

UJS IS HERE TO SUPPORT JEWISH STUDENTS ATTENDING NON-JEWISH (MAINSTREAM) SCHOOLS AND CLUBS

This week Israel has experienced several shocking and terrifying events, we understand that as a Jewish student in a non-jewish environment, this may have affected you, in your form rooms, on the pitches or during breaks.

WHERE CAN I GET SUPPORT?

Antisemitism

CST - <https://cst.org.uk/report-incident>

UJS - Taliah.h@ujjs.org.uk

Israel Education

UJS - <https://www.ujjs.org.uk/israelportal>

UJIA - <https://ujia.org/online-educational-resources/>

WELLBEING

JAMH - www.jamh.org.uk (Manchester)

JAMI - <https://jamiuk.org/get-support>

UJS Welfare Hotline - 020 7424 3288

Grief Encounter - 0808 802 0111



DO JEWS IN THE DIASPORA REPRESENT ISRAEL?

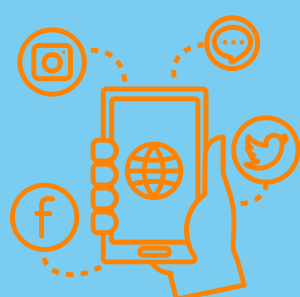
Let's look at the meaning of some of the words that we use when talking about Israel

It is important to explain to people what these terms mean when they are talking to you about the war in Israel. You may have peers that are confused by some of these terms as they can be used incorrectly.

- Zionism is the belief in the right of the Jewish people to self-determination (and not all people who call themselves Zionists share the same opinion about the exact territory, principles, etc. of the state of Israel).
- A Jewish person is someone who is part of the Jewish people. Some Jewish people practice the Jewish religion through prayer and religious observance. Other Jewish people identify with their Jewish heritage but do not practice their religion. Some people are Jewish from birth while others may have converted to Judaism. Jewish people are a minority group in the UK.
- An Israeli is the national identity of someone who lives in Israel

ISRAEL ON SOCIAL MEDIA

When you see a post about Israel consider the following



Does the source have ulterior motives, who benefits from their post?

Are they a politician, will people fact-check them?

Are they an influencer looking to please a fan base?

Is the post fact, or opinion, could it be opinion masquerading as fact?

Is there additional context that is missing to fit an agenda?

Most importantly do not share videos or announcements with your peers on social media unless you are certain of the source and accuracy.

HOW CAN I TALK TO MY PEERS ABOUT WHAT'S HAPPENING IN ISRAEL?

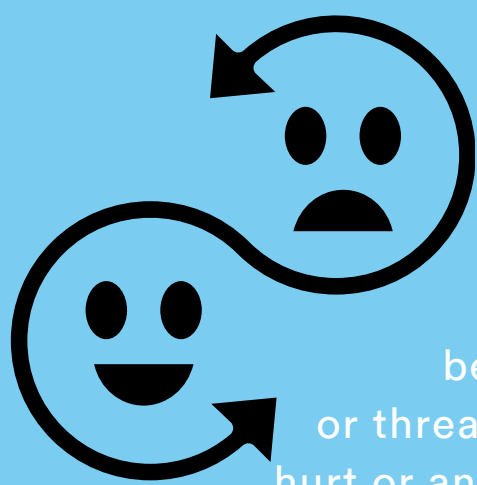


Talking about Israel while the ongoing war continues can be complex, finding common ground with people you disagree with can be a great starting place, we all want to see the conflict end.

When a peer says something that you know is not true think, “Is this an opinion or a fact?” If, it is a fact that you have evidence against you should present this, but if it is an opinion you can engage in further dialogue. Here are some sentences you can use to continue the dialogue with someone you disagree with.

I am not sure I agree with you, but I want to make sure I understand
I heard you saying this, but I’m making a different point here
I understand that you are valuing x, but what is more important to me is y
Am I right in thinking you believe x, [yes] That’s the thing. I believe y

It is important to remember that you don’t need to agree with one another about everything to agree on other things. You can be Pro-Israel and Pro-Peace, you can also be Pro-Palestine and Pro-Peace.



When talking about Israel and Palestine individuals are often driven by emotions, on both sides, there is fear and anger.

If the dialogue becomes very emotional it can be hard to continue engagement. If you feel unsafe or threatened you should withdraw, but if you are feeling hurt or angry by the other person's words you can continue using the following.

I can feel I’m getting {upset/angry/sad} but it’s really important what you said because...

That triggered me but don’t stop, I want to hear
I’m finding it hard to hear that, but I’m trying

It’s really important for me to hear this, but I’m not enjoying it”

I know I look upset, but I’m still listening

Different narratives exist within the same story, something that is true to you may not be true to another. Try to make space for another narrative to exist within the conversation, it doesn’t mean you agree with it to accept it as another perspective.

Language, core identity and beliefs can play a large role in this area.

Different people are entitled to their own set of beliefs, in an argument you should make room for the the other person's beliefs to exist. You can use some of these sentences to make room for uncertainty and view it from another perspective.



I’m not sure I believe what I’m about to say, but...

I’m going to try a new idea here but I might take it back in a second

Earlier in the conversation I said x, but I think I’ve changed my mind and now I want to say y

Please don’t judge me for this, but I have a feeling I think x

I may believe x?

I’m kind of shocked to hear myself saying this, but...

I wouldn’t normally say something like this, but maybe...

What if...?

Maybe...?

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IT IS OKAY NOT TO BE OKAY



You do not need to talk about Israel if you aren't ready to. If you don't want to do Israel advocacy currently, that is okay. If you feel someone is pressuring you to engage in a way that makes you uncomfortable try using some of the following sentences.

- I would rather not talk about this right now
- I don't feel comfortable talking about Israel in school
- What you are saying is hurting me so I would rather if you didn't continue
- Please can we change the subject, I feel anxious/sad/scared?
- This is too difficult for me to talk about at the moment

If the individual or group does not stop, you should talk to a trusted adult

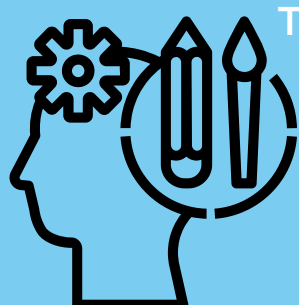
HOW CAN I HELP?

Israel is a strong nation, and the country is united in these turbulent times. Israelis have been working together to host displaced families, cook for soldiers and keep the country running since the war began.



- Donating money to the UJS campaign, which is supporting victims of terror, any amount is helpful.
- Attending vigils to show public support of Israel.
- Attending virtual or in-person sessions or speakers through your communal organisations.
- Not sharing videos on social media to cause further emotional trauma to both Israelis and Jews
- Contact friends and family in Israel to let you know you support them and give them strength.

HOW CAN I PROCESS WHAT IS HAPPENING?



These are unprecedented and hard times for the Jewish people, it is important to look after yourself. Processing is a great place to start to improve your mental health and overall well-being. Processing can help you develop resilience, understand the issue more, build stronger connections, and fully realise your strength.

- Attending any communal events is good way to feel less alone and feel a sense of support within the community.
- Spending time with friends who understand what's happening who you can talk to
- Keeping yourself busy with other things and keeping to your regular routine
- You can try mindfulness and meditating.
- Prayer and singing are powerful tools, it doesn't need to be religious, but it can be used to process our feelings and help us feel connected to one another.