Student’s Name

Institutional Affiliation

Institution

Course

Date

I have always been interested in the Palestinian/ Israeli conflict and the rich history behind both nations. Palestine is a country that faces many challenges in seeking independence. This paper will attempt to understand further how Israel's policies towards the Palestinians are genocidal? We will attempt to explore various sources, gather enough evidence and research the following questions below. I am starting with understanding the term genocide.

**Convention on the Prevention of Genocide**

**Article II in Genocide**

According to the Convention on the Deterrence and Penalty of the Criminality of Genocide. In Article II, genocide refers one of the following actions done intending to abolish, in all, or portion, a state, ethnical, tribal, or spiritual crowd, including killing group followers, including direct killing and activities that result in death (Stanton 2021). Torture, rape, sexual assault, forced or pressured drug usage, and mutilation are examples of extreme physical or mental suffering inflicted on group members.

The purposeful withholding of possessions essential for a group's bodily existence, such as freshwater, food, clothes, housing, or medical amenities, is an example of intentionally inflicting circumstances of life meant to finish a group. Harvest seizure, food embargo, confinement in camps, coercive transfer, or exile into deserts may all be used to deprive people of their means of subsistence.

Involuntary disinfection, forced abortion, marriage restriction, and long-term split-up of men and women are all methods of preventing conception Anything to do with imposing measures envisioned to inhibit births in the group is considered genocide. Lastly, children are being transferred forcibly using direct force, the threat of assault, pressure, incarceration, psychological oppression, or other forms of coercion. Children are defined as those under the age of 14 under the Convention on the Child's Rights.

**To what extent are Israel's policies towards the Palestinians genocide?**

**Argument 1**

Palestinian civilians are much more likely to be killed or injured than Israeli civilians. Here are reports on the escalation from May 10 to 21. According to the UN High Commissioner for Human Rights, 256 Palestinians were killed in Gaza during that time, including 66 children and 40 women. Among the 13 deaths in Israel were two kids and six women (OCHA 2021). The West Bank had 26 Palestinians murdered and 6,900 wounded. The West Bank death toll includes 11 Palestinians murdered on May 14, the highest number since OCHA began tracking deaths in 2005.

Israeli troops murdered three Palestinians, adding the total figure of Palestinians killed at the West Bank in 2021 to 36, comprising six kids. An unarmed Palestinian teenager, age 17, attacked an Israeli citizen as well as a warrior in East of Jerusalem on May 24 (OCHA 2021). The following daytime, Israeli secret agents gunshot another Palestinian, in the Al Amari migrant encampment (Ramallah). On 28 May, Israeli soldiers’ gunshot as well as murdered a Palestinian in a demonstration in contradiction of a fresh Israeli settler resident in Beita (Nablus).

Injuring 100 Palestinians in the West Bank, On the other hand, six others were wounded in other events across the West Bank, including 15 in a separate protest against settlement development in Ni'lin (Ramallah), ten in a demonstration contrary to Israeli soldiers closing the central gate to Al Mughayyir (Ramallah), as well as six in Beita (OCHA 2021). Fifty people were treated for tear gas inhalation, 18 for rubber shots, 16 were knockout by alive bullets, as well as 16 were bodily attacked or attacked by tear smoke canister. (OCHA 2021) 2 Palestinian men died in Gaza on May 24 and 26 from wounds received during the escalation.

Israeli troops arrested 145 Palestinians in 115 searches and arrests in the West Bank. Most actions were in the Jerusalem government, mainly in East Jerusalem. As the start of the protests in mid-April, Israeli police have arrested 97 Palestinians, including two journalists (OCHA 2021). East Jerusalem's Sheikh Jarrah's Al Jaouni neighborhood remains closed to Israelis. Since May 3, Palestinians living in the blockaded area can only enter on foot with a valid ID. Israeli settlement organizations filed case courts seeking to expel Palestinians out of their homes in the neighborhood, resulting in Palestinians and Israeli soldiers clashing.

Officials from Israel confiscated five buildings in Hebron on May 31, displacing nine people, four of whom were kids, and endangering the occupations of 17 others. Among the constructions were three homes and two businesses. Demolitions decreased during Ramadan and increased in May. Israeli colonizers allegedly bruised five Palestinians and destroyed lots of their plants. On May 24, an Israeli bouncer in Dolev (Ramallah), gunshot and wounded Palestinian at age of 16. Israeli's pepper-sprayed a kid and an older man in Hebron and Deir Jarir (Ramallah), and settlers attacked a farmer working his land in Qaqiliya. In Ar Rihiya, Hebron, another farmer was beaten, and minimum of 100 olive trees were burned down. About 70 plants were felled in Sinjil (Ramallah). Palestinians claim Jews took 100 hay rolls from Burin (Nablus) and a water container from Kisan (Bethlehem).

Israeli officials say Palestinian stone-throwers wounded one Israeli lady while driving in the West Bank and injured 17 Israeli-plated flatcars. The Kerem Shalom Goods Crossing is still open for the private sector and UNRWA to import essential commodities like feed, medical supplies, and gasoline. Since May 10, no goods can leave Gaza via the border. The Erez Crossing remains mostly closed to Gazan Palestinians. Only a few urgent medical referrals are allowed to leave Erez.

That being said, according to the reports stated by OCHA. Some of the unexplained actions done by the Israeli military, such as the 115 hunt-and-arrest actions as well as arresting 145 Palestinians through West Bank. In mid-April, another 99 hunt-and-arrest processes in the town, delaying 97 Palestinians, comprising of two reporters. Also, arbitrary restrictions to the Al Ja'ouni region in East of Jerusalem are unconstitutional, especially when the Palestinians are not being informed of such decisions because they have no control of the ins or outs of their territory.

**Argument 2**

Given Palestine's long history of war and suffering, increasing mental health professional competence and service capacity is critical. Expanding mental health care requires strengthening mental health practitioners' skills and resilience. There is also a need to raise awareness about mental disease stigma and better integrate mental health into essential care services. (Marie et al., 2021) Efforts must be made to advance management and mental health teams' competencies and treatment accessibility and with the right quality. Misconceptions and stigmatizing attitudes among nurses and other health professionals must be addressed. The needs of health professionals are also a priority (Marie et al. 2021), enabling them to build resilience and cope with daily issues. This is a common theme among international donors. For instance, they focus on PTSD rather than the social, governmental, and ethnic background. The Palestinian society is united, and utmost of the members are victims. The cumulative group exposure will have a depressing effect on individuals.

In addition, a trauma in the Palestinian region is a collective rather than an individual experience. After 1967, the Israeli government managed mental wellbeing amenities to the Palestinians in West Bank as well as Gaza and became neglected and underdeveloped. (Marie et al. 2021) In 2004, the want for mental wellbeing care amongst Palestinians became bigger than before, particularly throughout the Al-Aqsa Intifada. Numerous health amenities and clinics were destructively or demolished because of the Israeli army practices. (Marie et al. 2021)

Palestinian mental health professionals must meet their basic human needs to serve their community but, unfortunately, are faced with challenges. Stopping violence and limiting movement may improve residents' mental health. As a rule, international governments only confront acute conflict by giving emergency humanitarian food or aid (Marie et al., 2021). People want the freedom to communicate, move, and be secure without constant worry. The continually insecure environment is causing new mental wellbeing difficulties among citizens. The critical prevention method eliminates the occupation and develops an intelligent and supportive mental health system. Due to a lack of elementary human requirements, Palestinians living in occupied areas are often compelled to live in substandard conditions. Palestinians should freely roam and obtain all basic human necessities without restrictions. Mental health care must be integrated vertically and horizontally. Non-classified multidisciplinary mental health clubs must be the norm. Patients and their families should be treated. For a successful and effective treatment to take place, certain restrictions on the Palestinians need to be removed, as well they need proper medical equipment and professionals.

All levels of treatment, including public hospitals, should include mental health services. The WHO's 2011–2015 strategy focuses on improving nursing and midwifery amenities. According to Marie, it's been noted that additional and better studies on Palestinian mental wellbeing are needed, primarily since the perspective of nursing scholars knows the significance of nurses in the improvement of health systems (Marie et al., 2021). Aim for more precise and representative Palestinian mental health assessments.

More scientific cooperation is required, particularly in the realm of screening. Mental health caregivers have complained of being ignored and unable to provide desired care. Nurses must efficiently manage resources and create and implement policies. This might improve user needs and promote mental health treatment. For lack of psychiatrists, non-medical specialists like mental health caregivers and social staff may aid clients with interdisciplinary strategies (Marie et al., 2021). The multidisciplinary team may teach, refer, and evaluate instead of psychiatrists. We suggest empowering mental health practitioners to issue monthly prescriptions like in the UK freely. Experts from different nations can help Palestinian mental health teams strengthen and extend their capacities.

Finally, easing problems and increasing citizen resilience is crucial. Civilians must focus on their strength and protective characteristics to survive. The results may help policymakers, and mental health practitioners help Palestinians develop resilience. Resilient teams may inspire service users and help shape mental health.

Overall, the lack of resources, financial support, and up-to-date training for professionals further increases mental harm to the Palestinians. Not to mention, movement limitations prohibited citizens from retrieving support to fulfill their elementary human needs. (Marie et al., 2021). This violates basic human rights.

**Argument 3**

After the 1948 Arab-Israeli conflict, more than 700,000 Palestinians were forced to flee their nation, confiscating their property (Bocco, 2009). Aside from continuing, the consequences of the "Nakba" - and the dilemma of Palestine immigrants - are made worse by the problematic political settings in which they have sought shelter in the absence of a viable solution. As of May 14, 2021, approximately 38,000 Palestinians were internally displaced in Gaza, fleeing Israeli bombs and seeking sanctuary in UNRWA schools and other UNRWA facilities. (Opt OCHA)

Paradoxically, eight Palestinian refugee relatives who have existed in East Jerusalem's Sheikh Jarrah for decades face forcible removal and allocation. This newest wave of fierceness and eviction threats is portion of the ongoing Nakba. For 73 years, Palestine refugees have been scattered, uprooted by wars, blockaded and occupied, underprivileged of rights, and yearning for an end to their banishment and deprivation (Bocco, 2009). The imminent involuntary relocation of Sheikh Jarrah inhabitants and the ongoing bombardment on Gaza, some of the world's densest populations, are not isolated incidents.

Almost a thousand Palestinians, nearly half of them children, face eviction from East Jerusalem (UN OCHA). In some of these cases, notably Sheikh Jarrah, Palestinians are forcibly expelled as part of Israeli settlement development and growth, which is illegal under international humanitarian law. Gaza, a devastated coastal enclave, is approaching its 14th year under a barricade that may amount to communal punishment in violation of worldwide law. The embargo has harmed lives, organization, and the economy by restricting mobility. The Rafah border restrictions between Egypt and Israel have exacerbated the situation (Bocco, 2009). This is the Gaza Strip's fourth major escalation since 2008. PTSD is on the increase, especially among youth. Previous bombing raids damaged or crippled physical infrastructure, including power plants and hospitals, leaving the imprisoned population defenseless against the COVID-19 disease. They were left to hide in UNRWA classrooms, mosques, as well as other areas with restricted access to water, food, sanitation, and health care during a nationwide COVID-19 outbreak (UN OCHA oPt).

UNRWA has built classrooms to help Gazans fleeing the bombings or who have become homeless. Again, the Agency urges all parties to show the greatest caution and abide by their commitments under international law, including defending Palestine's fundamental right to life and UNRWA's inviolability and impartiality (Bocco, 2009). According to the Convention, the force transfer and destruction of homes and the mental harm this brings to the Palestinian people are considered genocidal according to Article II.

**Argument 4**

President Obama's leadership has elevated the US-Israel comprehensive alliance to new heights. The same goes for Israel's security (The white house 2016). The President's unshakable commitment to Israel's security is reflected in the further 10-year security cooperation MOU.

As part of the fresh MOU through Israel, the Obama administration has guaranteed the US military's highest level of assistance ever: New MOU worth $38 billion ($3.8 billion years) from 2019 to 2028. It will replace the existing $30 billion MOU, which expired in 2018. This figure is an essential increase above the current MOU and would allow Israel to get more advanced soldierly weaponry from the US (The white house 2016). It contains $33 billion in FMF and a $5 billion obligation for missile defense help, which is unusual. The $3.3 billion FMF and $500 million missile protection funds will be disbursed annually for the duration of the deal. According to the MOU, Israel may update most of its fighter aircraft inventory, including new F-35s, boost missile protection and obtain other defensive competencies to meet its dangerous situation.

The MOU's multi-year missile protection commitment will enable long-term preparation. The MOU's $500 million yearly missile defense money exceeds the US regular non-emergency missile defense aid to Israel over the preceding five years. Along with FMF financing, the US has committed over $3 billion in missile defense funding to Israel under President Obama (The white house 2016). The US has given Israel approximately $1.3 billion for the Iron Dome system since 2011. Iron Dome batteries and interceptors saved many Israeli lives, especially during the 2014 Hamas battle.

Although, the United States' support of Israel does not violate international law, nor is it considered genocidal. It is, without a doubt, a contributing factor that supports the unlawful acts and destruction that Israel is doing to the Palestinian people.

**Conclusion**

Not all actions are translated into a document that dismisses certain inhuman actions towards the Palestinians. Not all things on a document state the reality. It has been contended that the Israeli government's brutality and discrimination against Palestinians violate various human rights safeguards enshrined in international human rights law, including genocide. Also, Ensuring citizen resilience is vital. To survive, civilians must rely on their resilience and defenses. The findings may assist politicians and mental health professionals in benefitting Palestinians. Resilient teams may shape mental health care.

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