

TAKE A LOOK AT HOW WE CHANGED CHILDREN'S LIVES THIS MONTH

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Our Capacity Building and Research and Development department conducted a new training with the Lebanese International Security Forces



Achieving the children's best interests and protecting them from all forms of violence cannot happen without the cooperation of partners in the public sector and civil society who together, form a strong network to provide children in Lebanon with a safe environment.

In this context, a collaboration between himaya and the Internal Security Forces ISF started in 2016 and is still ongoing to this day, to promote the concept of community police in Lebanon.

Training sessions were organized by himaya's Capacity Building and Research and Development Team, and was addressed to members and officers of the judicial police. The main focus of the training was to learn about the mechanisms and the child-friendly techniques applicable during the initial investigation stages with children exposed to violence and children in conflict with the law.

The commitment and response that the trainees have shown throughout the years continue to prove the importance of this fruitful collaboration.

himaya's resilience program and legal department discussing different forms of child abuse

himaya's psychologists, social workers, and legal experts gathered throughout 2019 to discuss different thematic on child abuse.

The objective of these workshops was to have a deeper understanding of the following topics:

- Children facing sexual abuse
- Children engaged in child labor
- Children with specific needs
- Children who witnessed domestic violence
- Children exposed to armed conflicts

himaya's resilience program has designed tailored responses to better help children victims of violence and will continue to achieve better results in 2020.



himaya incorporates a new therapeutic tool called the “life book”

himaya's psychologists incorporated a new therapeutic mediation tool called the “life book” for children subjected to neglect in the North, South, and Bekaa region.

During the session, children gathered in groups and were asked to rewrite their life stories by focusing on positive feelings and memories from their life. The outcome of this new technique resulted in positive feedback from both the team and the children.



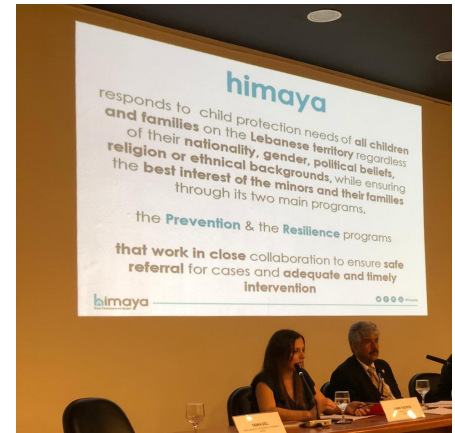
Children reported “feeling a sense of joy” for the first time; others started to better understand their family history and cultural heritage. Following the sessions, children expressed eagerness to pursue their education, especially after witnessing the importance of reading and writing to achieve their dreams. This project was done with the support of International Social Services Switzerland

Our Executive Director, Lama Yazbeck, attended the Warsaw Process working group on Humanitarian Issues and Refugees

The objective of this conference was to discuss and share best practices on education and protection for children affected by humanitarian crises in the Middle East.

Lama's role in this discussion was to present the challenges faced by children on a protection level and how it will affect them on the long term.

himaya's participation was possible with the support of the US State Department.



Stay safe online with himaya

In February, himaya celebrated Safer Internet Day. For this occasion, our prevention team delivered internet safety sessions addressed to children across Lebanon while our communications team was sharing practical tips with parents to keep their children safe online.

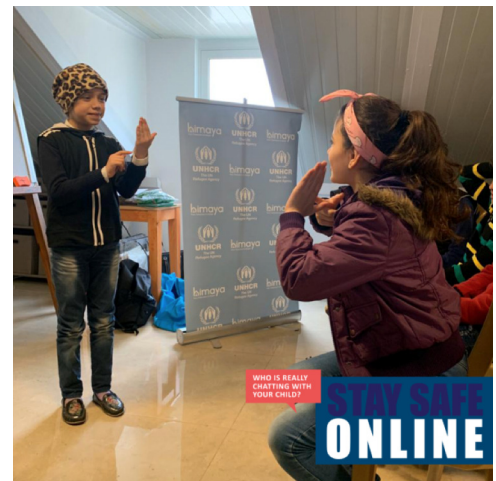
The objective of this campaign was to spread awareness on the dangers that could occur online and to remind both parents and children to stay vigilant and to keep an open-eye while staying connected.

Rita Lamah, influencer, and mom of 3, conducted a live session on Instagram with one of himaya's professionals and shared her concerns as a parent when it comes to her children staying safe online.

During the interview, viewers learned useful tips on how to talk about internet safety with children, how to monitor screen time at home, how to prevent bullying, and protect teens from dangerous social media trends.

Link to video:

<https://www.instagram.com/p/B8blB51pP8p/>



Coronavirus prevention activities

As the coronavirus has been spreading fast throughout Lebanon, himaya started delivering prevention activities to help children understand the situation, the side-effects and teach them how to protect themselves and reduce the risks of infection.

The current situation in the country is generating a great deal of anxiety among parents and caregivers, and that is why himaya has also been delivering sessions to parents to help them better understand the situation and learn how to address this subject with their children in a positive way.

While this situation is a very stressful one for everyone, parents need to give the right information to their children in order for them to be able to protect themselves and to feel safe.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser



Protect yourself from getting sick

Avoiding unprotected contact with sick people (including spitting in public, touching one's eyes, nose or mouth) and **with live farm or wild animals**



Reduce your risk of coronavirus infection:



Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild or farm animals



World Health Organization

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are dirty
- after handling animals or animal waste



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