



Resources for Girl Up Youth Members

Humanitarian Crisis in the Middle East

November 9, 2023

We will be updating this list on an ongoing basis and adding more resources.

We are deeply concerned about the safety of youth, women, and civilians in Israel and Palestine amid the escalating violence in the region and deteriorating humanitarian situation in Gaza. We strongly condemn the targeting of civilians and the recent attacks that have killed thousands of innocent lives. We echo calls made from across the United Nations for an immediate ceasefire, the release of all hostages, and clear access to humanitarian aid to Gaza now.

This humanitarian crisis impacts the entire Girl Up community and, in alignment with our values as a youth-centered organization, we want to share a compilation of resources for youth leaders' reference. This is not an exhaustive list of resources and actions related to the ongoing crisis. In your own communities, you might find other ways to express and activate your concerns more directly through other channels. We encourage you to be an active citizen, stay safe, and take care of yourself for the long fight ahead.

While we have reviewed these links, the views and opinions expressed in each resource represent external organizations' own and do not necessarily reflect the views and opinions of Girl Up. As the situation is still developing, we cannot guarantee the accuracy of the information shared below.

Girl Up will be adding to this list on an ongoing basis. Please visit the Girl Up Community at community.girlup.org for the latest version of the list. If you would like to send in a resource suggestion, please contact communications@girlup.org.

Sites to visit for informational updates

- [Office of the Spokesperson for the UN Secretary-General](#)
- [UN Women](#)
- [United Nations Foundation](#)
- [United Nations Population Fund \(UNFPA\)](#)
- [United Nations Children's Fund \(UNICEF\)](#)

Talking points for Girl Up youth leaders

- [Girl Up 2023 Israel-Palestine TPs.pdf](#)

Fundraisers

- The UN Office for the Coordination of Humanitarian Affairs (OCHA) runs [UN Crisis Relief](#), a central fund for providing urgent humanitarian aid and protection to civilians in Gaza.
 - [Donate here](#)
- The [UN Relief and Works Agency](#) (UNRWA) is a direct service provider offering food, education, and healthcare directly to Palestinians throughout the region, including through UNRWA-run centers in Gaza.
 - [Donate here](#)
- The [United Nations Children’s Fund](#) (UNICEF) focuses on the critical needs of children, including protection and humanitarian assistance.
 - [Donate here](#)
- The [World Food Programme](#) (WFP) is responding in Gaza with pre-positioned food for displaced people while working to provide its regular food and cash-based transfer assistance to vulnerable people.
 - [Donate here](#)
- The [World Health Organization](#) (WHO) is responding to the crisis by providing life-saving medical supplies, surgical equipment, and trauma kits while expanding emergency care inside Gaza.
 - [Donate here](#)
- The [United Nations Population Fund](#) (UNFPA) is providing life-saving reproductive health medicines and supplies to women and girls, including for pregnant women, new mothers, and newborns.
 - [Donate here](#)
- To explore more ways to give, see [here](#) (National Public Radio)

Mental health resources for youth processing global crises

- Primarily for youth in the U.S.
 - SAMHSA’s [Disaster Distress Helpline](#) provides 24/7, 365-days-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
 - [1-800-985-5990](#) (para español presione 2)
 - Text TalkWithUs to [66746](#) for English (o para español, envía un texto que diga “Háblanos” al [66746](#)).
 - Los residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto con la palabra “Háblanos” al [1-787-339-2663](#).
 - [Mental Health Resource Center](#) (JED Foundation): Information about common emotional health issues and how to overcome challenges
 - [YouthLine](#)
- Tailored to Muslim audience: [NASEEHA](#) and [muslim.sg](#)

- Tailored to a Jewish audience: [Prizmah](#)

Anti-harassment resources

- [antibullyingpro.com](#)
- [Council on American-Islamic Relations](#)
- [Anti-Defamation League](#)

Advocacy resources

- [Girl Up Advocacy webpage](#)
- 2022 UNICEF Youth Advocacy Guide - Voices for Youth (soon to be released in Arabic and Portuguese)
 - [English](#)
 - [français](#)
 - [español](#)
- Contacting your national elected officials through phone calls, emails, and physical letters in the mail is a great way to make your voice heard. The first step is to identify your local decision-maker whom you would like to contact.
 - a. [IPU Parline Database](#): A free resource for global data on national parliaments including over 600 data points provided directly by national parliaments and contact information. Scroll down to “Quick Access by Country and Chamber” and select your country. Once you are on your country’s page, click “Contact Details” on the left-hand side. Locate the physical mailing address where you can send a letter. Go back to the “About Parliament” section on the left-hand side to identify your “Speaker of Parliament” and address your letter to that person.
 - b. [Commonwealth Parliamentary Association \(CPA\) Directory](#): The CPA Directory contains contact details for committees, secretaries, and other branch contacts. Use the CPA Directory to find your country’s “Parliaments/Legislatures.” Use the drop-down menu to select your country. Scroll down to select a representative and locate their contact information.
 - c. U.S. only: [Find your members of Congress](#). Enter your address or your state to locate your Congressional Representative or Senator. Once you land on the profile of your Representative or Senator, click the hyperlink to their website. Once on your Representative or Senator’s website, click the “Contact Us” button to find contact information.
 - d. *If you know of other helpful links for contacting decision-makers in your country, please send them to communications@girlup.org.*

Here is a prompt to start off your phone call, email, or letter:

My name is _____, and I am one of your constituents. I am contacting your office to express my view that _____.

Media Literacy

- [News Literacy Project](#)