



Open Door

**2017**  
**Annual Report**  
**"Open Door"**

# Open Door Institutions

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## A note from the Executive Director

Friends and Partners,

I am proud to present you with Open Door's 2017 Annual Report, which provides a glimpse into our activities over the past year. We felt the winds of social change this past year. The increased awareness in the public regarding healthy sexuality and the prevention of sexual abuse, especially with the revolutionary #METOO campaign that broke the silence of the all too vast occurrences of sexual assault and harassment in our society.

This changing atmosphere also affected Open Door's work on several levels:

There has been a significant growth in the number of professionals who are seeking to work as facilitators in the field of sexual health education. We opened a record number of courses to train professionals on how to become certified sexual health facilitators in 2017. Additionally, there has been an increase in requests for our workshops from educational and therapeutic institutions.

We have also expanded our activities within Israel's geographical and socio-economical periphery. New and innovative projects include "Between Me and You Communication is Everything", "With You", "Family Planning for Asylum Seekers", "Wonder Girl" and more. More information detailing these new programs will be provided later in the report.

I invite you to take part in the change that Israeli society is undergoing in terms of discourse on healthy sexuality. Contribute to help us continue our important work empowering at-risk youth and young adults (in particular young women) to take control of their bodies, to practice healthy sexual practices, and become leaders in their communities.

Best,

Sharon Cherkasky, Executive Director



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## **About Open Door**

Founded in 1966, the Israel Family Planning Association (Open Door) is the leading nonprofit in Israel promoting sexual health rights and is the exclusive Israeli representative and full member of the International Planned Parenthood Federation (IPPF). Open Door supports those exercising their right to sexual health by promoting family planning and improving availability of quality sexual health services to marginalized communities in Israel. Through counseling services, training programs, outreach, and policy work Open Door empowers vulnerable communities in Israel to take charge of their sexual health by providing them with the necessary resources to make their own economic, social, and political decisions. All of our services are customized to fit cultural and linguistic needs. Open Door's work has been recognized by the World Health Organization (WHO) as one of the best preventative services available for youth in the world.

### **Counseling Center and Support for At-risk Youth**

Open Door operates a national network of 12 counseling centers that provide sexual health information, guidance, and assistance for teenagers and young adults in the areas of adolescence, body-image, relationships, prevention of sexual violence, family planning, and healthy and responsible sexual behavior. The professional service is anonymous, free of charge, and is offered over the internet, by phone, and in face-to-face meetings. Every year our counseling centers receive approximately 20,000 visits (online, phone, and in-person) from adolescents and young adults. In addition to providing these services, our counseling centers offer student ambassador training programs, informational and outreach events, and social programming. The centers are located in Tel Aviv, Holon, Beer Sheva, Bet Shemesh, Haifa, Nazareth, Rishon Letzion, Rehovot, Reut Rehabilitation Center, Ramle, along with our virtual counseling center that operates online and can be accessed from anywhere across Israel.

### **Comprehensive Sexual Health Education**

Open Door believes that all children, adolescents and young adults have the right to sexual health education. Using the holistic approach of Comprehensive Sex Education (CSE), Open Door provides young people with reliable, accurate, and age-appropriate information. Our educational programs address a wide variety of issues related to the physical, emotional, and social aspects of sexuality and sexual health. Moreover, our educational programming places great emphasis on developing adolescents' life skills, such as communication, negotiation, and decision-making. This skill-building works in tandem with related topics, like taking responsibility for one's actions, asking questions and requesting help, respecting one's self and others, improving self-esteem and body-image, adopting a non-judgmental approach, and developing empathy, beliefs, and values.

These programs promote better health, safer sex and personal welfare of adolescents and young adults. Each year over 10,000 individuals participate in Open Door educational programs, including children, adolescents, female soldiers, educational staff, and parents.

#### Counseling Centers for People with Disabilities

Open Door, in cooperation with the Reut Rehabilitation Center, established *Reut Open Door*, a specialized service for young men and women ages 12-40 with physical and/or sensory disabilities. The service provides counseling and therapy in the areas of adolescence, relationships and sexuality, and the prevention of sexual violence and exploitation. The service is based on a thorough, research-based understanding of the special challenges that this population faces when it comes to intimacy and sexual health. *Reut Open Door* is staffed by a multi-disciplinary team who oversee a variety of services, including initial counseling by telephone or email, short-term talk therapy, parental guidance, community workshops, professional courses, and seminars. In 2017, Open Door is working to establish a *Reut Virtual Open Door* to provide access to our digital counseling services for people with disabilities. This program will allow people with disabilities to access the information and services they need from remote locations with greater ease, while remaining completely anonymous.

#### Training Program

Open Door is the leading organization in Israel for training professionals in sexual health education and is the only organization in Israel certified by the World Health Organization (WHO) to teach such courses. Our unique program has been operating for over a decade. In this training, professionals undergo a 252-hour course in sexual health and facilitation. Special training has been developed for people with disabilities—an endeavor that was awarded an international entrepreneurship prize. Additionally, in 2018 we plan to open a training program in Arabic.

## **Summary of Open Door's Activities**

### **Cooperation with Academic Institutions**

IDC Herzliya- Students who completed their bachelor's degree from the Sammy Ofer Department of Communications are working to promote Open Door's work in the media.

Ben Gurion University in the Negev- During the summer, two Chinese students in the International Health Program, volunteered at our Open Door headquarters to learn about the organization's activities and to explore the topic of establishing healthy sexuality as a human right. Additionally, students from the university volunteered at our Beer Sheva branch as counseling volunteers completing their practical training in social work, remain an active part of the *Open Door Beer Sheva* branch.

The Department of Social Work at Tel Hai College- This is the first year in which social work students joined Open Door activities at *Open Door Haifa* as part of their practical training. These students are working to create an additional counseling center in the Upper Galilee to reach youth in the far northern periphery of Israel.

Emek Yisrael Academy- The Department of Behavioral Science integrated their students in Open Door activities by creating an "Open House ". They organized information sessions that discussed our summer activities and recruited staff members and more.

### **New Counseling Center Initiatives**

Emergency Night Hotline- In 2017 Open Door opened a new emergency hotline in the evening hours. The hotline is exclusively reached through telephone calls and is operated by Open Door volunteers. The hotline is open in the evening hours when other Open Door centers are closed and therefore is of great importance, because it provides teenagers with a place to turn, even when the centers are closed.

Gynecological Clinic in Open Door Haifa- In October 2017 *Open Door Haifa* opened a gynecological clinic for teenage girls who are interested in receiving gynecological exams and referrals and prescriptions for contraception. The clinic is operated by Dr. Natalya Walkov, who volunteers twice a month to operate the clinic.

### **Sexuality in a Safe Space Program**

For the past three years Open Door participated in a working group led by the Ministry of Education, JDC and other government ministries collaborating on the "Sexuality in a Safe Space" program. This program promotes healthy sexuality and reduces sexual violence among young people. As the leading expert in Israel on

healthy sexuality, Open Door will execute the program and write the program's professional content. Last year, Open Door operated tens of trainings for professionals from a variety of backgrounds, on healthy sexuality and created an internet tutorial as well to reach a wider audience. The collaboration includes six different government offices: Ministry of Health, Ministry Education, Ministry of Welfare, Ministry of Justice, Ministry of Absorption and Ministry of Internal Security.

## **International Contraception Day Annual Seminar**

On September 26, 2017 Open Door held its annual conference "It takes three to tango" on International Day of Contraception. The goal of the day was to improve the relationship between professionals and teenagers and vice versa in relation to the use of contraception, sexual health education, and adolescence. The seminar began with keynote speakers MK Meirav Lev Ari, MK Michal Rahin and Ms. Iris Minda Ben Yaakov (the only manager of sexuality, sexual abuse in the Ministry of Education). Over 120 people were in attendance from a variety of different professional fields.

## **Facilitator Training to Provide Counseling for People with Disabilities**

In November we began training facilitators and Open Door counselors in the field of sexual health counseling for youth with disabilities. This initiative was created to ensure the needs of people with disabilities are met in every Open Door counseling center branch with an emphasis put on the accessibility of our *Virtual Open Door* website. This initiative is a central part of Open Door's vision, which works to advance the rights of people with disabilities to live fulfilling lives that include intimacy, marriage and children.

## **Professional Lectures**

- In January Open Door held a seminar on discussions about sexuality to the school of social work at Ben Gurion University "Girls have a period and boys have erections". Sivan Lotan, Program Coordinator at *Open Door Beer Sheva*, presented and lectured about sexual health from reliable and trustworthy sources such as Open Door and the IPPF.
- March 2- Lecture in the annual conference for rehabilitative urologists on sexuality and disability. The lecture was presented by Ortal Levy, who discussed the difficulties people with disabilities face with their own sexuality and in relationships.
- On March 22 a conference was held on "Teenage Girls and Their Bodies". In the lecture, presented by Sharon Orshalimy, she discussed heteronormative sexual practices that cause suppression of young girls and women.
- On May 18 the Tel Aviv Municipality facilitated the event "One Moment of Education", discussing education and culture. *Open Door Tel Aviv*, Project Coordinator, Nitzan Hacoen, created a workshop as part of the event on

"Sexuality, Education and Culture" as it is seen in the reality of today's youth.

- On July 3 a seminar was held in Rehovot for a group of mediators from the Ethiopian community, in partnership with Fidel. During the seminar we presented Open Door's activities as well as our special activities related to immigrants about the relation between education and sexuality, risky behavior and communication between adults and adolescents on the topic of sexuality.
- On July 17 a seminar was held for Israel's central region by the Ministry of Welfare for social workers and professionals working to advance teenagers. The seminar was titled "From sexual health to sexual abuse and what comes between them". Open Door lectured about sexual health and principles of sexual education and the activities that Open Door does to promote healthy sexuality in Israel.
- On November 2, a seminar was held at Ben-Gurion University on "At-risk Youth in Israel: Policies, Research and Practices." Sharon Orshalimy presented on accessibility of family planning services as a basic right for young women.
- December 4, the exhibition "There is no limit to love" was presented at the annual conference of the Ministry of Health. The conference discussed how the health system deals with inequality and how to integrate people with disabilities into the healthcare system.
- On December 31 the exhibition "There is no limit to love" was presented at the Organization for Physical Rehabilitation's international conference. The exhibition was attended by professionals who work in the field of medicine, physiotherapy, social work and more.

## **Peak Number of Volunteers at Open Door**

In 2017 we reached a record number of volunteers in the organization, totaling 187 volunteers. Volunteering is spread over several areas: counseling in our national network of counseling centers, marketing, facilitating workshops for youth and educational staff, organizing Sexual Health Week, designing and providing technological advice and support. In addition, some of the volunteers at Open Door specialize in resource development and communication.

## **New Building for Open Door Beer Sheva**

In March there was a festive launch of the new building for our *Open Door Beer Sheva* counseling center. The event was attended by the Beer Sheva mayor, Mr. Rubik Danilowitz, as well as the deputy mayor and education and social welfare officer, Dr. Heftzi Glamor. The new building will enable us to expand our activities at *Open Door Beer Sheva* and will allow us to provide better services for youth that come to the center.

## **Annual Fundraising Event**

On March 22, we held our annual Open Door fundraising event with a comedy performance by Dr. Tzachi Ben-Zion. The event took place at Hangar 11 in Tel Aviv. Over 350 people attended, including Open Door partners and supporters, the general public, as well as journalists and businesswomen.

## **Local Fundraising Events**

In 2017, three fundraising events were held on behalf of our counseling centers in Beer Sheva, Tel Aviv, and Haifa. In Beer Sheva the event was held in the Havraka Club, in Tel Aviv a second-hand clothing sale was held at Malki Bar and in Haifa an evening of spoken word performances about gender and sexuality took place at Syncophe Bar.

## **Special Projects**

### **HAGAM (Project for Specially Enlisted Soldiers)**

Since 2004, Open Door has held workshops for the IDF as part of basic training for "special recruitment female soldiers" (HAGAM). During their basic training, Open Door provides soldiers with 12 hours of sexual health education workshops to help them discover their personal capabilities, increase their self-confidence, and develop the tools and skills needed to lead a healthy lifestyle that will allow them to succeed in both educational and professional frameworks.

### **Project Tzalash for At-risk Teenage Girls**

The project is designed for girls in after-school centers who are waiting to begin their military or national service and are considered at-risk by the social service authorities. Most of the girls come from difficult family environments and low-income neighborhoods. The girls are selected to participate in the program by the Ministry of Social Services and non-profit organizations that work in cooperation with the ministry. Through the project Open Door conducts workshops in collaboration with multiple other organizations in the community. The project was operated in cooperation with the Ministry of Welfare. In 2017, 654 girls participated in the project.

### **Family Planning for Asylum Seekers**

*Family Planning for Asylum Seekers* provides comprehensive sexual health and family planning information to asylum seeker women and men as well as access to vital health resources to ensure they live healthy and fulfilled lives. The program consists of two workshop series as well as an open house "Women's Health Day". Through these workshops, participants gain a better understanding of their own sexuality and reproductive health and are empowered to become change agents and leaders in their community.

### **Between You and Me Communication is Everything**

*Between You and Me* provides sexual health education combined with empowerment and healthy communication to 90 teenagers from Ethiopian backgrounds as well as new immigrants from France and the Former Soviet Union. Over the course of the program, six groups of approximately fifteen ninth and tenth grade students participated in six workshop sessions. Workshop topics included: trust within relationships, communication and compromise at different stages of relationships, communication and expectations about sex, sex and alcohol, and discussion and use of contraception. Through these workshops the teenagers not only gained general knowledge of sexual health and healthy relationships, they improved their self-image and confidence in communicating about relationships and their sexuality in a healthy way with potential sexual partners.

## **With You**

Open Door has trained hundreds of volunteers throughout the country to provide close and attentive professional assistance to adolescent girls who do not receive support from their families during the pregnancy termination process. Without a family support system, and without emotional and logistical tools, it is exceedingly difficult for a young girl to cope with this process and its implications. Our volunteers act as the girl's family, talking to her about her apprehensions, answering phone calls in the middle of the night, and comforting her every step of the way.

## **Women in Bloom**

*Women in Bloom* provides at-risk teenage girls ages 13 to 18 with preventative health education through sexual health and intimacy workshops. These girls are removed from their homes by court order as a result of physical, sexual, and/or severe emotional abuse or neglect, and typically spend up to four years at these boarding schools. Open Door staff works directly with the boarding school staff to create a sustainable sexual health education model, training approximately 20 staff members at each boarding school.

## **Wonder Girl**

*Wonder Girl* provides groups of 15 Ethiopian-Israeli girls ages 14-16 with a series of educational workshops on topics surrounding emotional and physical intimacy. Workshop topics include gender roles and gender differences, female self-esteem and body image, and beliefs and opinions in relation to sex and sexuality. Additional focus is placed on courtship, intimacy and love, sexual vulnerability, red flags in a relationship, domestic violence, and strengthening multi-generational communication in the family.

## Summary of Counseling Center Activities

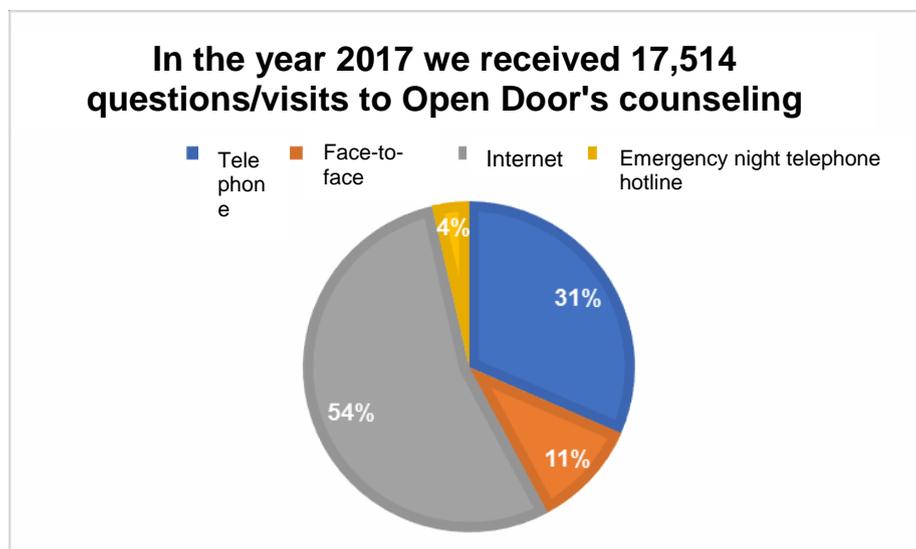
Open Door operates a national network of 12 counseling centers for youth and young adults ages 13-25. The counseling centers provide information and advice on a variety of topics including sexual health, emotional support, couples counseling, psychological services, dietitian services, gynecological treatments and workshops for youth with physical or sensory disabilities. Additionally, some of our centers provide counseling in Arabic. Our counseling center that receives the largest number of questions each year is Virtual Open Door, our online center that provides answers to any questions within 24 hours.

The counseling centers are run by a volunteer team composed of social workers, nurses, educational counselors, psychologists and doctors. All of our volunteers undergo a professional and intensive training course and prior to their volunteer work. In 2017 Open Door has had a record number of volunteers, totaling 187.

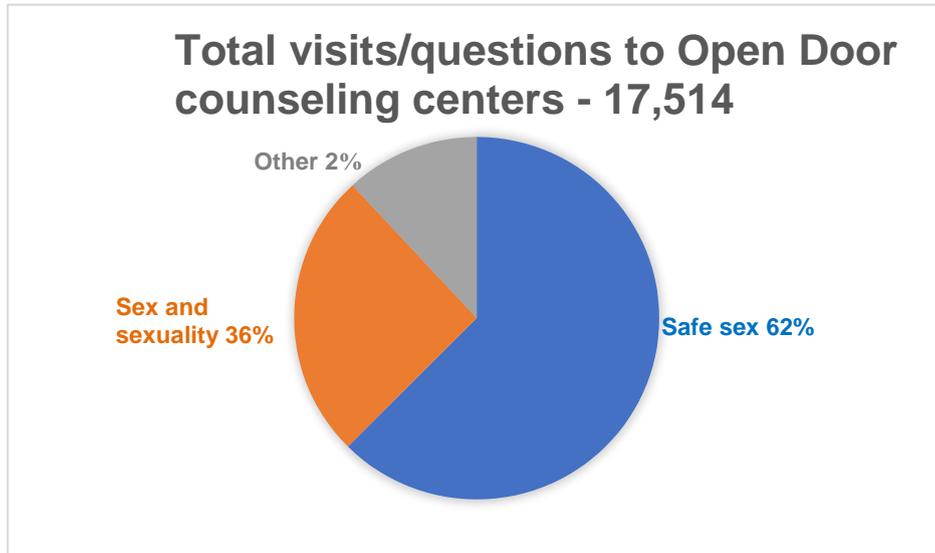
### **List of Counseling Centers:**

Open Door Tel Aviv  
Open Door Haifa  
Open Door Beer Sheva  
Reut Open Door (for people with disabilities)  
Open Door Holon  
Open Door Menashe  
Open Door Ramle  
Open Door Beit Shemesh  
Open Door Rishon LetZion  
Open Door Rehovot  
Open Door Nazareth  
Virtual Open Door (online center)  
Emergency Night Hotline

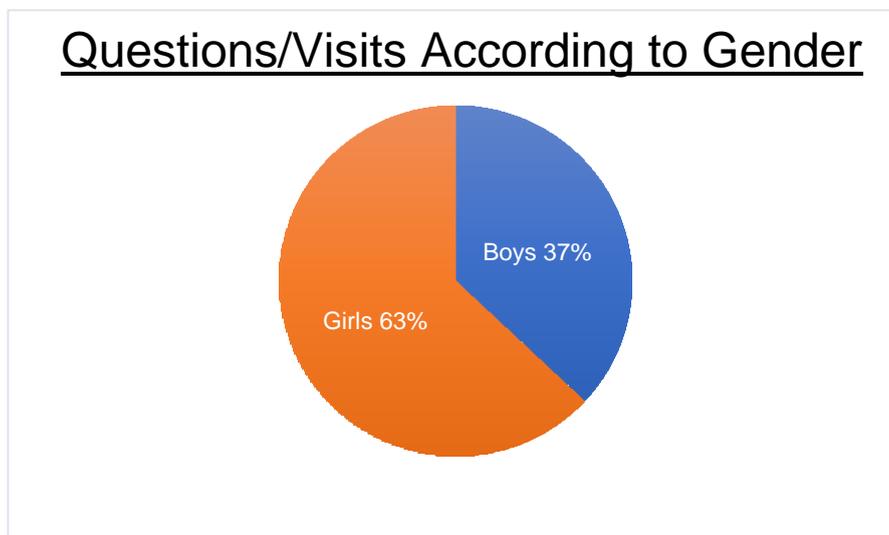
### **Summary of Counseling Center Activity in 2017**



- In 2017 we received 17,514 questions directed at the Open Door counseling center network through three different channels: internet, telephone, night hotline, and face-to-face. Of the total questions, 62% dealt with the topic of safe sex, 26% discussed sex and sexuality, 12% were on additional topics related to adolescence.

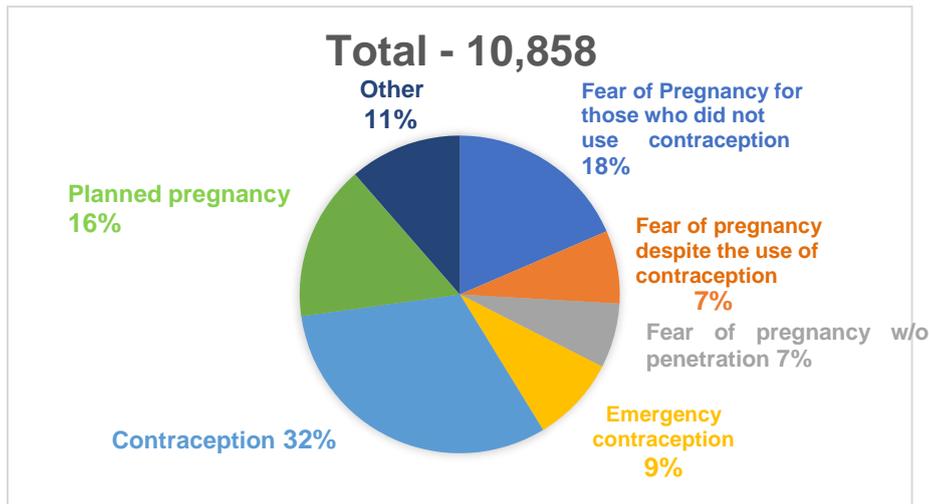


- Virtual Open Door (online counseling center) received 9,498 questions or 54% of the total questions directed at Open Door
- Telephone counseling totaled 5,530 calls or 31% of total questions
- Face-to-face counseling totaled 1,859 visitors or 11% of total questions.
- The emergency night hotline received 627 calls, or 4% of the total questions.
- The main ages of those visiting or contacting Open Door are between 14-18.
- 10,441 teenagers, parents, and professionals participated in various trainings and workshops on the topics of healthy sexuality, relationships, body-image, good diet and more at our various centers throughout the country.
- Division of Visits/Questions by Gender

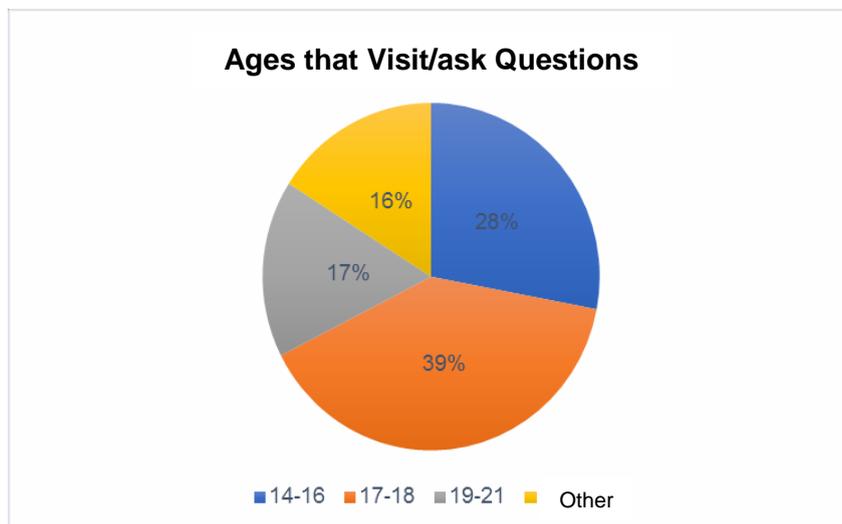


- 63% who use our services over all four channels are teenage girls and 37% are teenage boys
- Telephone counseling: 57% are teenage girls and 43% are teenage boys
- Internet counseling: 71% are teenage girls and 29% are teenage boys
- Face-to-face counseling: 70% are teenage girls

### Questions on the Topic of Safe Sex



### Division of Questions by Age in Both Telephone and Face-to-face Counseling



- In the face-to-face counseling channel there were the least amount of questions, approximately 15% of questions addressed to Open Door were through face-to-face meetings
- The average ages were between 14-18

- 14,326 teenagers, parents, and professionals participated in various trainings or workshops on healthy sexuality, relationships, body-image, good diet and more at our various centers throughout the country.

### **Virtual Open Door**

In 2017, 9,498 questions were received on the Virtual Open Door platform. The main discussion topic that arose was regarding safe sex. In 2017 individual visits to the website totaled 565,561 compared to 530,250 in 2016. Additionally, there are 424,910 current users signed up to use our services as opposed to 384,190 in 2016. There are 85.9% new users and 14.1% old users.

### **Website 4Girls**

We answered 156 questions, received 135,574 views and 65,520 views on the answer page.

### **Frogi Website**

In 2017 we published 156 questions on Frogi's website. The average number of views was 2,500 per question.

## Summary of Community Education Activities

Open Door conducts workshops, lectures and seminars in the community to create awareness among the community so that they may recognize healthy and responsible sexuality as an integral part of the educational discourse in social care institutions and Israeli education. The target population includes children, youth and young adults in both formal and informal education, including people with disabilities, parents of adolescents, at-risk youth, young women before their army service, female soldiers, and more.

Open Door's workshops offered within educational frameworks are on topics related to sexuality and intimacy and are comprehensive; covering the topic of sexuality in its different aspects. The goal of the workshops is to provide skills to adolescents to apply to their day-to-day lives so that they can positively deal with issues that come up surrounding sexuality. The contents of the workshops are up-to-date and draw on knowledge from the emerging reality and the latest information in the field.

In the 2011 academic year, there was a growing need for safe internet use workshops within elementary schools. These workshops discuss the use of pornography, the changing body, and ideal beauty myths and friendship.

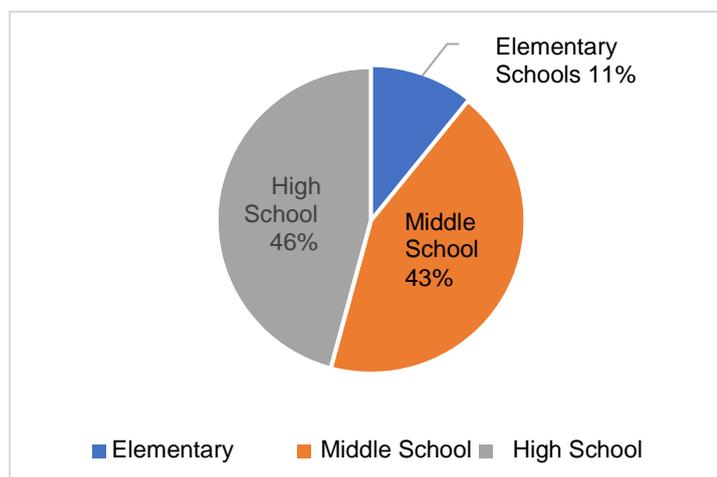
### **Activities in the Arab Community**

Arab youth live in conflict between a conservative and traditional cultural world and a world of commercial culture, progress and permissiveness. In Arab society, parents are very closed with their adolescents regarding topics surrounding sex and sexuality. This reality leads to lack of knowledge about sexual health, young marriages and abuse of women. Within Arab society in Israel, birthrates are very high as well as transmission of STIs/STDs and rates of sexual abuse. In 2017 Open Door held 26 workshops for 95 children, youth and parents within the Arab community to bring solutions to address these issues.

### Formal Education:

In 2017, **10,222** students participated in Open Door's workshops:

- Elementary Schools: 14 schools, 1,103 participants
- Middle Schools: 17 schools, 4,437 participants
- High Schools: 23 schools, 4,682 participants



Informal Education

**586** teenage boys and girls participated in Open Door workshops at various community centers and in youth movements.

Programming for At-Risk Youth

**2,134** teenagers and young adults in welfare boarding schools, after-school centers for at-risk girls, and after-school centers for youth, participated in Open Door workshops.

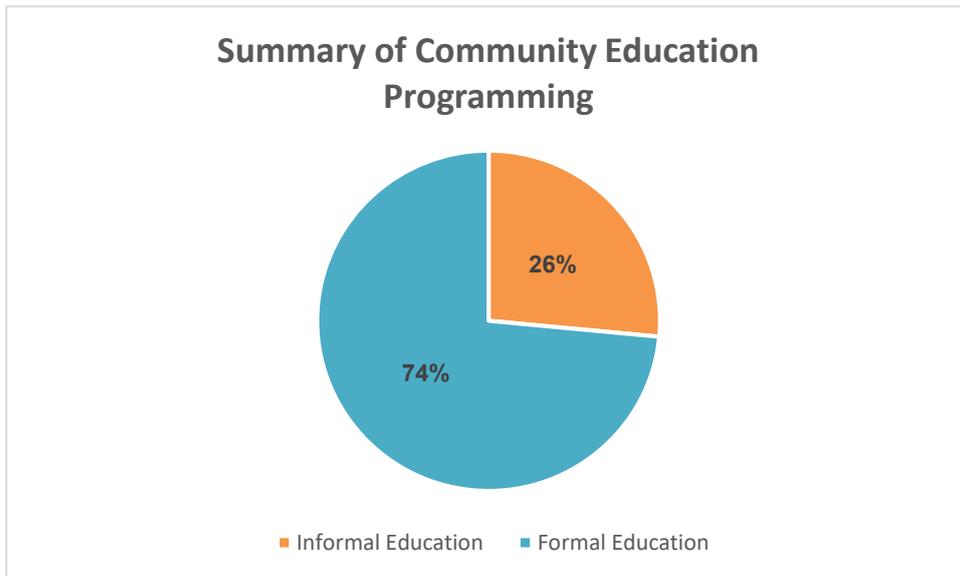
Parents

Open Door held 13 workshops and lectures in which **352** parents participated.

Professional Staff

Open Door held 26 trainings for professional staff in which **613** staff members participated.

**Overall, we held educational activities in 165 different institutions for 13,907 individuals.**



## **Summary of Training Activities for Professionals**

The training center leads a flagship program for the training of professionals from different fields to become facilitators in sexual health and human sexuality education. Open Door has a unique and exclusive standard in Israel that is internationally accredited by the world's largest organizations, the International Planned Parenthood Federation and the World Health Organization.

The professional training program is multidisciplinary, encompassing sexuality in all its aspects. Its purpose is to provide skills to allow program participants to personally guide groups of children, adolescents, and adults in sexual health workshops. As sexual health education is a continuous and evolving process throughout one's life cycle it necessitates a tailored curriculum for each group of individuals. As such, the training center trains its facilitators to be a source of knowledge, identifying and providing appropriate solutions and tools to deal with issues of sexuality and healthy sexual behavior in all life stages.

### **Certification Program for "Sexual Health Educators"**

This year, seven "Sexual Health Educators" courses were opened in Tel Aviv and Haifa, a record number of courses, indicating the importance and necessity of professionals to specialize in the field of healthy sexuality education. The program includes 224 hours of study, in addition to 28 hours of a practicum component. Following completion of their studies and practicum and upon passing all exams, graduates receive a certification allowing them to facilitate groups in sexual health and human sexuality.

## **Open Door in the News**

February 2017- A Journey of Agony Through Abortion—Chanel 2 News

[http://www.mako.co.il/news-channel2/Channel-2-Newscast-q1\\_2017/Article-2b825918ae91a51004.htm](http://www.mako.co.il/news-channel2/Channel-2-Newscast-q1_2017/Article-2b825918ae91a51004.htm)

March 2017- Hormonal Contraception for Teenage Girls- Family Planning in Army Age

<http://player.gl.bynetcdn.com/Players/ByPlayer/EmbedPlayer/GLZ?ClipID=170306-14&Type=aod&Width=300&Height=200>

On Becoming a woman- Family Planning in Army Age

<http://player.gl.bynetcdn.com/Players/ByPlayer/EmbedPlayer/GLZ?ClipID=170308-14&Type=aod&Width=300&Height=200>

Business people in Open Door's Annual Fundraiser- YNET

<http://www.ynet.co.il/articles/0,7340,L-4941662,00.html>

May 2017 Reaction Letter to a Column Published in Haaretz—Feminism Saves Women from Death

<https://www.facebook.com/opendoorIFPA/photos/a.355024444585435.89348.354995937921619/1360621937359009/?type=3&theater>

June 2017- Children begin watching porn in 4<sup>th</sup> grade

[http://www.mako.co.il/news-israel/education-q2\\_2017/Article-7819fdd9a518c51004.htm?sCh=31750a2610f26110&pId=2100566639](http://www.mako.co.il/news-israel/education-q2_2017/Article-7819fdd9a518c51004.htm?sCh=31750a2610f26110&pId=2100566639)

On communication between girls and boys in a nuclear family

[http://player.gl.bynetcdn.com/Players/ByPlayer/EmbedPlayer/GLZ?ClipID=17062\\_0-14&Type=aod&Width=300&Height=200](http://player.gl.bynetcdn.com/Players/ByPlayer/EmbedPlayer/GLZ?ClipID=17062_0-14&Type=aod&Width=300&Height=200)

August 2017- Sexuality in Arab Society

<http://haifanet.co.il/archives/35453>

September 2017- Adolescents Have Sex. Let's not Close our Eyes.

<http://www.nrg.co.il/online/1/ART2/896/149.html>

October 2017- Playing with Love

<http://www.mako.co.il/women-fitness/Article-f4314036f370f51006.htm>

November 2017- Sexuality in Adolescence- 23 Minutes of Education

<https://www.youtube.com/watch?v=qVC6TnXbl9s&t=655s>

December 2017- Not Fun- Healthy Times, Yediot Ahranot

<https://www.yediot.co.il/articles/0,7340,L-5054281,00.html>