

Conversations That Matter: Understanding and Discussing Antisemitism with Young People

In recent years, **antisemitism has surged in the U.S and around the world.** Young people are increasingly experiencing, witnessing, watching and, in some cases, perpetrating antisemitism.

How Antisemitism Shows Up in Schools, Communities and Online



The Impact of Antisemitism on Young People

Because of a reduced sense of safety and feelings of stress due to antisemitism, young people may develop these stress reactions.



Emotional Indicators

Pessimism, depression, anxiety, guilt, anger, mood changes, unpredictable and uncharacteristic emotions, etc.



Physical Indicators

Increased exaggerated reactions, nightmares, fatigue, stomachaches, headaches, pains, increased heart rate and more.



Cognitive Indicators

Negative perceptions, intrusive worries, self-blame, loss of interest, disorientation, impaired memory and concentration and more.



Behavioral Indicators

Clinging, bed-wetting, aggression, withdrawal, social isolation, agitation, re-enactment of aggressive experiences and more.



Academic Indicators

Sharp change in academic engagement, decline in grades, school avoidance, changes in peer group, lack of interest in activities etc.

How Parents and Trusted Adults Can Help



Reinforce Family Connection



Take Care of Yourself



Manage Your Stress Level



Answer Questions



Provide Space for Listening



Build Resilience



Connect School and Home



Address Adolescent Needs



Manage Social Media



Look For the Helpers



Read the full article:

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