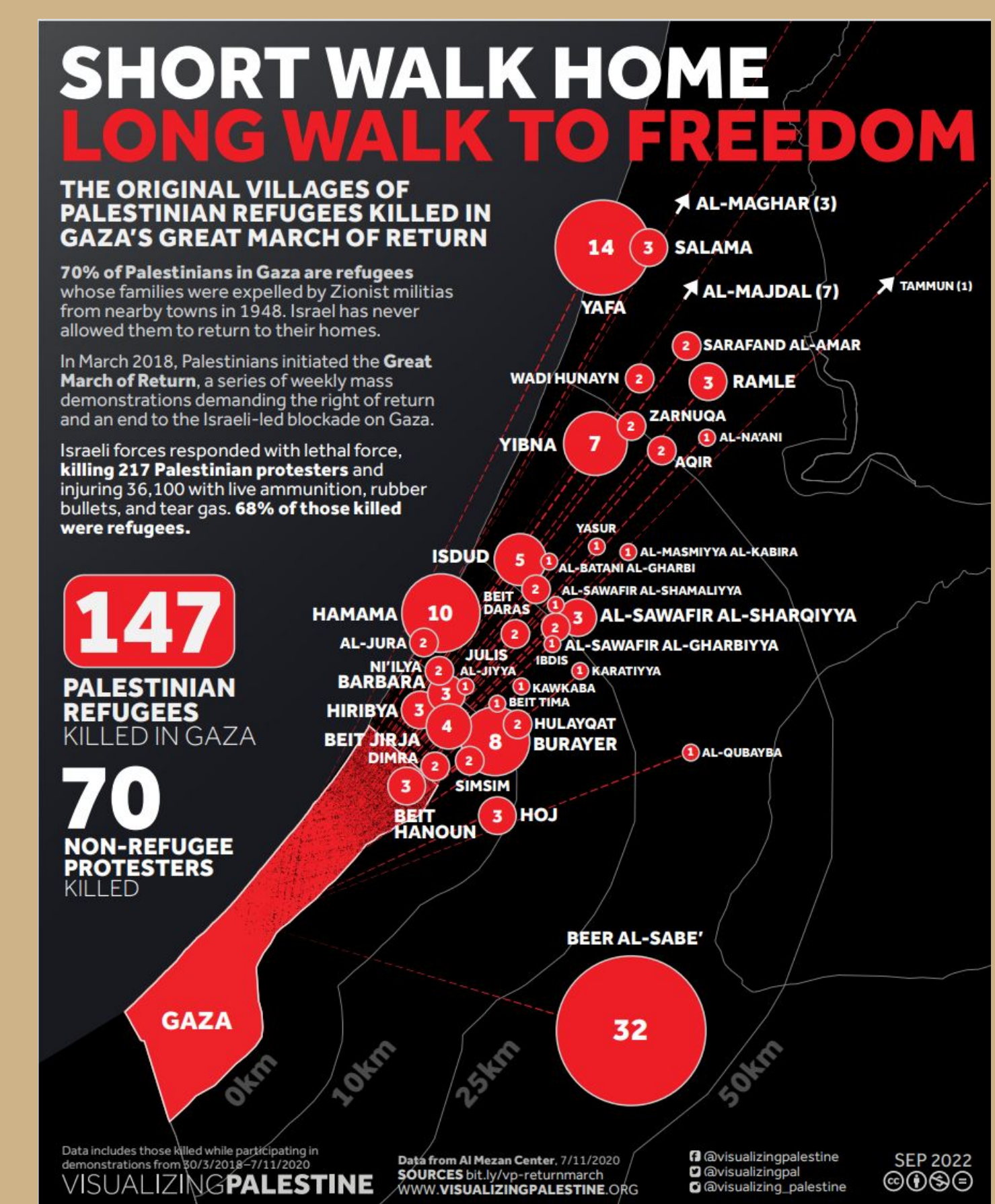
 - Gaza has been subjected to brutal assaults (e.g., 2008, 2012, and 2014 massacres).
 - Reports indicate that Gaza has unlivable conditions. Water aquifers are poisoned, and civilian infrastructure is frequently destroyed.
 - Israel imposed a closure on Gaza, severely restricting movement of people and goods.
 - Great March of Return: Palestinians peacefully protested the 11-year land, air, and sea blockade of the Gaza Strip (see more in History of Resistance and Solidarity).

- **The West Bank**

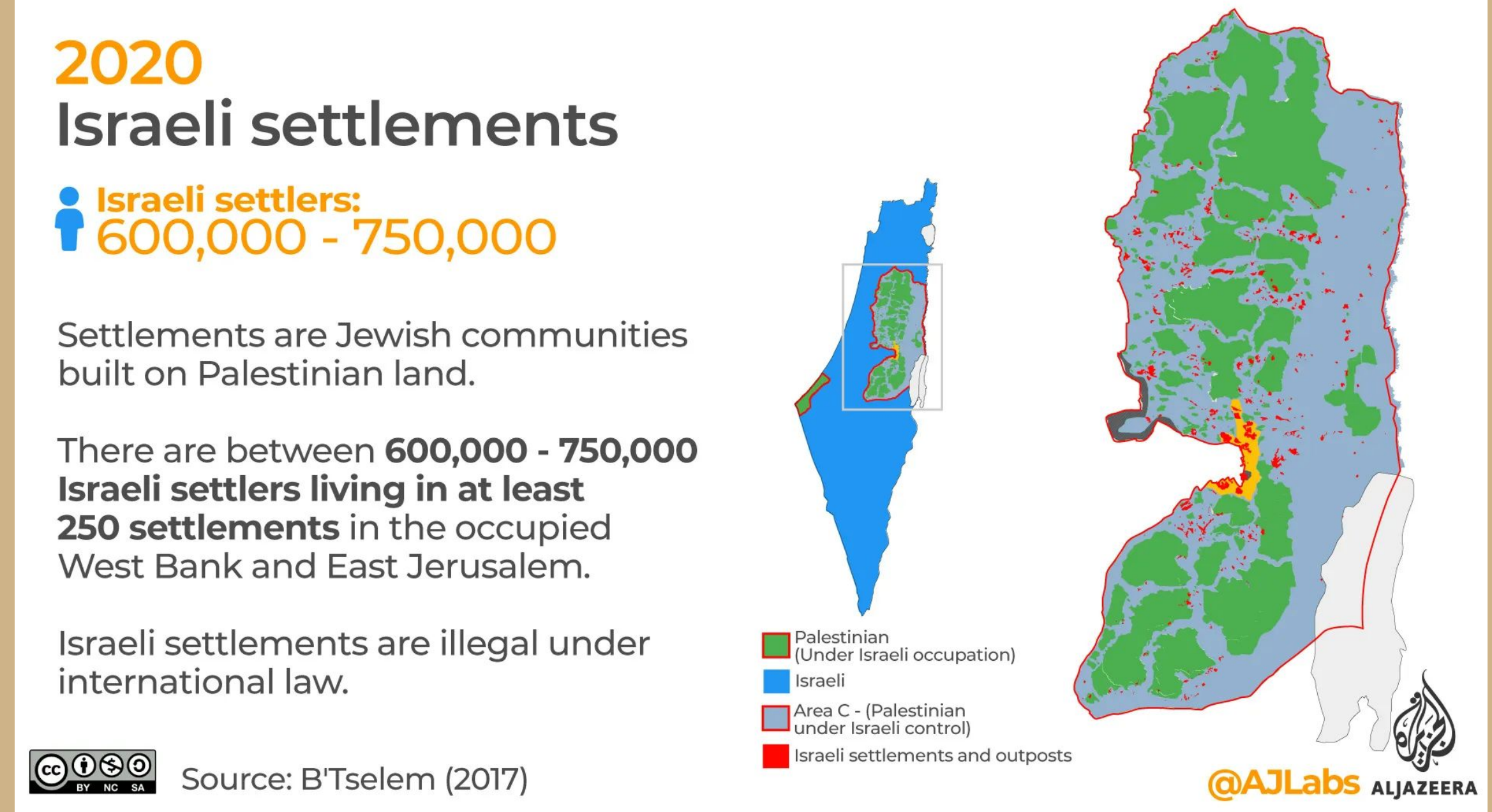
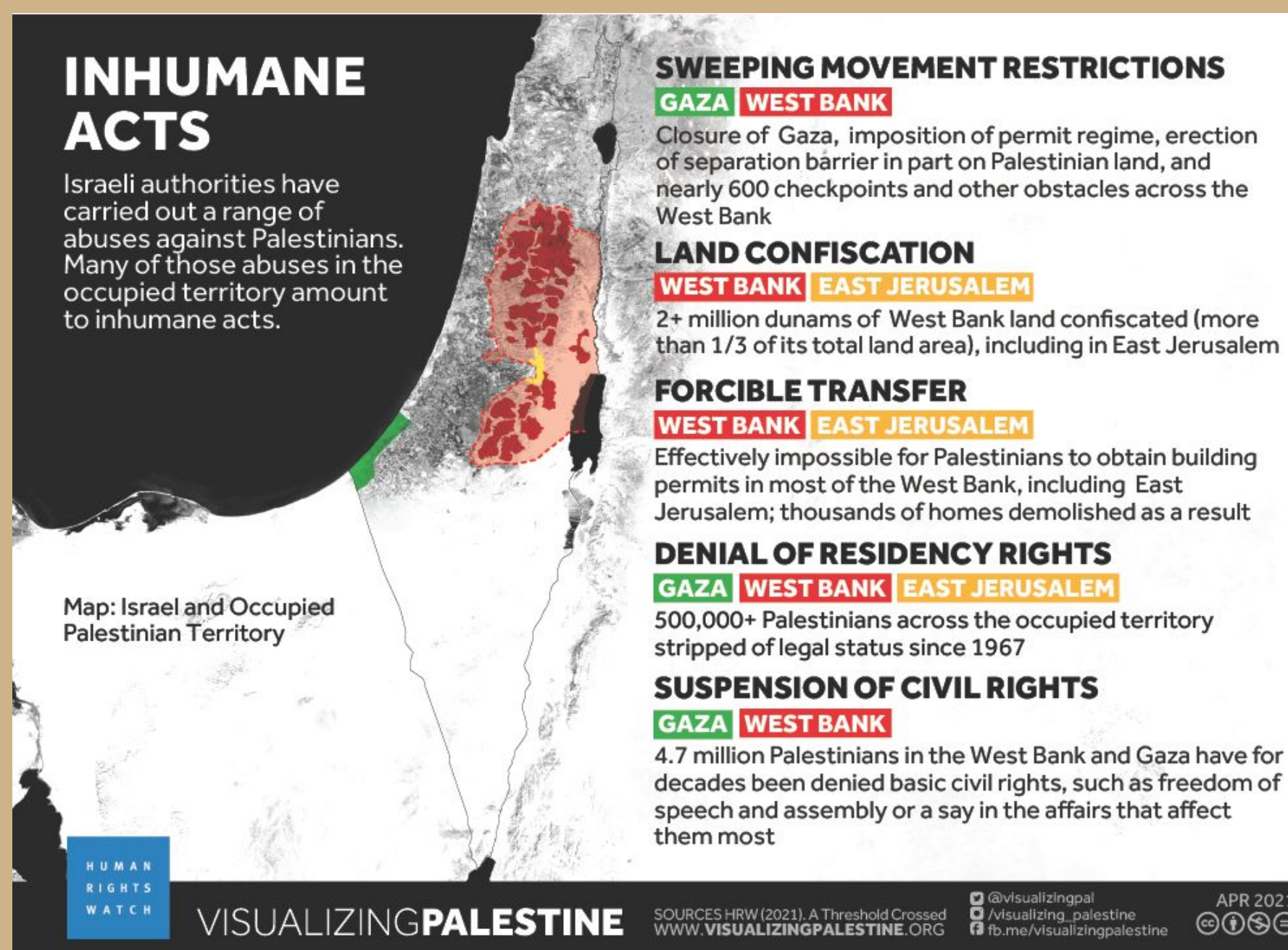
 - Israel continues to occupy and colonize the West Bank, affecting all aspects of life (e.g., freedom of movement, unlawful killing, mass seizure of land).
 - Israeli authorities structurally discriminate against Palestinians, the severity of this repression equates to systemic oppression.
 - Israeli settlement expansion continues, with over 600,000 settlers and increasing annexation efforts.

- **Jerusalem**

 - Israel illegally annexed East Jerusalem in 1980.
 - Israel continues to colonize East Jerusalem to create a Jewish majority (74% planned).
 - Discriminatory laws result in thousands of Palestinians losing their right to live in Jerusalem, akin to silent ethnic cleansing. [1]

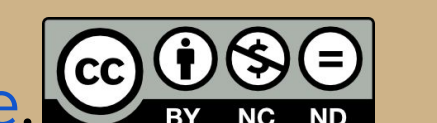


Palestinian women and children leaving their homes during the Nakba.



These displays are created for educational use for the purpose of advancing Palestinian liberation and solidarity.

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History of Resistance and Solidarity



Why Resistance?

"Existence is Resistance" for Palestinians because Israel continues with:

- Mass seizures of Palestinian land and property
- Unlawful killings¹
- Forcible transfer¹
- Drastic movement restrictions¹
- Denial of nationality, citizenship, & legal due process of Palestinians¹
- Israel's systematic domination is maintained by violations which **Amnesty International found to constitute apartheid** as a crime against humanity¹
- Any form of resistance by Palestinians against colonization is framed as terrorism

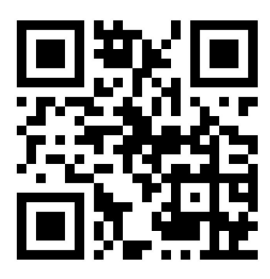


What is Boycott, Divestment, and Sanctions (BDS)?

- BDS is an international Palestinian-led non-violent movement similar to boycotts against apartheid-era South Africa (2005)¹⁻⁶
- US has played crucial role in supporting Israel's actions¹⁻⁶
- BDS is not antisemitic & upholds Palestinian rights¹⁻⁶
- BDS targets Israeli state and complicit institutions¹⁻⁶
- Effectiveness through institutional pressure (e.g., US companies like General Mills targeted)¹⁻⁶
- Intense efforts to counter boycott indicate effectiveness¹⁻⁶
- Boycott success seen in similar struggles (e.g., South Africa, Cesar Chavez's grape boycott)¹⁻⁶



Learn more about BDS here



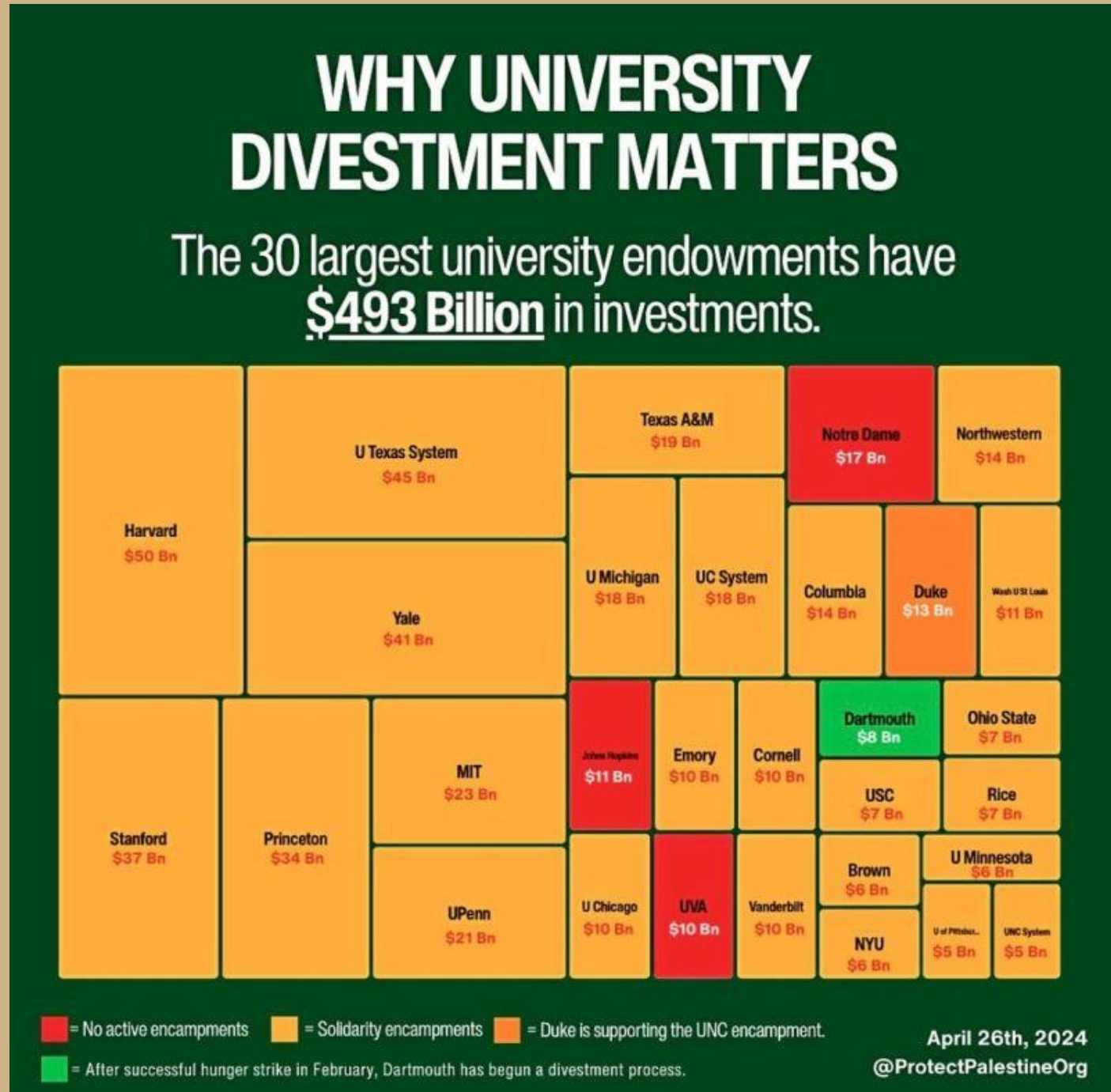
Divesting for Palestinian Rights (AFSC)



Myths about Academic Boycott (AAA)

BDS Successes

- **Economic boycott:** Airbnb, Veolia, G4S, Orange, General Mills, withdraw from Israel after boycott pressure
- **Academic boycott:** AAAS, NAISA, ASA, NWSA, AAA, MESA (TBD: ASA, APA, APA, ISA!)
- **Divestment:** Presbyterian Church USA, United Methodist Church USA, pension funds of Norway, Luxembourg, and New Zealand, Bill Gates, George Soros
- **Sanctions:** coming soon insha'allah!



Resistance within Palestine

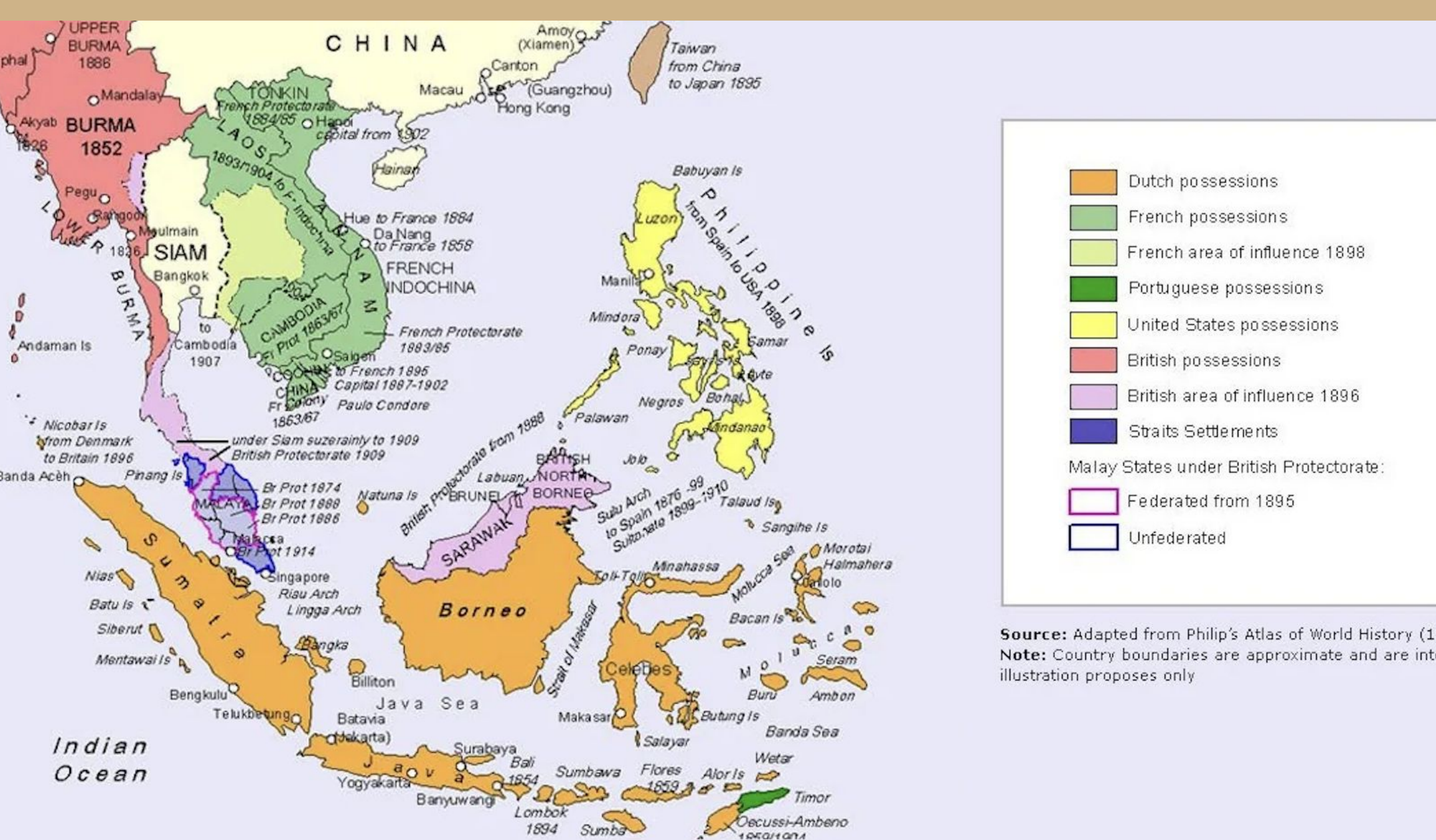
- In Palestine, there have been many non-violent and violent resistance movements (1935, 1936-39, 1948, 1964, 1976-77, 1987, 2000, 2018, 2021), characterized by Palestinians' resilience despite decades of repression
- Palestinians coordinated a general strike, withheld tax payments, and boycotted for 6 months in 1936 → British repressed Palestinian resistance by arresting anyone suspected of coordinating the movement and violent home demolitions that Israel continues today⁴
- First Intifada (Gaza, December 1987)⁵
 - Intifada means "shaking off" in Arabic - used to indicate civil uprising⁵ → Resistance consisted of grassroots organizing⁶, non-violent daily protests, commercial strikes, tax resistance, Palestinians refusing to work jobs in Israel, home schooling of Palestinian kids⁷, and throwing stones → Israel killed more than 1,000 Palestinians and injured more than 130,000⁸ in the First Intifada
- Second Intifada "Al-Aqsa" (September 2000)⁵
 - Instead of following the Oslo Accords (May 1999) that outlined the creation of an independent Palestine, Israeli settlement doubled from 200,000 to 400,000⁹ → Palestinians turned to large non-violent demonstrations that Western mainstream media ignored → Israel repressed Palestinians with rubber bullets, ammunition, demolition of Palestinian homes, and building the illegal Apartheid Wall as they killed at least 4,973 Palestinians⁹
- The Great March of Return (2018)¹⁰
 - Palestinians in the Gaza Strip peacefully protested the 11-year land, air, and sea blockade of the Gaza Strip. The movement of people and goods has been restricted and exports/imports were banned. → The protests demanded the right to return to their villages and towns from which they were forcefully displaced from
 - Israeli soldiers used high-velocity military weapons on peaceful protestors. Over 150 Palestinians were killed and at least 10,000 were injured (including 1849, children, 424 women, 115 paramedics, and 115 journalists)
- Establishing independent Palestinian institutions (e.g., Medical Relief Committees as a healthcare system somewhat separate from Israeli control)⁷
- Student activists organizing social activities, sports, and games intertwined with political messages, alongside spontaneous protests and demonstrations opposing the occupation⁷
- Refugee camps have youth projects centered around conscientization of Israel's systematic oppression of Palestinians¹¹
- Continuing to plant olive trees¹²
- Legal resistance (e.g., *Adala*, the first Palestinian Arab independent human rights organization and legal center in Israel, defending Palestinian human rights in Israeli courts and international advocacy, including submitting reports of Israel's human rights violations to UN + Seeking UN Recognition for Palestine as a state and Israeli human rights violations)¹³
- Resistance in Zionist prisons: Hunger & sit-down strikes, writing, and liberating sperm from Zionist prisons as acts of resistance¹⁴
- Rebuilding Palestinian villages and homes over and over again; Continuing to live in Palestine
- Different brigades of armed resistance fighters³
- Women's Committees discussing resistance strategies (1920's, 1930's, 1970's, 2018)^{7, 15}
- Palestinian artists and other artists internationally joining in using Palestinian flag colors and the watermelon because Israel outlawed these to repress Palestinian resistance¹⁶

Our Liberations are Tied: Asian American Solidarity

Collective Trauma from Colonization

History of Colonization: China, Thailand, Burma, Malaysia, Indonesia, India, Philippines, Vietnam, Laos, Cambodia, Myanmar (Burma), Sri Lanka (Ceylon), Hong Kong, Macau, Korea, Singapore, East Timor (Timor-Leste), Mongolia, Taiwan, Afghanistan, Bangladesh, Pakistan, Hawai'i, Guam, Fiji, Samoa, New Caledonia, Papua New Guinea, Solomon Islands, Tonga, Vanuatu (New Hebrides)¹⁻²¹

*These are some selected examples and there are more.



India

- India is the biggest economic supporter and buyer of Israeli weapons despite India's history of colonization by the British^{8, 10}
- Hindutva, a movement aiming to establish a Hindu-supremacist homeland, views Israeli Zionism as their ideal⁹
- India's settler-colonialist project in Kashmir is similar to Israeli occupation of Palestine¹¹ → India uses tactics such as militarization, arbitrary detentions, surveillance, mobility restrictions, and extrajudicial killings

MILITARY

Israel's biggest arms buyers

Between 2018 and 2022, at least 35 countries imported weapons from Israel totalling \$3.2bn. Here are the top 10:

Country	Imports (million USD)
India	\$1,970m
Azerbaijan	\$295m
Philippines	\$275m
US	\$271m
Vietnam	\$180m
Canada	\$131m
Thailand	\$121m
Germany	\$110m
UK	\$90m
Singapore	\$73m



Protest in Washington, D.C., U.S. (2023)

Students for Justice in Palestine (SJP)

Beginning in the 1950s, SJP unifies student organizers as they organize for Palestinian liberation & self-determination on their campuses. National Students for Justice in Palestine supports over 300+ Palestine solidarity organizations on college campuses across occupied Turtle Island (U.S. and Canada)¹⁻²



Scan to follow National SJP website



Faculty for Justice in Palestine (FJP)

FJP endorses the principles of BDS (Boycott, Divestment, Sanctions) and supports the fundamental right of Palestinians to self-determination and legal equality, and to return to their indigenous homes and lands¹⁻²



FJP Resources for organizing on your campus

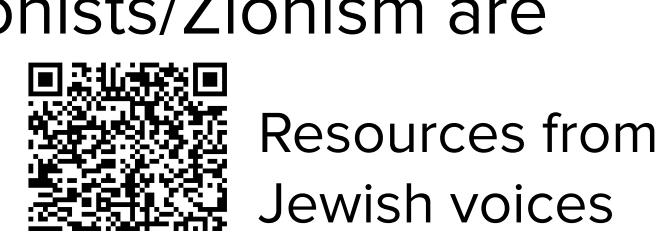
Jewish Resistance against Zionism

Jewish Voice for Peace (JVP): Started in 1996 by 3 UC Berkeley undergrads as an all-volunteer Jewish peace group¹ and shifted their approach to be anti-Zionist beginning in 2014³

If Not Now: Began with young Jews angered by Israel's 50-day military offensive in Gaza in 2014, they demand for American Jewish institutions to end supporting Israeli occupation of Palestine through nonviolent resistance²

How do you refute anti-zionism as antisemitism?

- Criticism of a state is not equivalent to hatred toward a group of people → Israel as a state, Jewish people, and Zionists/Zionism are not the same¹
- **Zionism:** 19th century colonial political ideology that claimed Jewish safety required a Jewish-only nation-state¹



Resources from Jewish voices

Korea was brutally colonized by Japan for over 30 years between 1910 and 1945, paralleling the colonization of Palestine¹⁻³

- Under Japanese occupation, Korea was exploited to maintain Japanese imperialism, and the Korean language and culture were erased¹⁻³
- During WWII, Imperial Japanese Armed Forces forced women and girls into the "comfort women" system of sexual slavery¹⁻³

Vietnam: U.S. actively contributed to the Vietnam War and continues contribution in Israel's occupation of Palestine military advice, weapons, and funds¹⁶

- In the Vietnam War, the U.S. sent troops to defend international democracy for years¹⁶
- The U.S. has supported Israel on a larger scale for decades with funding, weapons, and aid, citing national interests¹⁶
- **Students have been at the forefront of campus activism in both Vietnam War and Israeli Occupation of Palestine¹⁶**
 - In 1965, students responded promptly to the Vietnam War despite opposition¹⁶
 - Today, students continue to lead activism against the Israeli occupation of Palestine through organized teach-ins, vigils, walkouts, rallies, and protests including the current student encampments¹⁶

Edward Wadie Said, a Palestinian American academic and political activist, coined the term "orientalism" (1978) to describe how Southwest Asian and North African (SWANA) people were portrayed as primitive and violent.²² This narrative reinforced Europe's sense of superiority and justified European colonization of the region²²

- Today, Asian Americans use Said's analyses and term of orientalism to describe their own experiences of domestic and international oppression from U.S. colonial violence²³
- Said's work emphasizes the interconnectedness of the Palestinian struggle with global struggles against oppression, positing that Palestinian liberation serves as an entry point into broader resistance against systemic injustices



Protest in Tokyo, Japan (2023)



Protest in Washington, D.C., U.S. (2023)

How to Take Action and Resist



Individual-Level Actions

- Call and email Congress to demand an immediate ceasefire and an arms embargo



Call Congress:
Stop arming
Israel!



Email Congress:
Hands off Rafah!

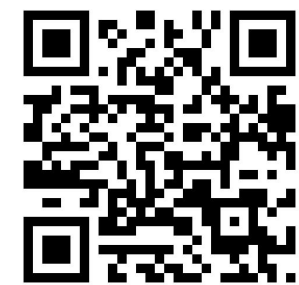
- Submit testimony for ceasefire resolutions
- Sign petitions
- Join a protest
- Support teach-ins/education/raising awareness
- Wear a keffiyeh to show solidarity
- Support BDS by boycotting



BDS Toolkit



Know what to
boycott



Find out if your
investments are tied to
human rights violations

- Digital activism:

- Follow activists and share their content



List of accounts
to follow



List of Palestinian
activists

- Amplify Palestinian voices
- Raise awareness and education
- Share fundraisers, petitions, events, protests, etc.
- Signal boosting
 - Like, share, comment, and repost social media posts related to Palestine. Algorithms promote content with high interaction rates.
- Add the Palestine emoji to your profile to show solidarity

- Donate: mutual aid/bail/legal fees/immigration fees



1 for 3 is a nonprofit
supporting Palestinian
refugees living in UN
camps in Occupied
Palestine



List of
nonprofits



List of fundraisers
for families in Gaza

- Join an organization:



University
Campus
Organizations



18 Million
Rising

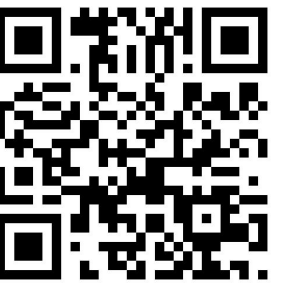


Connect with a
local group

- Other action items:



3-minute action
items



Sign up for action
alert texts



Protest in Karachi, Pakistan (2023)



Protest in Jakarta, Indonesia (2023)



Protest in Washington, D.C., U.S. (2023)

Things you can do as a psychologist

- Sign the petition urging APA to stop endorsing the IHRA (International Holocaust Remembrance Alliance) definition, conflating criticism of Israel as antisemitism (APA 2007 resolution on Antisemitism)
- Pressure APA to endorse BDS as an organization, educate on the conflation of anti-Zionism and antisemitism, and protect students and professionals' free speech and activism about Palestine
 - Read American Anthropological Association's Myths & Facts about BDS for counterpoints in discussing BDS and Palestine in our field
- Educate field on differentiating antisemitism from anti-zionism
- Support students risking their lives to advocate for Palestinian human rights and open genuine conversations on what is happening in Palestine
- Join or start a Faculty for Justice in Palestine (FJP) at your university
- Coordinate a teach-in, organize a vigil for scholars & students killed in Palestine, organize events on scholasticide, and pass motions in your faculty and student unions + associations + senates on scholasticide/genocide/BDS at your university
 - Resources from Faculty for Justice in Palestine related to organizing on campus
- Providing peer-support groups and healing circles
 - Healing-Centered Resources for Those Impacted by Violence in Palestine
 - Support & Resources for Student Activists for a Free Palestine by Inclusive Therapists
- Providing free or low-cost therapy to student activists or Palestinian clients
 - Pro-Palestine Provider Sign-Ups (Led by Latinx Therapy, National Queer and Trans Therapists of Color Network, Inclusive Therapists)
- Speak up about Palestine in courses you teach, clinical sites, research spaces, or professional organizations
- Include Palestine and Palestinian voices in your professional spaces
- Release a ceasefire statement from your graduate program/clinical practice
- Create a poster and/or session at a research conference about Palestine
- Join AMENA-Psy as a member and get involved



Sign
petition
here

Spread Awareness

- Share posters/art/visualizations



Nakba 75: PYM
Poster Project



18 Million Rising
Poster Project



Justseeds: Graphic
Care-Package



Visual Archives by
Visualizing Palestine

- How to use these posters/visuals?

- Wheat-pasting posters carrying messages of liberation, the names of our martyrs, and our political demands
- Art Build: Making signs for actions and rallies
- Pop up art show—to be displayed in public spaces or buildings
- Posting on social media



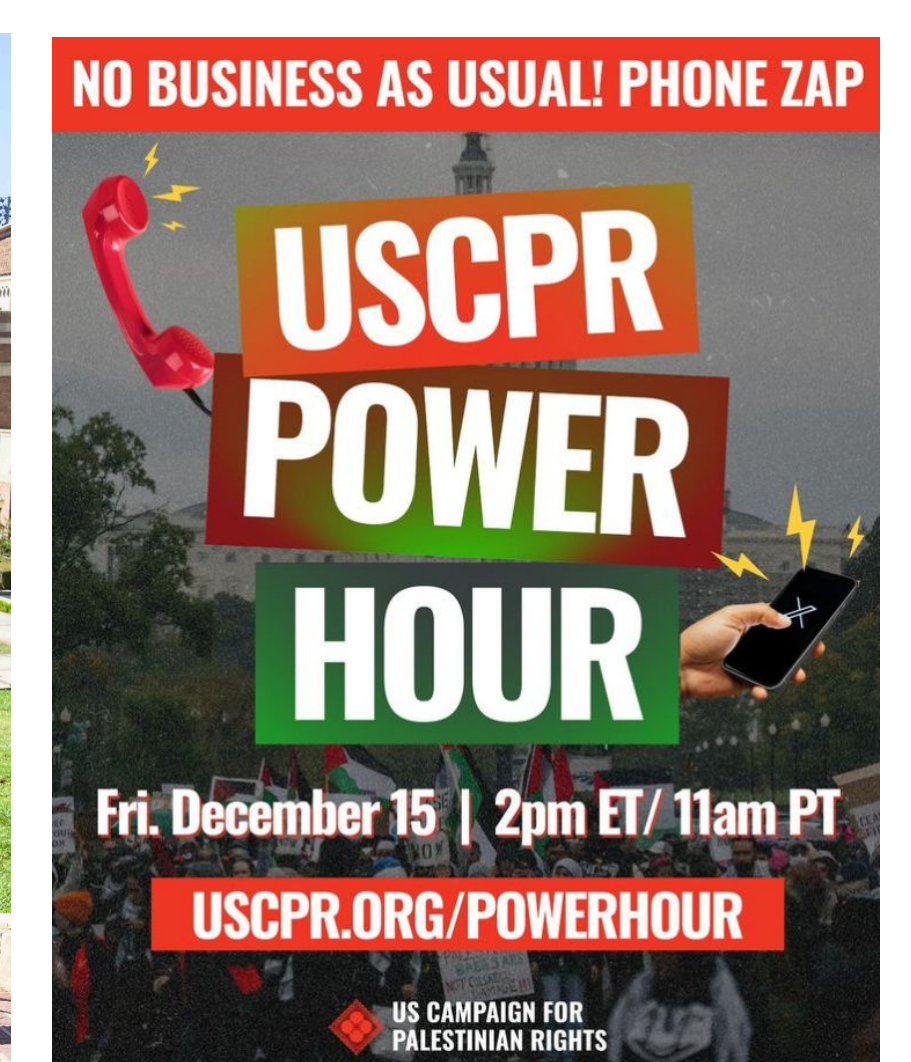
Direct Action Organizing

- Direct action strategies drawn from the National #ShutItDown4Palestine movement,

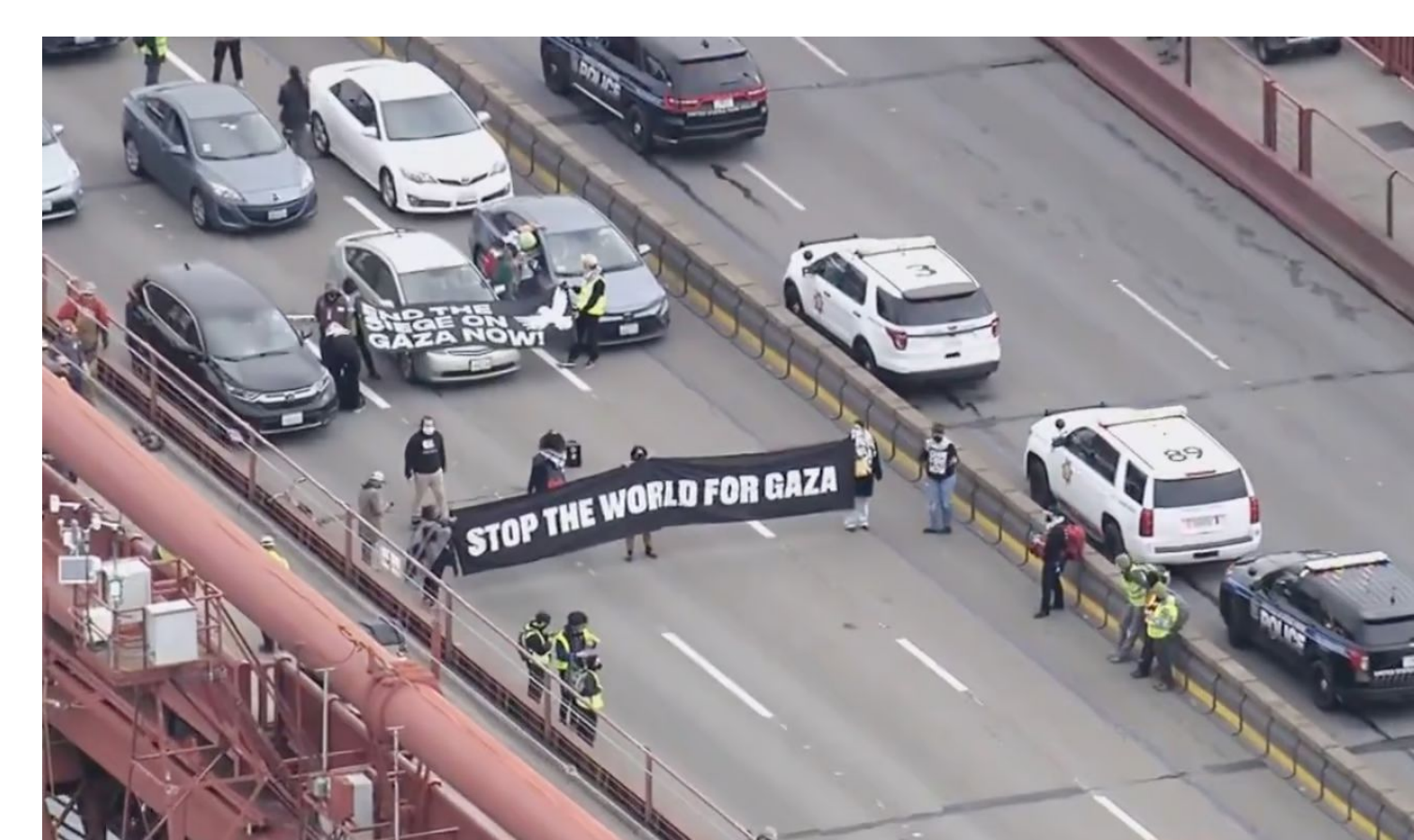
- Walkout
 - A strategy wherein individuals, usually students or faculty members, exit their classrooms during school hours to participate in a broader movement aimed at highlighting a particular issue.
- Coordinated Mass Email Delivery
 - Participants use a pre-prepared email template to send to their institution's leadership. Encourage participants to send the email on the same day to flood their inboxes.
- Cafeteria / Student Center Disruption
 - Amplify your message on campus/at your institution by disrupting crowded areas to challenge business as usual.
- Blockade
 - Block access to a location. Blockade can be formed with bodies that are attached to equipment/objects.
- Sit-in / Occupation
 - Participants occupy a space that is significant to the target. Sit-ins either occur for a predetermined length of time or continue until the target meets the demands.
- Bird-Dogging
 - Participants pursue the target's whereabouts to force them to pay attention or respond to the issue by gathering information on the target's schedule and routines. It's not necessary for the same individual to be present each time for bird-dogging to be impactful, as long as the messaging remains consistent.
- Call In Action
 - Participants call targets non-stop, forcing them to pay attention to the cause.
- Vigil / Altar Build
 - Creating an altar to remember those whose lives were lost. Altars may be accompanied by a vigil, which involves speaking/activities.
- Organize a Rally + March



UCLA students attend walkout (Daily Bruin, 2023)



(IG: USCPR)



Blockade of San Francisco's Golden Gate Bridge (Courthouse News, 2024)



(IG: hawaii4palestine)

Why Should We Care About Palestine?



Have you ever wondered what you would have done if you were alive during the Holocaust, plantation slavery, genocide against Native Americans, or apartheid in South Africa? THE ANSWER IS, WHATEVER YOU ARE DOING RIGHT NOW.

adapted from Aaron Bushnell (1999-2024)



**PALESTINIAN LIBERATION IS A HUMAN RIGHTS ISSUE
A FEMINIST ISSUE
A PUBLIC HEALTH ISSUE
A SOCIAL JUSTICE ISSUE
A DECOLONIAL ISSUE
CONNECTED TO OUR COLLECTIVE LIBERATION**

**WE MUST BEAR WITNESS
WE MUST BREAK THE SILENCE
WE MUST REFUSE AND RESIST
WE MUST LOVE AND GRIEF, FIERCELY
FOR LIFE, DIGNITY, AND FREEDOM
FOR ALL**

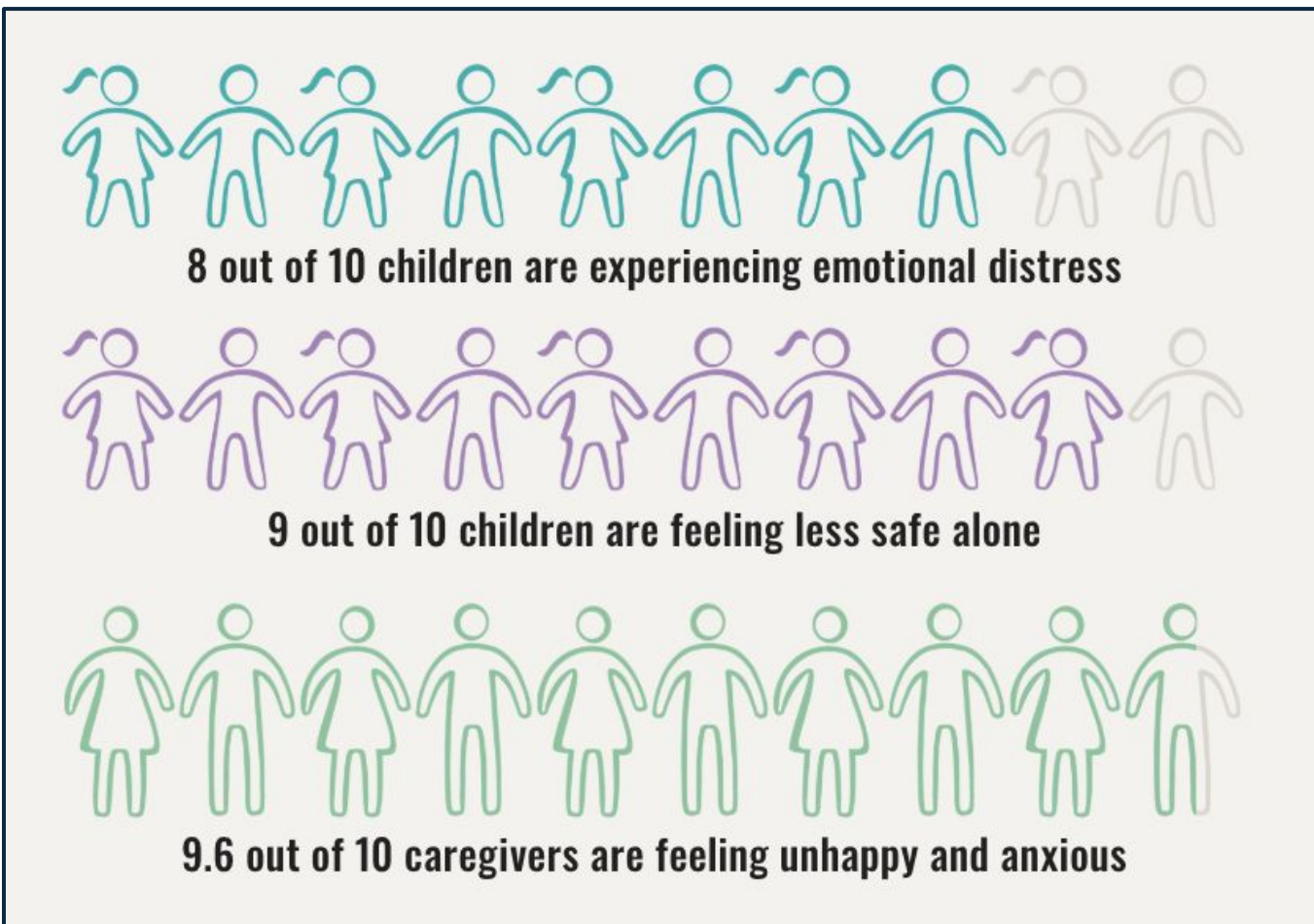
PALESTINIAN MENTAL HEALTH

Chronic exposure to violence, as a result of living under Israeli occupation, have deleterious effects on Palestinian mental health³⁸⁻⁴⁶

- We cannot talk about Palestinian mental health without addressing their oppression.

In 2022

71% of residents in Gaza and 50% in the West Bank struggled with depression³⁸



retrieved from Save the Children, 2022, 141

Palestinians experience **constant distress**, fearing that their and their loved ones' lives will end³⁹

Other mental health issues include:

- Trauma, hypervigilance, nightmares, bedwetting, anxiety, extreme fear and stress, irritability, aggression, fatigue, helplessness, despair, and hopelessness^{39, 47-48}
- Feeling pain, anger, and weakness due to dehumanization (**"Nobody wants us to exist on this planet"**)⁴⁷
- Harmful coping mechanisms (e.g., suicidal thoughts, self-harm) and lower resilience among children⁴⁷⁻⁴⁸

Mental health issues and severity have **dramatically increased** in recent years, especially since the ongoing genocide⁴⁷⁻⁴⁸

لقبت نص رأس أبي
وأيديها، قعدت ألم
فيها قطعة قطعة.

I found half of
my mother's head
and her hands.
I gathered her piece
by piece.

كل أحبابي
مراحوما

All my
beloved
ones are
gone

ولد أبي في خيمة
عام 1950، ومات
في خيمة عام 2024.

My father was born
in a tent in 1950,
and died in a tent
in 2024.

artwork by
THEZAYNALARBIH

PALESTINIANS HAVE THE RIGHT TO LIFE

ISRAEL'S OCCUPATION OF PALESTINE

- Israel has been **systematically denying** Palestinians their life, dignity, human rights, and freedom for the past **75+ years**¹⁻⁴.
- The International Court of Justice (ICJ) and the UN General Assembly have declared **Israel's occupation of Palestinian territories as unlawful and called for its immediate end**⁵⁻⁶.

"PLAUSIBLE" GENOCIDE IN GAZA

- ICJ Order of January 26, 2024⁷
 - It is **"plausible"** that Israel is committing genocide in Gaza.
- ICJ Order of May 24, 2024⁹
 - Emphasized Gaza's **"catastrophic humanitarian conditions"** para. 28
 - Ordered Israel to halt its military offensive in Rafah.
 - Reaffirmed its orders for Israel to prevent committing acts of genocide and to improve humanitarian conditions in Gaza.

Israel has failed to comply with any measures outlined in the ICJ's orders.

CRIMES AGAINST HUMANITY IN GAZA

- 500+ bodies have been recovered from **mass graves**, with signs of torture and mutilation¹⁰
- Indiscriminate and fatal attacks on **children**¹¹, **civilians**¹²⁻¹⁴, **aid and healthcare workers**¹⁵⁻¹⁹, **journalists**²⁰⁻²¹, and schools, scholars, and students (i.e., **scholasticide**)²²⁻²⁷
- Civilian **torture, humiliation, and sexual violence**²⁸⁻³¹
- Significant **restrictions on basic needs and humanitarian aid**³²⁻³⁵
- Use of **white phosphorus**³⁶⁻³⁷

Between October 2023 and September 2024

41,000+ PALESTINIANS KILLED

by Israeli military and settler attacks in the Occupied Palestinian Territories (Gaza and West Bank).

- 16,000+ were children.
- 10,000+ are missing, likely killed.
- More than 100,000+ injured.

In the besieged Gaza,

- ~1.7 million are displaced.
- ~1.1 million are facing famine.
- ~600,000 students have been without education for a full school year.
- ~40% hospitals are partially functional.

Israel has bombed all universities (100%).

- School buildings (85%).
- Residential buildings (>50%).
- NO PLACE AND NO ONE IS SAFE IN GAZA.**



Names of Palestinian children killed



Gaza Daily Casualties



Datasets of Gaza Casualties

SIX WARS OLD

SIXTEEN YEARS OF CHILDHOOD IN GAZA

<p>LIFELONG CONDITIONS</p> <p>WATER CRISIS 97% of fresh water contaminated. Lack of access to clean drinking water is a leading cause of illness and child mortality in Gaza.</p> <p>DEEP POVERTY 61% poverty rate / 63% food insecurity / 35% of Palestinian children under 5 at risk of not reaching their developmental potential due to chronic trauma.</p> <p>RIGHT TO EDUCATION 2/3 of schools in Gaza operate on double shifts due to classroom shortages.</p> <p>MENTAL HEALTH 90% of children in Gaza showed symptoms of anxiety, depression and trauma in one 2022 study.</p>	<p>AGE 0 BORN A REFUGEE</p> <p>I was born as one of the more than 70% of Palestinians in Gaza whose families were originally displaced during the Nakba in 1948.</p> <p>BLOCKADE</p> <p>The year I was born, Israel imposed a blockade on Gaza (ongoing as of 2023) by land, air, and sea, intensifying earlier restrictions.</p>	<p>AGE 2 FIRST ASSAULT</p> <p>I survived a 22 day attack on Gaza. Israeli forces killed 1,385 Palestinians, including 318 children.</p>	<p>AGE 5 SECOND ASSAULT</p> <p>I survived an eight day attack as Israeli forces killed 2,251 Palestinians in Gaza, including 53 children.</p>	<p>AGE 7 THIRD ASSAULT</p> <p>I survived fifty days of onslaught as Israeli forces killed 2,251 Palestinians in Gaza, including 556 children. Over 1,500 children were orphaned.</p>	<p>AGE 11 GREAT RETURN MARCH</p> <p>For two years, I saw my community turn out en masse to protest the blockade. Israeli forces killed 214 protesters, including 46 children, and injured 8,800 children with live ammunition, rubber bullets, and tear gas.</p>	<p>AGE 14 FOURTH ASSAULT</p> <p>I survived an eleven day attack as Israeli forces killed 250 Palestinians. Twelve of the 67 children killed were participating in a trauma recovery program.</p>	<p>AGE 15 FIFTH ASSAULT</p> <p>I survived a three day attack on Gaza. Israeli forces killed 33 Palestinians, including 9 children.</p>	<p>AGE 16 SIXTH ASSAULT</p> <p>I am experiencing acts of genocide. In 46 days, Israeli forces killed 14,854 Palestinians, including 6,150 children. Thousands of children are missing in the rubble, and doctors are using the acronym WCNPF: wounded child no surviving family.</p>
2007	2007	DEC 2008 - JAN 2009	NOV 2012	JULY 2014	MAR 2018 - DEC 2019	MAY 2021	AUG 2022	OCT 2023 - ONGOING

Of 2.3 million Palestinians in Gaza, 47% are children. Most of these children have lived their entire life under Israeli blockade, experiencing multiple types of trauma.

"In Gaza, there is no 'post' [traumatic] because the trauma is repetitive and ongoing and continuous.

Samah Jabr
Chair of Mental Health Unit, Palestinian Ministry of Health

TYPES OF TRAUMA

CHRONIC TRAUMA
Prolonged, pervasive conditions such as poverty or institutionalized discrimination.

INTER-GENERATIONAL TRAUMA
Psychological trauma experienced by the descendants of a person who has survived a traumatic event.

ACUTE TRAUMA
An extremely distressing event.

"I had dreams that I wanted to achieve, but now I have no more dreams. I feel pain in my heart and it will stay with me for the rest of my life, because they were my family, my parents, my sister and brothers. And they were all gone, in one night."

- a 12-year-old orphan in Gaza⁵⁰

At least 17,000 children are unaccompanied, orphan, or separated (UNICEF, February 2024)⁴⁹

"Children have no escape from the reality of war, no stable routine, no opportunity to learn or play - and for many, no family" (Save the Children, 2024, p. 10)⁴⁷

Almost all children in Gaza (>1 million children) need mental health support to prevent long-lasting psychological damage. However, support is limited due to the ongoing genocide^{47, 49}



We (Palestinians) Are Not Numbers



Why Must Palestinians Audition for Your Empathy?



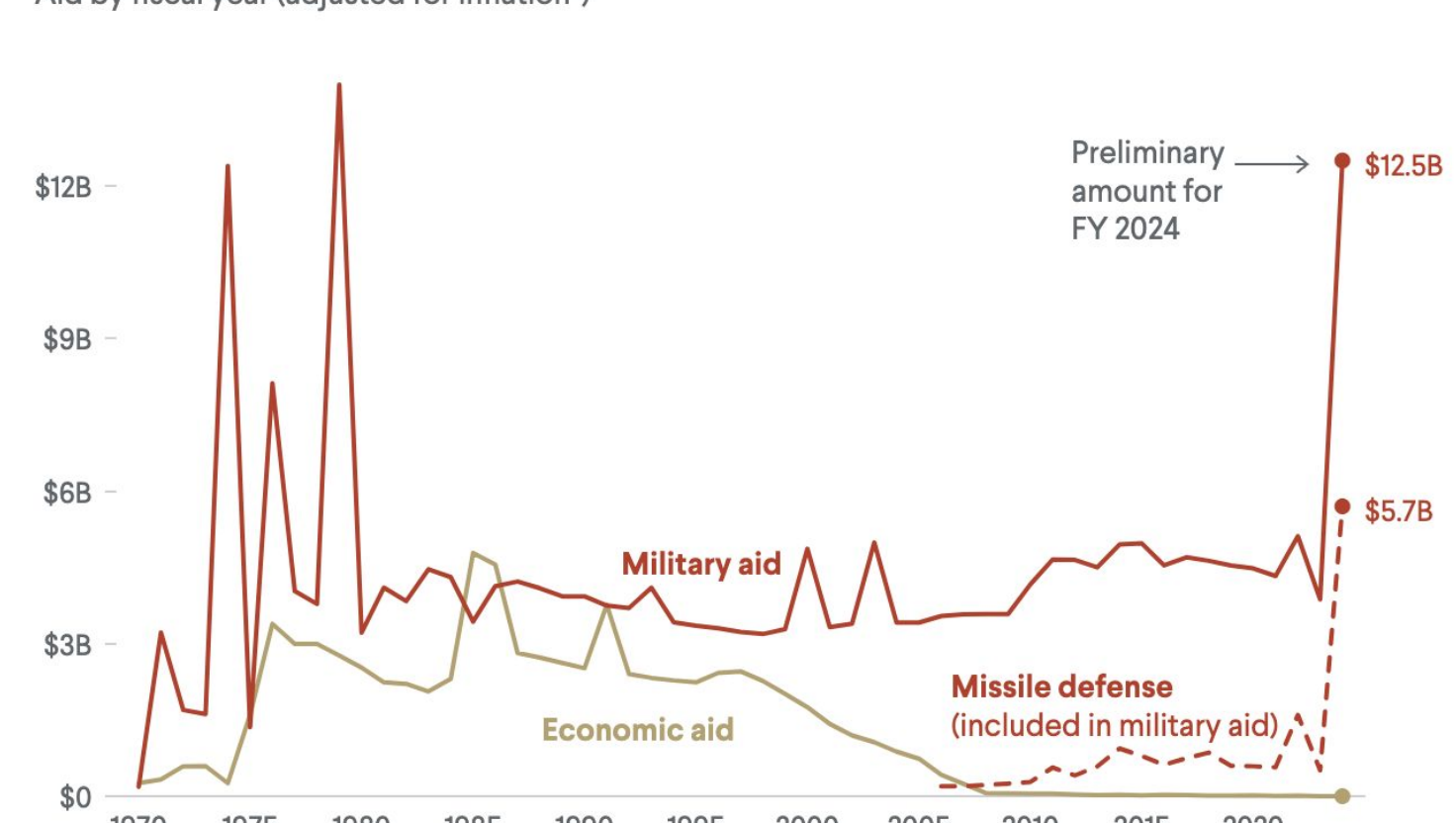
Pledge that Palestine is a Feminist Issue

STAND WITH OTHER MENTAL HEALTH PROFESSIONALS WHO ARE IN SOLIDARITY WITH PALESTINE
[77-86]

WE ARE COMPLICIT

- Between October 7, 2023 and April 24, 2024
 - Israel has dropped **70,000+ tons of bombs** on the Gaza Strip, exceeding the bombings of Dresden, Hamburg, and London combined during World War II⁵¹⁻⁵²
- U.S. tax dollars** fund Israel's military since the 1970s⁵³, which actively maintains Israel's occupation over Palestine and the current genocide. **~\$310 billion total** and **~\$3.8 billion/year** since the 1970s
- The **U.S. makes and supplies weapons to Israel**, which are used to indiscriminately kill and wound Palestinians⁵⁴⁻⁶⁰

The U.S. Has Provided Significant Military Aid to Israel Since the 1970s
Aid by fiscal year (adjusted for inflation)



*Data is adjusted to constant 2024 dollars using the price index for the first half of fiscal year 2024.

Note: Amounts for FY 2024 are from the March 23 appropriations bill and April 26 aid bill and are preliminary. Data for prior fiscal years is from foreignassistance.gov, with missile defense included starting in 2006 using data from the Congressional Research Service.

Sources: USAID; Congressional Research Service; Bureau for Economic Analysis via Federal Reserve Bank of St. Louis; COUNCIL ON FOREIGN RELATIONS



Scan to learn more about Fund Care, Not Killing; Not My Tax Dollars⁶¹

PSYCHOLOGY AND PSYCHOLOGISTS: ROLES AND RESPONSIBILITIES

ON THE ISSUE OF HUMAN RIGHTS

- APA's **Resolution on APA, Psychology, and Human Rights**⁶² and **Ethical Principles of Psychologists and Code of Conduct**⁶³. Respect for human rights is central to psychological ethics.
- APA **Resolution Against Genocide**⁶⁴: APA "condemns genocide wherever it occurs across the globe and confirms that all people have the right to survival and safety...individual psychologists [should] work toward the development of policies that work to eradicate and prevent genocide and to ameliorate its impact on individuals and communities." (p. 2 & 3).

ON THE ISSUE OF SOCIAL JUSTICE

- APA's **Apology to People of Color**⁶⁵ and **Resolution on Harnessing Psychology to Combat Racism**⁶⁶: Psychology and psychologists need to acknowledge its complicity in perpetuating racism and actively dismantle all forms of racism.
 - This includes **anti-Palestinian racism** that has fueled the systematic dehumanization and oppression of Palestinians⁶⁸⁻⁷¹
- APA's **Resolution on Dismantling Systemic Racism**⁶⁷ adds that "Psychology is uniquely positioned, and has a responsibility to inform antiracist and equity-driven public policy through psychological science and practice." (p. 9)
- Psychologists have increasingly urge the field of psychology to recognize and address the impacts of colonialization, Eurocentrism, and other intersecting oppressive systems on individual and collective health and well-being^{43, 72-76}
 - This includes recognizing the harms of the settler-colonization of Palestine and acting toward the **end of Israel's occupation**.

Pillars of Activism



PILLARS OF ACTIVISM



- TARGET** Who am I trying to influence?
- TACTIC** What is the action I'm taking to move my target toward my goal?
- TOOLS** What do I need to feel I can do this? What do I still need to learn?
- PROS & CONS** What are the risks of doing this tactic? What might be achieved in doing this tactic? (e.g., Risk management; tension of values; sense of integrity; building community)

TARGET	TACTIC	TOOLS	PROS & CONS
Have my university divest from companies and institutions complicit in colonization of Palestinians	<p>Join my school's SJP (Students for Justice in Palestine) OR FJP (Faculty for Justice in Palestine) Chapter</p> <p>Organize a student encampment at my university to non-violently protest toward divestment</p>	<p>Research which companies/ institutions my university may be financially tied to that are on the BDS Boycott list</p> <p>Learn about what tactics SJP at my university has already tried in the past and what negotiations have looked like before to know context of university administration on this</p> <p>Make friends with others already in SJP and build community and familiarity</p> <p>Connect with other student orgs on campus to build a coalition and strengthen the encampments</p>	<p>Consider risk of expulsion from my university for joining the encampment</p> <p>Less helplessness</p> <p>More authentic relationships</p> <p>Gain sense of solidarity and agency working toward structural change</p> <p>Divestment of my university from Israeli apartheid; enact structural change</p>

Inspired from Aleia and Adrienne's CrossLines activity (Page 23 of the Cultural Playbook)

What is one action you can commit to take in the coming month?

TARGET	TACTIC	TOOLS	PROS & CONS
<p>Talk about Palestine at my practicum site to address trainee distress from silencing</p> <p>Bring up what is happening in Palestine generally at clinical site</p>	<p>Connect with my university's practicum coordinator to ask for support on bringing this topic into my site</p> <p>Bring this topic up with a trusted supervisor and ask for advice on how to bring this topic into the training site</p> <p>Host a teach-in at my practicum site and highlight the costs of silencing and student repression on mental health</p>	<p>Connect with mentors to discuss risks and fears of bringing in Palestine into the practicum site</p> <p>Consider bringing in a guest speaker to talk about Palestine and its ties to Psychology</p> <p>Organize and brainstorm with other trainees what they are experiencing around Palestine at the training site; any supervisors that seem open to discussing this</p>	<p>My practicum site supervisors may discriminate against me for bringing up Palestine</p> <p>I would find solidarity with other colleagues at my site and feel I have agency</p> <p>Support other trainees' clinical work bc now we can bring Palestine into group supervision and in relation to clients</p> <p>Less guilt from complicity</p>

Inspired from Aleia and Adrienne's CrossLines activity (Page 23 of the Cultural Playbook)

TARGET	TACTIC	TOOLS	PROS & CONS
Educate my Zionist best friend	<p>Explain the state of Israel AND Jewish people are different</p> <p>Send them documentaries on Palestine</p>	<p>Practice speaking on this issue with another friend who's also invested in Palestinian liberation to find my voice</p> <p>Read more on the conflation of the state of Israel and Jewish people</p> <p>Think about mine and my best friend's positionality as psych graduate students and how Palestinian liberation is tied to social justice</p>	<p>My best friend and I stopped talking bc I realized we don't share the same values</p> <p>My best friend and I can work together on resistance actions for Palestine (going to protests, joining an organizing group)</p> <p>I don't have to feel silenced and inauthentic</p>

Inspired from Aleia and Adrienne's CrossLines activity (Page 23 of the Cultural Playbook)

How to Talk about Palestine 101

Speaking out about Palestinian liberation can be hard, given emotional reactivity, and often a silencing of the conversation with being

“too complicated and only two sides.”

Many of us want to speak about but feel nervous, uneasy, or insecure on how best to handle these conversations.

CENTRAL STRATEGIES

- Centering shared humanity and intertwined liberation
- Keeping the focus / being a broken record:
 - (a) there is no justification for the level of killing (genocide) and violence
 - (b) Violence against Palestinians is not new (not a response to Hamas attack in Oct 2023)
- Our job is NOT to change the minds of people who are dug in and being aggressive– not our target audience
- Don't get caught in debating fine points
- Holding complexity without two-siding
 - “Yes and...”
- Naming media bias
 - Making people aware that they don't know what they don't know
- General ally development strategies
 - Leaning in to good intentions
 - Not shaming without offering a path forward
 - Holding the anger
- Disentangling anti-zionism/critique of Israel from antisemitism
 - Pointing to the diversity of Jewish opinion on Zionism and Israel

USING OUR DISCIPLINE OF PSYCHOLOGY

- How do we approach this as psychologists and mental health professionals? By holding empathy and acknowledging trauma
- Holding compassion and humanizing the other; not having binary understandings of well-being, healing, liberation, and justice
- Opposing that one group's liberation should be achieved by oppressing another
- Empathy: Acknowledging fear, pain, and loss
 - Feeling threatened is not the same as being threatened
 - Loss of the idea of a Jewish safe place
 - The reality of the pain of Oct 7th, even if you see those actions as understandable and/or justified (dehumanize others and yourself)

SPEAKING FROM YOUR POSITIONALITY

- Reflect on your own experiences with oppression and explore how they may relate to Palestinian oppression and resistance
- Understand how your positionality is political and connected to Palestinian liberation by rejecting dehumanization, settler-colonialism, and U.S. imperialism, which have fueled orientalism and racism both domestically and globally
- Encourage perspectives that embrace transnational experiences and the shared struggles of oppression

Reference

Asian American Psychological Association (2024). *How to Talk about Palestine: A Workshop for Asian American Psychologists and Students on Breaking Silence to Advance Justice in Palestine* [Webinar].

How do you feel about speaking up / taking action for justice In Palestine?