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Renata Venzor Dear Delegates,

Congratulations, and welcome to NHSMUN 2025! I'm Adrianna Preiss, and I will be your Assistant Director for Session I. This is my first year on staff but my third conference and fifth year overall. I was a delegate in both CSW and Legal at the 2024 and 2023 conferences, respectively. I also helped with research in my school's Model UN organization for the two meetings prior. I've been so lucky to have worked with so many amazing people while working with and around this conference, and I can't wait to continue on the other side!

I am a first-year Doctor of Pharmacy student at St. John's University in New York. I have always been interested in helping and protecting others, which initially intrigued me about MUN but also led me to pharmacy. Other than working on schoolwork, I like listening to new music, watching television, and reading books (both fiction and non-fiction). I'm open to any suggestions in any of these! I am also a huge professional wrestling, baseball, and hockey fan. Also, if you have pets, I would love to hear about them, as I love animals. I even have a spoiled cat who I adore.

I know how nerve-wracking starting these conferences is, but whether you're a newbie or a seasoned veteran of NHSMUN, we will work to have a comfortable and memorable experience! MUN is an incredible way to broaden your horizons, whether through meeting new people, learning how to research important topics, learning about areas you wouldn't usually know about, or combining any of them. I have learned so much from being a delegate and can't wait to be even a small part of your NHSMUN journey!

I can't wait to see this year's commentary and debates, and I can't wait to meet all of you! Good luck with your final preparations, and see you in March!

See you soon,

Adrianna Preiss Assistant Director, United Nations Children's Fund Session I nhsmun.unicef@imuna.org





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Renata Venzor Dear Delegates,

I am beyond grateful to be able to welcome you to the United Nations Children's Fund (UNICEF) committee of NHSMUN 2025. I'm Bianka Gomez, and I will be serving as an Assistant Director (AD) for Session II. This is my first year assisting in NHSMUN as an AD, but I've had the opportunity to be a part of NHSMUN in 2023 and 2024 as a delegate to the CSW committee! A large part of wanting to be a part of the NHSMUN staff was attributed to the excellent chairs I had in my committee and the effort they took into preparing for their delegates.

A little more about me is that I am from Los Angeles, California, and a freshman at American University in Washington, D.C. (alongside a handful of other staff members! #goeagles). I am currently majoring in International Studies. I've been involved with Model UN since 7th grade, now entering my 7th year of MUN and 1st with my beloved AUMUN team. Besides Model UN, I am a tried and true D.I.Y project lover...so on an average day, you'll find me bleaching my hair, stitching old clothes, or painting in any capacity. Besides my D.I.Y escapades, I've grown to be a bagel connoisseur since I moved to D.C. <3 Going out with friends and exploring the city in my downtimes has been my favorite pastime (but seriously if you email me saying you want recs I gotchu.)

As someone with experience in Model UN in both GA and Crisis, there is a lot to be learned from going into a committee. The greatest lesson I can give delegates to performing their best in committee is to be prepared. Be prepared for the people you'll meet, the conversations you'll have, and the topics at hand. The update paper is exactly the source you should use to your advantage, and my co-AD and I have diligently prepared this for delegates to use. It can be a gate-way to opening dialogue with other delegates, being cognizant of the issues at hand, or even the foundation to some of your solutions! The update paper is only the beginning of this. The resources NHSMUN gives you in preparation for committee are not the only sources you can build knowledge, because that includes *your effort* as well. I have hopes that the preparation you all will bring will truly embody the passion and initiative that you all have about these issues outside the Model UN/NHSMUN bubble.

Finally, I would say all the staff in UNICEF and NHSMUN as a whole are beyond excited to see months of hard work come into fruition and see what creative and innovative paths delegates will take. As NHSMUN approaches, I would highly recommend getting up to speed on any updates on the conference and find the courage to talk to your Directors and ADs! If it were possible, I would want to have a fruitful (or silly) conversation with all of you all! But who knows... I'm only an email away. See you all in March!



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# TOPIC A: PROTECTING CHILDREN IN ARMED CONFLICT

Photo Credit: Maj. R.V. Spencer, UAF (Navy). U.S. Army Korea - Installation Management Command

### Introduction

Children are innocent bystanders in war. Yet, due to a lack of experience, they take the brunt of the conflict due to their inability to protect themselves. Without systems in place to protect them, children are harmed more and more as they're left to fend for themselves without knowing how to. Children are sometimes forced to make tough life decisions. These decisions are being made without the proper support and critical thinking skills that adults have. This leads to both short and long-term consequences on their lives. Some of these problematic decisions include their efforts in the conflicts their countries face or whether they continue to get an education. They're faced with the possibility of abduction and manipulation daily. Most countries in conflict also have poor economies, meaning their decisions are impaired by a need to survive, taking over their emotions.

Without access to basic needs, children cannot grow and thrive properly. Without clean water and consistent, nutritious food, children's health can suffer even more in conflicts as they're unable to develop properly due to the lack of all needed to survive. This is also because their bodies can only handle so much, and this weakened state can exacerbate injuries. Children are also put through a lot mentally, something that even the strongest of adults would find incredibly taxing. Coupling this with the fact that not only do these children have brains that aren't fully developed and that these children have almost no coping skills to get them through this, but they are put through even more by the end of it.2

Whether conflicts occur between two nations or within one, it's a consistent fact that children are put through a lot during them and forced to live with the consequences afterward. UNICEF wants to address children's needs by providing humanitarian aid, a course of action that will hopefully be presented by this year's delegates at the 2025 NHSMUN conference.

### **Child Soldiers in Conflicts**

Children are used as pawns in active conflicts. They're often

placed in dangerous situations, whether by force or by choice. This puts them at risk both physically and mentally. Child recruitment is a violation of international humanitarian law, which states that children under fifteen years of age can't be recruited or used during conflicts, something considered a war crime under the Rome Statute of the International Criminal Court.3 It's noted that boys are more likely to be involved in armed conflict, and children as a whole are trafficked to be used for, among other things, recruitment.4

There are many reasons why a child might end up as part of an armed group. Many children are forced to join said groups. They can be abducted, threatened, or coerced into joining.<sup>5</sup> Others may join out of need. Most areas of conflict have a poor economy, leading many people, including children, to seek out armed groups as they provide sources of income. Additionally, many children can be enticed with money or drugs. Also, children can join the armed forces to fight for a cause they or their family support. Overall, there are several reasons why children join armed groups. They are also an easy target since they are easier to manipulate. For instance, Haiti has been facing increasing violations of their rights in recent months.<sup>6</sup> As a result, children have become particularly vulnerable. In 2024, over 300,000 children in Haiti lost out on

<sup>1</sup> Joe English, "Not the new normal' - 2024 'one of the worst years in UNICEF's history' for children in conflict," press release, December 20, 2024, https://www.unicef.org/press-releases/not-new-normal-2024-one-worst-years-unicefs-history-children-conflict.
2 English, "Not the new normal' - 2024 'one of the worst years in UNICEF's history' for children in conflict."
3 Zayadin, Hiba. "Northeast Syria: Military Recruitment of Children Persists." *Human Rights Watch*. October 2, 2024. https://www.hrw.org/news/2024/10/02/northeast-syria-military-recruitment-children-persists.
4 Ariane Lignier and Fabienne Vinet, "New Study Sheds Light on Linkages Between Child Trafficking and Grave Violations Against Children in Armed Conflict, Calls for Increased Prevention, Protection, Accountability," Children and Armed Conflict, October 3, 2024. https://childrenandarmedconflict.un.org/2024/10/new-study-sheds-light-on-linkages-between-child-trafficking-and-grave-violations-against-children-in-armed-conflict-calls-for-increased-prevention-protection-accountability/.
5 "Child Soldiers," Their World, accessed January 20, 2024. https://theirworld.org/resources/child-soldiers/.
6 Fabienne Vinet, "Haiti: Persistent, Brutal Crisis Having Devastating Impact on Children – Office of the Special Representative of the Secretary-General for Children and Armed Conflict," *United Nations*, November 12, 2024, https://childrenandarmedconflict.



Child soldiers defending Damascus against terrorist attacks during syrian presidential election

Credit: Hossein Zohrevand

learning, with schools being closed, attacked, or repurposed as temporary shelters for displaced people due to the armed conflict.<sup>7</sup> Also, in Haiti, most people live on less than USD four. This allows gangs like Kraze Barye, Grand Ravine, and Terre Noire to manipulate children into joining them. Additionally, children are sometimes physically threatened if they refuse to join an armed group.8 It's noted that as of May 2024, about 30 to 50 percent of all gang members in Haiti were children.9

Children in these situations live in "survival mode," a prolonged stress response that occurs in human beings that causes problems with memory, sensitivity, and general basic needs.<sup>10</sup> This can lead to poor decisions as they tend to do whatever they have to do to survive due to the terrible conditions they're put through. 11 Food and housing insecurity, lack of routine, and constant fear can put anyone in this state, especially children who don't have fully developed brains and bodies. This makes them susceptible to these threats and

makes the idea of a somewhat stable source of income and food much more enticing. Even if the work seems unsavory, it's better than nothing, which is even more appealing. By preying on the already vulnerable children, they're forced to make these decisions they might not necessarily make. Without these possible benefits, they're unable to survive, making it seem as if it's the only option for them.

Children are also generally much more likely to fall for propaganda, another common tactic used in their recruitment. They're usually unable to realize that they're being manipulated, making it much easier for them to respond to it. For example, in Yemen, people who die in war are glorified in most types of media, making them seen as heroes. 12 Children are also groomed for war, being taught that things like martyrdom are not only noble but the most desirable thing one can do. Children start to believe it without realizing it and are already favoring these armed groups as their "heroes," and children love heroes. This also makes them want to join these militant groups to

un.org/2024/11/haiti-persistent-brutal-crisis-having-devastating-impact-on-children/. Vinet, "Haiti: Persistent, Brutal Crisis Having Devastating Impact on Children - Office of the Special Representative of the Secretary-General for Children and Armed Conflict."

<sup>8</sup> Phoebe Martel, "Child gang recruitment soars in Haiti," *Vatican News*, November 26, 2024, https://www.vaticannews.va/en/world/news/2024-11/child-gang-recruitment-soars-in-haiti.html.

<sup>9</sup> Juhakenson Blaise, "Who are the children recruited by Haitian gangs? Ordinary kids seeking hope in impossible circumstances," *Haitian Times*, November 26, 2024, https://haitiantimes.com/2024/11/26/haitian-children-seeking-better-life-are-recruited-by-gangs/.

10 Jenn Sinrich, "Survival Mode Is on the Rise. Here's How to Identify It (And How to Break It)," *The Wellnest*, December 10, 2024, https://www.humnutrition.com/blog/how-to-get-out-of-survival-mode/.

11 Sinrich, "Survival Mode Is on the Rise. Here's How to Identify It (And How to Break It)."

12 Ali Al-Sakani, Casey Coombs, and Majd Ibrahim, *Child Soldiers in Marib and Shahma* (City: Publisher, Year), https://sanaacenter.org/

publications/main-publications/23389.

emulate the heroes they see. Propaganda impacts citizens for generations to come at its most impactful. Civilians become more patriotic and, in turn, are more willing to contribute to war efforts.<sup>13</sup> This is because propaganda makes it seem as if the country has entirely correct beliefs and actions, no matter the reality. By making them seem like heroes, it makes them more beloved in the eyes of everyone, especially children. This leads to long-term loyalty. The younger they are, the longer it lasts. This isn't just a singular case. It tends to be a common belief amongst that generation. This leads to social pressure, usually leading to them continuing to go through with things even if they don't necessarily agree. When everyone around them believes in one thing, children will tend to follow it without much questioning, as when they do question, there's a threat of ostracization.

Media literacy is also taking a rapid decline in the digital age, with 54 percent of people saying they feel technology is advancing too quickly for them to adapt, and with only 38 percent being taught how to analyze media messaging in high school.<sup>14</sup> As technology grows, propaganda is more prevalent as it has to go through fewer filters, and some people can decipher the truth from it. This is an issue even in unconflicted countries with unbounded access to information and resources, so areas such as those with active wars are even more susceptible. Without the tools to understand the message, many children are being further led astray. They don't know what is happening, just what is being presented to them. Poor media literacy leads to even further loyalty that won't waver as they have no reason to think against what they're taught. This makes them see their country's military system even more heroically, making them want to join the fight as it's the "right side" in their eyes. As a result, many

children are convinced to fight in a conflict situation. In many cases, they even flee their homes to join the armed forces. For instance, in Syria, the Revolutionary Youth Movement recruits children and isolates them from their families.<sup>15</sup> Children are forced to face months of ideological training, and in some cases, they even receive military training with the Kurdistan Workers' Party (PKK), an armed group based in Türkiye and Iraq. 16 Yet, due to the intense propaganda, many children decide to leave their homes without even saying goodbye to their parents. Many parents who believe their children are missing will search for them only to find out they willingly joined an armed group. For example, in June 2024, a displaced man living in the Shahba region spent 24 hours searching for his missing 14-year-old sister. <sup>17</sup> He was told by a neighbor that she had been seen getting into a black minivan 200 meters from their home. A few days later, the family received an anonymous phone call informing them his sister had joined the youth group. The Shahba municipality delivered his sister's phone to the family, where they found a video of his sister stating she joined the youth group willingly.<sup>18</sup>

Along with being more likely to believe propaganda, children are also more likely to think of threats. In some places like Afghanistan, children face not only recruitment but also things like manipulation and abductions from these armed groups.<sup>19</sup> This makes it seem as if joining is the only viable option, putting these kids once again in an unsafe situation. They are less likely to fight against the people taking advantage of them due to their naivete and small stature, making them weaker in multiple ways. Threats made against children can come in many forms, including ranging levels of manipulation such as coercion or abduction.<sup>20</sup> There are also, in some cases, threats made against their families, raising the stakes even

<sup>13 &</sup>quot;The Lasting Effects of Propaganda in Vietnam's History," Military Saga, last modified October 25, 2024, https://militarysaga.com/ effects-of-propaganda-in-vietnam/

effects-of-propaganda-in-vietnam/.

14 Aiko J. Ayala Rios, "The Decline of Media Literacy and How to Navigate the Ocean of Information," *Andrew's University*, November 22, 2024, https://www.andrews.edu/life/student-movement/issues/2024-11-22/id\_medialiteracy.html.

15 "Northeast Syria: Military Recruitment of Children Persists," Human Rights Watch, accessed January 20, 2024, https://www.hrw.org/news/2024/10/02/northeast-syria-military-recruitment-children-persists.

16 Human Rights Watch, "Northeast Syria: Military Recruitment of Children Persists."

17 Human Rights Watch, "Northeast Syria: Military Recruitment of Children Persists."

18 Human Rights Watch, "Northeast Syria: Military Recruitment of Children Persists."

19 United Nations Seventy-Ninth Session, "Half Billion Children Trapped in Conflict Face Grave Rights Offenses, Third Committee Told, as Delegate Stresses Minors 'Innocent on Both Sides'," meetings coverage and press release, October 14, 2024, https://press.un.org/en/2024/gashc4410.doc.htm.

20 "Opportunities and Barriers to Preventing the Recruitment and Use of Children by Armed Forces and Armed Groups," Interaction, accessed January 2, 2025. https://protection.interaction.org/case-examples/opportunities-and-barriers-to-preventing-the-recruitment-and-use-of-children-by-armed-forces-and-armed-groups/.

more as most children realistically only have their families to rely on. Children are also used in politics due to their innocent nature, often targeted to make points.<sup>21</sup> It's a political statement because they have nothing to do with the conflict, meaning when they're harmed, everyone pays attention. It's through tactics like these that children are brought into the frontlines of armed conflicts, putting them at even more risk when they're the most susceptible to the harms of war. Major examples of this are when schools are targeted in bombings, as they make up the majority of the casualties that occur in them. This has happened increasingly within the past year, especially in areas such as the Gaza Strip.<sup>22</sup> In these incidents, children have become the majority of the victims as time has gone on, making it more and more of a political statement.<sup>23</sup> By targeting areas inhabited by mainly children, statements are made, and deliberate targeting is used to prove points.

Overall, children are recruited and manipulated to fight in conflicts. This is used due to the political statements they can make and their ability to be exploited much more effortlessly. It's vital to deal with this issue when it comes to stopping the endangerment of children in conflict zones as they're being put on the frontlines, something unsafe for anyone. In tackling this issue, you're saving children to a significant extent.

# **Insufficient Educational Systems**

Educational systems are critical to the development of children. They usually cannot provide for themselves without education because they have no basis for a future career. When this happens on a widespread basis, it isn't just the people lacking a future but the country as a whole. The government cannot function properly without basic skills such as reading and writing, causing generational problems. However, in recent years, attacks on education and the military use of schools during armed conflict have increased significantly.<sup>24</sup> Such alarming statistics have caused education to be pushed even further to the front of things that need to be protected in such times of need. That is why ensuring education in conflict areas should be a priority. Children in conflict zones are more vulnerable. Lack of access to education only exacerbates this and reduces their chances of success in the future.

Since 2019, a multitude of reasons have led to the loss of about 14 months of education for Gaza's school children, one of those reasons being the current war.<sup>25</sup> This is projected to set them back by up to five years as a whole educationally. The United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) provides education in shelters to about 8,000 children.<sup>26</sup> Still, this isn't enough, as the loss of learning levels was already high before the conflict started, meaning more would need to be done to make up for the lost time. The resources required to do this are expensive during times like these, setting back these children even more. Giving these children something consistent is essential to try to recuperate at least part of what they're missing.

On the other hand, Lebanon has seen several setbacks in recent years. The COVID-19 pandemic, the 2020 Beirut explosion, a major financial crisis, and an influx of refugees due to other surrounding conflicts have decreased the efforts to improve access to education. Since 2018, children have lost up to 60 percent of school time.<sup>27</sup> About 40 percent of public schools in Lebanon have been converted into shelters, and another 30 percent were in active war zones. Without the space to facilitate it, children cannot access education, further widening the gap in their schooling.

One organization that is working on recuperating after this

people's education back by up to five years, report suggests."

27 War in Lebanon has turned a decade of education crisis into a catastrophe - report (Ain El Tine: University of Cambridge, 2024), https://www.

<sup>21</sup> United Nations Seventy-Ninth Session, "Half Billion Children Trapped in Conflict Face Grave Rights Offenses, Third Committee

United Nations Seventy-Ninth Session, "Half Billion Children Trapped in Conflict Face Grave Rights Offenses, Third Committee Told, as Delegate Stresses Minors 'Innocent on Both Sides."

English, "Not the new normal' - 2024 'one of the worst years in UNICEF's history' for children in conflict."

Kiara Alfonseca and Victoria Beaule, "Gaza schools targeted in series of airstrikes as death toll passes 45,000," ABC News, Date, https://abcnews.go.com/International/gaza-schools-targeted-series-airstrikes-death-toll-passes/story?id=116824919.

'Attack on Education," Norwegian Refugee Council, accessed January 20, 2024, https://www.nrc.no/feature/2024/attack-on-

<sup>25 &</sup>quot;Ongoing war in Gaza will set children and young people's education back by up to five years, report suggests," *United Nations Relief and Works Agency for Palestine Refugees in the Near East*, September 25, 2024, https://www.unrwa.org/newsroom/notes/ongoing-war-gaza-will-set-children-and-young-people%E2%80%99s-education-back-five-years#block-menu-block-10.
26 United Nations Relief and Works Agency for Palestine Refugees in the Near East, "Ongoing war in Gaza will set children and young

cam.ac.uk/research/news/war-in-lebanon-has-turned-a-decade-of-education-crisis-into-a-catastrophe-report.

lost time is Education Cannot Wait (ECW). They're working through their second strategic plan to improve education in Lebanon. Through a USD 2.2 million grant announced in March of 2024, over 20,330 displaced youth are being reached through the First Emergency Response.<sup>28</sup> This response focuses on inclusive and safe education for these children, with an emphasis on providing for groups not usually seen in schools, such as girls and disabled children. The fund also works to form school systems that can prevail for longer periods and can recover in times of need. Organizations such as ECW work to provide quality education that also provides stability for children in their time of need. In areas where schools are often used as shelters, rebuilding educational infrastructure is a high priority.

Education is a key aspect of all children's lives. However, in conflict, it becomes even more critical. For instance, in conflict areas, schools act as protective structures.<sup>29</sup> They protect e children from the facet of recruiters, different armed groups, and exploitation. Schools also offer mental health support. Often, education programs include psychological support to endure the traumatizing experiences they are living. They are also the closest experience children living in conflict zones can get to normalcy and safety. Additionally, education becomes the best way to rebuild the community, achieve economic reform, and reach sustainable development.<sup>30</sup> Finally, education is a way to empower children. Attending school allows girls and children of lower socioeconomic status to aim for a better lifestyle. It also helps children feel more confident, allowing them to overcome daily difficulties. However, the children who need education the most often can't access it. Schools have continued to be targeted in attacks, impacting millions of students. Currently, over 78 million children in

war-torn and crisis-stricken areas are out of school.<sup>31</sup> Many have even been forced to flee their homes. Without education, they become even more vulnerable to the dangers of conflict and face an uncertain future. Also, attacks on education can have long-term physical and psychological repercussions for students. Attacks usually suspend teaching and learning. This leads to an increase in dropout rates and prevents students from accessing their right to quality education.<sup>32</sup> Hence, not being able to attend school places these children further at risk, as they are unable to have the support they need during traumatic experiences that happen during war.

This is also an issue in Sudan, where more than 90 percent of the country's 19 million school-aged children have no access to formal education and no way to put it back in place anytime soon.33 UNICEF has managed a grant of USD 10 million to help establish 365 new learning spaces, the reopening of 181 schools, and the establishment of 100 e-learning centers in Sudan.<sup>34</sup> These educational opportunities are being forced to adapt to the needs of the conflict-affected children within these communities. Providing e-learning and alternative learning centers for these children offers opportunities to those who cannot attend school in the traditional sense. This allows them to have consistent access to education in some form, lessening the overall loss they're experiencing. As of December 2024, over 203,000 of these children are being provided a safe, inclusive, and quality education due to this grant.<sup>35</sup> Moreover, after Russia's full invasion of Ukraine, over five million children have had their education disrupted, leading to the formation and implementation of the USAID-funded Ukraine National Identity through Youth (UNITY) program.<sup>36</sup> UNITY works to re-establish traditional learning centers and classrooms to improve education and students' well-being.

<sup>28</sup> Anouk Desgroseilliers and Kent Page, "Rapid Response in Lebanon: Education Cannot Wait and Strategic Partners Approve Additional US\$1.5 Million First Emergency Response in Lebanon, Total ECW Funding in Lebanon Tops US\$25.8 Million," press release, October 16, 2024, https://www.unicef.org/lebanon/press-releases/rapid-response-lebanon-education-cannot-wait-and-strategic-partners-

October 16, 2024, https://www.unicef.org/lebanon/press-releases/rapid-response-lebanon-education-caimot-wait-anu-strategic-partiters-approve.

29 Ed' Insights, "Education in Conflict Zones: What Hope for Children?" Educational Tools, January 23, 2025, https://educational.tools/education-in-conflict-zones-what-hope-for-children/.

30 Ed' Insights, "Education in Conflict Zones: What Hope for Children?"

31 Norwegian Refugee Council, "Attack on Education."

32 Norwegian Refugee Council, "Attack on Education."

33 "Schools should not be a target in any conflict," *Plan International*, August 15, 2024, https://plan-international.org/middle-east-e-s-africa/news/2024/08/15/schools-should-not-be-target-in-any-conflict/.

34 UNICEF Sudan, "Sudan: Safe, inclusive and quality education for crisis-affected children," *Global Partnership*, December 17, 2024, https://www.globalpartnership.org/blog/sudan-safe-inclusive-and-quality-education-crisis-affected-children.

35 Plan International, "Schools should not be a target in any conflict."

36 The Unity Team, "How UNITY is transforming youth-learning in Ukraine's war-torn communities," *IREX*, September 12, 2024, https://www.irex.org/success-story/how-unity-transforming-youth-learning-ukraines-war-torn-communities.



Education programs bring primary education to vulnerable and conflict-affected children in Uganda

Credit: USAID Africa Bureau

Over 3,000 educational institutions have been destroyed since February 2022, and in late July of 2024, UNITY was able to open its first Traditional Learning Center (TLC).<sup>37</sup> TLCs work to provide in-person and hybrid education to improve the quality and accessibility of education. The first TLC opened and now services 250 youth in need of education. These centers provide students with skills to combat the dropping proficiency rates in math, science, and reading skills caused by the war.

UNICEF is continuing to work to establish protection for these schools. They're working to not only develop quick emergency responses if an attack on a school occurs but to remove militant presences from school areas.<sup>38</sup> This is not only to protect children from attacks that could occur from these forces but also to provide an emotionally safe area for them. The trauma they experience from attacks can lead to reactions when seeing armed individuals in general. By removing their access to safe spaces, such as schools and learning centers, they can experience a safer childhood physically, emotionally, and psychologically.

UNICEF has been working to ensure a sense of normalcy, routine, and stability in children's lives, even throughout wars. They do this by monitoring attacks on schools and finding ways to support their students without having to fear militant pressures.<sup>39</sup> Without education, they don't have the skills to strengthen their country's future, causing the cycle of instability to continue. Services needed to accommodate the issues that arise in students after traumatic experiences are hard to come by after countries are left in chaos during and after war.40 They cannot accurately catch up with all they've missed without the ability to support the students they're teaching correctly. Delegates must come together to ensure every child has access to education.

## **Conclusion**

The past year has proven to be one of history's most aggressive on children in conflict. More than one in six children globally are facing life in an area impacted by conflict.<sup>41</sup> Not only are they disproportionately impacted in conflict, but they're disproportionally displaced. Increasing

The Unity Team, "How UNITY is transforming youth learning in Ukraine's war-torn communities."

The Unity Team, "How UNITY is transforming youth learning in Ukraine's war-torn communities."

Jones and Vigneault-Dubois, "UNICEF alarmed by continued attacks on education in conflict zones in Africa."

Ibrahim Nagmeldin Hassan, "Violence against women and girls in Sudan's conflict zones," *The Lancet* 404, no. 10465 (November 2024), https://doi.org/10.1016/S0140-6736(24)02289-X.

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numbers of violations of their fundamental human rights have occurred. While they're often caught in the crossfire, they're also becoming increasingly targeted. In fact, children are no longer mere collateral damage in conflicts. They are direct pawns of political agendas. In places like the Gaza Strip and Sudan, schools have become places of violence.<sup>42</sup> This prevents children from accessing education and destroys a sense of safety. In areas such as the Congo and Haiti, children are being recruited more and more for war and gang-related activities. Overall, children are being increasingly manipulated and targeted due to their naivety and political power. These children have to face situations no child should endure. Besides the physiological impact, they often face malnutrition and the loss of their families. Multiple conventions have been passed emphasizing the importance of children's rights. However, the traditional protections for children have not been adequate. More must be done to solidify the protection of children. This must be done since conflicts can lead to long-term trauma. This trauma can also have generational implications if allowed to continue.

The world must come together to prioritize children's rights in conflict zones. Protecting schools, rebuilding educational infrastructure, and implementing long-term support systems for displaced and traumatized children are critical steps toward breaking this cycle. Mental health must be prioritized since many children are still developing and maturing. If preventative actions and support systems are created, the impact of trauma in conflicts can be lessened. Children represent the future of every society, and when they are harmed, the world loses its potential for peace, prosperity, and progress. In protecting our children, we protect humanity's hope for a brighter future. As conflicts escalate and the global landscape shifts, it is imperative that we act decisively and collaboratively to address these crises. This is not just an investment in the lives of children but a commitment to a more just, stable, and compassionate world. The time to act is now.



Photo Credit: Seaman Charles T. Green

## Introduction

The United Nations Children's Fund (UNICEF) reported 2024 as one of the worst years for children in armed conflicts.<sup>1</sup> The escalation of disputes, such as Gaza, Haiti, and Lebanon, increased the number of children affected and the impact of conflict on their lives, such as healthcare. Despite the efforts of the international community to tackle the root issues that impact infants and toddlers, they are still exposed to high-risk environments. High-risk environments are where their health can be easily compromised. Efforts like emergency services sent in rural or conflict zones are key but insufficient to stop the crisis. Most must be done to help build a comprehensive system to provide care. Solutions will also need to look at how to make long-term sustainable care widely available for toddlers.

Children and toddlers are the most affected by the healthcare crisis. They are the most vulnerable population. Factors like social status, household income, and access to hygiene increase their risks.2 These factors can determine how good care they get. It also affects their health, nutrition, and other developmental aspects. Armed conflicts and climate crises make these factors worse. In Sub-Saharan Africa and South Asia, these issues are more severe. This has led to one of the highest child and infant mortality rates in the world.<sup>3</sup> The United Nations (UN) has worked to improve healthcare for children, including mental health, in conflict and post-conflict areas. As of 2024, nearly half a billion children live in conflict zones.4 Many of them have experienced severe trauma and need urgent mental health support. Programs focus on protecting children who lack medical care. For example, assessments in Ukraine and Gaza aim to reduce future risks.<sup>5</sup>

Children in post-conflict areas have the least access to healthcare. Emergency responses are most needed in these regions. Stronger health systems and global cooperation are vital to ensure conflicts and environmental crises do not block children from receiving care. As a committee, delegates

must come together to find solutions for this issue. There are many approaches, from new technologies to government regulations and programs. However, these solutions must also be sustainable and resilient to challenges. By focusing on these areas, the world can make sure that the health risk to infants and toddlers is decreased.

## Impact of Armed Conflicts on Toddlers' Wellness

Most infants and children face varying physical and psychological impacts from armed conflicts. Especially in nations with a previous or ongoing crisis, the first institutions that face high need amongst the population are hospitals and clinics.<sup>6</sup> Armed conflicts, by the state or non-state actors, play a key role in redefining these institutions' role in a conflict. According to Armed Conflict Location and Event Data, conflicts have doubled over five years. With conflicts increasing and nearly half a billion children living in conflict zones, it is essential to ensure their access to healthcare. Recently, the war in Gaza has decimated healthcare systems, leaving more than 2.3 million people without access to proper medical care.8

<sup>1 &</sup>quot;'Not the new normal' – 2024 'one of the worst years in UNICEF's history' for children in conflict," UNICEF, last modified December 28, 2024, https://www.unicef.org/press-releases/not-new-normal-2024-one-worst-years-unicefs-history-children-conflict.
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Palestinian families find a shelter in Barzilay hospital, Ashqelon

Credit: Edi Israel

The conflict and the lack of treatment have left Gaza with some of the highest rates of amputee children.<sup>9</sup> The attacks on the health sector have caused damage to millions who need to receive health services, increasing the mortality rate in Northern Gaza. The impact of armed conflict has caused temporary pauses in routine healthcare services, leaving many children without proper medical attention. In 2024, it was estimated that more than 800 children were amputated.<sup>10</sup> These happen not only as a direct result of missile strikes but also long periods of untreated injuries. This can lead to the spread of infectious diseases and preventable deaths. Since medical personnel have to work in unsanitary conditions to treat patients in conflict zones, this can cause hospitals to be unsafe for treatment.

Additionally, mortality rates for medical personnel are incredibly high, leaving people with limited access to treatments.<sup>11</sup> Thus, protecting healthcare workers is essential to treating children in the most critical crises and ensuring access to care isn't blocked by external factors. The protection of healthcare workers is directly linked to the resources children and their families can receive. Due to the high demand for essential workers during times of crisis, in 2024 alone, 282 healthcare and essential workers have been killed in the conflict. The UN Safety Chief claimed it was "one of the deadliest years for aid workers."12 For instance, Gaza in 2024 reported the highest number of aid workers killed in a single crisis. Five months after the initial attack on Gaza, the UN reported 350 hospital attacks. 13 These frequent attacks show how healthcare is often the first casualty in conflicts. This interrupts critical treatments. The World Health Organization (WHO) has highlighted the need for polio vaccines in Gaza due to overcrowding, poor sanitation, and injuries. However, polio cases have already been reported. To prevent outbreaks, polio campaigns were launched. Yet, these campaigns paused in October because

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conditions made vaccinations nearly impossible.<sup>14</sup> Without these programs, children face a higher risk of paralysis. Children with disabilities in refugee camps have less access to care compared to able-bodied children, especially during conflicts. This leads to higher mortality rates due to untreated paralysis. The United Nations Relief and Works Agency for Palestine Refugees in the Near East (UNRWA) reports that over 100,000 children received oral polio vaccines before bombings halted the program.<sup>15</sup> A second vaccination round was completed in November 2024, targeting children under ten. Polio campaigns have vaccinated over 560,000 children in Gaza, with mobile clinics set up around refugee camps.<sup>16</sup> These campaigns are critical to reducing the risk of polio.

In the Democratic Republic of the Congo (DRC), conflict since the 1990s has worsened the spread of the Monkeypox virus (Mpox). UNICEF has increased vaccination efforts globally due to the high migration caused by the conflict. Vaccinating vulnerable groups, such as children, the elderly, and people with health issues, can limit the virus's impact. By September 2024, over 20,000 Mpox cases were confirmed, mainly in Sub-Saharan Africa. Children make up 60 percent of these cases. UNICEF's 2024 immunization programs have focused on children under 15, as they are the most affected.<sup>17</sup> While progress has been made, newer strains require ongoing efforts. UNICEF is also identifying "hotspots" to prepare for future outbreaks. Their work in the DRC includes preventing Mpox transmission to pregnant women and children. Hospitals in conflict zones are often targeted, cutting off people from essential healthcare and supplies. They are also used as shelters for displaced people. Some hospitals in Gaza have been

reinforced to protect doctors, patients, and civilians. Children are the most frequent casualties of conflict, with 70 percent of deaths in the West Bank and Gaza Strip being women and children as of November 7, 2024.18 However, armed conflict disrupts both immediate aid and long-term rebuilding. Healthcare infrastructure, such as hospitals and sanitation systems, is often destroyed. Rebuilding will take years, with the UN estimating costs at USD 18.5 billion.<sup>19</sup> Small-scale farming projects run by humanitarian organizations are one of the few recovery efforts underway.

Conflicts can also strain available resources and decrease access to healthcare for toddlers. Many toddlers, especially in rural areas, are isolated from essential services. Even in developed regions of the world, rural medical care has been disrupted by conflict. For example, the Ukraine conflict has displaced many children. Homes were targeted, and families were forced to flee to safer parts of Europe. Many families that relocate to EU countries find themselves unsupported.<sup>20</sup> Their refugee status makes it difficult to access the same resources as regular citizens. In countries like Germany, the large influx of refugees has strained existing medical systems. The large influx of patients and children who need supervision while their parts are working has put childcare facilities close to the breaking point.<sup>21</sup> The increase in patients means that doctors are more busy than ever before. The situation is worse in Ukraine, where the conflict has displaced many medical and childcare professionals.<sup>22</sup> Schools are operating at a limited capacity since there are not enough teachers. Many doctors have transitioned to work for the military or moved to the EU, which has limited the number of doctors available for

<sup>14 &</sup>quot;Intense Bombardments, Mass Displacements and Lack of Access in Northern Gaza Force the Postponement of Polio Vaccination Campaign," WHO, 2024. https://www.who.int/news/item/23-10-2024-intense-bombardments--mass-displacements-and-lack-of-access-innorthern-gaza-force-the-postponement-of-polio-vaccination-campaign.

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everyday appointments.

Conflicts are a major limiting factor in making childcare more accessible for infants and toddlers. Conflicts have been known to leave long-term trauma and mental illness in children. The trauma and mental stress of conflicts have significant impacts on the mental state of many children who are still developing. Additionally, conflicts lead to the destruction of infrastructure needed to provide medical care and childcare. Hospitals are attacked, which has led to outbreaks of diseases that significantly harm children. Vaccine distribution has also been interrupted by conflicts. Specifically, in the DRC and Palestine, the disrupted vaccine distribution has led to large outbreaks of diseases among children. More resilient distribution chains need to be created and more flexibility to provide medical care to children. If not, there is a high chance that conflicts will negatively impact entire generations for decades.

#### **Environmental Influences** Well-Being

Events like rising temperatures, erratic rainfall patterns, and flooding are more frequent every year and are a consequence of climate change. These phenomena have caused displacement of people and disruptions in food chains, especially in already vulnerable regions.<sup>23</sup> As a result, climate change has led to an increase in the cycle of poverty and malnutrition, especially in vulnerable populations. Climate change has impacted the well-being of many children, from unpredictable rainfall,

disruptions to food systems, and air pollution.<sup>24</sup> All of these can cause long-term health complications. These factors can negatively impact a child's developmental stages.<sup>25</sup> With growing concerns about the impacts of climate change, agriculture is the first to feel the impacts. Thus, the risk of famine can lead to malnutrition in children and toddlers.<sup>26</sup> Not only is nutrition essential for sustaining a healthy body, but the environment can have lasting effects on a child's health. Water sanitation, high-quality food, and air quality can impact the development of a child.<sup>27</sup> A degrading environment can severely hinder a child's healthy development through their cleanliness and sustainability. For example, Uganda has been facing an unprecedented famine that led to children being acutely malnourished. Around 112,270 children aged 6-59 months face acute malnutrition and will need treatment between March 2024 and February 2025 in Uganda.<sup>28</sup> Hence, measures like investing in climate-smart agriculture and strengthening social protection systems were taken in India, Kenya, and Nigeria. Nevertheless, climate change is making it harder to fix malnutrition.<sup>29</sup> It is projected that 40 million children will experience stunting due to malnutrition between 2024 and 2050,<sup>30</sup>

UNICEF ranked South Sudan as the 7th most vulnerable country to the effects of climate change on their children.<sup>31</sup> Climate change in South Sudan has impacted the access to services, agriculture, and protective environments without fear of environmental crisis.<sup>32</sup> By July of 2024, more than 17,000 people were affected by the flooding of the rainy season.<sup>33</sup> The 36,000 individuals that were displaced by the flooding were

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cut off from healthcare services, such as pregnant mothers, newborns, children with health complications, and those who are injured.<sup>34</sup> Long periods of exposure to untreated water can lead to improper sanitation and lack of clean drinking water. This can increase the spread of preventative disease to rural and impoverished communities. Diseases such as cholera and diarrhea remain the causes of death among children in South Sudan. 35 Thus, children who've fallen ill in South Sudan haven't received properly sanitized drinking water or don't have the proper sanitation present to help treat them.<sup>36</sup> In the past five years, NGOs have helped develop more innovative agricultural techniques to preserve surviving crops in Sub-Saharan Africa, notably in South Sudan.<sup>37</sup> Notably, the Bill and Melinda Gates Foundation implemented sustainable farming techniques to increase the longevity of crops in unpredictable weather patterns. The foundation has emphasized the importance of smallholder farms as the backbone of community nutrition.<sup>38</sup>

Community health worker gives a vaccination in Odisha

Almost 100 million children have been prevented from suffering from childhood stunting through these programs, notably in East Africa and South Asia.<sup>39</sup> What can be easily applied to these programs is the techniques that can be taught across the globe due to the focus on small-scale farming and local support.

Recently, programs from WHO identified community-based management of acute malnutrition (CMAM) as a strategy to address moderate and severe acute malnutrition in children under five in resource-poor settings.<sup>40</sup> These programs outlined the complexities of child malnutrition, like climate change and political instability, and the proper steps that need to be taken to address them accordingly. CMAM programs are designed to be more applicable to local communities instead of outreach from larger organizations that cannot be adapted accordingly.<sup>41</sup> Save the Children launched CMAMs

state, India Credit: UK Department for International Development

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in South Sudan to prevent maternal, infant, and young child malnutrition.<sup>42</sup> Regardless, the more intersectional approach from WHO allows a more streamlined way for families and communities to be more involved with children's wellbeing. Furthermore, environmental factors such as facilities for water treatment can be the root of the spread of viral illnesses such as diarrhea or malaria.43 Around 1,200 children die per day because of diarrhea.44 The highest risk of developing diarrhea comes from unsafe drinking water and sanitation. Therefore, UNICEF has worked on the Water, sanitation, and hygiene (WASH) project. The project includes short- and long-term measures to improve access to drinking water, as well as promoting hygiene to prevent the transmission of diseases.<sup>45</sup> Prevention for these diseases starts with adapting hygiene and sanitation in more communities that lack access. Additionally, ensuring universal health care (UHC) can be met through global campaigns. WHO created the Stop Diarrhoea Initiative (SDI) as a program aimed at children's health infrastructure. 46

Heat risk is another way that climate change impacts children's health. Even before birth, a high heat risk can be dangerous to a child's life. If a pregnant mother is constantly exposed to extreme heat, then the mother risks a premature birth of a child.<sup>47</sup> This will likely lead to long-term health problems for the newborn child. Even if a heat-induced premature birth is successful, the child cannot be exposed to prolonged heat either or else they will have their development significantly affected. Heat risk for infants and children also differs greatly from that for adults. Young children cannot regulate their body heat as effectively as adults. This means an increased chance of a heat stroke and organ failure. 48 Even if heat is not a significant issue, air pollution from climate change-related events like wildfires can pose a significant risk to children's respiratory health. UNICEF states that children tend to

breathe in more air than adults at a much faster pace.<sup>49</sup> This means they are more exposed to air particles and potentially harmful pollutants. Inhaling these pollutants will likely lead to a higher risk of respiratory illnesses. This includes potentially deadly diseases like pneumonia. Pneumonia is known to be one of the most deadly respiratory illnesses in developing countries. According to UNICEF, one in five children die from it. Additionally, children in low-income countries are at an incredibly high risk.<sup>50</sup>

Climate change is harming vulnerable communities. It disrupts food systems, pollutes water and air, and increases malnutrition and disease in children. Flooding and extreme weather have displaced families and cut off access to healthcare. Many children suffer from preventable illnesses like diarrhea and malnutrition. Programs like climate-smart farming and clean water initiatives have helped, but more action is needed. More long-term solutions will be required to counter the harmful effects of climate change. There is room for new technology to help people adapt to climate change better. Governments can also work together to improve the quality of life for their citizens through regulations. All of these solutions should be considered to ensure this is a sustainable fix to the problem. Climate change-accelerated illnesses will only become more deadly and especially dangerous to children. Delegates must collaborate to fund solutions, protect children, and improve access to food, water, and healthcare.

## Conclusion

The challenges children face in conflict zones and unsafe environments need urgent attention. War, political unrest, and climate change block access to healthcare. Conflicts continue to make it difficult for children to access reliable

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care. Additionally, conflicts will negatively affect generations of children due to their impact on mental development. On the other hand, climate change will impact the physical development of children. Climate change will only make living more dangerous for children with weaker immune systems. This puts millions of children at risk of disease, malnutrition, and poor growth. Groups like UNICEF and WHO have made progress. Vaccines, farming programs, and emergency care have saved lives. But these efforts are not enough. Stronger and more coordinated actions are needed to fix the root causes and improve and build strong health systems for highrisk environments. Talking about these issues is key to creating change. In addition, it makes visible the intersectionality and complexity of the issues, with children being the most vulnerable in all the problems. These discussions also lead to improvements, such as local healthcare programs and farming that can handle tough weather. Without ongoing conversations and debate, these problems might be ignored.

Actions must be taken now. Governments, international organizations, and leaders must prioritize the health and safety of children. While it may appear to be heavily influenced by outside factors, delegates should consider solutions that help directly benefit children. By focusing on this core group, the committee can create concentrated policies to mitigate the negative impacts of conflicts and climate change. Cooperation between nations is key to building stronger health systems and addressing these crises at their roots. Countries must commit to funding healthcare programs, supporting vaccination efforts, and investing in sustainable solutions. International collaboration shows the world that no child's life is less valuable. By uniting our efforts, a future where every child has access to healthcare, safety, and hope can be ensured.



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