**Reflections of the paradox between empowerment and vulnerability: Young Arab-Palestinian women in Israel using feminist services**

Abstract

This article focuses on the experiences of young Arab-Palestinian women in Israel engaging with feminist services. Utilizing a mixed-methods longitudinal approach, the research followed participants in a feminist support program from 2019 to 2022. Quantitative analyses examined the development of feminist awareness and its associations with familial and personal risk, while qualitative data illuminated participants' subjective experiences and contextualized the findings. Quantitative results revealed that increased feminist consciousness was associated with greater familial risk, reflecting tensions between feminist empowerment and patriarchal resistance. The qualitative insights further explore this paradox, highlighting the participants' struggles to reconcile newfound feminist identities with familial expectations and societal constraints.

The discussion situates these findings within the broader socio-political and cultural frameworks, emphasizing the challenges of implementing Western feminist practices in traditional societies. The research highlights the adaptive potential of culturally contextualized feminist practices, ~~such as creating female-centric spaces that resonate with local narratives. However, it also critiques the limitations of such initiatives in fully addressing the complex interplay of Arab feminism, patriarchal structure, and~~ (considering) essential arenas in young women's lives.

Keywords: Feminist Practices and services, Arab-Palestinian young women, family risk, Feminist Awareness.

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Compliance with Ethical Standards:

Informed consent was obtained, and the privacy rights of participants were observed.

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COI: I declare that I have no conflict of interest. Also, I confirm that the submitted article has not been previously published (including in languages other than English) and is not under review elsewhere.

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