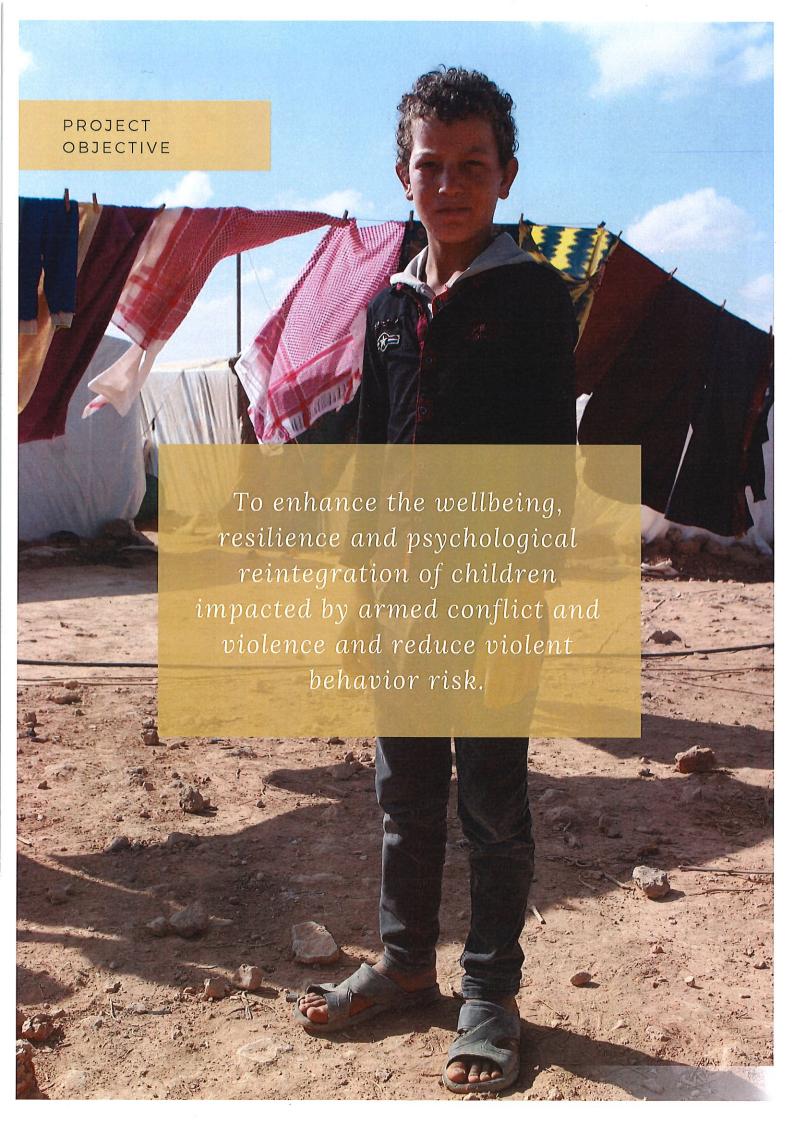


HEALING, NONVIOLENT EMPOWERMENT AND PREVENTING EXTREMISM FOR CHILDREN IMPACTED BY ARMED CONFLICT IN JORDAN THROUGH A COMPREHENSIVE, INNOVATIVE, SUSTAINABLE PSYCHO-SOCIAL APPROACH







PROJECT NUMBERS

- 18 month-long Project
- · 2 Multi-Stakeholder Meetings
- · 8,211 children participate in Stress Relief and Resilience Workshops
- 196 of the most vulnerable children to violent tendency take the intense Trauma-Relief, Healing, Resilience and Human Values Trainings
- 68 of the vulnerable children who took the Trauma-Relief, Healing, Resilience and Human Values Training take the Youth Anti-Violence and Peace Ambassadors Trainings and become Peace Ambassadors
- 1,326 Community and Family Members participate in Healing, Resilience, and Empowerment Training to provide better support for the children
- 300 Frontline Workers take the Training in Personal Resilience, Stress Management and Professional/ Self-Care to provide better support for the children
- 60 frontline workers become certified to deliver SRR workshops after graduating from the Training of Trainers program
- Peace Ambassadors carryout 6 Peace Projects to reduce violence within their communities
- Peace Ambassadors host 6 celebration ceremonies to present their peace projects to stakeholders

The following covers the impact of this project in relation to intended outcomes and objectives. Recognizing the below improvements in these key objectives and outcomes, IAHV is confident to say it has successfully achieved the main aim of this project to enhance the wellbeing, resilience, and psychological reintegration of children impacted by armed conflict and violence and reduce violent behavior risk.

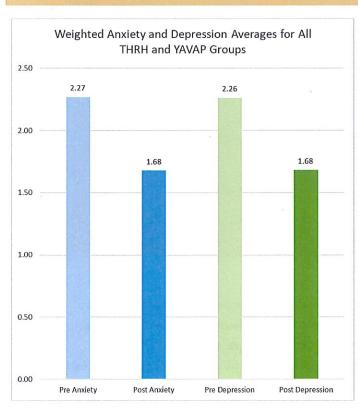


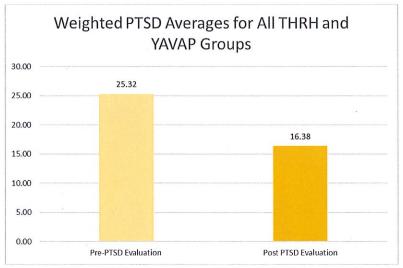
OUTCOME 1

Reduced stress, PTS, depression, anxiety and improved human and social resilience and sleeping disorders among 8,000 children in Jordan

Almost all of the 8,211 children (73% boys and 27% girls) participating in the short SRR workshops experienced a reduction in stress, PTS symptoms, depression, or anxiety levels or an improved quality of sleep after our trainings.

Very significant improvements were recorded among the participants of the intense 4-day THRH and 7-day YAVAP trainings: Symptomatic participants experienced a 25.92% decrease in anxiety levels, a 25.46% decrease in depression levels, a 36.41% decrease in PTSD levels, a 40.61% decrease in sleeping problems, and a 44.19% decrease in feeling hopeless about the future upon completing THRH and/or YAVAP trainings.





GRAPH ABOVE

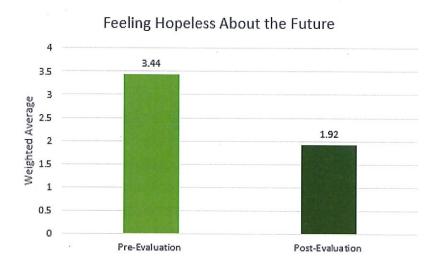
- Participants with scores of greater than 15 on The Child PTSD Symptom Scale (CPSS) are considered symptomatic. These participants are most likely experiencing significant emotional distress.
- Participants experience a 36.41% decrease in PTSD levels upon completing THRH and/or YAVAP trainings.

TOP LEFT GRAPH

- Participants with scores of greater than 1.75 on Hopkins Symptoms Checklist for Anxiety and Depression are considered symptomatic. These participants are most likely experiencing significant emotional distress.
- Participants experience a 25.92% decrease in anxiety levels upon completing THRH and/or YAVAP trainings.
- Participants experience a 25.46% decrease in depression levels upon completing THRH and/or YAVAP trainings.



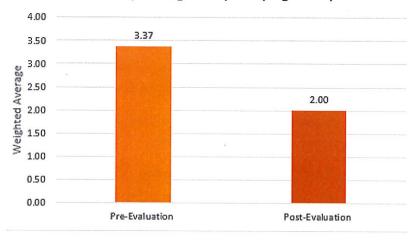
OUTCOME 1 (CONTINUED)



- Participants with scores of greater than or equal to 3 on question 17, "feeling hopeless about the future," in the Hopkins Symptoms Checklist for Anxiety and Depression are considered symptomatic. These participants are most likely experiencing significant emotional distress.
- Participants experience a 44.19% decrease in feeling hopeless about the future upon completing THRH and/or YAVAP trainings.

"I used to always have nightmares about the bad things that happened to me in the past. I would relive them in my dreams. Now I am not scared to sleep anymore. The breathing lets me sleep without nightmares and I wake up rested" (SRR Participant, Irbid)

Difficulty Falling Asleep, Staying Asleep



- Participants with scores of greater than or equal to 3 on question 16, "falling asleep, staying asleep," in the Hopkins Symptoms Checklist for Anxiety and Depression are considered symptomatic. These participants are most likely experiencing significant emotional distress.
- Participants experience a 40.61% decrease in falling asleep, staying asleep upon completing THRH and/or YAVAP trainings.

OUTCOME 2

Reduced violent behavior risk and strengthened connectedness, human values, positive self-esteem and outlook among 200 of most vulnerable children to violent tendency

196 vulnerable and violence affected children (52% girls, 48 % boys) have benefited from the intense 4-day THRH trainings in July-August 2017.

Based on the THRH participants' testimonials, the trainers' observations, the feedback of the referring organizations and the evaluation forms, the THRH trainings reduced depression, anxiety, PTSD (see graphs above) and violent behavior and improved the participants' sense of safety, positive emotions, self-esteem, outlook and coping mechanisms. The testimonials of the THRH participants speak of the reduction in their stress levels, anxiety and tendencies for violent behavior throughout the program, and of being able to control their reactions to fight with other participants. They also mention their increased positive outlook on life and sense of hope.

Very early on in the trainings, a sense of connectedness was established among the youth from different regions, nationalities and backgrounds, as well as between the youth and their supervisors, trainers and communities, which has lasted till now.

"When I'm in the classroom with the trainers, I feel like I belong to them, I'm not a student, they're not teachers, we all belong to each other ... When we first began the training, I felt like everyone just wanted to provoke each other. This person wants to fight with this person while this other person is making fun of anyone who participates. Everyone had an ego, but after the breathing and the games and the sleepovers, everyone was on the same level. Me and the rest of the kids started making friends, we started supporting each other and cheering for one another in the group activities and games. By the end, we were all one family. We all cared for one another, including the trainers. We didn't judge each other anymore."(THRH Participant, Jarash)

Participants often mention an increase in their self-confidence. Allowing participants to lead exercises and eventually their own community peace projects proved to be a successful method to ensure their confidence and ability to take responsibility within their own schools, homes, and communities.

"I used to be so insecure because of my glass eye. I couldn't even look people in the eye when they were talking to me. I always looked down. After working with IAHV, I'm no longer embarrassed of my eye. I'm proud of who I am. Not only am I proud, I appreciate everyone for their own stories and struggles rather than their looks and what they have." (Volunteer, Zaatari Refugee Camp)

Most participants feel that the IAHV training provides a safe space, one where participants are encouraged to express themselves without consequence, to foster a space where they are comfortable.

"I feel like we entered a 'room of Peace' when we enter the training. You release all the bad energy and return happy to your house when you finish the training". (Peace Ambassador, Zarqa)

OUTCOME 2

Partner organisations who had referred their most vulnerable children to the IAHV trainings gave very positive feedback and observed among their children increased self-confidence, restored optimism and hope towards the future, reduced violence, more calmness, increased school participation, and a new sense of togetherness among Jordanian and Syrian children who used to separate themselves before.

"My students have become much better. They participate better and like the music lessons. They used to hit each other but that does not happen now anymore." (teacher, Menshieh)

"We used to hit each other. Now we talk to each other." (YAVAP graduate, Menshieh)

The SOS children used to live isolated, not interacting much with society, distrusted and distrusting. In the SOS village, each house was more or less like a gang stronghold, but since they participated in IAHV programs there has been a big positive change in the relationships within the village. After the YAVAP training, the youth from different houses started meeting and studying together. Youth who were enemies before are now together, there is more brotherhood and no more problems. "When there is a problem among them, they are now less aggressive than before. There is a much more positive connection among them." (SOS Manager)

"I used to be very stubborn, but now I am listening more and accepting others more. I hated socialising before, but now I have many friends. I never made so many friends in such a short time!" (YAVAP graduate, SOS)



SOS CHILDREN'S VILLAGE SUCCESS STORIES

One of the biggest successes for SOS working with IAHV, was the change in the personalities that they observed in their children. It was the first time that their children started mixing and interacting with other youth. They lost their shyness and inhibitions, did not feel embarrassed and expressed their emotions freely. They are now motivated from inside. The management was (positively) shocked with the changes they observed.

A 16-year-old orphan living in the SOS villages: People around her claimed she was very violent and aggressive. Her supervisor stated that once she is triggered, she is like an 'untamed bull'. 6 years ago, her father, not sober, beat her mother to death in front of her, and turned himself in. Ever since then, any threatening situation triggers those memories and she attacks. A little comment from a friend at the camp triggered her anger and she lashed out and scratched her face. After sitting and talking, she mentioned the techniques of the training and calmed down, saying: "In these few days, I have learned to forgive my father, and move on with my life. Life goes on, and if you don't move with it, your memories will suffocate you. I forgive him, I forgive my friend. Life is too short." (Success Story from SOS Children's Village Peace Ambassador)

When the SOS children started visiting cancer hospitals as part of their YAVAP project, the boys all decided to shave their heads as a sign of solidarity and empathy with the cancer patients. For these boys, for whom the haircut is a very important aspect of their outlook and personality, this was a very new and strong message of empathy with others, which was coming from their hearts.

"Normally our children think in the first place about themselves when there is money involved. Now, when they started thinking about the project, it was the first time they thought about others in the first place, such as the cancer patients." (SOS manager)



OUTCOME 3

Strengthened acting capacity and ownership of local community of the support provision to children and of the prevention of violence and tendencies of extremism in their communities

IAHV has strengthened the acting capacity and ownership of youth, social and youth workers, parents and caregivers, to provide support to waraffected children and prevent violence and tendencies of extremism in their schools, camps and communities. The participants say the mastering of effective breathing techniques, the implementation of their local peace projects, and the TOT certificates have given them a respected role in their communities that they can be proud of.



YAVAP graduates organize and implement peace and community projects, awareness raising, sensitization and celebration activities in their schools and communities.



68 youth have the wellbeing, confidence, values and skills to be effective change agents preventing violence in their communities



Improved wellbeing, resilience and performance capacity of 300 teachers and frontline workers working with children on the ground



60 frontline workers are
effective multipliers for Stress
Relief and Resilience
workshops for children in
their schools and
communities



Improved wellbeing, resilience and positive attitude of 1,326 affected parents, family and community members to support the wellbeing of their children

"IAHV programs have had a huge impact in Menshieh, on personal lives, work, homes and the community as a whole. You have changed the mentality of this community. It created brotherhood among the communities here. The violence among the children has reduced. They smile more, are more relaxed and more motivated. Now there is friendliness without fighting. First through the football matches, this project created familiarity, what was needed. The local community came together because of this project. Syrians started coming to our community center. We convinced the parents to allow their children to develop their talents in music and art. It created bridges of trust."

(Mayor of Menshieh, Mafraq)

OUTCOME 3

68 vulnerable and violence affected children from Jordan and Syria have graduated as Youth Anti-Violence and Peace Ambassadors following two YAVAP trainings in July and August in Jordan. The large majority of these youth (60,3%) are now engaged in peacebuilding projects in their schools, communities and camps to prevent and reduce violence, improve social cohesion, raise awareness and practical solutions for healthy coping mechanisms, strengthen human values, provide peace education and reduce tension among different nationalities.



PEACE THROUGH SPORT

This young group of boys created social cohesion between Jordanian and Syrian youth and sportsmanship between the youth of different identities by organizing peaceful football matches with mixed teams and the integration of human values and conflict resolution skills by the YAVAP youth, to pave the way for peace in their community in Menshieh. They not only created fun activities for the other boys participating in the football tournaments, but also mobilized their entire community to come together and support the teams. The football tournaments created social cohesion among Syrian and Jordanian family and community members.

"What you offered is very big to us. We lived each and every detail of this experience. We wish it would never end. It has strengthened our personality. These were the 7 best days of our lives. We would love to be trainers and give this to others." (YAVAP graduate, Menshieh)

LEADERSHIP & ANTI-BULLYING CAMPAIGN

A group of young girls from Zarqa reduced violence and bullying and created a peaceful and respectful environment in their school through workshops and community service initiatives together with the school teachers and IAHV trainers. They launched an anti-bullying campaign along with leadership and social cohesion workshops to empower all girls in their school. Today they are discussing with the Ministry of Education the possibility of continuing their anti-bullying workshops and awareness campaigns throughout the Hashemite Kingdom of Jordan.

"Girls attend school more now. There are less clashes. There is more love and empathy among them. They interact more, even a girl who always used to be on her own."

(YAVAP graduate, Tamador)





PEACE DAY

This group of boys and girls created a conflict-free environment among disadvantaged youth in the SOS village for orphans in East Amman, so that they can better concentrate on their education and planning their future through a Peace Day. The Peace Day offered several stations in which all orphans and other stakeholders could actively participate and learn from peace-building exercises. Each peace ambassador from SOS ran a stations on Peace Day, to teach necessary life skills and values that will promote a peaceful environment and community within the village. By establishing a supportive environment through peace day, SOS orphans can now focus on their future rather worrying only about present threats to their happiness, such as an angry and hostile environment.

OUTCOME 3

"I feel I am now part of peacebuilding from inside. I can filter what I take in from the stress and garbage outside. The breathing exercises will always stay with us, whether we go back to Syria or to Europe. Through the Peace Ambassadors, we can now create a Peace Republic." (IRD staff,

Zaatari refugee camp)



PEACE AMBASSADORS INITIATIVE ZAATARI

The peace ambassadors from Zaatari Refugee Camp graduated from the Training of Trainers Program so that they could organize and deliver SRR workshops to children within the refugee camp. They were so successful in delivering amazing trainings to over 4,000 children in Zaatari that the children's parents started begging them for the trainings as well. The demand for adult SRR trainings was so high, that these peace ambassadors graduated from another Training of Traners, one where they became certified to deliver HRE within their community. These boys are using their new skills and certificates in their current initiative within the camp, where they aim to further contribute to our project objective and outcomes.

"Children in Zaatari start having better school results. Their mind is more clear and they can concentrate better. One child who did the short SRR workshop can now do mathematics, while before he could not do it. The children keep coming back and want more programs." (YAVAP graduate and SRR trainer, Zaatari refugee camp)

PEACE THROUGH MUSIC & ART

These creative girls organized music and art classes centered around the idea of peace to promote a safe space where Syrian refugee children can occupy their time constructively, develop their creativity and confidence, and avoid isolation and violent habits and tendencies in Menshieh. The classes brought many children and youth together and offered several opportunities for new friendships. The girls inclusively showcased all of the art work made during the classes during the end-of-project celebration. This ceremony also showcased several of the music students' new skills in a live performance of dance and song.





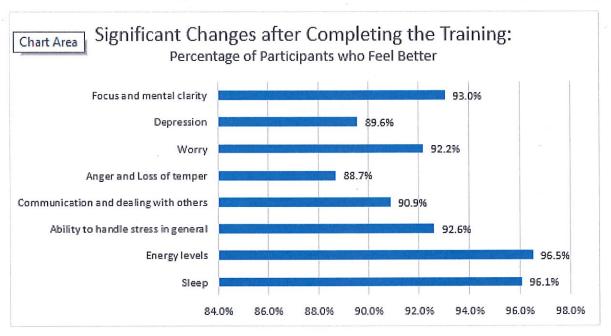
"There is less bullying in school." (Teacher, Zaatari Refugee Camp)

ANTI-SMOKING AWARENESS MOVIE

These young men promoted positive coping strategies to release stress in Zaatari Refugee Camp through the production and screening of an awareness raising movie and the implementation of SRR workshops by the YAVAP ToT graduates themselves. They partnered with IRD within the refugee camp to screen the film for all IRD beneficiaries. Their film not only provides the bored and stressed camp residents with alternative coping methods to deal with stress, it also provides them with tools that will create a more connected community, as it invites viewers to practice these techniques together, as a group.

"There are many problems and fights among the girls with whom I work, but when IAHV came, it all changed and the fights reduced. The girls used to be stressed and fearful, but now they know what they can do. This change is very rare in the camp. We hope it gets more spread out." (Case manager, Relief International, Zaatari refugee camp)

"I discovered my place in my community. I discovered my talent which is teaching. I used to be bored, with nothing to do. Now I have something that wakes me up in the morning, something that makes me have fun, something I'm proud of, something that makes me special... I used to think about the past all the time and be sad about it, but now I think more about the future. I feel like I have a future in something and it's called peace. And I hope and hope we will continue until the end, until we go to... India!" (Peace Ambassador, Zaatari)



The graph on the right depicts the percentage of people who experienced an improvement in their wellbeing after participating in the PC and HRE training.

"I am capable of handling more pressure... whether from the kids, or the house, or work, everywhere... we accept others' opinions more. I used to be so intolerant of people before. If there was a situation I didn't used to think, I just reacted straight away, and I would get angry, but I don't do this anymore. Now I understand events and situations better." (TOT Graduate, ICCS)

"We learned how to release stress and anger and control our emotions. In our job we go into much detail of each person's situation and make decisions that may change somebody's life. Sometimes we struggle with feelings of guilt when we refuse refugee status. This affects our emotions. In the Professional Care training of IAHV I experienced that there is hope in life. I don't need to go to the doctor. I can think better and come out of my negativity. I can release negativities and can become a better human being. 25 staff members did the program and all agreed that they felt more improvement and awareness. This program should be widespread, not just for refugees." (Director Refugee Center, Australian Embassy, Amman)

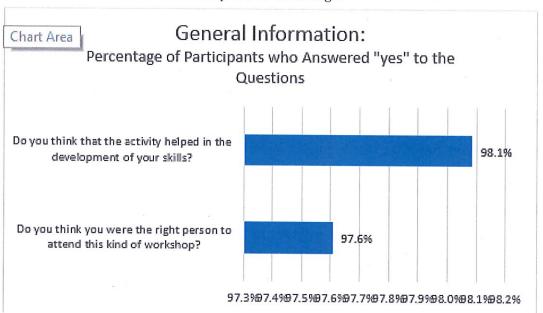
"Now I am able to recover my energy during the week itself, so I don't have to catch up with sleep anymore during the weekend. I take more care of my health now." (JRS refugee staff for house visits)

"I do things more calmly now. I used to be in a hurry all the time. I started to let go of the problems and think more positively." (JRS refugee staff for house visits)

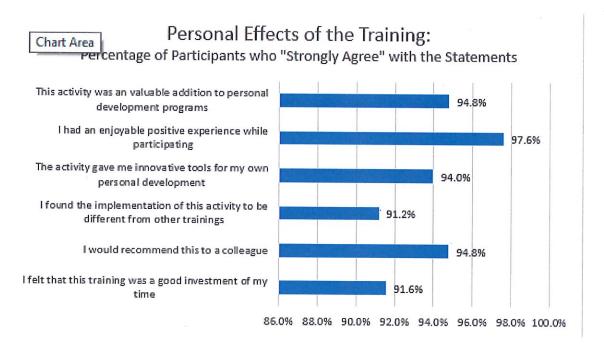
"It was the first time they thought about themselves as a person, about their own mind and emotions. For the first time their mind was able to stop. One staff member who was very depressed, started speaking and smiling again." (Manager, Handicap International, about their staff who work with war victims in Syria on a daily basis and who were very affected themselves)

"I worked with other organizations with bigger budgets and more staff, but we achieved less." (IAHV staff member)

The graphs below depict how HRE and PC participants felt towards their respective trainings.



"I work with war-affected children and get their stress as well. Now I feel more relaxed when I go home after work and I also changed my behavior towards the children more positively." (Teacher, Menshieh)



"I always felt there was something missing in my personal and professional life. This gap has now been filled." (JRS refugee staff for house visits)

"These techniques are effortless and allow us not to let things pile up." (JRS refugee staff for house visits)

"It eased my pain and tension and made me happy." (HRE Participant, JRS)

JESUIT REFUGEE SERVICES SUCCESS STORIES

Jesuit Refugee Service (JRS) staff has integrated IAHV techniques in their classes for refugees, who are asking for it and are thus able to focus and study better. Staff is less affected negatively by the stressful situations of the refugees and able to have a more positive impact on them now. They no longer take the stress home so that family relationships improve. Also team relationships have improved.

"I now keep a smile on my face when I teach my 300 refugee students." (teacher with Jesuit Refugee Service, participant in 3-hour IAHV program)

"I teach these techniques in my classes now. The (refugee) students are asking for it. They are more energised and focused now." (teacher with Jesuit Refugee Service)

"I became more patient and more cooperative with colleagues. My relationships with family and friends have also improved." (JRS refugee staff for house visits)

"When I am angry now, I stay relaxed and solve the problem instead of creating it." (JRS refugee staff for house visits)

"These techniques help teachers to manage themselves and the (refugee) students better. We can react differently now on the way they react." (teacher with Jesuit Refugee Service)

"I am teaching life skills to refugee children, but something was missing. IAHV's Stress Relief and Resilience workshops give that. Children want more of it. I integrate it in my workshops now. Their energy levels used to drop but now stay high during my sessions." (teacher with Jesuit Refugee Service)

"Working with the refugees used to give a lot of stress and take a lot of energy. Their conditions, especially when they have disabilities, are so stressful. Before I didn't know how to deal with their anger when I was visiting them. Now that I have more energy (after the IAHV workshops), my perspective has changed. I can now give them hope and a positive outlook." (JRS refugee staff for house visits)

"This project could take off a huge load from the refugee community." (JRS refugee staff for house visits)

OUTCOME 4

Increased awareness, understanding and commitment among concerned officials and practitioners to strengthen a culture and practice of human rights and dignity that meets with the specific needs and risk prevention of children impacted by armed conflict and violence

IAHV stakeholder meetings, peace projects, and peace celebrations have paved the way for communication between IAHV beneficiaries and their community members as well as decision makers. IAHV peace ambassadors from Madrasati in Zarqa are in the process of meeting with the Ministry of Education to discuss and expand the anti-bullying campaign and workshops organized for their peace project.

UNINTENDED, POSITIVE PROJECT RESULTS

- IAHV has brought awareness about psychosocial support and peacebuilding to the community level. People are inspired by the simple but effective link between wellbeing and inner and outer peace. They relate to it and are inspired to share and spread this further for the benefit of their families and communities.
- There is more awareness and readiness among the broad population that there is another way to deal with the stresses of life.
- 3 Strongly affected people have a renewed sense of selfimportance: They realise that they matter as individuals and that it is important to take care of themselves.
- 4 IAHV is seen as an organization that can be trusted: they do what they say, there are no other interests
- **5** IAHV has instilled hope in many people by working in the field
- Small stories of forgiveness that make big differences in people's lives.
- Innovation has been introduced into traditional cultures, gender barriers and religious objections have been softened.



IAHV member gives a speech to the beneficiaries of Child Care Association and the Mayor of Mafraq during a peace celebration.

The culture and machismo in this region make it almost impossible for a man to willingly attend a training of this nature. Several female participants spread word of how good they felt after the HRE trainings, so much so, that the men in Zaatari Refugee Camp personally requested an HRE Training.

"The way they (IAHV) meet us is different from other organizations" (Partner Organization)

Syrian parents in Menshieh in general do not trust to send their children somewhere, except for safe spaces, but with IAHV the parents felt the trust to let their children go to the programs.



Stress Relief and Resilience workshops SRR

SRR is a low threshold workshop to address psycho-social consequences of conflict and violence, releasing acute and basic stress and fears, improving sleep and providing relief. SRR is a basic IAHV intervention program that can reach many children while still effecting strong individual benefits.

Healing, Resilience and Empowerment Training (HRE)

A short, effective training to release stress, anxiety and worry, and increase coping capacity and empowerment.

Trauma-Relief, Healing, Resilience and Human Values Trainings THRH

A more profound training to address both psycho-social consequences and push factors of conflict, violence and extremism, providing deeper trauma-relief and healing, strengthened resilience, improved learning capacity, strengthened connectedness, human values, positive self- esteem and outlook. Providing more profound transformation, THRH targets at risk and high potential youth from refugee and host communities, in or out of school, as well as former child soldiers. Apart from physical and mental health improvements, THRH addresses on a fundamental level the range of emotional, cognitive, behavioral and social problems often experienced by the targeted youth

"I saw my father die in Syria. But I couldn't accept it. I couldn't move on. I tricked myself into thinking he's still alive, I convinced myself he was just away and coming back. After the training I acknowledged what happened to my father. I accepted his death and I was okay with it."

(THRH Participant, Jarash)