



MEDIA COVERAGE IN THE HUMANITARIAN CONTEXT

A GUIDELINES FOR JOURNALISTS
AND COMMUNICATIONS SPECIALISTS

Introduction:

This manual has been designed for the communications staff working under NGOs and journalists interested in covering refugees' and internally displaced people's stories who would like to have a reference during their coverage. The manual is also targeting citizen journalists with limited academic backgrounds. In many areas, very few journalists may have limited access to conflict zones, leaving many with little experience in journalism inspired to cover the stories, document violations and raise the people's voices in those locations. Therefore, journalists and NGO communications persons may need a solid handout to follow while having a clear understanding of humanitarian and international laws during coverage to inform the public in a professional and transparent manner while avoiding all sorts of discrimination or biasness.

This manual summarizes the humanitarian standards, laws and principles that all journalists or media or communications persons have to be familiar with. Most of the information was based on the guidelines provided by different UN agencies, international organizations and global media platforms to ensure the quality of work done according to the humanitarian context and protect the target populations' dignity. We also included a self-care section because we believe that individuals' wellbeing gives a chance for achieving better results at work, especially when working in the humanitarian context.

We hope this manual would be a step to voice out the voiceless and raise the public's awareness on our causes

Media Coverage in the Humanitarian Context

A guidelines for journalists and communications specialists

Index

Human Rights

| | |
|--|----|
| Human Rights Law and International Humanitarian | 6 |
| Characteristics of human rights in the international legislation | 7 |
| Civil and political rights | 9 |
| Basic international human rights instruments | 12 |
| International humanitarian law (the law of war) | 14 |
| Principles of Humanitarian Action | 19 |
| Legal Framework for protection | 21 |
| Asylum Law | 23 |
| Types of gender-based violence | 30 |
| Effects of gender-based violence | 32 |

Journalism and communications

| | |
|---|----|
| Journalism and communications | 36 |
| Core principles for journalists | 37 |
| Types of communications channels | 38 |
| Technical and humanitarian standards during coverag | 39 |
| The visuals in the media | 45 |
| Technical specifications of high-quality images | 48 |
| Malpractices during the photo coverage | 52 |
| How to write a description of an image | 55 |

Wellness and Mental Health

| | |
|--|----|
| Basic concepts in wellness and mental health | 56 |
| Glossary of terms | 60 |
| References | 63 |



Human Rights

Section I: (Human Rights Law and International Humanitarian Law)

Wars - especially the world wars - have resulted in dire consequences for humanity of the loss of life and their dignity, as States have pushed for research on human rights, and the need to establish principles and norms to guarantee their rights, the result being the establishment of the United Nations Organization in **1945**.

The Charter of the United Nations aims at the maintenance of international security and peace, the development of friendly relations among States, international cooperation and, here, its role in promoting respect for the fundamental rights and freedoms of all people without distinction as to gender, language or religion

Definition of human rights:

Human rights are rights that we all enjoy just because we are human, and that no nation grants them. These universal rights are inherent in all human beings, regardless of their nationality, social quality, national or ethnic origin, color, religion, language or other status. They vary from the most fundamental right, the right to life, to the rights that make life worth living, such as the right to food, education, employment, health, and freedom

The Universal Declaration of Human Rights, adopted by the United Nations General Assembly in 1948, was the first legal document to define the basic human rights that must be universally protected.

The importance of human rights:

The usefulness of human rights in the context of a search for human rights characteristics, human rights laws are of great importance as follows: The importance of human rights is



due to the preservation of all human beings from any oppression, injustice or injustice over rights. They ensure that human freedoms are not robbed except as a result of fair trials and laws that emphasize the establishment of human rights and are transparent. It also ensures that people feel safe in the normal exercise of their lives without fear or torture. It also guarantees equality among human beings without distinction as to form, sex, language, religion or ethnic origin. Human rights regulate human relations in a small society, such as the family, the school, the workplace, or society as a whole and other societies. The preservation of human well-being in society stems from the exercise of all its rights.

Characteristics of human rights in the international legislation:

There are many characteristics that distinguish human rights from others:

1-Human rights are natural, constant to every human being once born – not a grant from anyone – they are fixed to man as a human being, they are indigenous, and natural, they are true to the human being.

2- Human rights not to be acted upon - abdication - It cannot be extracted; It cannot be renounced or disowned by a human being who owns those rights until voluntarily, nor can others give them away, nor is it subject to limitation, and waiving some rights that may be contrary to the law and void. Example selling part of the body.

3-Human rights are indivisible - integral rights - that is, human rights are indivisible, whether they are civil, cultural, economic, political or social rights; All are interrelated, and the realization of one right often depends, in whole or in part, on the realization of other rights.

For example, the right to work depends on the right to learn, the right to vote, and nationality.

4- Human rights are evolving, renewable and changing: They keep pace with the developments of the times, taking them back and extending them to different areas of life, such as the emergence of ICT rights.

5-Human rights have a universal and universal character: Universality has three dimensions:

-Universal in composition and promotion: All the civilizations, cultures and peoples have contributed to their formation

-Universal in application: All persons have the right to enjoy them without discrimination

-Universal in terms of guarantees of protection: There are universal legal guarantees through which individuals and groups can be protected from affected Governments.

1- In nature, human rights are divided into two types: (Natural rights, material rights):

Natural rights these rights are based on human dignity and human nature, but these rights must be regulated and protected, and this is done through the rules of law in its various branches. He is responsible for providing legal protection to all of them, and prevents any attack on them in any way by setting a penalty or legal punishment for anyone found to be guilty of any right or interest to others, perhaps the most important of these rights: The right to life - the right to integrity of the body - the right to freedom

The right to life: The right to life is one of the most important natural rights, as it is assert-

ed by all religions of heavenly nature, constitutions and positive laws, a right which cannot be infringed upon by anyone, whether by murder, injury or beating, it is one of the most important among the other rights protected. It should therefore be respected and protected in order to benefit individuals, and in line with what the Human Rights Committee of the United Nations has described as the supreme right to life of the human being. Only an exception and, in some cases, a person may be robbed; As the imposition of the death penalty for the execution of a peremptory sentence, ensuring respect for the human right to life should be the primary objective of all legal systems of all kinds.

The right to integrity of the body: Also an important right of the human person is his right to integrity and not to be subjected to torture or to cruel and inhuman punishment for his human dignity, a right protected by constitutions and laws; It is a form of protection of the human right to life and body that the doctor can act freely in the body of the patient only with his or her ear or in some emergency situations, as well as the right of the deceased to inviolability of his body only if he or she recommends otherwise.

The right of freedom: Human freedom is also sacrosanct, such as the right to life and human dignity, and the freedom envisaged here is perhaps guaranteed by international declarations, covenants and norms, as well as by national laws that ensure that an individual retains the exercise of his life in a civilized society based on the importance of preserving the dignity and life of the human person

Civil rights: Some are called material rights, a set of fundamental rights that a human being must enjoy as a member of society, since they are indispensable in any way, they are necessary for a human being to live properly. Among the most important material rights are: The right to justice and non-discrimination - the right to work - the right of education

The right of justice, equality and non-discrimination:

The International Covenant on Civil and political Rights of the United Nations stipulates that all people are equal before the law, meaning that everyone should be given the opportunity to be free from any form of discrimination. On an equal basis so that he can resort to justice in the event of any act that affects any of his personal or financial rights, the right to equality means equality in the legal status of all people and the ability to resort to the courts to claim rights. The areas of application of this right may be many and cannot be limited to all aspects of life, whether social, political or cultural. To ensure the effectiveness of criminal justice, the human right to equality before the judiciary should be respected, and this equality may mean that all people are equal before the judiciary, so that they can exercise the right of equal access to justice and before a single court. Without discrimination on grounds of sex, color, language, creed or belief, or on grounds of the beliefs or opinions they believe in, the unity of law applicable to persons, and the unity of penalties established for those convicted by the judiciary.

The right to work:

The right to work is an important material right so that the human person can live in dignity, so that everyone has the right to an opportunity to work like anyone, to choose the type and nature of work that he wishes to do, and an important right in this area is the right to a fair wage and to protection from unemployment. The freedom to join trade unions to protect their interests from employer control, the right to good working conditions from leisure, the right to certain working hours, and the right to social security.

The right to have education:

It is one of the fundamental material rights of the human person, especially at the present

time, being both an economic, social and cultural right, and the human right to education allows him to learn what he wants from the broad and diverse fields of science, and not to be forced to learn what he does not want, but he should be left free to choose. The right to education has become so important that most countries have made it compulsory especially at the basic stages, in order to stabilize social justice, combat illiteracy, and eradicate ignorance

2- Rights Ratings in nature of the right:

Civil and political rights:

Civil and political rights ensure that individuals have opportunities to participate in the civil and political life of society and the State without any discrimination or any acts of their oppressed persons, this category of rights protects individuals from infringement of their rights by Governments, social organizations and individuals, including; The right to a fair trial, freedom from torture and freedom of conscience and religion.

Economic, cultural and social rights:

Economic and cultural rights this classification includes human rights relating to basic social and economic conditions necessary for a decent life, which are protected by various international and regional treaties and national constitutions. The International Covenant on Economic, Social and Cultural Rights is the most comprehensive treaty providing international protection for human rights. These rights concern labor and labor rights, the right to social security, food, water, the health environment and health; Education, housing and culture.

3- Classification of rights as individual or collective rights:

Individual and collective rights are divided into two parts:

Individual rights: Individual rights guarantee the rights of individuals to exercise certain forms of freedoms without interference from the Government or other individuals, including many rights, such as; The right to express opinions by speaking on any subject, the right to take up arms for hunting, self-defense, protection for family and others, the right to privacy and the prevention of any government intervention in the privacy of the person without providing an ad hoc memorandum, The right to remain silent if an individual is questioned to speak with a lawyer to ensure that problems do not arise. Collective rights the concept of collective rights emerged after the inability of individual rights to provide adequate protection to indigenous peoples and other minorities with a number of collective advantages, although the fundamental goal of human rights is to provide protection and development for the individual, which is individual rights. However, some of these rights are exercised in groups, which are called **collective rights:** These rights guarantee ethnic minorities the preservation and development of their cultural identities, and the creation and preservation of organizations. Include collective rights; Freedom of association, freedom of belief and religion, freedom to form and join trade unions, and the clarity of collective rights is increased if human rights are specifically linked to membership in a particular group, for example, the right of members of ethnic and cultural minorities to protect themselves, and the preservation of their own language and culture

Classification of human rights in terms of appearance - generations of 4- / Human Rights / three generations

The first to propose a division of human rights into three generations is the 5- Czech jurist Caryl Vasak at the International Institute for Human Rights in :Strasbourg. Vasak has used the term since November 1977 and is as follows

First generation of human rights:

The first generation of human rights includes **the civil and political rights** of the individual and can be divided into two sub-groups, namely.

Sub-group I: It relates to standards of physical and civilian security, such as; To avoid torture, inhuman treatment or acts of slavery of others.

Sub-group II: It concerns the rules of civil and political authorities or so-called civil and political empowerment, including many rights and freedoms; The right to political participation.

Second generation of human rights

The second generation of human rights includes **social and economic rights**, which can be divided into two sub-groups, namely;

Sub-group I: It is concerned with the basic needs criteria and the need to meet them with individuals; Such as nutrition and health care.

Sub-group II: Concerned with the criteria and ways of meeting economic needs; As a guarantee of fair wages to ensure the provision of good living standards for individuals.

Third generation of human rights:

The third generation of human rights includes a wide range of other rights, which can be divided into two sub-groups, namely.

Sub-group I: It concerns the right to self-determination of peoples, and includes many aspects of community development and political status. Sub-group II: On the rights of ethnic and religious minorities

International legitimacy of human rights:

At its second session, held in Geneva in 1947, the Commission on Human Rights launched the term **International Bill of Human Rights** to the set of human rights instruments that were currently being prepared by the United Nations. The **International Bill of Human Rights** is defined as “the rights contained in the **Universal Declaration of Human Rights 1948 - the International Covenant on Social, Economic and Cultural Rights 1966 - and the International Covenant on Civil and political Rights 1966 - and the two Optional Protocols**, or in other words as a constitution or a statute of international human rights law

First: The Universal Declaration of Human Rights

A human rights document drafted by representatives from various legal and cultural backgrounds from all over the world. The UN General Assembly adopted the Universal Declaration of Human Rights in Paris on December 10, 1948, and for the first time defined the fundamental human rights to be universally protected.

Although the Declaration is a non-binding document on the States members of the United Nations and there are therefore no guarantees of non-draggability, it is a common standard for various States and Nations to measure their achievements in the field of human rights. The Declaration guaranteed the rights of all human beings of different colors and types

The Declaration consists of a preamble and thirty articles, which include the following rights

The right of life, liberty and personal integrity dignity.

The right of equality and

The right of legal personality

The right to litigate.

The right of equality before the law

Freedom of movement.

The right to seek asylum

The right to have a family.

The right to own property
tionality.

The right to have a na-

The right to have a decent life

Freedom of belief.

Freedom to practice religious observance
expression.

Freedom of opinion and

Freedom of social participation
the public affairs

The right to participate in

The right to work
security.

The right to have social

The right to have food

The right to have a house.

The right to dress

The right to be healthy.

The right to get married
intellectual property.

The right to protect the

The right to be in a cultural participation

Freedom of residence.

The right of education

The right to assembly

Second: International Covenant on Social, Economic and Cultural Rights

The International Covenant on Social, Economic and Cultural Rights was adopted by the UN General Assembly resolution on December 16, 1966, and entered into force on January 3, 1976. The Covenant consists of one preamble and thirty-one articles, distributed in five parts. Part I and part II of the common general provisions of the two Covenants, such as the right of peoples to self-determination and the free disposition of their wealth, were incorporated into each part. Part III included the rights enshrined in the Charter, which had been enshrined in the Universal Declaration of Human Rights, but the Covenant had clarified them and explained how they were implemented. The Covenant provided for the right to education and clarified the mechanism for its implementation, providing for compulsory primary education, universal secondary education and the development of a school system at all levels.

Part IV covered procedures for international supervision of the application of the Covenant, such as providing for reports by States parties to the Covenant to the Secretary-General of the United Nations on action taken to implement it. Finally, part V covered the procedure for ratification of the Covenant.

Third: International Covenant on Civil and political Rights:

The UN General Assembly presented the International Covenant on Civil and political Rights for signature, ratification, and accession on December 16, 1966, and entered into force March 23, 1976.

The Covenant consists of a preamble and fifty-one articles, distributed in six parts. The Covenant included a longer list of rights than the Universal Declaration of Human Rights, as well as a more precise one than the Declaration, as well as the provision of new rights not provided for in the Declaration.

The Covenant established international means for the protection of human rights, and established a special United Nations committee called the Human Rights Committee. Its function is to oversee the implementation of these rights and to examine reports submitted by States parties to the Covenant to the Secretary-General of the United Nations.

Basic international human rights instruments:

- 1- The Universal Declaration of Human Rights, adopted by the General Assembly of the United Nations in 1948
- 2- Convention on the Prevention and Punishment of the Crime of Genocide of 1948
- 3- International Covenant on Civil and political Rights, 1966
- 4- International Covenant on Social and Economic Rights, 1966
- 5- Convention on the Elimination of the Elimination of All Forms of Discrimination against Women, 1981
- 6- 1984 Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment
- 7- The 1989 Convention on the Rights of the Child



Each of these treaties has established an expert committee to monitor the implementation of the provisions of the treaty by its states parties, some of which are supplemented by optional protocols addressing specific concerns.

| | | <i>Date</i> | <i>Monitoring body</i> |
|-----------------------------|--|------------------|--|
| ICERD | International Convention on the Elimination of All Forms of Racial Discrimination | 21 December 1965 | Committee on the Elimination of Racial Discrimination |
| ICCPR | International Covenant on Civil and political Rights | 16 December 1966 | Human Rights Committee |
| ICESCR | International Covenant on Economic, Social and Cultural Rights | 16 December 1966 | Committee on Economic, Social and Cultural Rights |
| CEDAW | Convention on the Elimination of All Forms of Discrimination against Women | 18 December 1979 | Committee on the Elimination of Discrimination against Women |
| CAT | Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment | 10 December 1984 | Committee against Torture |
| CRC | Convention on the Rights of the Child | 20 November 1989 | Committee on the Rights of the Child |
| | International Convention on the Protection of the Rights of All Migrant workers and members of their families | 18 December 1990 | Committee on Migrant workers |
| CPED | International Convention on the Protection of All Persons from Enforced disappearance | 20 December 2006 | Committee on Enforced Disappearances |
| CRPD | Convention on the Rights of Persons with Disabilities | 13 December 2006 | Committee on the Rights of Persons with Disabilities |
| ICESCR - OP | Optional Protocol to the International Covenant on Economic, Social and Cultural Rights | 10 December 2008 | Committee on Economic, Social and Cultural Rights |
| IC- | Optional Protocol to the International Covenant on Civil and political Rights | 16 December 1966 | Human Rights Committee |
| IC- | Second Optional Protocol to the International Covenant on Civil and political Rights aimed at the abolition of the death penalty | 15 December 1989 | Human Rights Committee |
| OP-CE-DAW | Optional Protocol to the Convention on the Elimination of All Forms of Discrimination against Women | 10 December 1999 | Committee on the Elimination of Discrimination against Women |
| OP-CRC-AC | Optional Protocol to the Convention on the Rights of the Child on the involvement of children in armed conflicts | 25 May 2000 | Committee on the Rights of the Child |
| OP-CRC-SC | Optional Protocol to the Convention on the Rights of the Child on the sale of children, child prostitution and child pornography | 25 May 2000 | Committee on the Rights of the Child |
| OP-CAT | Optional Protocol to the Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment | 18 December 2002 | Subcommittee on Prevention |
| OP-CRPD | Optional Protocol to the Convention on the Rights of Persons with Disabilities | 12 December 2006 | Committee on the Rights of Persons with Disabilities |

International humanitarian law (the law of war)

The origin of international humanitarian law dates back to the mid-nineteenth century. During the battle of Salva Reno (1859) between Napoleon III army and the Austrian army, the Swiss (Henry Dunant) stood on the horrors of war, and decided to transfer the wounded and killed free of charge from the fighting fronts to the town on the basis of that war experience. In 1862, Henry Dunant will publish a book entitled "Memories of Salva Reno," which calls for alleviating the suffering of soldiers in wars, and proposes that states allow neutral humanitarian organizations to treat soldiers during wars.

Definition of International Humanitarian Law: International humanitarian law consists of a set of rules aimed at reducing the effects of armed conflicts. International humanitarian law protects persons who do not participate or who cease to participate in hostilities. It restricts the means and methods of warfare.



International Committee of the Red Cross

European countries will meet Henry Dunant's call in 1863 for the establishment of an international committee to treat and save the injured during armed conflicts, which will later be transferred to the International Committee of the Red Cross. Henry Dunant will continue his humanitarian effort with a number of friends, who will work with him to free a legal arsenal that will discipline military behavior in times of war and provide a framework for providing assistance and treatment to civilians and wounded military personnel in times of armed conflict. This will be the very early development of international humanitarian law.

The International Committee of the Red Cross defines international humanitarian law as a set of rules aimed at reducing the effects of armed conflicts on humanitarian grounds. International humanitarian law is also defined as the law of war or of armed conflict. International humanitarian law protects anyone who has nothing to do with, or has had to do with, hostilities, and restricts the means and methods of warfare, which is part of international law governing relations between States.

International humanitarian law applies only to inter-State conflicts, does not cover internal disturbances, and applies equally to all parties, regardless of who started the fighting. Only 150 years ago, international norms to limit the effects of armed conflicts on humanitarian grounds had been developed.



Historical development:

The first Geneva Convention (1864) was the cornerstone of international humanitarian law and was limited to dealing only with armed conflicts between States or alliances formed by States. Things will remain the same until after World War II (1939-1945).

International humanitarian law is based on a range of conventions and written and customary texts, including:

A. The four Geneva Conventions of 12 August 1949:

- The first Geneva Convention relative to the Protection of the wounded and sick members of the Armed forces in the Field.
- The Second Geneva Convention relative to the Protection of the wounded, sick and drowned of the Armed forces at Sea.
- The Third Geneva Convention on prisoners of war.
- The Fourth Geneva Convention relative to the Protection of civilian populations in time of War.

B. the first Geneva Protocol, supplementing the four Geneva Conventions, on the Protection of victims of Armed conflicts, concluded in 1977.

C. the Statute of the International Criminal Court.

D. the Hague Convention on respect for the laws and Customs of War on Land of 1907.

International humanitarian law has another unwritten customary aspect, which, according to the International Committee of the Red Cross (ICRC), consists of rules derived from "generally accepted practices as law".

The importance of customary international humanitarian law in current armed conflicts stems from the fact that it fills the gaps left by treaty law in international and non-international armed conflicts, thereby enhancing the protection of victims.

The role of the two World Wars:

The Great War (1914-1918) witnessed unprecedented atrocities and a large number of deaths, including nine million civilians. Yet the international community felt the danger of an imminent war on civilians only in World War II, which left 60 million people dead, accounting for more than 2.5 percent of the world's population.

It was clear that technical and military progress indicates that war victims will be more in

the future, and in this regard it affects the famous German physicist Albert Einstein, he said once that he does not know how the third world war will be, but he doubts that there will be those who will live after it to witness the fourth war.



International humanitarian law and the post-1945 world order:

The victorious Nations of the Second World War laid the legal and institutional foundation for the new international order. Thus, the United Nations and its structures were created, and the course of that effort was to maintain world peace in order to avoid a new war, while preserving the interests of the victorious powers.

Supplements and treaties supplementing international humanitarian law:

The course, which began in Geneva in 1949, was supplemented by the Hague Convention (1954), which provided for the protection of property and installations of a cultural nature, and the 1972 Convention prohibited the use of biological weapons, while the 1993 and 1997 Conventions prohibited the use of chemical weapons and anti-personnel mines. They are concerned with the protection of victims of armed conflicts, as well as with supplements prohibiting the use of certain types of weapons and military tactics, and protecting certain groups of population and property.

International Criminal Court:

A court based in The Hague in the Netherlands was established in 2002 after the signing of the Rome Charter in 1998. Its purpose is to prosecute individuals accused of genocide, crimes against humanity, war crimes, and assault crimes (but now it cannot play its part in relation to the last crime). This court completes the existing judicial systems, and it cannot play its judicial role unless national courts have shown their willingness or are unable to investigate or prosecute cases, thus representing the last resort. Primary responsibility goes to the States themselves, and the Court's ability to deal with crimes committed after July 1, 2002, the date of its establishment, when the Rome Statute of the International Criminal Court entered into force and can only prosecute crimes committed after that date.

- The Court currently has 104 member states and 35 have signed but have not yet ratified the Rome Statute. Headquartered in Holland, but able to carry out its actions anywhere.
- An independent body of the United Nations, in terms of staff and funding, and an agreement between the two organizations governs the manner in which they are

legally involved.

- The International Criminal Court (ICC) should not be confused with the International Court of Justice (sometimes called the International Court (a United Nations arm for the resolution of disputes between States), which are separate judicial systems.). The two are the two rules of procedure that law goes ahead.

International human rights and humanitarian law

There is complementarity between international humanitarian law and international human rights law (hereinafter referred to as human rights). Both seek to protect human lives, health, and dignity, albeit from a different angle.

Humanitarian law applies in situations of armed conflict. Human rights, at least some of them, protect the individual at all times, in both war and peace. However, some human rights treaties allow Governments to absolve some rights in public emergencies, while international humanitarian law does not allow any veto because it was originally designed to apply in emergencies, namely armed conflicts.

Humanitarian law aims to protect persons who do not participate or cease to participate in hostilities. The rules contained therein impose duties on all parties to the conflict. Human rights, which were designed for the first-class time of peace, applied to all. Its main objective is to protect individuals from arbitrary behavior by their governments, and human rights law does not deal with the conduct of hostilities.

The duty to implement international humanitarian law and human rights lies first and foremost with States. Humanitarian law obliges States to take practical and legal measures, such as the enactment of penal legislation and the dissemination of international humanitarian law. Similarly, on the basis of human rights law, States have an obligation to harmonize their national law in accordance with international obligations. International humanitarian law provides several specific mechanisms to assist in its implementation. States are particularly required to ensure that other States also respect humanitarian law. There are also provisions for investigation procedures, the protective State mechanism and the International fact-finding Commission. In addition, ICRC has a key role to play in ensuring respect for humanitarian norms.

Mechanisms for the implementation of human rights are complex and, unlike international law, include a regional system. Oversight bodies, such as the United Nations Human Rights Commission, are either based on the Charter of the United Nations or treaty-specific provisions (for example, the Human Rights Committee provided for in the 1966 International Covenant on Civil and Political Rights). The United Nations Commission on Human Rights and its subsidiary bodies have established "special rapporteurs" and working groups whose task is to monitor and report on human rights situations, by country or subject. Six major human rights treaties also provide for the establishment of commissions (such as the Commission on Human Rights) composed of separate experts charged with monitoring the implementation of those treaties. Some regional (European and American) treaties also establish human rights courts. The Office of the United Nations High Commissioner for Human Rights plays a key role in the protection and promotion of human rights. Its role is to enhance the effectiveness of the United Nations human rights machinery and to increase national, regional and international capacity for the promotion and protection of human rights and the dissemination of human rights instruments and information.

“Difference in “solid essence

International human rights instruments contain provisions allowing States, when faced with a serious general risk, to suspend the rights contained in these instruments, except for certain fundamental rights, set forth in each treaty, which must be respected in all circumstances and which cannot be affected regardless of the treaty. These include, in particular, the right to life, the prohibition of torture, sanctions and inhuman treatment, the prohibition of slavery and slavery, and the principle of legality and non-retroactivity of the law. The “inalienable essence” of human rights is called these fundamental rights, which states are obliged to respect in all cases – even in times of conflict or upheaval.

:Meeting points

Since humanitarian law is specifically applicable in the exceptional situations that constitute armed conflicts, the human rights content to which States must comply in all circumstances (i.e. “solid substance”) is largely consistent with the fundamental and legal guarantees guaranteed by humanitarian law. For example, torture and extrajudicial executions are prohibited.

Section II: Principles of Humanitarian Action

In 2022, 274 million people in 63 countries will need protection and humanitarian assistance.

This figure is a big increase from 235 million people in need a year ago, which was already the highest figure in decades. The United Nations and partner organizations aim to help 183 million people most in need in 63 countries, which will require 41\$ billion.

Office of the High Commissioner for Development Affairs - OCHA

Humanity is the human instinct and its qualities of goodness, love and compassion that make those who possess human beings and distinguish them from other living things

Objectives and definition of humanitarian action

1. The goal of humanitarian action is to save lives, alleviate suffering and preserve human dignity during and after man-made crises and natural disasters, as well as to prevent and enhance the preparedness for such situations.

Human action must be guided by the principles of humanity, in the central sense of saving man living and alleviating suffering wherever it exists

3. Humanitarian action includes the protection of civilians and others who no longer participate in hostilities and the provision of food.

Water, sanitation, shelter, health services and other assistance items for affected persons.

What are the humanitarian principles: “Humanity - neutrality - Non-discrimination - “Independence

The principles of humanity are the real compass for all organizations and workers in the humanitarian sector, and they are four (human, impartial, fair and autonomous) essential for humanitarian action

- 1- Humanity means that** human suffering must be addressed wherever it exists, with special attention to the most vulnerable.
- 2- Neutrality:** Humanitarian assistance must not favor any party to an armed conflict or other conflict.
- 3- Impartiality:** It means that humanitarian assistance must be provided only on the basis of need, without discrimination.
- 4- Independence:** It means the independence of humanitarian objectives from political, economic, military or other objectives.

Additional Principles:

The resident coordinator/NGO law also lists a number of more ambitious principles that are derived from the development assistance experience.

- Agencies must work on culture and customs
- The humanitarian response must use local resources and capacities as much as possible
- The participation of beneficiaries should be encouraged
- Emergency response must seek to reduce future vulnerabilities
- Agencies must be accountable to both donors and beneficiaries
- Humanitarian agencies must use information activities to portray victims as respected human beings, not as living beings

When does the need for protection and who is responsible for responding? show up

The need for humanitarian action exists at all times, but we need it more at the following times:

- Armed conflict and armed violence
 - Natural disasters (in addition to man-made disasters)
 - Post-war conditions and early recovery.
- **The most important categories to focus on during humanitarian action:**

1. Older persons, every 1 out of 6 older persons suffered abuse, and this proportion has increased rapidly as a result of the initiation of the pandemic and closure procedures.
2. Persons with disabilities, 15% of the world's population are disabled, and 80% live in developing countries, the most vulnerable group to neglect, abuse, and less education.
3. Mental and psychological disorders. Even before the Kovid-19 pandemic, mental health statistics were glaring, starting about half of their cases at the age of 14, and suicide is the second major cause of death among young people aged 15 to 29. Globally, there is less than one psychologist per 10,000 people.
4. Women and girls who are particularly vulnerable to gender-based violence, which has risen in proportion to domestic quarantine.
5. Vulnerable children with double standards and protection concerns.
6. Internally displaced persons, refugees and asylum-seekers.

Use of modern techniques in human action:

We cannot ignore the global activities that have come to be run using the Internet.

- Conducting real-time polls.
- Mobile phone needs assessment.
- Use of electronic vouchers to provide assistance.
- The use of artificial intelligence; for the development of outbreak maps, early warning, testing, diagnosis and treatment. If we talk about the Corona pandemic, 3D printers support the production of face masks, face covers and ventilators, and drones deliver medical

supplies and test samples. Many global activities became online almost overnight; The Kovid-19 pandemic highlighted technological preparedness, unequal availability of digital services and business continuity.



What is protection and what is defined as part of humanitarian action?

Protection is the protection of persons at risk from all forms of harm, violence, abuse, exploitation and neglect. The main objective of protection is the protection of human rights as contained in the United Nations Convention and other human rights conventions.

Responsibility to protect:

- National protection/is the origin of protection/
- International Community and Civil Society Organizations/State Assistant Role/
- The international community is responsible for protection when a State clearly fails to protect its population

At the 2005 World Summit, all heads of State and Government recognized the responsibility to protect populations from genocide, war crimes, ethnic cleansing and crimes against humanity. The responsibility to protect (commonly referred to as RtoP) is based on three equal pillars: The responsibility of each State to protect its population (pillar I); the responsibility of the international community to assist States in protecting their populations (pillar II); and the responsibility of the international community to protect when a State clearly fails to protect its population (third pillar). The adoption of the principle in 2005 is a solemn commitment and contains high expectations for a future free from such crimes.

Legal Framework for protection

- International human rights law (in the case of peace)
- Theory of exceptional circumstances (in case of internal disturbances)
- International humanitarian law (in situations of armed conflict)
- Asylum Law (in the case of recourse to another State)

1- **International human rights Law:**

We have already spoken about it, which aims to promote human rights at the social, regional and local levels, and the fundamental civil, political, economic, social and cultural rights that all human beings should enjoy. International human rights law, the so-called “International Bill of Human Rights,” the “Universal Declaration of Human Rights,” and “International Covenant on Civil and political Rights” and its Optional Protocols, and the International Covenant on Economic, Social, and Cultural Rights” as well as international human rights treaties.

Through the ratification of international human rights treaties, Governments undertake to implement domestic measures and legislation consistent with treaty obligations and obligations. Where domestic legal procedures fail to address human rights violations, mechanisms and procedures for individual complaints are available at the regional and international levels to help ensure that international human rights standards are effectively respected, implemented and enforced at the local level

Theory of exceptional circumstances 2-

The state is in emergency circumstances, threatening its existence or making it difficult to apply the law and to control security, and the state acts on the basis of these circumstances by restricting public freedoms, restricting the application of some laws or preventing the application of others

It is clear from the above that the notion of exceptional circumstances can be attributed to two reasons:-

First reason - State survival and continuity:

The principle of legality and respect for the law and the observance of its provisions can be invoked only by the existence and continuation of the existence of the State, and if a threat to the very existence of the State occurs, the objective to be achieved is to preserve and maintain the survival of the State. It is therefore necessary to alleviate the normal legal constraints in order to cope with the extraordinary circumstances that threaten the very survival of the State.

Second cause - changing circumstances:

It is well known that legal rules have been set up to govern normal circumstances, and unusual circumstances such as wars, crises and emergency disasters are necessary to take action to address these circumstances, and these measures are not extended by the rules of ordinary law – and thus necessary to give the administration the power to cope with such emergencies. The rules established for the rule of normal circumstances are not suited to extraordinary circumstances

The conditions for applying the theory of exceptional circumstances are:

- There should be a sudden, serious threat to order and security.
- The only way to push the risk is to act the necessity emanating from the administration.
- The administration’s work must inevitably be as necessary.
- To perform this work by the appropriate official in the work of his or her job.

4- **International Humanitarian Law (War Law):**

We have already spoken of it, the law governing and regulating wars in an effort to minimize their negative impact on civilians, in particular, so as to include the rules for the protection of persons who are not involved in or who cease to participate in hostilities. As football is a law, for example, war is also a law that is international humanitarian law.

International humanitarian law classifies wars as:

- 1- An international armed conflict, which is the regular war between States.
- 2- A non-international armed conflict, the war between one or more states and

armed groups, must provide a minimum requirement of organization in this group, such as the situation in Syria, Yemen, and Libya

Asylum Law:

This central question arises from the following questions:

What is a refugee?

What laws protect the rights of a refugee?

What mechanisms are devoted to refugee assistance?

The conceptual framework of asylum: Refugee applies to everyone who is forced to leave his or her habitual residence to seek refuge elsewhere outside his or her country of origin or nationality, because of external aggression, or events seriously disturb public order in every or part of his or her country.

Distinguish the concept of a refugee from some similar concepts

Displaced or (internally displaced):

In many cases, especially through the media, the concepts of refugees and displaced or internally displaced persons are confused, it is true that the difference between them is very small, because of the unity of the reasons behind their appearance, but in terms of legal status there is a great deal between them. Displacement is the movement of the individual or group from one place to another within the borders of the same State, and displacement is carried out despite the will to be displaced by armed conflict, or natural disasters [2], i.e. displaced persons are persons who forcibly leave their homes to search for other safe places, without crossing the borders of their own State.

Economic immigrant:

An economic immigrant is usually called a person who has left his country voluntarily, in order to improve his economic situation, by seeking new opportunities in another country, and who has the freedom to return home whenever he wishes, unlike a refugee who escapes from his country because of fear of armed conflict or natural disasters or because of ethnic persecution and other reasons that prevent a refugee from returning to his or her home country as long as it exists



In order to be aware of the concept of asylum in its legal dimension, we will be exposed to: The meaning of the term international protection of refugees

International protection of refugees

In order to protect refugees, the international community has established an international legal arsenal, which we review as follows:

Protection of Refugees in the 1951 United Nations Convention

Because of the dire conditions experienced by the international community after World War II, and the resulting dramatic rise in the number of refugees resulting from geopolitical changes that have hit the European continent in particular, a refugee status convention was concluded on January 1, 1951. What is the definition of refugee according to this Convention?

One of the most positive points of this Convention is that it has made the possibility of persecution a cause of refugee status, which means that all practices that would potentially affect the human rights enshrined in the International Bill fall within this framework.

On the other hand, we note that the Convention provided for a specific time limit for a person to be a refugee. He is outside his country because of events that took place before January 01, 1951. As noted earlier, the Convention was created after the events of the Second World War, which let us say that it came to resolve the refugee problem on the European continent in particular. Moreover, the Convention did not speak of all the grounds for asylum; It focused on political asylum and missed a very important point in the asylum case; This is collective asylum, which has become the hallmark of asylum in our time.

In order to remedy all these gaps, particularly those relating to the time and geographical limits set forth in the 1951 Convention, as well as to the emergence of new refugee situations, the international community in 1967 adopted a protocol on the status of refugees. This legal arsenal was reinforced on September 19, 2016, by the UN General Assembly's adoption of the New York Declaration on Refugees and Migrants. The latter, which reaffirmed the importance of the international refugee system, was an obligation of Member States to strengthen and strengthen mechanisms for the protection of persons on the move. This paved the way for the adoption of a Global Compact on December 17, 2018 in New York. After two years of intensive consultations led by UNHCR with Member States, international organizations, refugees, civil society, the private sector and experts. This Global Compact, which aims at helping refugees and alleviating the burden on the receiving countries of large numbers of them, has been issued.

The United Nations, international organizations and the International Movement of the Red Cross and Red Crescent

I. United Nations and its organs and agencies:

A global organization whose includes almost all the independent States of the world. The United Nations was founded on October 24, 1945 in San Francisco, California, the United States, following the Dumbarton Oaks Conference held in Washington, D.C

The Organization is funded through assessed contributions and voluntary contributions from its member States. Other major offices are located in Geneva, Nairobi and Vienna. Its objectives include maintaining international peace and security, protecting human rights, providing humanitarian assistance, promoting sustainable development, and supporting international law.

From 1919 to 1945 there was an organization similar to the United Nations called the League of Nations, but it failed to function, especially after the Second World War, which led to the emergence of the United Nations after the victory of the allies and the League of Nations was abolished.

The membership of the United Nations is open to all peace-loving States that accept the obligations and rules of the Charter of the United Nations. Since July 14, 2011, after the division of Sudan, there have been 193 countries as members of the organization

United Nations humanitarian bodies and entities involved in the promotion and protection of human rights

:These bodies are

Political bodies such as:

- [United Nations General Assembly](#)
- [Economic and Social Council](#)
- [International Court of Justice](#)

:Humanitarian agencies such as •

- [Office of the United Nations High Commissioner for Refugees \(UNHCR\)](#)
- [Office for the Coordination of Humanitarian Affairs \(OCHA\)](#)
- [Inter-Agency Division on Internal Displacement](#)
- [International Labor Organization](#)
- [World Health Organization](#)
- [United Nations Educational, Scientific and Cultural Organization \(UNESCO\)](#)
- [Joint United Nations Program on Human Immunodeficiency Virus/acquired Immunodeficiency Syndrome \(UNAIDS\)](#)
- [Inter-Agency Standing Committee \(IASC\)](#)
- [Department of Economic and Social Affairs](#)
- [Commission on the Status of Women \(CSW\)](#)

- [Office of the Special Adviser on Gender issues and Advancement of Women \(OSAGI\)](#)
- [Division for the Advancement of Women \(DAW\)](#)
- [United Nations Population Fund \(UNFPA\)](#)
- [United Nations Children's Fund \(UNICEF\)](#)
- [United Nations Development Fund for Women](#)
- [United Nations Development Program \(UNDP\)](#)
- [Food and Agriculture Organization of the United Nations \(FAO\)](#)
- [United Nations Human Settlements Program \(Habitat\)](#)



II. International Red Cross and Red Crescent Movement and its components:

The International Red Cross and Red Crescent Movement is a global human network of 80 million people, helping people who face disasters, conflicts, or health or social problems. The movement consists of **the State Committee of the Red Cross, the International Federation of Red Cross and Red Crescent societies, and 190 National Red Cross and Red Crescent societies**

1.1 International Committee of the Red Cross (ICRC):

The International Committee of the Red Cross (ICRC) is an independent, impartial and impartial organization that performs a purely humanitarian task of protecting and assisting the lives and dignity of victims of war and internal violence. The International Commission seeks to avoid suffering by disseminating and promoting international humanitarian

law and universal humanitarian principles. The International Committee of the Red Cross (ICRC) was established in 1863 and is the source of the Geneva Conventions and of the International Red Cross and Red Crescent Movement. It guides and coordinates international activities carried out by the Movement in situations of armed conflict and other violent situations. The headquarters of the International Committee of the Red Cross (ICRC) is Geneva.

Functions: The International Commission shall act in the following cases:

1.1.1 International and non-international armed conflicts and other violent situations.

1.1.2 cases of natural, technical or epidemic disaster in an area where the International Commission is located in the field. The International Commission is involved in these cases to the extent possible and in cooperation with the International Movement. In general, it only functions for the emergency period.

1.1.3 the ICRC makes its own contribution to areas of expertise such as the search for missing persons, the dissemination of international humanitarian law and the basic principles of the international movement.

1.1.4 in addition to the above, one of the tasks of the International Committee is to recognize national associations that wish to join the International Movement of the Red Cross and Red Crescent.

1.2 International Federation of Red Cross and Red Crescent societies:

It is a global humanitarian organization, coordinating and providing international assistance in the aftermath of natural or man-made disasters in non-conflict situations. Its task is to improve the lives of the vulnerable by mobilizing the strength of humanity.

The International Federation works with national disaster response associations around the world. In addition to disaster preparedness programs, health and welfare activities and the promotion of human values. It also supports risk-reduction and disease-control programs, such as HIV, tuberculosis, bird flu, and malaria. The Federation also works to combat discrimination and violence, promote human rights and assist migrants.

Founded in 1919, the International Federation acts as the official representative of member associations at the international level. It directs and coordinates international assistance provided by MRAP to victims of natural and technological disasters, refugees and health emergencies. It promotes cooperation among national societies and seeks to strengthen their capacities for effective disaster preparedness and the implementation of health and social welfare programs.

Objectives of the International Federation:

1.2.1 saving lives, protecting livelihoods, and promoting recovery from disasters and crises.

1.2.2 enabling a healthy and safe life.

1.2.3 promoting social integration and promoting a culture of non-violence and peace

3 National Red Cross and Red Crescent societies

The National Red Cross and Red Crescent societies embody the work and principles of the International Red Cross and Red Crescent Movement. National societies act as humanitarian assistance to their country's public authorities and provide a range of services, including disaster relief, health and social welfare programs. During the wars, national assemblies assist the affected civilian population, and support the army's medical services as needed. In order to become part of the movement, national associations should first receive recognition by the International Committee of the Red Cross (ICRC) on the basis of a set of specific conditions for recognition. It may then become a member of the International Federation

Basic principles of the international movement: Fundamental Principles

The seven basic principles were adopted in 1965:

1 Humanity

The International Red Cross and Red Crescent Movement, which has been born out of the desire to aid the wounded in the fields of combat without distinction, seeks to prevent and alleviate human suffering wherever it exists. Its goal is to protect life, health and human dignity, and it seeks to promote understanding, cooperation and peace among all peoples.

2 Impartiality

The Movement does not discriminate on the basis of nationality, race, religion or political creed. It seeks to alleviate the suffering of individuals, guided by the only criterion: The extent to which they need help and the priority given to the most needy.

3 Neutrality

The movement refrains from taking a position with one side against the other during the wars and from engaging in political, religious, philosophical, and ethnic controversies.

4 Independence

The movement is independent, and although national associations are seen as assisting their governments in humanitarian services and subject to the laws in force in these countries, they must maintain their independence so that they can act in accordance with the principles of the movement at all times.

5 Voluntary Service

The movement is based on voluntary service and does not seek profit in any way.

6 Unity

In one country, there can be only one Red Cross or Red Crescent society, and it must be open to all and be active throughout the country.

7 Universal

The International Red Cross and Red Crescent Movement is a global movement, with all societies enjoying equal rights, and each has a duty to support other associations.



Section III: Gender-based violence

Gender-based violence is a comprehensive term for any harmful act committed against the will of the person, the causes of which are due to gender differences and socially attributed to females and males. The term includes acts that cause harm, physical, sexual or mental suffering, or the threat of such acts, coercion, coercion and other forms of deprivation of liberty that may occur in public or private places. Domestic violence, rape, human trafficking, early and forced marriage, and sexual harassment; Sexual exploitation and abuse are images of certain types of gender-based violence, which are common in humanitarian emergencies. Gender-based violence is deeply rooted, and is reflected in gender inequality and their respective roles and gender norms. Gender norms may be affected by gender and inequalities exacerbated during humanitarian emergencies; this increases the risk of gender-based violence for women and girls. This is the case, in particular, when the protection of the family and society breaks down; This is exposing women and girls to attacks; As they play gender roles, such as bringing water, food, and firewood. They may also be targeted by armed bodies that use sexual violence as a method of warfare, control and .exploitation

Addressing all forms of gender-based violence is one of the most important priorities in the humanitarian situation; such actions are immediate health consequences and life risks. Women and girls with disabilities are more vulnerable; It is therefore important that humanitarian actors ensure that their actions and initiatives prevent gender-based violence and reduce it from the very beginning of emergencies.

One in three women worldwide will be physically or sexually abused in their lives. One in five women displaced or refugee women who live in a humanitarian crisis and armed conflict has been subjected to sexual violence. Only less than 15 per cent of global humanitarian funding is spent on gender-based violence prevention and response activities, although important. / Office for the Coordination of Humanitarian Affairs / Alien Andiai Ocha

The difference between the term gender and the term sex?

Previously, the terms gender and gender were used with inequality to express the same. Recently, however, the uses of these terms have become more accurate, so it is important to know the difference.

In its general use, the term “gender” refers to the biological differences between males and females, which include differences in genitals and genes.

The term “gender” is more complex and may be difficult to define; It refers to the role of male or female in society, or it may mean a view of one’s own, i.e. “gender identity”



Types of gender-based violence:

Gender-based violence is defined as “any act of abuse committed against the will of the person. It is built on the differences between those that are attributable to social causes.” It is violence based on the social roles of male and female, as seen in local culture, and although the vast majority of victims of gender-based violence in different cultures are girls and women; however, it is not only female, but also male, and this is the essence of his disagreement with the term violence against women

Types of gender-based violence:

UNFPA literature divides gender-based violence into 5 categories:

Physical violence: The use of physical force to impose strong power on a weak, with the consequences being injury or discomfort. Such as beating, punching, burning, the arm’s arms’ arms and what is in their judgment.

Sexual violence: Any act, attempt, initiative or comment with sexual connotations, trafficking practices or forced sexual acts. No matter what the perpetrator has to do with the victim/Nagy. It includes rape, sexual harassment and exploitation, among others.

Economic violence: Deprivation of resources, opportunities and services (such as health and education). That is, deprivation of economic rights. Such as deprivation of employment, control of his/her personal funds against his/her will, discrimination in employment

opportunities, denial of inheritance, etc.

Psychological/emotional violence: The rhythm of pain or psychological and emotional harm. This includes numerous and dangerous practices. Such as: Threat, abuse, verbal abuse, social exclusion, bullying, Cynicism, the threat of abandonment. And more.

Harmful traditional practices: Community-based practices concerning long-term legacy customs and traditions. The perpetrators of these practices present them as part of their culturally and socially accepted customs and traditions. For example: Early marriage/minor marriage, honor killings, forced marriage, etc.

Based on this classification, it is necessary to know that these species overlap, and not necessarily that each species occurs independently. For example, denying women forced labor is a form of gender-based economic violence, but it also involves psychological violence and is associated with harmful traditional practices

- **Factors that increase the risk of gender-based violence:**

Gender-based violence occurs in every country and can affect people regardless of age, ethnicity, religious background, economic status, and education.

However, many risk factors can contribute to the further spread of gender-based violence, including:

1- **Inequality of social roles:** Inequality between men and women that affects responsibilities, expectations, privileges, opportunities, rights and discrimination on the basis of sex.

2- **Vulnerability:** Lack of empowerment, lack of legal protection or support network, lack of knowledge of legal rights, age of person.

3- **Conflict and displacement:** Increasing vulnerabilities, the dynamics of power and the presence of armed groups.

4- **Poverty:** Although poverty is not a determinant, it can be a risk factor and contribute to its spread because of lack of access to support services, education and opportunities

5- **The weakness of the justice system:** Lack of accountability, transparency, the rule of law and remedies

6- **Harmful traditional practices:** Such as early or forced marriage.

7- **Drugs or alcohol:** Although not a cause of gender-based violence, it contributes to its widespread spread.

8- **The balance of power and power is not equivalent.**



Effects of gender-based violence:

The effects of gender-based violence are serious, immediate and long-term effects on the sexual, physical and psychological health of survivors

Health effects: Include unwanted pregnancy, complications of unsafe abortions, sexually transmitted infections including HIV/AIDS, injuries and the impact on mental and psychological health (depression - anxiety - post-traumatic disorders - suicide - death)

Violence also affects children's lives, development and participation in school

!!Victim or survivor

The term "victim" is sometimes used to describe survivors, but, according to the worldwide surge in human literature and in the recommendations of the foundations for dealing with those exposed to violence, it is best **to use a survivor** when referring to violent crime recipients, regardless of their reactions, whether their reaction is effective or negative." The term victim is used more in both the prescription and the medical

Social impacts: Extend to families and communities. The family may be stigmatized by gender-based violence. For example, when a child is born as a result of rape, or when family members decide to stand by one of the survivors, members of society may avoid communicating with them

Economic impacts: Include the costs of health and social care systems, and reduce the ability of many survivors to participate in social and economic life

Social stigma:

The stigma of social disrespect is rejection or discrimination against a person on the basis of perceived social characteristics that distinguish him from other members of society. Social stigma usually associated with culture, sex, race, age, intelligence; and health. A stigma can also be self-defeating, stemming from a personality trait that is seen negatively leading to a "pampered identity" (i.e. self-shame stigma.)

Stigma is a Greek word that refers in its origins to a type of mark or tattoo that has been cut or burned in the skin of criminals, slaves, or traitors in order to clearly identify them as deformed or morally tainted persons. These individuals should have been avoided, especially in public areas.

Social stigma can occur in many different forms. The most common deal with culture, sex, race, disease and disease. Individuals who are labeled often feel different and are less likely to be seen by others.

The stigma can also be described as a label that links a person to a set of undesirable properties that form a typical image. They are also pasted. Once people identify and classify differences, others will assume that this is exactly the case and the person will remain stigmatized until the stigma becomes undetectable. A great deal of generalization

is required to create groups, which means that people will put someone in a public group regardless of the person's actual fit for that group. However, the characteristics chosen by society vary by time and place. What is considered to be out of place in a society can be the norm in another society. When a community categorizes individuals into specific groups, a classifier is subject to loss of status and discrimination. Once the cultural stereotype is secured, society will begin to make predictions about these groups.

Stigma may affect the behavior of the two stigmatizations. Those who are typically placed in stereotypes often begin to behave in the ways that the stigmatization expects. Not only does it change their behavior, but it also constitutes on emotions and beliefs. Members of social groups who are labeled often face bias that causes depression (that is, bias). This stigma puts a person's social identity in threatening situations, such as low self-esteem. For this reason, identity theories have become the subject of considerable research. Identity threat theories can go hand in hand with the theory of labeling.

Members of the groups labeled begin to realize that they are not treated in the same way and know that they are likely to be discriminated against. Studies have shown that "by the age of 10, most children are aware of cultural stereotypes of different groups in society, and children belonging to groups that are stigmatized are aware of cultural species at a .younger age

Stigma in the Media:

In the early twenty-first century, technology had a major impact on people's lives in many countries and became a social standard. Many people have a TV, computer, and smartphone. The media can be useful in keeping people informed about global news and issues and have a significant impact on people. Because it is sometimes very influential, the depiction of minorities affects the attitudes of other groups toward them. Much of the media coverage has to do with other parts of the world. Much of this coverage concerns war and conflict, which may concern anyone from that country. There is a tendency to focus more on positive individual group behavior and negative behavior of other groups. This reinforces negative ideas of people belonging to those other groups, reinforcing stereotypical beliefs.

"Viewers seem to react to violence with feelings like anger and disdain. They are concerned about the integrity of the social system and show rejection of others. Emotions such as sadness and fear rarely appear.

In a study that tests the effect of stereotypical ads on students, 75 high school students watched advertisements in magazines containing stereotypes of females such as a woman working at a holiday dinner, while 50 others saw non-stereotypical images such as a woman working in a law office. These groups then responded to statements about women as "neutral." In this picture, a woman appeared in casual dress that does not do anything clear. Students who viewed the stereotypes tended to answer the questionnaires with more typical responses in 6 out of 12 questionnaire statements. This indicates that even .short exposure to stereotypes enhances stereotypes

What we must do to help ?

If you are concerned that someone may have been subjected to domestic violence, abuse, or threat, please review these tips on how to help them find security and support.

1- Try to stay in touch and avoid raising doubts about the offending person to maintain communication between you.

2- make sure that the connection is made according to your surviving preference, to create a secure communication channel because it is often very close (or even in the same room) to the aggressor and your conversation may be heard. Ask them if they prefer a text message, app, and other platform that you feel safe to use.

3-Your ratification and support of a surviving friend is a very important part of communication, by reassuring them that they are not alone and that you are ready to help. It may be difficult for them to talk about bullying, if they want to talk, listen carefully and be sympathetic.

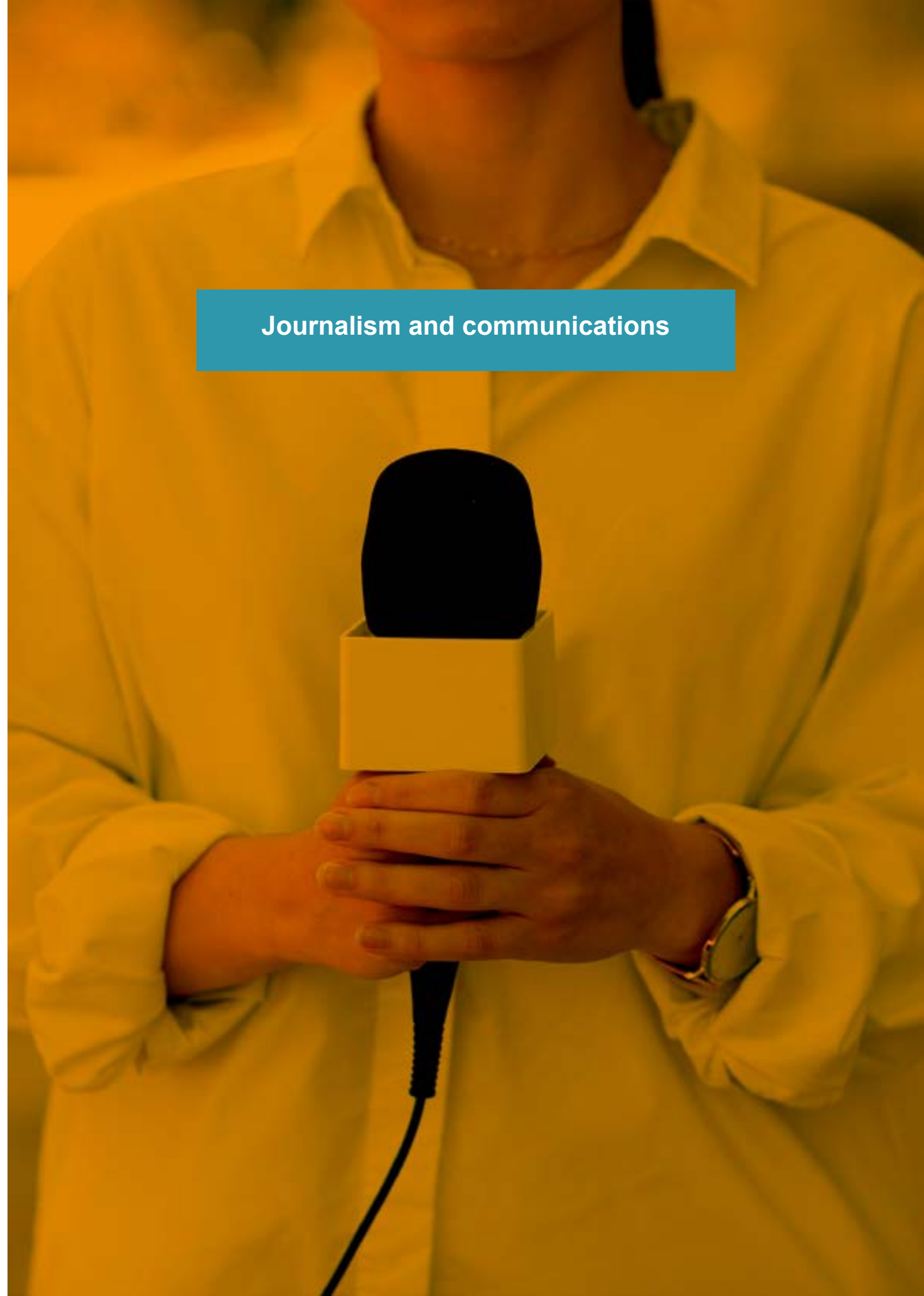
4. With the survivor, they thought about how to keep her safe, by helping her to plan for situations that were roaming, by looking for other friends or family who could stay with them during this time.

5-Unless you strongly believe that their lives are in danger, they avoided taking action without their consent.

6-Because of the safety, stigma, shame and blame issues on the victim often faced by survivors, it is important that their identity and problem remain confidential, unless they have given specific consent to reveal them.

7. If you are able, provide them with a safe place to stay, transport or any other form of support that may increase their safety.

8-Let the survivor know that she can talk to someone who has been trained to help, and provide them with information about local services and help lines.



Journalism and communications

| Journalism | Communications |
|---|--|
| Reporting news and facts to people | Communicating messages and information to people and promoting the institution |
| Collecting data and proving it through using facts and photos to show what is going on. | Impacting people through news, views and opinions. |
| Neutral language (except for opinion pieces and creative writing) | Different languages can be used |
| Used for news platforms | Used for the communications department |
| The main purpose: proving facts and highlighting them. | The main purpose: promoting the institutions' efforts. |



Photo by Caleb Oquendo from Pexels

Core principles for journalists:

1. **Accuracy and honesty:** journalists must seek the truth for the public and provide information from different sides. It is also essential to provide context in order to clarify the news for the public. Trends on social media may increase the urgency of publishing news but this is not a justification to neglect accuracy. It is also important to refrain from hiding any facts or information and showing personal opinions. Also, journalists should avoid stereotyping others.
2. **Independence and objectivity:** journalists should avoid topics influenced by financial, personal or political interest that may affect the objectivity of their news.
3. **Fairness:** journalists must provide neutral news and treat their resources and witnesses fairly regardless of their backgrounds. Additionally, journalists have to balance the facts provided by different sides in their stories.
4. **Accountability:** journalists must be accountable for their work as they should be prepared for receiving criticism and correcting any misinformation.

There are also additional principles such as:

- **Minimizing harm:** journalists should consider protecting their resources and avoiding jeopardizing individuals' reputation and causing conflicts.
- **Attribution:** information taken from any platform should be attributed



Photo by Caleb Oquendo from Pexels

Types of communications channels:

1. **Print media:**
 - Newspapers.
 - Magazines.
 - Books and comics.
 - Journals and publications.
2. **Broadcast media:**
 - Films.
 - Television.
 - Radio.
3. **Outdoor and transit media:**
 - Billboards.
 - Boardings.
 - Posters.
 - Banners.
4. **Digital media/new media:**
 - Social media.
 - Video platforms.
 - Websites.
 - Mobile apps.
 - E-books.
 - Podcasts/online radio.



<https://www.freepik.com/vectors/computer> Computer vector created by macrovector - www.freepik.com

Types of communications products:

- Online:
- Newsletters.
- Stories.
- Photo stories.
- Videos.
- Quote cards.
- Infographics.
- Podcasts.



<https://www.freepik.com/vectors/computer> Computer vector created by macrovector - www.freepik.com

Technical and humanitarian standards during coverage

What is news?

According to Oxford dictionary, news is new information about something that has happened recently. It can be displayed in different channels such as printing, broadcasting, .electronic communication and others

What is newsworthy?

1. **Timing:** News should be about recent events and updates, while old news is quickly disregarded because the public loses interest in them.
2. **Proximity:** Stories locations matter. The closer it is, the more newsworthy it gets. Also, locations which people have a particular bond with may become newsworthy.
3. **Significance:** The impact and the number of people affected is important.
4. **Human interest:** Human interest stories attract people's attention because they can relate themselves to them and those stories provoke emotions.

There are other factors that can play a role such as celebrities, unfamiliar stories and social media trends.

News should answer the following questions:

- Who: who are the parties involved?
- When: when did this happen?
- For stories and cases under protection, have you consulted the case worker/psychologist/specialist?
- Did the displaced person/refugee sign the consent forms? Did he/she read them?
- Will the case worker/psychologist/specialist attend the interview?
- Do you know the direction of your interview?
- Are you familiar with the terms?
- Are you using an easy language?

Things to consider:

- The aim of the post.
- The target audience.
- Language and tone.
- The key messages.
- Conciseness or brieveness

Pre-interview check list:

- Did you make enough research about the topic?
- What is the missing information?
- Where: where did this happen?
- What: what did happen?



Photo by Ono Kosuki from Pexels

Malpractice while writing news:

- Using the word “victim” instead of “survivor”
- Using language that makes beneficiaries a vulnerable position
- Using bias words
- Using the language of Dura to incite one party against another
- Using words that offend people in some way (retarded child, spinster, crazy, etc.)
- Begin with information that the audience may already know
- Not taking into account the culture of the first audience
- Not paying attention to grammar, making spelling errors
- Choosing unsuitable pictures

Pre-interview self questions:

- 1- Have you done your research?
- 2- What is the missing information?
- 3- For protection cases, have you discussed the case with the case worker/psychologist/specialist?
- 4- Did the survivor sign the consent form? Has he/she read it?
- 5- Is the case worker/psychologist/specialist going to be present in the interview?
- 6- Do you know the direction you want to take the interview to?
- 7- Are you familiar with the terminologies?
- 8- Are you using a clear language that is reader-friendly?

General Instructions for running interviews:

- 1- Define your target of the interview (getting a powerful story about a beneficiary)
- 2- Try to break the ice between you and the beneficiaries before the interviews. One of those ways is having a friendly conversation with them.
- 3- Ask yourself: “What makes this story special? Am I going to talk about it to my friends?”
- 4- If a beneficiary refuses to meet you, try to know the reason. It might be the need for the spouse’s approval, fear of revealing faces in photos or getting dehumanized in media). After knowing the reason, try to persuade the beneficiaries and provide solutions for them.
- 5- Remember that you are writing for the global audience, not the Syrians. Don’t assume that everyone knows what is going on in Syria so please provide as many details as possible.
- 6- The questionnaire is only a guidance for your interviews. Always use your instinct to ask more questions if there are any interesting aspects of the beneficiary’s story because you are a media person, not a data entry employee.
- 7- If a beneficiary does not give the answers you need for the story, rephrase the questions.
- 8- Ask yourself: does the story have enough information to make it look good?

- 9- Generally, the stories may seem similar since they were affected by the same crisis. This is why having more details is important to make stories more personal.
- 10- One of the main factors for giving human features to the stories are feelings since they make us closer to beneficiaries.
- 11- Another factor for giving those human features is describing them, so try to talk about the way they look, talk, behave, react, etc.
- 12- Respect the beneficiaries’ needs and give them breaks if needed.
- 13- Avoid victimizing the beneficiaries as you write the stories because it dehumanizes them.
- 14- Most important elements of good stories: good photos and powerful quotes on the projects impact.
- 15- It is not necessary to reveal beneficiaries’ faces in the photos especially. Try to take photos including the idea of the projects through close-ups or from angles that do not show the faces

Instructions while covering GBV stories:

- Communications staff and journalists have to be aware of the laws in the survivors’ locations.
- Avoid having negative perspectives and stereotyped ideas of GBV cases.
- Protecting resources, including survivors themselves.
- Before interviewing survivors, journalists and communications staff have to do research.
- Being familiar with the correct terms is required when describing GBV. Yet, those terminologies have to be reader-friendly to lead to the desired impact.
- Journalists and communications staff have to use the word “survivor” instead of “victim”. This would protect the beneficiaries’ dignity and empower them. Therefore, using sensationalistic language and dramatic headlines are highly advised to be avoided.
- Encouraging journalists to talk about GBV cases repeatedly is desired because this will lead to showing the public that it is a problem. At the same time, GBV specialists and NGO workers should be involved while covering stories and be able to provide guidance.
- Paying attention to details that may reveal the survivors’ identities is crucial.
- Journalists and communications staff should report about GBV from different aspects, not only when there is a crime. They also need to promote positive stories of survivors who escaped violence. This would broaden the people’s aspects about GBV and show that there is a way out.
- Respect the time needed for the NGOs’ responses as GBV stories take longer time due to their sensitivity. You can use the time to do research on the matter

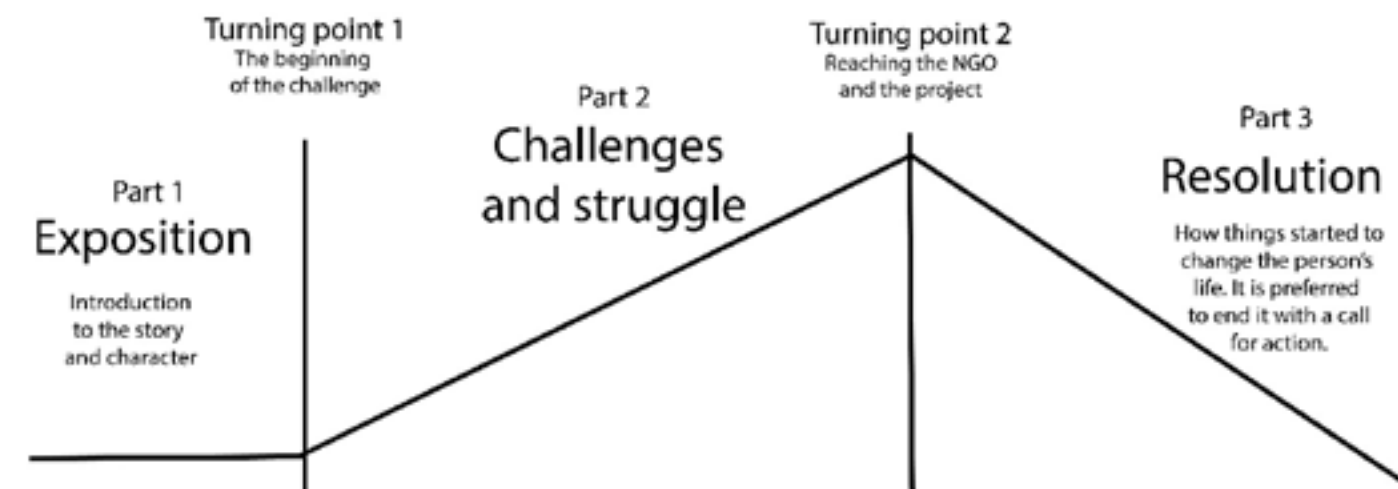
For GBV survivors below the age of 18:

- This kind of interviews is highly sensitive. This is why it is important to consult social workers or psychologist before taking the decision to run the interviews.
- Parents' or guardians' consent must be taken in advance. Minors also have the right to refuse to be interviewed.
- Parents or guardians must be present during the interviews with the social worker or psychologist.
- Avoid any behavior that may cause any discomfort for the child.
- Do not reveal unnecessary information.
- If a child discloses sensitive information, social workers or psychologists must be consulted.



How to write a human interest story?

- Part 1: introduction.
- Part 2: struggle and conflict.
- Part 3: resolution.



Note: part 2 and 3 should be almost equal to each other.

Types of plots according to Christopher Booker's The Seven Basic Plots:

- Overcoming the monster: The protagonist sets out to defeat a force (often evil) that threatens the protagonist and/or protagonist's homeland.
- Rags to riches: The poor protagonist acquires wealth and/or a mate, then loses it all and gains it back, growing as a person as a result.
- The quest: The protagonist and companions set out to acquire an important object or to get to a location. They face temptations and other obstacles along the way.
- Voyage and return: The protagonist goes to an unknown land and acquires important lessons after overcoming the threats and returning with experience.
- Rebirth: An event forces the main character to change their ways and often become a better individual.
- Comedy: Light and humorous character with a happy or cheerful ending, resulting in a successful or happy conclusion.
- Tragedy: The protagonist is a hero with a major character flaw or great mistake which is ultimately their undoing.

Why do we need an informed consent?

The consent form is a written agreement between NGOs or news agencies and individuals that allows using the photographing/videotaping of the person for publications and media outlets.

Privacy of personal information is a fundamental human right recognized in the UN Declaration of Human Rights, the International Covenant on Civil and Political Rights and in many other international and regional treaties. Privacy underpins human dignity and other key values such as freedom of association and freedom of speech. The purpose of the consent form is to avoid misunderstandings, to confirm the parties' intentions, to protect organizations from complaints or possible legal claims and to ensure organizations comply with all laws.

The informed consent means that the permission granted to use the photographing/videotaping is based on full knowledge and awareness of the fact that those materials are to be published and the awareness of the consequences. That entails paying a special attention to people with special needs through explaining the contents of consent form in the easiest and most reliable approach for the beneficiary (i.e. if the beneficiary is illiterate, reading and explaining the content of the consent form to him/her is the best approach to guarantee his/her informed consent).

The child's consent is also necessary where the child's age and maturity reasonably dictate that his/her own consent is owed consideration. The consent of the parent or legal guardian must also always be obtained. If the child declines to give his/her own consent, no information shall be collected notwithstanding the consent granted by the parent or legal guardian.

Finally, the written consent on the consent form can be achieved either through handwriting signature or fingerprinting the document for those who don't know or don't want to use the handwriting signature.



The visuals in the media

Why visuals are important?

Visuals such as photos are important in our time. They break language barriers and they are used as documentation tools. They are important since there is a massive flow of information as they need less thinking than reading. They are also tools to attract readers into reading stories and reports. Therefore, photos should be high quality while being careful not to expose the people's identities in sensitive cases.

Code of Ethics by the National Press Photographers Association (NPPA)

- Be accurate in the representation of subjects.
- Avoid being manipulated by staged photo opportunities.
- Provide context when photographing or recording subjects. Avoid stereotyping individuals and groups.
- While photographing subjects do not intentionally contribute to, alter, or seek to alter or influence events.
- Editing should maintain the integrity of the photographic images' content and context. Do not manipulate images or add or alter sound in any way that can mislead viewers or misrepresent subjects.
- Do not pay sources or subjects or reward them materially for information or participation.
- Do not accept gifts, favors, or compensation from those who might seek to influence coverage.
- Do not engage in harassing behavior of colleagues, subordinates or subjects and maintain the highest standards of behavior in all professional interactions.

To take into consideration as recommended by the humanitarian field:

- Protecting the affected people's dignity.
- Avoiding stereotyping.
- Avoiding placing beneficiaries in a weak position through perspective, especially while taking photos of a person in need.
- Respecting beneficiaries' wishes.
- Respecting customs and traditions.
- Being cautious while taking photos of children.
- Being cautious with displaying content that may cause tension or conflict.

When covering sensitive cases such as gender-based violence, pay attention to the following:

- Obtain the written consent of the survivor before the interview.
- Hide the identity of people. This includes avoiding taking photos of faces or details that may expose this person's identity such as distinctive clothes or accessories in his/her area.
- Don't take high angle photos to avoid showing the person in a weak or insulting position.
- Be careful while using the GPS during photography work to avoid exposing beneficiaries' locations.
- Avoid stereotyping.

For journalists: dealing with violent photos or content:

According to HRDO center, the general professional principles differ from a news platform to another. Some newspapers, channels or websites impose rules to prevent publishing violent photos, while others impose rules without entirely prohibiting it.

The German journalist Simon P. Platser made a research on this topic while stressing the fact that it is about the context and there is no general rule for publishing violent photos. Meanwhile, he assures that publishing such photos is important to document war crimes. Therefore, he wrote down some instructions to help journalists deal with violent photos and videos:

1. Check if you can transmit the information related to the image as written text. In this case, publishing the image is not necessary.
2. Try to publish images that readers can interact with emotionally without causing trauma. For example, you can post a picture of baby's blooded clothes instead of his body.
3. Each case is different as there are no general conduct rules of conduct.
4. Describe and comment on the violent image of violence as a caption. If not possible, the photo should not be posted.
5. While choosing violent images, journalists should justify the choice in text. If possible, warn the reader about the harshness of the image.
6. The frequent dissemination of images of violence could to the depletion of the impact of its trauma and its function in appealing others. Accordingly, ensure that publishing images is necessary and useful.
7. If a photo is morally appropriate, the journalist does not refrain from publishing the image for reasons related to protecting young people or fearing the reader's opposition to the publication.
8. Previous experiences of other media outlets do not justify publishing violent photos.
9. The effect of pictures in a paper newspaper is stronger than publishing them on the Internet, so journalists should think about the possibility of publishing painful pictures on their websites and mentioning them on in the printed version. In this case, readers can have the choice of not watching the photos.
10. in the case of terrorist attacks, journalists should balance between the public's interest and duty by not aiding terrorists in their pursuit to get more attention.
11. Be careful when dealing with old images of violence in particular. If an event occurred in the past, there would be less interest in posting painful footage. Those photos may cause unfavorable psychological suffering consequences for victims' families.
12. In cases of uncertainty, other editorial colleagues may be consulted. Still, journalists should bear in mind that he and his colleagues do not represent the average audience.
13. The journalist should present the picture in an attempt of attracting attention. Instead of posting a big photo on the front page, it can be published it inside newspapers as a small picture. Instead of displaying multiple images of the same meaning or message, journalists can search for a powerful expressive image.

14. Hide the victims' identities by blurring their faces to preserve the diseased people's dignity and respecting the feelings of their relatives.
15. Ensure that the dignity of visible persons is preserved, especially when the identity of the victims is not hidden.
16. Journalists should not publish pictures of people who committed suicide.
17. Be ready for going into discussions with the readers and to publish their messages about controversial photos.
18. Post a warning indicating that readers are about to see offensive or painful content with a link for the people who wish to see the images.
19. A photo of the person before his death can be published to let the public identify him as the victim. A black mark can be also added as a sign of his death.
20. Use different angles to take photos and use the Long Shot techniques to avoid showing the person's features.

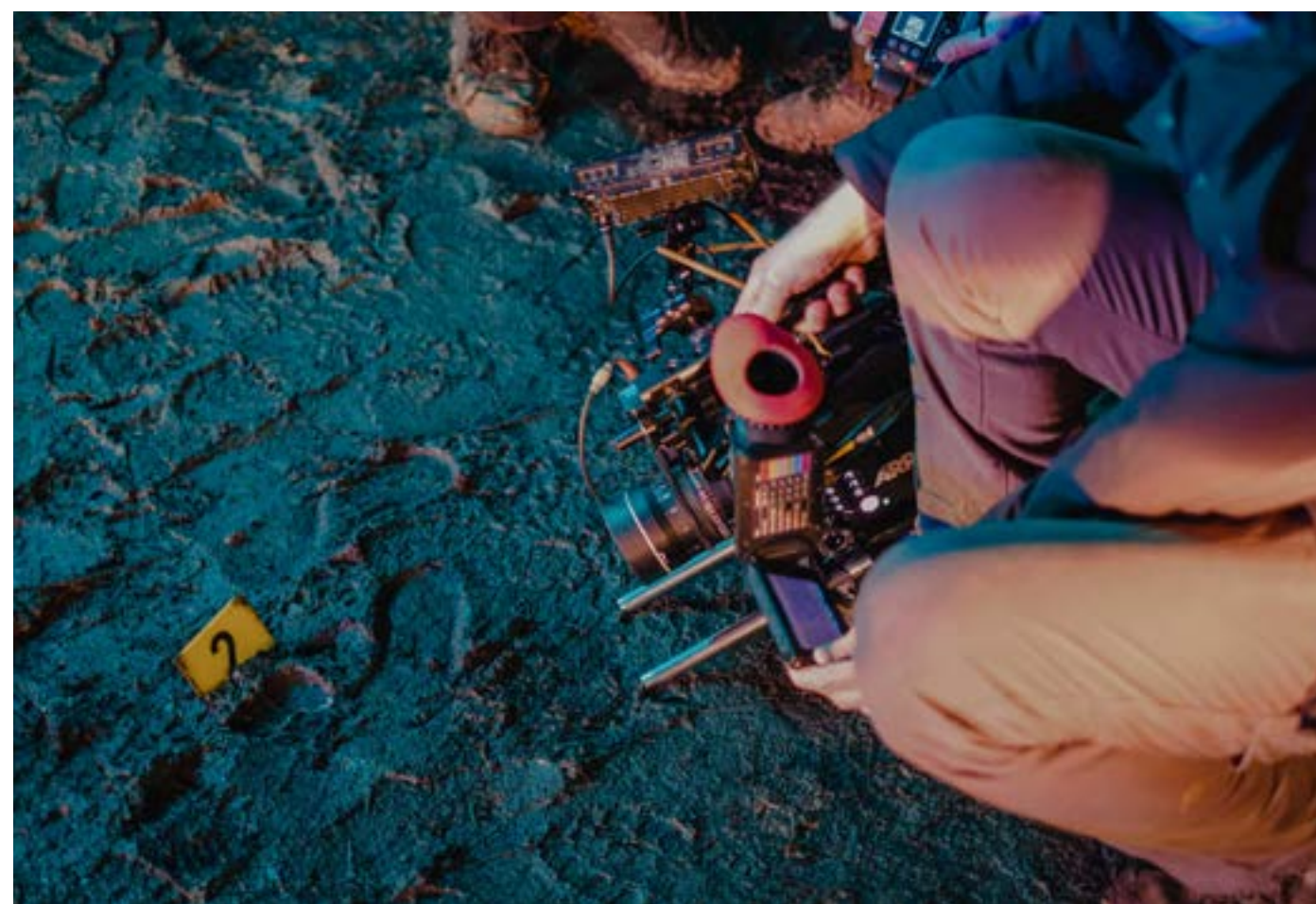


Photo by Faruk Tokluoğlu from

Technical specifications of high-quality images

Photographs: JPG files with a minimum DPI of 300, dimensions 2000 x 3000 (DPI 300, 3744 x 5616 is preferred).

Avoid over-processing images, only color, light, and contrast adjustments

No content may be added or removed from the image (dead pixels or sensor dust allowed to be cleaned)

Video: 1080p .HD, MOV

Composition:

- 1- Rule of thirds: You divide the frame into 9 equal rectangles, 3 across and 3 down as illustrated below. The idea is to place the important element(s) of the scene along one or more of the lines or where the lines intersect. We have a natural tendency to want to place the main subject in the middle. Placing it off centre using the rule of thirds will more often than not lead to a more attractive composition.



- 2- Centred Composition and Symmetry: Symmetrical scenes are perfect for a centred composition.



- 3- Patterns: filling the frame with similar objects. It becomes better when there is one element that is similar to the rest.



- 4- Leading Lines Leading lines help lead the viewer through the image and focus attention on important elements. Anything from paths, walls or patterns can be used as leading lines.



- 5- Natural frames or framing: using windows or doors as frames of your objects.



Kinds of shots:

- 1- Ultra or Extreme wide shot: The main focus is the location. When we want to talk about the location of the project such as a building that has been rehabilitated or a distribution.
- 2- Wide shot: The shot is closer to introduce both the people and the location.
- 3- Full shot: When we want to focus on the people but have an idea about smaller locations such as rooms.
- 4- Cowboy shot or medium long shot: To focus more on the people. Still, this kind of shots is not preferable for media as it is used in only western movies.
- 5- Medium shot: To focus on what people do.
- 6- Medium close up: More focus on the people. This is good for interviews.
- 7- Close up: Used for focusing on people's faces and expressions.
- 8- Big close up: More focus on people's faces and feelings.
- 9- Extreme close up: Focus on certain details that cannot be clear through any of the previous shots.

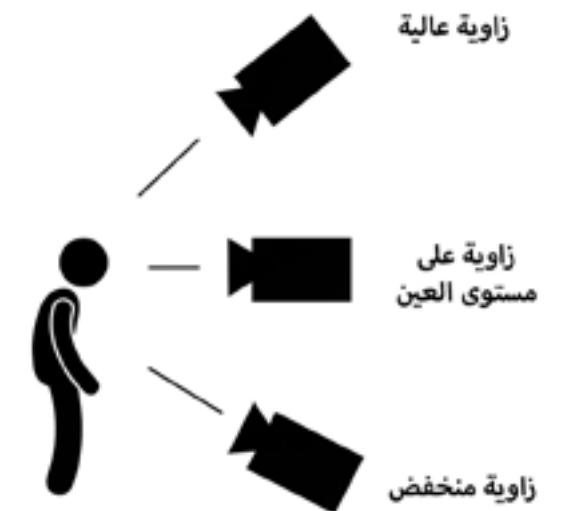
SHOT SIZE



Camera angles:

Camera angles means the position of the camera while taking photos. There are three types of angles:

- 1- High angle shot: taken from above. It is not preferable to use this shot while taking photos of the beneficiaries because it shows them in a weak position.
- 2- Eye level shot: taken at the level of the person's eyes. This shot shows people in a neutral way.
- 3- Low angle shot: taken from below. It shows the subject in a more powerful and bigger than they really are.



Malpractices during the photo coverage:

A. On the ethical level:

- No consent.

Blackmailing people to be photographed.

- Filming in a way that may harm the dignity of the beneficiary, such as filming from a high angle or photographing it in their weak moments.

Not thinking about the safety of the person to be photographed

- Demanding unreal movement except in portrait photos.
- Showing political slogans (especially for organizations, while it depends on the topics for journalists)
- Identifying angles that may lead to deceiving people or misleading them from the truth
- Removing or adding an item on the photo
- Paying attention to the difference between compulsion and encouragement to photograph

B. On the technical level:

- Not being patient, such as taking one or two photos in the place, and then moving to another place.
- Misuse of flashlight
- Forgetting about taking spontaneous photos
- Avoiding looking directly into the eye
- Lack of control over the subject
- Shyness of repeating a certain movement
- Depicting the subject in a way that does not serve the story or the project
- Not specifying the purpose of the images

**Videos:**

Videos are getting more and more popular day by day, a photo is worth a thousand words, so what about videos? Videos can also be use in different ways. They guarantee better interaction with the audience and educate them or invite them to take action.

Types of videos:

- Explanation video

An excellent type for introducing your organization and its goals or introducing its projects, goals and importance, and it focuses on the mission and goal.

- Video Meet our team

Put a face of the people who help your cause to spread the values. It is the perfect opportunity to share your values with your audience.

- Witnesses video (impact stories)

Make effective testimonies because they evoke emotions of all kinds. You can write a thousand words about the impact of your organization, but allowing some community members to tell their own stories gives more credibility since people can see their faces and emotions.

- Video interviews with people

Those videos are great for your nonprofit because they achieve two goals at the same time. You can raise people's awareness on your causes and build a lot of trust.

Story board:

Must Include:

- What will be written or narrated (written or audio)
- Interviews and Questions
- Shot type
- Shots content

Some useful tips:

- Pay attention to the lighting
- Take care of the sound.

Pay attention to the background, especially when interviewing

- Pay attention to the the camera stability.
- Pay attention to the video quality.
- Vary your shots.
- Think of ways to stabilize the camera when there is no tripod.
- Know the needed shots.
- Do not stop filming before the event or action ends.
- Not everything is fixable during editing.
- Pay attention to the quality of the music you are using

How to write a description of an image

Clearly define the people and the sites that appear in the photo

Decorative images do not need to be described

Write descriptions with a clear structure

Write descriptions based on context

Aim for conciseness

Use present tense / action verbs: Photo description must be written in full sentences in the present tense

Be objective

Text within images need to be written out

Wellness and Mental Health



Basic concepts in wellness and mental health

Wellbeing:

WHO definition of mental health performs the same purpose

Mental health is not only the absence of illness and disorder, it is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

Mental Health domains:

(we can notice that in the life of each of us there are several fundamental areas the changes within affect the individual's condition. That is why the individual seeks to meet the needs of each area in order to achieve balance and psychological stability that is reflected in his or her well being. Any defect in an area affects other areas will reflect tension on the individual.

The areas of mental well being in our lives are: physical healthy, emotional, social/relationships, cognitive/learning, environmental/infrastructure, financial/occupational, religious, and cultural.

Stress:

Stress forms a normal part of life.

Stress can be positive keeps as ready to avoid danger.

Body and mind help us response, react and prepare us to fight, flee or freeze.

Stress: is the normal body reaction to physical or emotional challenge, it occurs and increases when the coping demands are out of balance with the internal resources.

The subjective (non- objective) nature of stress:

Stress can occur when there is:

Workload or pressures are high.

Insufficient support.

Emergencies and crises.

Imbalance in the routine of life.

However, it is important to highlight that stress itself is not bad, but as clarified by the general coping syndrome, the key is the how long it lasts and the individual's perception of how to defeat it.

Stress becomes harmful:

When it goes beyond our ability to handle it(severity)

When it continues without relief (duration)

When it occurs most of the time of the day and week and month (frequency)



Personal self- care:

The actions, behaviors, responses, activities and individuals' way of life that maintain and promote positive physical and mental status (well-being).

It includes dealing with pressures of life and work and prevent them from reaching severe harmful levels that hinder the roles expected from the individual.

What does injury do to several areas of well being?

It causes the affected person to feel that his or her image of the world and his/herself is incorrect, making his/her previous coping methods inappropriate and ineffective.

Since the areas of well-being are interacted with each other all the time, we can see that as long as difficult life events happens in one area the pain results of it is less than if the difficulties happen in several areas at the same time.

The pain can be severe even if the damage is in one area but it is considered highly sensitive for the affected person. The defect in the area of our responsibility of ourselves or those who depend on us has the greatest effect on suffering for most individuals. In any case, the rest of the **areas** will be affected.

Physical illness and mental disorder:

Illness/ disease:

Specifically, it means the defect in the course of biological processes that is objectively provable, and that is due to precisely defined causes, either external such as cold, heat, humidity and germs, or chemical, mechanical or genetic. It can be treated by traditional medical methods such as medications or surgical treatments.

As for mental disorders:

Psychological/mental disorders: They are a set of complex symptoms that are clinically identifiable. they usually result from a combination of psychological, social, genetic, and physical factors, and may be accompanied by apparent organic or behavioral changes in dealing with the social environment, such as inappropriate behavior, antisocial behavior, excessive aggression...

These symptoms are accompanied by some harm to psychological functions at the individual and social levels.

Some facts about mental health:

Depression is considered one of the most common mental disorders, and it increases during crises:

It is a mental disorder characterized by a persistent feeling of sadness and loss of interest in activities that a person normally enjoys, and is accompanied by inability to perform daily activities for at least two weeks. In addition, people with depression usually show: loss of energy; appetite change; sleeping for longer or shorter periods; anxiety; low concentration rate; hesitation, feelings of low self-esteem, guilt or hopelessness; and thinking of self-harm or suicide

It is estimated to affect 3.8% of people in the world, 5.0% of them are adults and 5.7%(??). about 280 million people suffers from depression all over the world. At its worst, depression can lead to suicide. More than 700,000 people commit suicide every year. Suicide is the fourth leading cause of death in people between the ages of 15 and 29. WHO

Depression can be effectively prevented and treated. Treatment usually involves talking about it, taking antidepressants, or a combination of these two treatments.

Mental disorders are treatable and recoverable through pharmacological treatments through a psychiatrist or non-pharmacological psychological treatments through a psychologist or through psychosocial support programs and activities.

Depression is caused by an interaction of social, psychological, and biological factors. People who have had negative experiences (unemployment, loss of a loved one, or traumatic events) are more likely to develop depression.

There are correlations between depression and physical health. Prevention programs have been shown to reduce depression.

The majority of psychiatric drugs do not cause addiction if they are prescribed and used under the supervision of a psychiatrist or a MHgap doctor, and they can be dispensed after recovery according to the doctor's recommendation.

When feeling sudden and severe changes in the routine of daily life or changes in daily habits for a period between two weeks to a month, you should seek advice from a psychologist, psychiatrist, or psychosocial supporter.

Free mental health services are available for Syrians in most migrant centers, and some Syrian organizations in Turkey "SAMS Antep and Killis, Awsom Istanbul, the Syrian-German Society DSV: online Psychological Consultation", and their employees are professionals with the experience and knowledge necessary to help. In Syria: in the health centers or the mobile teams: "Hope Revival , Awsom, SAMS, and others."

Stigma, discrimination, abuse or ridicule that people with mental disorders are exposed to is what sometimes prevents them from seeking help or revealing to those around them what they are suffering.

Neither mental disorder nor despair nor life stresses individually lead to suicide on their own, but when these factors combine at one time, and psychological pain is unbearable, it is possible for suicidal thoughts to appear, and these thoughts turn into actual behavior when the psychological pain exceeds The human endurance barrier and ability to deal with stresses.

It is estimated that about 20% of global suicides result from pesticide self-poisoning. Hanging and firearms are other common methods of suicide.

Knowing the most common methods of suicide is one of the important things that have proven effective in preventing suicide, such as restricting and preventing access to the means of suicide.



References:

Human Rights Principles

- United Nation web
- <https://www.un.org/ar/global-issues/human-rights>
- International humanitarian law-ICRC Web
- <https://www.icrc.org/ar/war-and-law>
- المحكمة الجنائية الدولية - International Criminal Cour
- https://www.marefa.org/%D8simplified/A9%8A%D8%D9%84%D9%84%D9%A7%https://www.marefa.org/%D8simplified/A9%8A%D8%D9%84%D9%88%AF%D9%D8%84%D9%A7%D8_%A9%8A%D8%D9%A6%D8%A7%D8

Wellness and Mental Health:

- WHO - Training Manual for Psychosocial Workers - 2018
- World Health Organization - mhGAP . Mental Health Gap Closing Guide
- IASC - IASC Guidance on Supporting Mental Health and Wellness
- Psychosocial Emergencies - 2009
- World Health Organization website
- <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response> • APA website

Journalism and communications:

- Responsible representation and reporting of violence against women and violence against children
- <https://www.unicef.org/rosa/documents/responsible-representation-and-reporting-violence-against-women-and-violenceagainst0->
- REPORTING ON GENDER-BASED VIOLENCE
- <https://www.unfpa.org/reporting-gbv-humanitarian-settings>
- MEDIA GUIDELINES FOR REPORTING ON GENDER-BASED VIOLENCE IN HUMANITARIAN CONTEXTS
- <https://www.refworld.org/pdfid/5c3701d27.pdf>
- MEDIA COVERAGE OF GENDER-BASED VIOLENCE HANDBOOK
- <https://eca.unwomen.org/en/digital-library/publications/09/2017/media-coverage-of-gender-based-violence---handbookand-training-of-trainers>

Glossary of terms

Child Sexual Abuse:

Generally used to refer to any sexual activity between a child and closely related family member (incest) or between a child and an adult or elder child from outside the family. It involves either explicit force or indirect coercion. It includes different forms of sexual violence.

Right to privacy:

Conditions should be created to ensure privacy for people who have been sexually abused. Other than an individual accompanying the survivor at her request, only people whose involvement is necessary in order to deliver medical care should be present during the examination.

Sexual violence:

Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic a person's sexuality, using coercion, threats of harm or physical force, by any person regardless of relationship to the victim, in any setting, including but not limited to home and work. Sexual violence includes, at least, rape and attempted rape, sexual abuse and sexual exploitation.

Domestic violence:

A term used to describe violence that takes place within the home or family between family members, including intimate partners.

Denial of resources, opportunities or services:

Denial of rightful access to economic resources/assets or livelihood opportunities, education, health or other social services. Examples include a widow prevented from receiving an inheritance, earnings forcibly taken by an intimate partner or family member, a woman prevented from using contraceptives, a girl prevented from attending school, etc. "Economic abuse" is generally included in this category.

Child (early) marriage:

A child or early child marriage is a formal marriage or informal union before age 18. Even though some countries permit marriage before age 18, international human rights standards classify these as child marriages, reasoning that those under age 18 are unable to give informed consent. Therefore, early marriage is also a form of forced marriage as children are not legally competent to agree to such unions.

Emergency:

A term describing a state. It is a managerial term, demanding decision and followup in terms of extraordinary measures. A 'state of emergency' demands to 'be declared' or imposed by somebody in authority, who, at a certain moment, will also lift it. Thus, it is usually defined in time and space, it requires threshold values to be recognized, and it implies rules of engagement and an exit strategy.

Forced marriage:

The marriage of an individual against her or his will.

Gender:

Gender refers to the behaviors, social attributes and opportunities associated with being a particular sex. It can also refer to relationships between the sexes. These attributes, opportunities and relationships are socially constructed. They are learned through gender socialization. They are context and time specific, and changeable. Gender determines what is expected, allowed, and valued in a person in a given context. In most societies, there are differences and inequalities between genders with regard to assigned responsibilities, activities, access to and control over resources, and decision-making. There are also dominant views on how a person should display their gender based on assumptions of gender linked to sex assigned at birth.

Gender-based violence:

Any form of violence, including physical and verbal abuse, related to social and cultural expectations of gender roles, often for the purpose of sustaining social power. It can include intimidation, bullying, the use of language to harass or undermine, and the use of physical force. Gender-based violence can affect both men and women. The term is most often used to underscore the fact that structural, gender-based power differentials between males and females around the world place females at risk of multiple forms of violence. The term is also used by some actors to describe violence against non-gender confirming persons and non-dominant sexual orientations.

Informed consent:

Approval or assent, particularly and especially after thoughtful consideration. Free and informed consent is given based upon a clear appreciation and understanding of facts, implications and future consequences of an action. In order to give informed consent, the individual concerned must have all adequate relevant facts at the time consent is given and be able to evaluate and understand the consequences of an action. They must also be aware of and have the power to exercise their right to refuse to engage in an action and/or to not be coerced. Children are generally considered unable to provide informed consent because they may not have the ability and/or experience to anticipate the implications of an action, and because they may not understand or be empowered to exercise their right to refuse. There are also instances where consent might not be possible due to cognitive impairments and/or physical, sensory or intellectual disabilities.

Intimate partner violence:

A term used to describe violence that takes place between intimate partners (spouses, boyfriend/girlfriend). It is behavior by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviors. This type of violence may also include the denial of resources, opportunities or services. The definition of an intimate partner can also extend to a sex worker, and intimate partner violence therefore can include violence committed against sex workers by paying clients.

Person with disability:

Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations.

Psychological / Emotional abuse:

This document has been produced with the financial assistance of the Canada Fund for Local Initiatives. The contents of this document are the sole responsibility of Hope Revival Organization and can under no circumstances be regarded as reflecting the position of the Canada Fund for Local Initiatives.



Supported by the
Canada Fund for Local Initiatives
réalisée avec l'appui du
Fonds canadien d'initiatives locales

