

1

00:00:10,260 --> 00:00:14,097

I was little, I was in kindergarten.

2

00:00:14,097 --> 00:00:19,185

And then Dad told me:

“Ok, fine, let’s go.”

3

00:00:19,644 --> 00:00:22,731

We didn't take anything with us,
no belongings, nothing.

4

00:00:23,273 --> 00:00:27,110

That we were in homes, and then
the quadcopters were above us.

5

00:00:27,110 --> 00:00:28,903

And we were scared...

6

00:00:28,903 --> 00:00:30,822

And the building was

shaking, shaking.

7

00:00:30,822 --> 00:00:32,073

We were scared...

8

00:00:32,073 --> 00:00:34,993

And then we didn't

know where to go,

9

00:00:34,993 --> 00:00:37,287

and then, we walked.

10

00:00:38,329 --> 00:00:42,292

We started walking through danger,

and I was tired.

11

00:00:42,709 --> 00:00:44,794

I was hungry.

12

00:00:44,794 --> 00:00:46,921

And Dad didn't know
what to feed me.

13

00:00:46,921 --> 00:00:49,466

Dad's foot was hurting him,

14

00:00:49,466 --> 00:00:51,551

because when he had brought us

15

00:00:51,551 --> 00:00:54,888

some of the [aid packages] from trucks,

16

00:00:54,888 --> 00:00:57,390

his foot got run over by a truck.

17

00:00:57,390 --> 00:00:59,476

We sat him down on a wheelchair,

18

00:00:59,476 --> 00:01:02,062

and I was pushing him,

and I started to cry.

19

00:01:03,354 --> 00:01:05,148

And then, Dad...

20

00:01:06,107 --> 00:01:08,943

This is the moment I can't forget.

21

00:01:09,861 --> 00:01:12,280

My grandma and grandpa.

22

00:01:13,531 --> 00:01:17,952

My dream is that we go back
to how things were before.

23

00:01:26,836 --> 00:01:30,298

I drew us fetching water

24

00:01:30,840 --> 00:01:32,884

and the army throwing shells at us

25

00:01:32,884 --> 00:01:35,053

and the tanks and the quadcopter drone

26

00:01:35,053 --> 00:01:36,930

and the sky raining down on us

27

00:01:36,930 --> 00:01:38,723

and us sitting in the tents.

28

00:01:40,350 --> 00:01:43,978

This is the army throwing shells at us

29

00:01:43,978 --> 00:01:45,230

and we're standing here.

30

00:01:46,773 --> 00:01:49,526

The Israeli forces took us

on the 6th of December.

31

00:01:49,526 --> 00:01:52,695

They kept torturing us and beating us

32

00:01:52,987 --> 00:01:54,114

and shooting at us.

33

00:01:55,240 --> 00:01:57,242

Then they blew up the walls on us.

34

00:01:57,742 --> 00:01:58,535

We got scared.

35

00:01:58,535 --> 00:02:01,121

they took us and made us lie
down in the street.

36

00:02:04,582 --> 00:02:06,167

I miss most, most of all,

37

00:02:06,167 --> 00:02:08,503

going to our house

and reaching our land fields.

38

00:02:08,503 --> 00:02:12,006

Our land was planted with fruit trees.

39

00:02:12,006 --> 00:02:15,135

The olives, we used to distribute
them to our neighbors.

40

00:02:15,135 --> 00:02:16,678

Our house is gone.

41

00:02:16,678 --> 00:02:18,638

We had a big shop, it's gone.

42

00:02:18,805 --> 00:02:23,309

Honestly, my dream is just
to go back to the house.

43

00:02:32,569 --> 00:02:37,407

Sometimes I stand at the window
and I see the tanks lit up (firing).

44

00:02:37,407 --> 00:02:40,451

I tell her: "Mom, come inside."

45

00:02:40,451 --> 00:02:44,914

Because the tanks are firing
and shooting shells.

46

00:02:46,166 --> 00:02:47,208

So, I'm scared for my mom.

47

00:02:47,208 --> 00:02:48,293

I'm scared for my family.

48

00:02:48,293 --> 00:02:50,378

I tell her: "Come inside."

49

00:02:52,505 --> 00:02:53,882

I drew the tents...

50

00:02:54,841 --> 00:02:57,427

The tents and people suffering
in the tents.

51

00:02:58,344 --> 00:02:59,971

And water.

52

00:03:01,055 --> 00:03:04,225

And a tank bulldozing.

53

00:03:04,976 --> 00:03:08,021

And this is the quadcopter drone.

54

00:03:08,897 --> 00:03:13,443

We're also on the line of the
charity kitchen, fetching.

55

00:03:13,443 --> 00:03:16,571

Because this happened to us.

56

00:03:18,907 --> 00:03:23,745

That my girl cousin was killed,
my boy cousins were killed.

57

00:03:23,745 --> 00:03:27,415

I can't forget her, I used to play
all the time with her.

58

00:03:38,885 --> 00:03:42,680

Okay, my name is Mahmoud Al-Balbisi, I'm an employee at Doctors Without

59

00:03:42,680 --> 00:03:47,477

Borders, working as a mental health educator/counsellor

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00:03:47,477 --> 00:03:50,438

Among the tasks I carry out at

61

00:03:50,438 --> 00:03:54,317

the Zaytoun clinic of Doctors Without Borders is that

62

00:03:54,317 --> 00:03:57,612

we provide mental health services to the patients we see at the

63

00:03:57,612 --> 00:04:02,533

clinic, and we focus on children through a set of services.

64

00:04:03,159 --> 00:04:05,703

The service we provide is psychosocial support

65

00:04:05,703 --> 00:04:09,332

through the Carnival program. This Carnival program is built

66

00:04:09,332 --> 00:04:14,045

around music, games, and entertainment. We tell

67

00:04:14,045 --> 00:04:17,173

them stories related to some behavioral values, and

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00:04:17,173 --> 00:04:19,926

we discuss these stories with them, and they touch on what they are living through

69

00:04:19,926 --> 00:04:23,888

during the war. Through this Carnival, the children get

70

00:04:23,888 --> 00:04:27,892

part of their psychological understanding of the reality they are living.

71

00:04:27,892 --> 00:04:33,773

Children in late childhood are aware.

72

00:04:33,773 --> 00:04:37,068

They've lost the school, lost the mosque, lost the home. They feel

73

00:04:37,068 --> 00:04:38,695

how before, they didn't use to go out into the street,

74

00:04:38,695 --> 00:04:41,281

they didn't use to go fetch water, it wasn't part of

75

00:04:41,281 --> 00:04:44,033

their responsibilities to go to the charity kitchen to bring the things

76

00:04:44,033 --> 00:04:48,538

they weren't supposed to bring. So today they understand this, but

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00:04:48,538 --> 00:04:52,875

what we notice today as specialists working with

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00:04:52,875 --> 00:04:56,087

children is that children who grew up during the war period,

79

00:04:56,087 --> 00:04:59,465

who are today three or four years old, have a

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00:04:59,465 --> 00:05:02,677

huge loss of many concepts. They don't know what

81

00:05:02,677 --> 00:05:05,555

"home" means, they don't know what basic things

82

00:05:05,555 --> 00:05:10,143

mean. The tent has become their home for them, because they

83

00:05:10,143 --> 00:05:14,063

never experienced the experience of a house. This makes them accustomed to

84

00:05:14,063 --> 00:05:16,607

the idea of playing in the streets, playing in places

85

00:05:16,607 --> 00:05:20,486

that have been reduced to rubble and demolished. They've started inventing games other than

86

00:05:20,486 --> 00:05:24,365

the games they used to play. They've started seeing the things they

87

00:05:24,365 --> 00:05:27,327

witnessed during the war, during the famine, and they've started

88

00:05:27,327 --> 00:05:31,414

trying to play them out, like running around trying to imitate the

89

00:05:31,414 --> 00:05:36,210

aid distribution, the aid boxes, and this has affected their childhood

90

00:05:36,210 --> 00:05:40,340

unjustly, and kept them from growing normally. So within

91

00:05:40,340 --> 00:05:44,594

the sessions here, we try to remind the children of their humanity

92

00:05:44,594 --> 00:05:50,141

unfortunately, the war hasn't ended and it's still continuing to this point. many

93

00:05:50,141 --> 00:05:52,477

children, even though they've returned to their places, didn't

94

00:05:52,477 --> 00:05:55,980

find their toys, didn't find the bag that had

95

00:05:55,980 --> 00:05:59,525

held their belongings. So they've lost the safe space
where they used to express themselves, and they now feel,

96

00:06:02,236 --> 00:06:05,490

much of the time, fear and anxiety. And more than one testimony

97

00:06:05,490 --> 00:06:07,992

from children says that they, in the Zaytoun area,

98

00:06:07,992 --> 00:06:10,995

near the Yellow Line, with their houses that have no

99

00:06:10,995 --> 00:06:13,831

walls left. So many of them say that as soon as

100

00:06:13,831 --> 00:06:18,086

gunfire starts, we stay lying flat, afraid that

101

00:06:18,086 --> 00:06:21,005

the gunfire will hit us, and we're always feeling afraid. And many

102

00:06:21,005 --> 00:06:24,592

problems have appeared among children because of fear, like

103

00:06:24,592 --> 00:06:28,137

nail-biting, involuntary urination, aggressive behavior, screaming,

104

00:06:28,137 --> 00:06:30,515

unjustified fear, anxiety.

105

00:06:30,515 --> 00:06:33,726

For example, one child told

106

00:06:33,726 --> 00:06:37,605

me that we were at school, sitting, and

107

00:06:37,605 --> 00:06:40,817

a girl next to us got hit by a stray bullet. So all of them feel

108

00:06:40,817 --> 00:06:44,862

fear, and their psychological state is tense, they don't always feel

109

00:06:44,862 --> 00:06:47,448

stable and safe.