

Coming of Age in Occupied Palestine

Growing up in Palestine is an experience far removed from the carefree childhoods of many in the West. The ever-present Israeli occupation casts a long shadow over the lives of Palestinian youth, shaping their identities, aspirations, and perspectives. This article takes a closer look at the unique challenges and complexities faced by young Palestinians as they navigate adolescence in a context of political turmoil, violence, and cultural suppression.



Strangers in the House: Coming of Age in Occupied

Palestine by Raja Shehadeh

★★★★☆ 4 out of 5

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Through personal narratives and expert insights, we will explore the traumas and resilience that characterize the coming-of-age journey in occupied Palestine. We will examine the ways in which young Palestinians grapple with issues of identity, resistance, and hope amidst the ongoing conflict. Ultimately, this article aims to shed light on the remarkable strength

and resilience of Palestinian youth, who continue to strive for a better future despite the immense obstacles they face.

Trauma and Loss

One of the most defining aspects of growing up in occupied Palestine is the constant exposure to trauma and loss. Israeli military operations, settler violence, and checkpoints are a regular occurrence, and young Palestinians often witness or experience firsthand the brutality of the occupation. This can lead to a profound sense of insecurity, fear, and anxiety among youth.

In addition, the separation barrier built by Israel has divided Palestinian communities and restricted access to education, healthcare, and other essential services. This has had a significant impact on the mental and emotional well-being of young Palestinians, who may feel isolated and cut off from the outside world.



The trauma of occupation can manifest in various ways. Some young Palestinians may develop PTSD or other anxiety disorders. Others may turn to violence or risky behaviors as a way to cope with their pain. It is essential to provide mental health support to Palestinian youth who have experienced trauma, but access to such services is often limited in the occupied territories.

Resilience and Resistance

Despite the hardships they face, young Palestinians exhibit incredible resilience and strength. They find ways to overcome obstacles and to pursue their dreams. Education is seen as a powerful tool for resistance, and many young Palestinians are determined to excel in their studies despite the challenges they face.

Palestinian youth also play an active role in the struggle for freedom and self-determination. They participate in protests, organize boycotts, and use social media to raise awareness about the occupation. Some young Palestinians have even taken up arms to fight against the Israeli occupation.



The resilience of young Palestinians is a testament to their spirit and determination. They refuse to be defined by the occupation and are committed to building a better future for themselves and their people.

Identity and Belonging

The Israeli occupation has a profound impact on the identity of young Palestinians. They grow up feeling both Palestinian and occupied, and they often struggle to reconcile these two aspects of their identity.

Some young Palestinians may adopt a strong Palestinian identity as a way to resist the occupation. They may wear traditional Palestinian clothing, learn Arabic, and participate in cultural activities. Others may feel a sense of alienation from their Palestinian identity and may seek to assimilate into Israeli society.

The question of belonging is also complex for young Palestinians. They may feel like they do not belong in Israel, but they may also feel like they are not fully accepted in their own communities. This can lead to a sense of displacement and rootlessness.



Young Palestinians are constantly negotiating their identity and sense of belonging. They are searching for ways to reconcile the different aspects of themselves and to find a place where they feel at home.

Hope and the Future

Despite the challenges they face, young Palestinians remain hopeful for the future. They believe in the justice of their cause and are committed to working towards a better future for themselves and their people.

There are several ways to support young Palestinians and their hopes for the future. One important way is to raise awareness about the Israeli occupation and its impact on Palestinian youth. Another way is to support organizations that provide education, healthcare, and other essential services to young Palestinians. Finally, it is important to advocate for a just and lasting peace in the Middle East.

The future of Palestine lies in the hands of its youth. By supporting them and their aspirations, we can help to create a better future for Palestine and for the entire region.



The coming-of-age journey in occupied Palestine is one of trauma, resilience, and hope. Young Palestinians face immense challenges, but they are determined to overcome them and to build a better future for themselves and their people. Their stories are a testament to the power of the human spirit and the indomitable spirit of the Palestinian people.

The experiences of young Palestinians growing up in the occupied territories are a complex and multifaceted. They face unique challenges and complexities that shape their identities, aspirations, and perspectives. This article has explored the traumas and resilience that characterize the coming-of-age journey in occupied Palestine. We have examined the ways in which young Palestinians grapple with issues of identity, resistance, and hope amidst the ongoing conflict.

Ultimately, the story of young Palestinians is a story of hope and resilience. Despite the immense obstacles they face, they remain hopeful for the future and are committed to working towards a better future for themselves and their people. Their stories are a testament to the power of the human spirit and the indomitable spirit of the Palestinian people.



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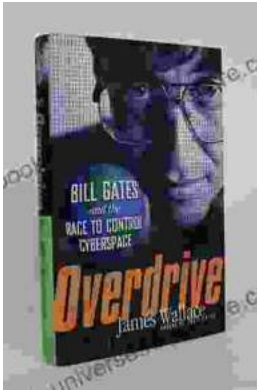
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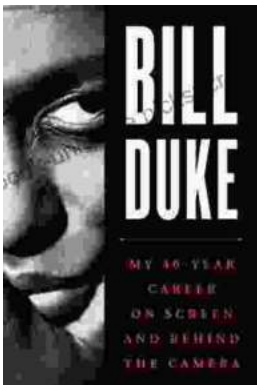
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