



GirlZone



منتدى شارك الشبابي
SHAREK YOUTH FORUM



A photograph of three adolescent girls wearing white hijabs. The girl in the foreground is smiling broadly, wearing a purple long-sleeved shirt with a white floral patch on the shoulder, and holding a yellow balloon. Behind her, another girl with glasses is also smiling and making a peace sign. To the right, a third girl is partially visible, holding a blue balloon. The background shows a window with orange frames and green foliage.

**GirlZone:
Empowering
Adolescent
Girls Across
Palestine**

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Empowering Voices, Inspiring Change: The GirlZone Program

As part of our joint efforts with UNFPA to create safe and empowering spaces for adolescent girls, GirlZone stands as a vibrant promise of change. More than just a place, GirlZone is a safe, inspiring environment where girls in Palestine can breathe freely, belong fully, and dream boldly. It is where they explore who they are, build confidence, and grow into leaders — knowing they are seen, heard, and valued.

Under the weight of occupation, restricted movement, and deeply rooted gender norms, many adolescent girls remain cut off from opportunities essential to their growth and well-being. GirlZone responds to this reality by creating locally rooted, supportive spaces where girls reclaim their voices, connect with their communities, and shape their futures with courage and dignity.

In GirlZone, every girl finds not only a zone of safety, but also a zone of possibility.

GirlZone continues to expand and evolve across the West Bank and Gaza. Through interactive sessions, creative initiatives, and youth-led community engagement, the program helps girls strengthen life skills, build confidence, and develop a positive sense of self.





Vision, Goal and Objectives

GirlZone envisions a network of community-based safe spaces where adolescent girls aged 10–19 can grow, learn, and lead dignified, empowered lives within their communities. Anchored in a comprehensive protective asset-building approach, GirlZone blends life-skills education, holistic health awareness, and gender-responsive programming within non-formal education settings—addressing both the immediate and long-term needs of adolescent girls.

To ensure relevance and inclusivity, the program brings together girls in shared spaces using interactive, age-appropriate methods that reflect differences in experience and maturity. Trainers and specialists adapt content, language, and activities to meet the distinct needs of participants, ensuring that all topics resonate with their realities and actual needs.



Through GirlZone, girls gain practical life skills, comprehensive health and reproductive knowledge, psychosocial support, and leadership opportunities, while also engaging in field visits and girl-led community initiatives. The program is deeply rooted in the Palestinian context, designed to enhance girls' confidence, sense of belonging, and active role in shaping a safer and more supportive society.



Specific Objectives:

1. Deliver 30 intensive training hours per participant on holistic health, gender equality, leadership, and life planning.
2. Reach at least 5000 adolescent girls across the West Bank and Gaza per year.
3. Operate through two modalities:
 - a) Fully equipped, dedicated centers (in the West Bank and in Gaza).
 - b) Partnerships with active Community Based Organizations within Sharek's alliance network across the West Bank and Gaza which contains more than 40 CBOs.



4. Build community support by engaging families, male peers, and local protection networks.
5. Strengthen local capacity by training women facilitators and establishing girl-led steering committees in each location.
6. Measure and demonstrate impact through a simple M&E framework (attendance, pre/post surveys, and participation in community initiatives).



How GirlZone Works: Structure and Support System

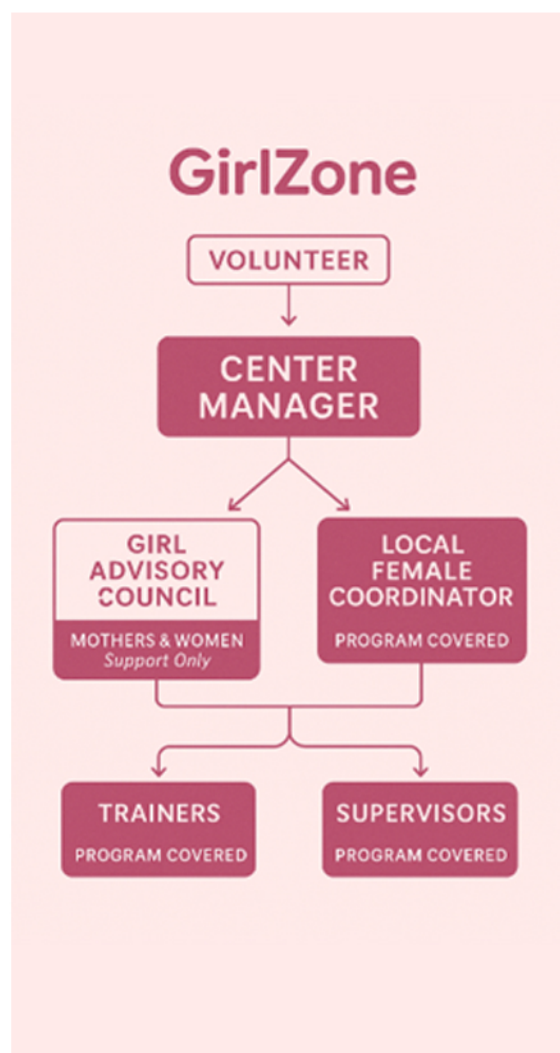
Although GirlZone centers will be established across various governorates—each with its own local context, characteristics, and needs—all centers will operate under a unified structural framework that ensures coherence, quality, and inclusivity.

At the top of each center's structure stands the Center Manager, responsible for overall coordination, planning, and communication supported with a female Local Coordinator, who maintains daily contact with the girls, ensures that sessions are implemented smoothly, and bridges communication between trainers, supervisors, and the community.



The Girl Advisory Council, composed of GirlZone participants, plays a central role in shaping priorities, suggesting activities, and ensuring that girls' voices and ideas remain at the heart of every initiative. Alongside them, the Women's Steering Committee—made up of mothers, teachers, and active community members—provides mentorship and supports the sustainability and responsiveness of the center.

Each center also includes a team of Trainers and Facilitators who deliver sessions across thematic areas such as life skills, health, leadership, and protection, ensuring interactive and inclusive learning. In addition, Supervisors and Counselors provide psychosocial support and monitor participants' well-being, maintaining GirlZone's identity as a safe and nurturing space for adolescent girls.





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Monitoring and Evidence of Impact

The impact of GirlZone will be demonstrated through a mix of quantitative indicators and qualitative evidence that capture both measurable progress and personal transformation.

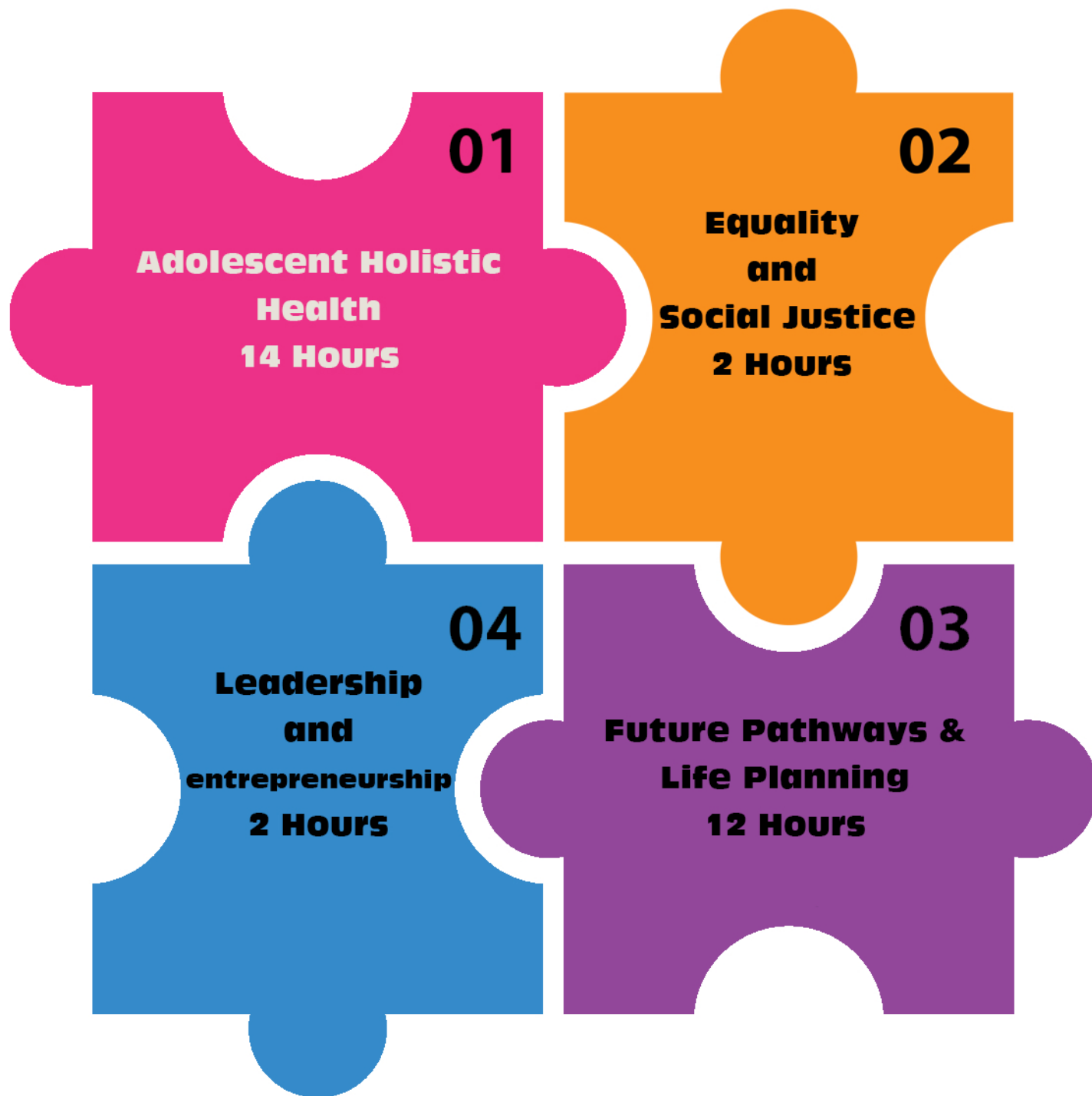
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Key participation and outcome targets include:

- Participation: Engagement of at least 85 % of adolescent girls in targeted locations.
- Retention: 75% regular attendance across all sessions throughout the program period.
- Psychosocial Empowerment: 70% of participants report improved self-confidence, decision-making, and emotional well-being (based on pre/post surveys).
- Community & Family Engagement: At least 50% of mothers or guardians attend one or more GirlZone events.
- Comprehensive Sexuality Education (CSE) Knowledge and Inclusivity: At least 70% of participants demonstrate improved knowledge and positive attitudes toward bodily autonomy, healthy relationships, gender equality, and inclusivity.

In addition to these measurable outcomes, the program will collect personal stories, creative outputs, and testimonials from participants, providing authentic insight into their empowerment journeys. Together, these indicators and narratives will highlight GirlZone's role as both a protective platform and a transformative movement advancing gender equality and girls' rights across Palestine.





Program Modules and Learning Framework (30 Hours)

Module 1: Adolescent Holistic Health- 14 Hours

Overall Objective:

This module aims to enable adolescent girls to develop a comprehensive understanding of their physical, mental, and social health by increasing awareness of the changes associated with adolescence and promoting healthy, safe lifestyles

Topics to be covered:

- Mental Health and Emotional Expression - (4 hours).
- Nutrition and Healthy Lifestyles- (2 hours).
- Safe and Responsible Digital Communication - (2 hours).
- Comprehensive Sexuality Education- (8 hours)
 - Relationships
 - Values, Rights, Culture, and Sexuality
 - Understanding Gender
 - Violence and Staying Safe
 - Skills for Health and Well-being
 - The Human Body and Development
 - Sexuality and Sexual Behaviour
 - Sexual and Reproductive Health



Module 2: Equality and Social Justice- 2 Hours

Overall Objective:

This module seeks to empower girls to understand the principles of equality and social justice, strengthen their awareness of fundamental human rights, and develop their ability to challenge discrimination and stereotypes while actively contributing to building a fairer and more respectful society.

Topics to be covered:

- Gender Roles- (2 hours).

Module 3: Leadership and Entrepreneurship – 2 Hours

Overall Objective:

This module aims to equip girls with essential leadership and entrepreneurial skills that foster confidence, initiative, and problem-solving..

Topics to be covered:

- Empowerment and Leadership- (2 hours).



Module 4: Future Pathways & Life Planning – 12 Hours

Overall Objective:

This module supports adolescent girls in exploring their academic and professional interests, developing personal financial planning skills, and connecting their aspirations to community engagement and entrepreneurship—helping them envision a clearer and more purposeful future.

Topics to be covered:

- Career and Academic Pathways- (2 hours).
- Personal Financial Planning- (2 hours).
- Field Visits – Exploration, Belonging, and Inspiration- (4 hours).
- Girl-Led Volunteer Initiatives- (4 hours).



Turning Vision into Action: GirlZone's Pilot Milestones

In partnership with UNFPA and implemented by Sharek Youth Forum with the support of 19 Community Centers across Palestine)

Key Achievements:

- Expansion: Successfully piloted across 19 active centers in Gaza, Ramallah, Nablus, Jenin, Tulkarem, Hebron
- Reach: Over 650 adolescent girls (ages 12–17) engaged in structured life-skills and CSE sessions.
- Education: More than 280 interactive sessions delivered by trained facilitators and councilors using the 30-hour GirlZone curriculum.



- Implementation Approaches:

- GirlZone was implemented through two complementary approaches:

1- The first approach implemented in 7 Centers (4 in West Bank – 3 in Gaza Strip) focused on rehabilitating and furnishing five community centers to serve as safe and dedicated spaces for adolescent girls. This approach aimed to empower local institutions and create sustainable GirlZone hubs that serve surrounding villages and marginalized areas — thereby reaching a larger number of girls and ensuring continuity within their own communities.

2- The second approach involved delivering the 30-hour GirlZone program across 12 community centers, providing adolescent girls with structured learning opportunities, interactive activities, and guidance from trained facilitators and counselors within their local environments



Sadeel and Batoul
Jabal Al-Nar Club:

Self-care isn't selfish — it's necessary to maintain mental and emotional balance. When we take care of ourselves, we become better able to care for others



Ayten

13 years old – Deir Abu Mish'al Club:

The program was full of creativity, skills, and opportunities to gain experience in various themes, financial planning, health, and drawing. For me, it was a safe space and the right beginning for my personal journey



Ghazal

14 years old – Tarqumiya Library

I gained so much from the program — learning to rely on myself, be brave, understand others' struggles, and become more social. I now feel capable of helping those around me and speaking confidently about myself. What I loved most was that it was a girls-only program — it gave me the space to express myself freely and without embarrassment. I had also participated in the Majd Journey program before, and I've always been interested in topics about physical and mental health

Amal

13 years old – Zubeidat Club:

The workshop made me rethink how I see myself. I learned to appreciate my small achievements instead of downplaying them, and to be my own support before seeking it from others



Rafif

14 years old – Tarqumiya Library:

I learned new things I didn't know before, and I've started taking better care of myself — both personally and physically — which increased my self-confidence. I also understood that technology can be dangerous if used incorrectly, so we must learn to handle it in a healthy and safe way.



Taleen

13 years old – Al-Qamar Charitable Society:

Caring for mental health isn't weakness — it's the courage to face yourself and choose to be well from the inside before the outside



Sidra 15 years old
Tarqumiya Library

I learned that my health is my top priority — I am the most important. We should always take care of ourselves and keep learning new things every day that help us grow stronger and more aware



Afnan

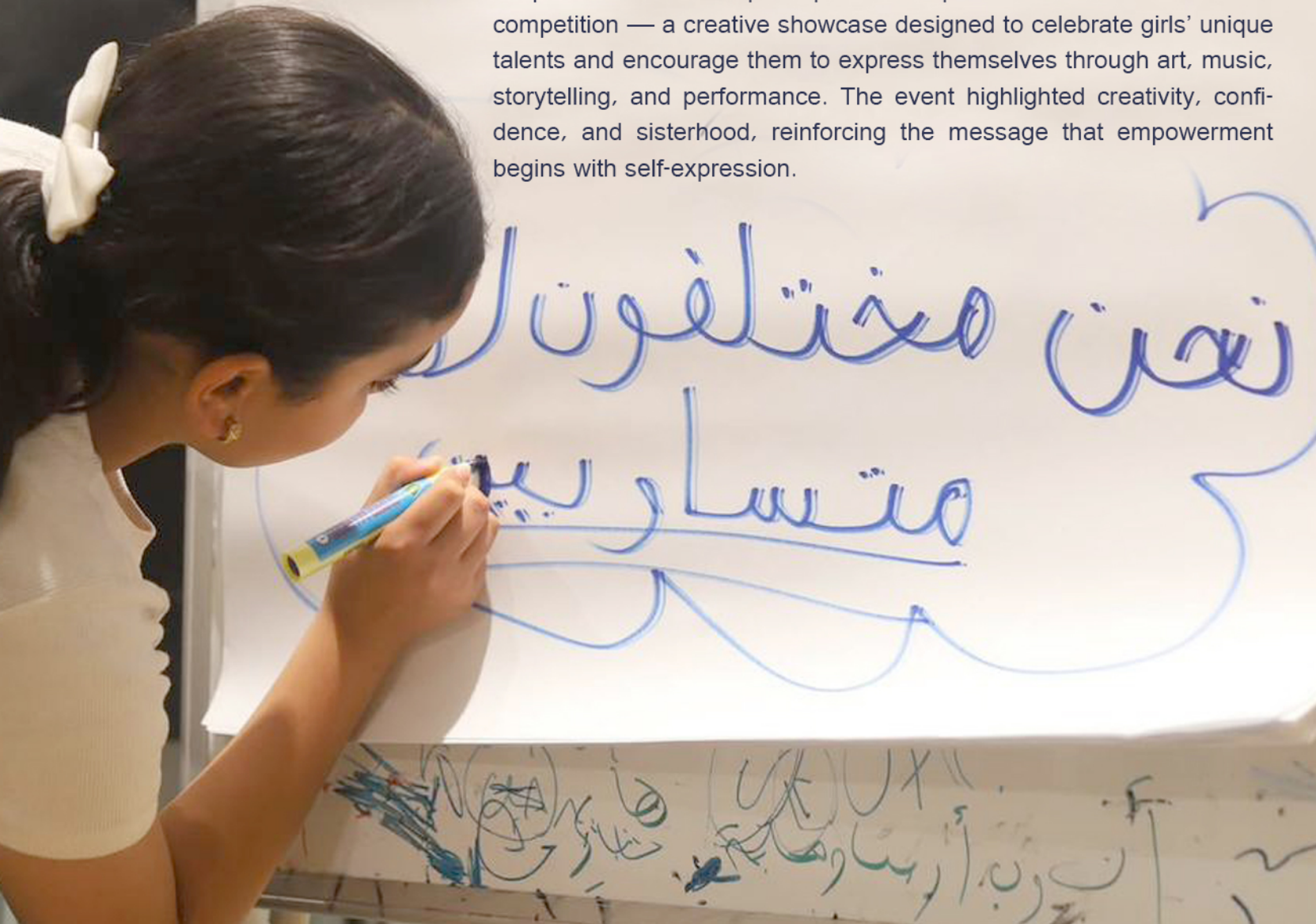
13 years old – Narsan Cultural Center:

I participated in the GirlZone program at Narsan Cultural Center in partnership with Sharek Youth Forum. I benefited greatly from the activities, especially the mental-health sessions. I learned new concepts about mental well-being and how to protect myself. I feel my personality has grown and that I've become a better version of myself

GirlZone in Action: From Safe Space to Social Impact"

GirlZone is not only a safe space — it is a vibrant platform for self-expression and talent discovery. Through its interactive environment, girls are encouraged to share their voices, showcase their skills, and build confidence in who they are and what they can achieve.

As part of this vision, participants took part in the “Zone Got Talent” competition — a creative showcase designed to celebrate girls’ unique talents and encourage them to express themselves through art, music, storytelling, and performance. The event highlighted creativity, confidence, and sisterhood, reinforcing the message that empowerment begins with self-expression.



Beyond the stage, girls are becoming more engaged in their communities — connecting with inspiring women role models and survivors in their surroundings, and leading initiatives that respond to real community needs. These include supporting olive-harvest campaigns, raising awareness on breast cancer, organizing cultural events that strengthen Palestinian identity, and creating inclusive activities for children with disabilities.

Through these experiences, GirlZone continues to nurture empathy, leadership, and active citizenship, transforming safe spaces into spaces of growth, creativity





"Expanding the Circle of Impact"

Expanding GirlZone to reach more adolescent girls is a key priority for the coming phase. The program has proven its strong impact in enhancing girls' confidence, awareness, and emotional well-being, making the need to scale up both essential and timely. Increasing the number of beneficiaries means extending this positive influence to more communities — ensuring that every girl has access to a safe, empowering, and inspiring space where she can grow, learn, and lead.



GirlZone

GirlZone is a space where each adolescent girl can fulfill her potential for a stronger inclusive Palestine

