

## Final Report

Project Title: Enhancing the Safety of Palestinian Refugee Women

29 April to 30 September 2025

### Activity 1.1: Continued Provision of Life-Skill and Psychosocial Support Sessions in WPA Centres

#### Summary and overall achievements

The project aimed to sustain the ongoing efforts of UNRWA and WPA to enhance the psychological and social well-being of women and girls in the Palestinian community. It provided a safe space for these individuals to come together, participate in targeted activities, and build supportive social networks.

A total of 522 adolescents and young women aged 18 to 29 participated in group PSS support cycles. Five cycles were held, with three sessions each, covering a range of topics. Additionally, 325 young and adult women aged 15 to 25 years participated in Social Emotional Learning workshops. A total of three cycles were held, with four sessions each, alongside a dedicated session on Prevention of Sexual Exploitation and Abuse (PSEA). Both activities intended to strengthen resilience, enhance social-emotional skills, and improve the protective environment for participants through a solidarity system and social support networks within the context of GBV prevention. Participants were encouraged to share information and experiences to develop positive coping mechanisms against the risks of Gender-Based Violence (GBV). Analysis of pre- and post-tests and satisfaction surveys for both activities revealed a high satisfaction level with the contents and modality of delivery. Approximately 90% expressed enhanced well-being, greater understanding of GBV types and symptoms, and available means and networks for GBV risk reduction.

The project also involved the referral of 35 high-risk GBV cases from WPA to the UNRWA RSS Department. Unfortunately, the target was not achieved for various reasons, with only five cases referred.

These activities were implemented by the WPA’s team of social workers across its centers in seven camps located in Beirut, Beqaa, North, Saida, and Tyre. All sessions and workshops were conducted in a safe environment where participants were encouraged to express their thoughts and emotions with confidence. The individual groups were selected meticulously, conscious that participants were from the same community and knew each other, to ensure safety and comfort for full engagement.

Workplan	2025						
	April	May	June	July	August	Sep	October
Group PSS Sessions	Workplan & Outreach	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Reporting
SEL Sessions	Workplan & Outreach	Cycle 1			Cycle 3		
			Cycle 2				

Completed
Ongoing
Planned

## Achievements

Indicator	Target	Achieved	Sources of Verification
1.1.1. # of adolescent girls and young women attending group support sessions at WPA's centers	504	522	Attendance sheets, photos
1.1.2. % of adolescent girls and young women attending group support sessions at WPA's centers reporting increased well-being and developed social network support	-	90%	Satisfaction survey
1.1.3. # of women attending social emotional learning sessions at WPA's centers	315	325	Attendance sheet
1.1.4. % women attending social emotional learning sessions at WPA's centers demonstrating increased knowledge in GBV risk reduction	-	90%	Pre-/Post-tests, satisfaction survey
1.1.5. # of cases identified by WPA referred to RSS	35	5	Referral tracker, Client satisfaction survey

## Outreach Plan

An outreach campaign was launched via social media and briefings during ongoing center activities to inform potential participants about the project's objectives and activities. This campaign invited interested individuals to register for the program.

To facilitate effective participation, lists of eligible candidates were prepared based on their preferred cycle dates, ensuring their commitment to full participation throughout the entire cycle. This strategic approach aimed to maximize engagement and support for all participants.

### Indicator 1.1.1. # of adolescent girls and young women attending Group Support sessions at WPA's centers

Throughout the project, five cycles were organized, each consisting of three sessions, with an average participation of 12 to 15 adolescent girls aged 14 to 17 years and young women aged 18 to 29 years.

Each cycle focused on critical topics, fostering resilience among the target groups and enhancing understanding of Gender-Based Violence (GBV) risks and symptoms. Within the context of GBV, the topics focused on:

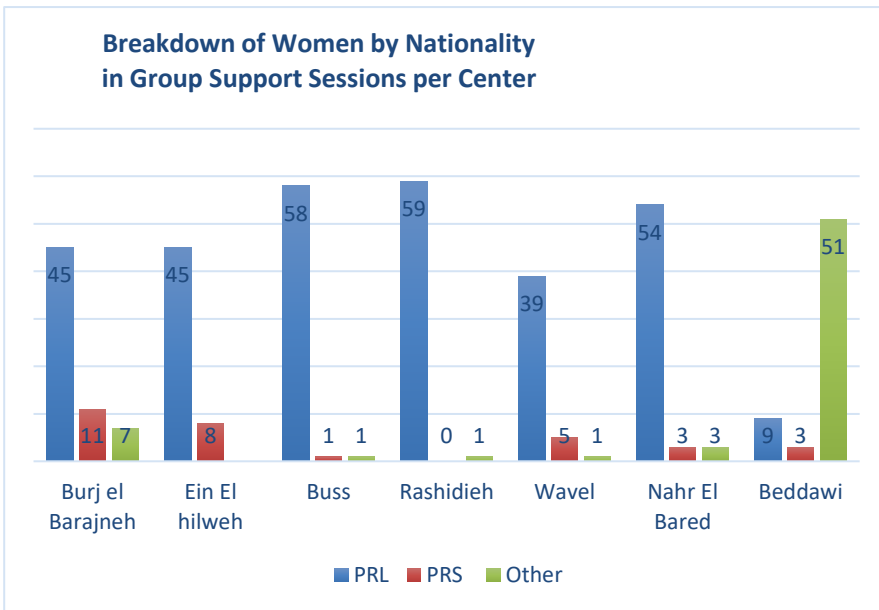
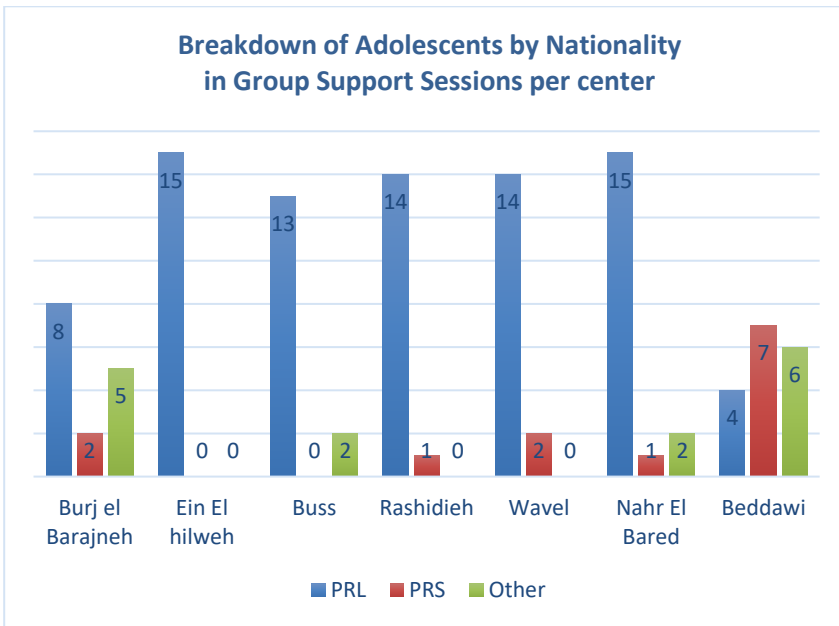
- Understanding the different types and effects of stress and pressure on children and adolescents
- Building emotional resilience and learning healthy coping skills
- Exploring healthy versus unhealthy relationships

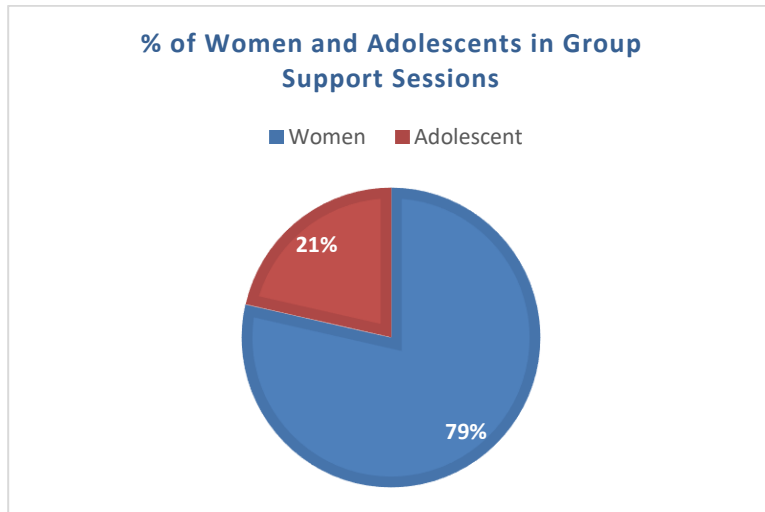
The cycles were conducted by WPA's social workers, in seven centers across Lebanon, in Nahr El Bared and Beddawi in the North, Burj El Barajneh in Beirut, Ein El Hilweh in Saida, Rashidieh and El Buss in Tyre and Wavel in Beqaa. The content and delivery methods were specifically tailored to meet the needs of the target group, including discussions and recreational activities, in an interactive and safe environment, ensuring a comprehensive understanding of GBV, its signs, prevention strategies, support mechanisms, and the development of confidence and self-esteem. A total of 522 adolescent girls and young women participated in one of the five cycles, surpassing the target of 504. The following tables provide a detailed breakdown of participants by nationality and disability, along with illustrative graphs.

Group Support Sessions Participants	Nationality			Disability	Total
	PRL	PRS	Other*	PWD	
	<b>395</b>	<b>44</b>	<b>83</b>	<b>1</b>	<b>522</b>

Location	Women 18 – 29 years				Adolescent Girls 14 - 17 years				Persons with Disabilities			
	PRL	PRS	Other*	Total	PRL	PRS	Other*	Total	PRL	PRS	Other*	Total
Burj el Barajneh	45	11	7 (S)	<b>63</b>	8	2	5 (S)	<b>15</b>				
Ein El Hilweh	47	8	4 (S) 1 (L)	<b>60</b>	15	0	0	<b>15</b>				
El Buss	58	1	1 (S)	<b>60</b>	13	0	2 (S)	<b>15</b>				
Rashidieh	59	0	1 (S)	<b>60</b>	14	1	0	<b>15</b>				
Wavel	39	5	1 (S)	<b>46</b>	14	2	0	<b>16</b>				
Nahr El Bared	54	3	3 (S)	<b>60</b>	15	1	2 (L)	<b>18</b>				
Beddawi	9	3	45 (S) 6 (L)	<b>63</b>	5	7	5 (S) 1 (L)	<b>18</b>	<b>1</b>			<b>1</b>
<b>Total</b>	<b>311</b>	<b>31</b>	<b>68</b>	<b>410</b>	<b>84</b>	<b>13</b>	<b>15</b>	<b>112</b>	<b>1</b>			<b>1</b>

\*Others are Lebanese (L) and Syrians (S)





### *Impact of Group Support Sessions*

By the end of the cycle, all participants were asked to complete the satisfaction survey online, on Kobo, to measure the level of their satisfaction with the content, delivery modality, as well as the impact of the knowledge and skills acquired, and the immediate effects on their well-being. The responses of the 434 participants who successfully completed the survey were analyzed using the 4-point Likert scale revealed a high satisfaction level of over 90% with the content and modality of the sessions, and around 90% expressed enhanced well-being. The detailed report is attached.

### *Related Sources of Verification*

*Annex 1.1.1.1. Attendance sheets*

*Annex 1.1.1.2. Photos*

*Annex 1.1.2.1. Satisfaction Survey Questionnaire and Analysis Report*

### **1.1.3. # of women attending social emotional learning sessions at WPA's centers**

Throughout the project, three cycles were organized, each targeting an average of 15 women aged between 25 and 50 years. A total of 325 women participated, surpassing the target of 315. Similarly, these cycles were implemented in WPA's centers in seven camps across Lebanon.

Each cycle included four sessions designed to deepen participants' understanding of Gender-Based Violence (GBV) risks and symptoms, while also enhancing their coping mechanisms and support networks. The topics covered were:

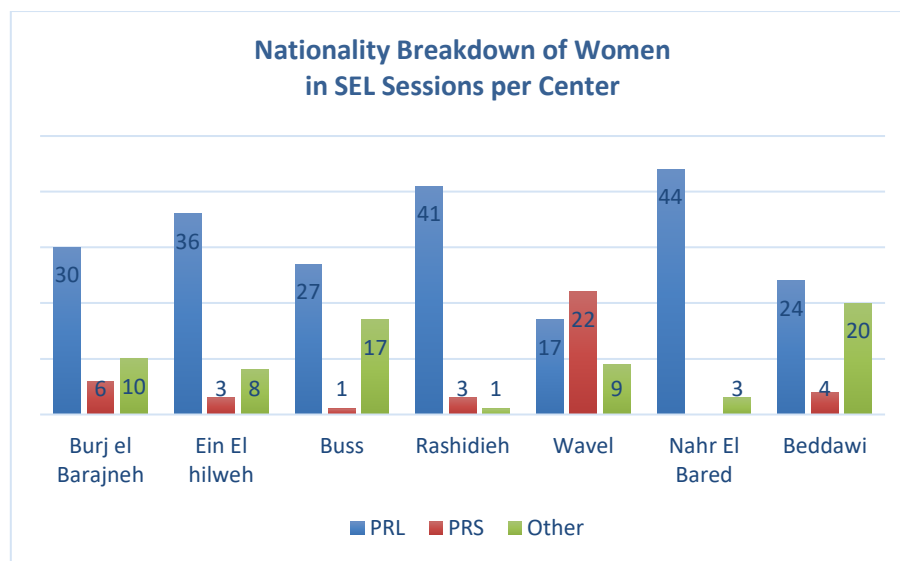
- Gender-Based Violence and Its Types
- My Self-Esteem
- Conflict Resolution Skills: Towards Better Communication and Stronger Relationships
- Support Systems and Resources: Your Safety Net in Life

Additionally, a session on Prevention of Sexual Exploitation and Abuse (PSEA) was delivered to each group. The delivery modalities and tools used were tailored to the participants' age, educational background, and occupational experience, ensuring full engagement and coherence within the groups. The three cycles catered for three age ranges: 25 to 35, 36 to 45, and 46 to 55 years.

The following table provides a detailed breakdown of participants by nationality and disability, along with an illustrative graph.

Location	Women 25 – 50 years				Persons with Disabilities 25 – 50 years			
	PRL	PRS	Other	Total	PRL	PRS	Other	Total
Burj el Barajneh	30	6	6 (S) 4 (L)	46				
Ein El hilweh	36	3	3 (S) 5 (L)	47				
Buss	27	1	17	45				
Rashidieh	41	3	1	45				
Wavel	17	22	8 (S) 1 (L)	48				
Nahr El Bared	44		1 (S) 1 (L)	46				
Beddawi	24	4	20 (S)	48	1		1	2
<b>Total</b>	<b>219</b>	<b>39</b>	<b>67</b>	<b>325</b>				<b>2</b>

\*Others are Lebanese (L) and Syrians (S)



### Impact of SEL Sessions

Each participant completed a pre-test following an introduction to the cycle's objectives, as well as a post-test upon completion of the cycle. Additionally, participants filled out a satisfaction survey. The analysis specifically addressed the change in knowledge, attitudes, and perceived social-emotional competencies using the 4-point Likert scale.

The results of the paired Pre-Post test scores from 267 participants (82%), who completed both tests, reveal a consistent and positive shift in knowledge and self-reported skills across all four topics. The following table summarizes the composite mean scores for each of the four modules, detailing the magnitude of the change:

Topic	Baseline (Pre) Mean Score	Endline (Post) Mean Score	Absolute Change	Percentage Improvement %
Conflict Resolution & Tension Reduction	8.78	10	+1.22	13.9
GBV Understanding & Impact	14.49	16.28	+1.79	12.4
Resilience & Dealing with Stress	5.87	6.56	+0.68	11.6
Social Support & Isolation Alleviation	9.43	10.14	+0.71	7.50

While the individual score differences may seem modest, the consistency of positive changes across all topics is statistically significant. The average improvement of approximately 10% to 14% in the most critical skill and knowledge areas confirms the effectiveness of the SEL sessions. The program successfully initiated cognitive and perceptual shifts in a short timeframe, laying the essential groundwork for deeper, long-term behavior change. Interestingly, the satisfaction survey results validated the pre- and post-test findings, with 85% to 95% of respondents expressing satisfaction with both the content and delivery of the sessions, highlighting their perceived benefits. Notably, the session on "GBV and its Types" emerged as the most engaging topic across all centers, resonating strongly with participants.

#### Related Sources of Verification

*Annex 1.1.3.1. Attendance sheet*

*Annex 1 .1.4.1. Pre-/Post-Test Questionnaire and Analysis Report*

*Annex 1.1.4.2. Satisfaction Survey Questionnaire and Analysis Report*

#### 1.1.5. # of cases identified by WPA referred to RSS

According to the proposal, 35 high-risk Gender-Based Violence (GBV) cases were to be referred to the UNRWA Relief and Social Services Department through the established referral mechanism and tracker system between WPA and UNRWA. To streamline this process and foster a shared understanding of GBV risk

categorization levels, UNRWA Protection organized a workshop on 23 July 2025, which included participants from the WPA Protection Team and the RSS Social Services team. By the conclusion of the workshop, a clear referral pathway was established, with designated focal points from both organizations. This system will facilitate bidirectional reporting by both WPA and UNRWA; however, it was agreed that only high-risk GBV cases would be reported under this project.

During the project period, the social workers addressed a total of 38 cases, which were self-referred or identified by the social workers through the sessions. Of these, 10 were identified as GBV cases, which ranged from low to high risk. The remaining cases involved issues such as domestic violence, anxiety, and social and familial challenges. Ultimately, only five medium-risk cases were referred to UNRWA using the referral pathway and tracker system. The remaining cases were dealt with by WPA’s social workers, and a few were referred to partner organizations for specialized support.

The inability to meet the target can be attributed to several factors. First, there is a limited number of disclosed high-risk cases of gender-based violence (GBV), with the majority being of lower risk, which are adequately addressed by WPA’s team. Second, there is a notable reluctance among survivors of GBV and domestic violence, as well as clients from other cases, to consent to referrals, particularly to UNRWA. Social workers have reported that this hesitation arises from concerns about confidentiality, fear of social stigma, and cultural pressures to keep issues within the family. Thirdly, the increased awareness among girls and women, fostered through interventions similar to this project, enables better management of risks and symptoms at an early stage. Finally, the referral pathway and mechanism were implemented in the last two months of the project, which may have also contributed to the low target achievement. Nonetheless, this established system is a significant additional output of the project, ensuring an efficient and trackable process for referrals between WPA and UNRWA in the future.

Types of Cases	Women %	Girls %	Men %	Boys %	Disability %
10 GBV cases / 26% of total identified cases	60%	40%	-	-	-
5 Medium-risk GBV referred to UNRWA	40%	60%	-	-	-

*Related Sources of Verification*

A copy of the referral tracker for the five referred cases is attached. However, a client satisfaction survey was not conducted, as it was deemed premature to evaluate the effectiveness of the referral process. Additionally, measuring the efficiency and responsiveness of the services received post-referral was not feasible, as WPA does not follow up with clients after they are referred.

## Challenges

During the reporting period, the main challenges in implementation and the actions taken for them were as follows:

Challenge	Action taken	Recommendations/ lessons learnt
The 25–35 age group faced challenges in attending without their children due to a lack of childcare options or resulted in frequent absences.	A child-friendly space was created, equipped with drawing tools and paper, enabling mothers to attend peacefully.	Allocate resources within the project to provide support at the centers, ensuring that childcare is available for children while their mothers attend sessions.
The need for participants to process and discuss their experiences.	Additional time was allocated for open discussion and sharing personal experiences.	Extend the session duration during the planning phase, ensuring it does not interfere with others' schedules
Some participants hesitate to share their experiences and emotions due to a lack of self-confidence or fear of disclosure, particularly because other participants come from the same community.	The social workers leverage their understanding of the community and its members when forming groups, ensuring that participants feel more comfortable and connected. At the outset of each cycle, they emphasize the importance of establishing ground rules that promote respect for the safe space, confidentiality of discussions, and mutual respect among participants.	The proactive approach implemented proved its success by fostering a supportive environment where individuals are encouraged to share their experiences without fear of judgment and will be continued in the future
There is no time between the cycles to thoroughly assess the overall process, including content, delivery methods, impact on the target audience, and the sharing of experiences for improvement.	The Protection Officer followed up with the social workers, encouraging them to discuss and recommend any amendments based on participants' feedback and interactions during the sessions.	Allocate two weeks between every two cycles for the analysis of pre- and post-tests, as well as satisfaction surveys. This time will allow for reflection within the team on the feedback received, the impact on the target audience, and their observations for the introduction of necessary changes.

## Success Stories

The project marked a significant milestone for many participants and represented a breakthrough for others. We witnessed numerous positive outcomes and inspiring success stories. Several beneficiaries showed remarkable improvements in their well-being, resilience, and capacity to navigate their personal challenges. These success stories highlight the effectiveness of our ongoing support and underscore the importance of a human-centered approach, demonstrating how tailored assistance can empower individuals to reclaim their lives and thrive.

Below are a few quotes from participants, along with some success stories:

- ✓ *"The sessions helped me release my emotions and I felt comfort, as if I were with my own family."*
- ✓ *"We feel more comfortable at the center than at home. The sessions give us the space we need to release our emotions and feel relieved."*
- ✓ *"I never thought I could feel strong again, but through this support, I started to believe in myself."*
- ✓ *"Now I can face challenges without fear, and I feel stronger in setting my own boundaries."*

### **Success Story 1**

A young woman in her twenties struggled with constant anxiety and a fear of the future, largely stemming from difficult family circumstances and financial instability. She exhibited clear psychological symptoms, including insomnia, isolation, and indecisiveness in her life choices. Upon the recommendation of a relative, she sought help from WPA's social worker and began individual psychological support sessions to address her anxiety and uncover its sources. Additionally, she participated in group sessions with other women facing similar challenges, which helped her break free from isolation and realize she was not alone. To further support her personal growth, she enrolled in a vocational training course in nail art based on her interests. Over time, her psychological state improved, and she acquired practical techniques for managing anxiety and controlling negative thoughts. After completing her training, she received basic equipment to work from home and successfully established her own small business. Today, she continues to receive regular follow-up and serves as an inspiration to other girls aspiring to build better lives.

Quoting her words *"I was living in a cycle of anxiety and fear, and I felt powerless to change anything in my life. But after the support I received from the social worker, for the first time, I felt like someone was listening and understanding me without judgment. The sessions helped me organize my thoughts, and the vocational training taught me that I had abilities I hadn't known I had. Today, I have a small business, and honestly, I never imagined I'd get this far. A heartfelt thank you to everyone who supported me."*

### **Story 2**

One woman attending psychosocial support sessions at the BBC Center initially felt overwhelmed and emotionally drained due to family stress and economic hardship. She expressed helplessness and struggled with daily responsibilities, often remaining silent during early sessions. However, with targeted support focused on stress management and coping strategies, she gradually began to engage more actively. A pivotal moment came during a session on self-care when she realized she could prioritize her own needs. By practicing coping techniques, she improved her sleep, enhanced communication with her family, and gained better emotional control. She remarked, "I no longer feel alone," and expressed a desire to become a peer supporter for other women in her community. Her journey illustrates the transformative power of consistent, compassionate support in rebuilding confidence and fostering positive change.

**Story 3**

A 16-year-old girl faced emotional distress from mistreatment by her father and stepmother, describing her father as emotionally detached and verbally abusive. This toxic environment led her to drop out of school and lose interest in education. Initially resistant to meeting with a social worker, she gradually built trust and agreed to individual follow-up sessions. During these sessions, she began to express her thoughts and emotions, feeling more supported. The focus was on rebuilding her self-confidence, exploring her interests, and considering positive future options. Over time, she became open to rethinking her educational path and expressed interest in a free community course that offers academic reinforcement and life skills training. This marked an encouraging step toward reintegration and personal growth. As a result, her emotional state improved; she became more engaged, communicated openly, and looked forward to exploring new learning opportunities.

Quoting her words, *“ At first, I didn’t want to talk to anyone or attend any sessions. But now I feel comfortable and supported. I realized that staying home without doing anything makes me feel worse, so I want to learn something useful and keep myself busy.”*

These quotes and success stories reflect the positive impact of the program and the resilience of its participants.

**Prepared by: Protection and MEL Officer**

**Date : 7 October 2025**