

« MINE AND ONLY MINE »



Recognizing the first signs means acting before it's too late.



Love should never be something to fear.

Healthy relationships are one of the foundations of strong, democratic, and inclusive societies. Across Europe, relationship violence among young people, including emotional abuse, coercive control, digital harassment, and gender-based violence, has become an increasing concern.



THE PROGRAMME

Acting before the relationship turns to violence

Prevention through education is therefore more important than ever. The programme **"MINE AND ONLY MINE"**, developed by WIZO, empowers young people to recognize the warning signs of a toxic relationship before it turns into violence.

Originally created for teenagers aged 15 to 18 and later expanded to include young adults up to 26, the programme also involves parents, educators, youth leaders, and community professionals, creating a shared responsibility for fostering respectful and safe relationships.

By helping young people identify the earliest signs of a toxic relationship, **"MINE AND ONLY MINE"** acts before it's too late. The programme helps prevent domestic violence and promotes a culture of equality, dignity, and respect.

The **European Council of WIZO Federations (ECWF)** presents this programme as part of the exhibition organized by the **Gender Equality Committee** on the occasion of the **50th anniversary of the Conference of INGOs of the Council of Europe**, as a concrete example of effective violence prevention in action.



15-26



2017

PROGRAMME
LAUNCH



4

AUDIENCES: YOUTH,
PARENTS,
EDUCATORS,
LEADERS

“

Every young person in Europe has the right to love without fear, to live free from control by a partner, and to build a relationship free from abuse.



"NOT A NAG, A RED FLAG!"

Marking the International Day for the Elimination of Violence against Women, WIZO launches one of its most far-reaching national campaigns to date — and releases a comprehensive study, conducted in 2025 by Anat Ben-Porat from Bar-Ilan University and WIZO, exposing the reality of violence against women and teens in wartime.

WIZO chose to focus especially on violence in teen relationships, where harmful patterns begin early and often remain invisible. The findings show clearly: if we do not intervene in adolescence, the cycle of domestic violence continues into adulthood.



Inform
Alert
Protect
Act

This 2025 central theme - "Teen Dating Violence: The Post-Covid Generation Living Through War"



The emotional aftermath of COVID-19

The emotional traces left by the pandemic on an entire generation.



The war and its ongoing uncertainty

Exposure to graphic "war content" online, creating a climate of permanent insecurity.



Loss, displacement, and fear

Loss, displacement, and fear — experienced at a crucial developmental age.



Extreme emotional overload

At a crucial developmental age, during first relationships.



A space of comfort

First relationships can become a space of comfort — but just as often, a space where jealousy, control, and digital surveillance emerge.



VIOLENCE THAT OFTEN GOES UNSEEN

Unlike adult domestic violence, teen relationship violence is rarely physical

It most often manifests through behaviors that most young people don't perceive as forms of violence at all.



Checking phones and social media



Controlling behavior and isolation from friends



Threats involving photos



Obsessive messaging



"Ghosting" as punishment



Emotional blackmail ("I can't live without you")



European
Council of
WIZO
Federations

KEY FINDINGS

WIZO National Survey – Prof. Anat Ben-Porat, Bar-Ilan University

Conducted with 150 educators and 356 high-school students as part of the "MINE AND ONLY MINE" program.



EDUCATORS

46%

identified domestic violence cases in the past three years

46%

noticed an increase since October 7

69%

lack the tools to identify harmful teen relationships

68%

received no training in the last seven years

20%

only feel confident recognizing early warning signs



TEENS

39%

say violence among peers has increased since October 7

56%

cannot tell when a friend is in a harmful relationship

54%

never received education on domestic violence

77%

say schools should address this topic

49%

of teens in relationships feel war-related tension

22%

say their partner used the war to justify harmful behavior

65%

want tools to identify "red flags"

31%

only of teens who experience violence turn to their parents



Teens are asking for help, but the adults around them lack the tools to respond.

WIZO's Campaign: National Reach, National Impact



Nationwide visibility

- Billboards in major cities
- Posters in schools, youth villages, and community centers
- Print materials for educators and teens
- Radio messages broadcast nationally



Digital awareness

- Social media videos
- Carousels highlighting red flags
- Reels for wide public reach



Educational outreach

- Workshops based on "MINE AND ONLY MINE"
- Activities in youth frameworks
- Professional training for teachers and parents



Research & Advocacy

- Presenting the WIZO report
- Calling for government-funded healthy-relationship education
- Advocating for a national data-collection system on violence

NOV. 2025

25

National Conference marking November 25, 2025: "Not a Nag! A Red Flag!"

Researchers, practitioners, and public officials brought together to present the new research with Prof. Anat Ben-Porat, findings from the national teen survey, insights from the Violence Index, and systemic recommendations for prevention and intervention.



Healthy
relationships,
a better future.



Violence begins long before the first blow. It begins with control, humiliation, and fear. See the warning signs. Act early.

PROTECT YOUNG PEOPLE, WOMEN, AND FAMILIES.



Since 2017, a program that changes lives

To encourage victims to break the silence and ask for help, WIZO facilitators provide school staff and students with training, educational resources, informational materials, and referrals to the relevant support services.



30 000+

TEENS AND YOUNG ADULTS
EDUCATED SINCE 2017



6 600

ADOLESCENTS IN "MINE AND
ONLY MINE" WORKSHOPS PER
YEAR



330

GROUPS ACTIVE ALL OVER
THE COUNTRY

See the warning signs. Break the silence. Reach out for help. Stop violence before it starts.



WIZO'S MEN'S HOTLINE

For WIZO, men are part of the solution

For decades, the fight against domestic violence has focused — rightly so — on protecting women.

When it comes to men, the conversation is mostly about punishment: what conviction, what prison sentence, for how long? All of this is relevant, of course. But violence does not always end up in court.

It begins long before.

With control. Jealousy. Humiliation. Anger. Fear. Isolation.

And, in most cases, it does not end in murder. It remains invisible.

Women are the primary victims of domestic violence and, over the past thirty years, major advances have helped protect them better. But it is difficult to fight these forms of violence sustainably without also acting upstream and involving both parties in finding a solution. Violence can take hold for years, sometimes decades.

Couples stay together despite it — out of love, dependency, for their children, for financial or social reasons.

And even after a separation, violence can continue.



**SO, HOW DO WE ACT
BEFORE IT'S TOO LATE?**

MEN'S HELPLINE



European
Council of
WIZO
Federations

WIZO believes that if there is a solution specifically designed for men, they would in fact reach out.

WIZO believes that if there is a solution specifically designed for men, they would in fact reach out, even without being forced to by the authorities. With a hotline for men, WIZO set out to change the conversation, to normalize discussion of therapy among Israeli men. The hotline plays a key part.

Anonymous. No personal details. No recordings.

It is the only one of this kind in Israel. Completely anonymous.

It is the only one of its kind in Israel. It's completely anonymous. No one is asked for their name or other personal details, and none of the conversations are recorded. It's run by trained volunteers, all male, on **12-hour shifts, 8 am to 8 pm**, and there's a voicemail system operating on weekends and overnight. Most conversations are in Hebrew, but there are also volunteers who take calls in Arabic, Amharic, and Russian. There's also an online chatroom for those who prefer to text rather than to speak. And all of this is built as a bridge to bring the caller to therapy, and to get men out of that circle of loneliness and isolation that often fuels violent behavior.

Understanding. Zero tolerance.

The volunteers operate on two frequencies: one is understanding, compassion, containment, support for the man on the line.

The other is zero tolerance to violent behavior.

And it's a challenge—to be as empathetic as you can be but to also tell the guy that a particular behavior or pattern he's describing is indeed violent and beyond the pale. The longer-term goal is to allay their fears about therapy and get them to lower their defenses enough to get help, which naturally takes more than one conversation—the volunteers strive to build a relationship with the men, making sure they speak again and again. It's all the more important because some perpetrators have also experienced abuse, which naturally compounds trust issues even further.



This never excuses violence.

A non-judgment and compassionate male voice at the end of the phone line encourages callers to confide their anxieties and concerns with complete anonymity. The goal of the hotline is to help men to manage their emotions and channel their anger so that they recognize the warning signs before reaching boiling point – because prevention is the best remedy.



MEN'S HELPLINE



**An anonymous and confidential
listening space for men.**



Because a call can break the silence before violence strikes.