



The photo depicts the infamous "Banana Stress Position" used by Israeli interrogators. It is sometimes combined with the interrogator sitting on the detainee's legs and harshly beating him in the thighs/chest. The position was one among many Israeli torture methods described in a booklet by Addameer Prisoner Support and Human Rights. **FACEBOOK**

Confiscation of personal possessions

One of the very first steps taken by prison authorities as soon as the war began was to confiscate all shared and personal property that Palestinian prisoners kept in their cells. "We had no clothes other than what we had on, so we couldn't change or really wash them. We wore the same clothes all the time. They held a search every day, and if they found

another piece of clothing, they confiscated it. They also carried out random searches at night and took anything they found. One prisoner stayed in the same clothes for 51 days."

From the testimony of Sami Khalili, 41, a resident of Nablus who was serving a prison sentence from 2003 and was held in the Negev Prison (Ketziot).

Unrelenting physical and psychological abuse

Institutional violence against Palestinian prisoners by prison authorities has become more frequent and more virulent since October 7. Testimonies attest to physical, sexual, psychological, and verbal violence, directed at all

Palestinian prisoners and perpetrated in an arbitrary, menacing fashion, usually under a shroud of anonymity. The scope of violence emerging from the testimonies clarifies that these are not isolated, random incidents, but rather an institutional policy integral to the treatment of prisoners.

Physical violence, intimidation

Pepper spray, stun grenades, sticks, wooden clubs and metal batons, gun butts and barrels, brass knuckles and tasers, attack dogs, beatings, punches, and kicks — these are just some of the methods used to torture and abuse prisoners according to the testimonies.

These assaults were described as a fixture of everyday life in prison and often led to severe injuries, loss of consciousness, broken bones, and, in extreme cases, even death.

"I leaned against a wall. I had broken ribs and was injured in my right shoulder, my right thumb, and a finger on my

left hand. I couldn't move or breathe for half an hour. Everyone around me was screaming in pain, and some inmates were crying. Most were bleeding. It was a nightmare beyond words."

From the testimony of Ashraf al-Muhtaseb, 53, a father of five and resident of Hebron District, who was held

in the Etzion detention facility and the Ofer and Negev (Ketziot) prisons.

"We lived in fear and panic. The only expressions we saw on the faces of the guards and the special forces were anger and vengefulness. Even during roll call, they would taunt the prisoners, aiming laser beams

at them. They just wanted the prisoner to open his mouth so they could pounce on him, beat him, and crush him."

From the testimony of Khaled Abu 'Ara, 24, a resident of 'Akabiah in Tubas District, who was held in the Negev Prison (Ketziot).

Extreme violence during transfers and travel

The testimonies attest to severe violence used against prisoners during transfers: whether between prison facilities, in prison waiting areas used as way stations prior to admission into prison or travel out of it (also known as "transitions"), and sometimes during transitions between wings and other areas inside the prison itself.

Sleep deprivation

Sleep deprivation was an integral part of the daily abuses meted out to inmates. In some cases, the lighting in the cells is on throughout the night; in others, guards played loud music or unpleasant sounds to keep prisoners from sleeping. These are acts that sometimes amount to actual torture.

"The next day, two guards came and took me to a cell the size of 1.5 square meters with no toilet. I was in that cell alone for more than three months. [...] The light was on 24/7 and I lost track of time. I didn't know what time it was or what day it was. I had no one to talk to. I almost went crazy in there."

From the testimony of M.A., Hebron District.



Amer Abu Hlel, who was recently released from prison, walks with a cane at his home in Dura, in the West Bank, on June 4, 2024. "The day I was released, they hit me in the street, in front of people," said Amer, who has a broken vertebra now. **TANYA HABJOUQA/LE MONDE**

Food deprivation, starvation

The reduced amounts of food provided to Palestinian prisoners and limited calorie intake are part of the new policy declared by the Minister of National Security when he first took office. The witnesses spoke about the extreme hunger they were forced to endure and the poor quality of the food, which was often undercooked or past its expiry date. The policy of starvation affected prisoners' health and physical shape. The profound lack of food resulted in significant weight loss, sometimes amounting to tens of kilograms.

"The food was terrible, both in quantity and quality. We were given portions that wouldn't satisfy anybody. Most of the time the food was rotten — for instance, the eggs and yogurt. Once, when a detainee in the cell next to ours asked to swap his yogurt because the expiration date had passed, they punished all the inmates in the cell: they set dogs on them, beat them with clubs, dragged them to the bathroom, and beat them up. The next day, I could still see their blood on the floor."

From the testimony of Hisham Saleh, 38, a resident of a-Sawiyah in Nablus District, who was held in Ofer Prison.

Absence, denial of medical treatment

Many witnesses said that prison guards and medical staff at the detention facilities and prisons refrained from providing essential medical care or refused to do so, even in life-threatening situations. In some cases, medics and other medical staff admitted to prisoners they had received instructions not to provide treatment and medication to inmates, even when the treatment in question was life-saving.

The denial of medical care and improper treatment of patients often led to horrific outcomes, causing long-term injuries. One example can be found in the testimony of Sufian Abu Saleh, a 43-year-old from Gaza who was held in the Sde Teiman military detention facility. Abu Saleh's leg had to be amputated as a result of injuries caused by soldier violence, harsh incarceration conditions, inadequate treatment, and indifference on the part of the facility's personnel.



Fifteen-year-old Tariq Abukhdeir (L) after Israeli police beat him. **ADDAMEER**

Hygiene, cutting off the water supply

Witnesses spoke of being forced to live in filth during their incarceration, as a result of the blanket confiscation of bathing, cleaning and washing supplies, the water supply cut off in cells, and the limited access to shower facilities that were not meant for such a large number of prisoners in the first place. In many cases, toilet tanks had running water for only one hour a day as well. Prison cells were turned into a sanitary hazard and made unfit for human habitation. These

conditions led to the development and spread of diseases and various health problems.

"We felt our bodies were rotting with dirt. Some of us had rashes. There was no hygiene. There was no soap, shampoo, hair brushes, or nail clippers. After a month and a half, we got shampoo for the first time. There were no cleaning supplies either, and it was impossible to clean the cell or the toilet, or to wash clothes."

From the testimony of Muhammad Srur, 34, a father of two and resident of Ni'lin in Ramallah District, who

was held in the Etzion detention facility and in the Ofer and Nafha prisons.

"The cold water taps in the rooms ran only one hour a day, from 2:30 P.M. to 3:30 P.M. You could only use the toilet — which is inside the cell — during that hour because otherwise, it was impossible to flush. But sometimes people couldn't hold it in and it was disgusting, causing a stench and bad hygiene conditions."

From the testimony of Z.A., East Jerusalem.



The photo shows Israeli forces preparing to go through a door inside a prison. **CHANNEL 13**

The testimonies presented in this report provide an account of how Israeli prison facilities have been turned into a network of torture camps. Given the severity of the acts, the extent to

which the provisions of international law are being violated, and the fact that these violations are directed at the entire population of Palestinian prisoners daily and over time — the only possible conclusion

is that in carrying out these acts, Israel is committing torture that amounts to a war crime and even a crime against humanity. We appeal to all nations and to all international institutions and bodies, includ-

ing the International Criminal Court, to do everything in their power to put an immediate end to the cruelties meted out on Palestinians by Israel's prison system, and to recognize the Israeli re-

gime operating this system as an apartheid regime that must come to an end.

The full executive summary first appeared on B'Tselem.