

[Israel-Hamas War: What You Need to Know](#)

[Current Events: Resources for Jewish Students and Parents](#)

[Wellness Resources for the Situation in Israel](#)

General information

Sarah Markowitz Schreiber

JCRB|AJC Director, Education and Programs

sarahm@jewishkc.org

Rachel Kaseff

JCRB|AJC Programs and Development Coordinator

rachelk@jewishkc.org

- [How JCRB|AJC serves as a resource for Jewish students in KC](#)
- [AJC Campus Affairs](#)
- [Report an antisemitic incident](#)

Antisemitism Resources

- [AJC Translate Hate Glossary](#) - guide to antisemitic terms, phrases, conspiracies, cartoons, themes, and memes.
- [The International Holocaust Remembrance Alliance \(IHRA\) Definition of Antisemitism](#)
- [10 Tough Questions on Antisemitism Explained](#)
- [A Guide to Recognizing When Anti-Israel Actions Become Antisemitic](#)
- [AJC's State of Antisemitism in America 2023 Report](#)
- [Behind the Numbers: Young American Jews' Encounters with Antisemitism](#)
- [ADL Audit of Antisemitic Incidents 2023](#)
- [AJC Instagram Post](#), Why does defining antisemitism matter?
- [AJC Campus Affairs - Anti-Zionism and Antisemitism](#)
- [Rabbi Sacks on the connection between antisemitism, anti-Zionism, Judaism, and Israel](#)
- [Rabbis Sacks on the mutation of antisemitism](#)
- [Rabbi Sacks on BDS](#)
- [Article](#) on antisemitism on TikTok
- [Young Zionist Jews say they're fighting antisemitism on social media. What are they accomplishing?](#)
- [BBYO - Stand Up Against Antisemitism](#)

Israel Resources

- [Glossary of Key Terms and Events in Israel's History](#)
- [Modern Israeli History Timeline](#)
- [Israel and the Arab-Israeli Conflict: A Brief Guide for the Perplexed](#)
- [10 Ways to Have Conscientious Conversations on the Israeli-Palestinian Conflict](#)

Find more resources on JCRB | AJC's [Resources on Antisemitism and Israel page](#)

Instagram Account Recommendations

Disclaimer: JCRB | AJC is not responsible for content posted on non-agency Instagram accounts. While many Jewish advocates find these accounts useful, we cannot promise that all their past or future content would be aligned with our positions or endorsed by our organization. It is important for students to exercise critical thinking when engaging with social media.

JCRB | AJC and AJC

- [@jcrbajc](#) (follow us!!)
- [@ajc.global](#) (follow AJC!!)

Advocates, Activists, and Educators:

- [@jewishoncampus](#) (they're also on [TikTok](#))
 - Jewish on Campus
Nonprofit Organization
Amplifying Jewish voices. Striving for university action. Join us in fighting antisemitism.
- [@rootsmetals](#)
 - jewish latina 🧚‍♀️🕊️🇮🇱 (Jewish multimedia educator and artist)
- [@blackjewishmagic](#)
 - Ashager Araro
liberal, feminist, support black lives and a proud Zionist.
Founder off @battae_ Ethiopian Israeli Heritage Centre. ✉️
info@BlackJewishMagic.com
- [@jewishlgbt](#)
 - Include Jews In Your Activism she/her
☆ a safe space for every Jew. be strong. be brave. be proud. be loud. be unapologetically Jewish ☆ 🦊🦊🦊🦊🦊 • 📧🕊️🌿
- [@jtilch](#)
 - Jordyn
Editor
- [@henmazzig](#)
 - Hen Mazzig he/him
Writer
I love being Jewish 10x more than anyone hates me for it. Son of Amazigh & Iraqi refugees. Fellow @telavivinstitute
- [@telavivinstitute](#)
 - 🇮🇱 The Tel Aviv Institute 🇮🇱
The future of combating hate. We uplift Jews and other marginalized groups off and online through innovative, social media-driven strategies. 🌍
- [@theempresmizrahi](#)

- Digital Producer @telavivinstitute ✡️ Jewish Persian Non-binary Warrior
- [theamyalbertson](#)
 - Amy Albertson 💖 תפארת she/her
✌️ ✡️ Chinese-American Jew. Yes, we exist. Being me so you can be you.
Validation > Gatekeeping.
- [@ilanawols](#)
 - ILANA 🌟
Hello you've reached Ilana's IG account that now belongs to antisemitism and foster dogs. 🌌🚀🦁 ✡️
- [@politicaljew](#)
 - Jewish & Armenian he/him
understandingisrael.carrd.co
- [@blackmitzvah](#)
 - Blackmitzvah
By @willstowehos & @benjamin_ari
A Black-Jewish alliance dedicated to sharing the experiences of our past and present to build a better allied future
- [@frumjewishblackboy](#)
 - I'm Jewish and Black and Hilarious! 😄
American by birth, Israeli by choice
🇺🇸 ~ 🇮🇱
- [@noatishby](#)
 - Former Special Envoy for Combating Antisemitism and Delegitimization of Israel. Mom Author Actress Producer.

News and Media:

- [@hey.alma](#)
 - Alma
News & Media Website
A Jewish feminist publication bringing you a diversity of voices. Always talking about Jewish celebrities. Home of Jew or Not Jew ✡️🌟
- [@jewishjournal](#)
 - Jewish Journal
Jewish News | Thought Leaders | Game-Changers | Comedy | Hollywood |
Fighting Anti-Semitism
- [@jta.news](#)
 - Jewish Telegraphic Agency
Media/News Company
Delivering Jewish news from around the world since 1917.
- [@awiderframe](#)
 - A Wider Frame
News & Media Website

Current events in the Jewish world deserve a wider frame. Get quick, easy and comprehensive Jewish world news delivered to your inbox!

- [@avimayer](#)
 - 🏠 Jerusalem 🇮🇱
👛 @ajc.global
🌅 🧑🏫 📰 🥖 🍰 🥂 🐱 ✨
- [@realbassemeid](#)
 - Bassem Eid
I am a Palestinian peace activist, human rights expert, political analyst, and journalist.
- [@blakeflayton](#)
 - Blake Flayton
Writer
jew, liza minnelli enthusiast, nyc nationalist | columnist @jewishjournal |
co-founder @newzionistcongress

Arts and Culture:

- [@jewisharchive](#)
 - jewish archive
visual archive of jewish life, culture, & history.
- [@jartsboston](#)
 - Jewish Arts Collaborative
Nonprofit Organization
Let culture connect us 🌟

Book Recommendations

- [Antisemitism: Here and Now](#)
- [Israel: A Concise History of a Nation Reborn](#)
- [My Promised Land](#)
- [Letters to My Palestinian Neighbor](#) (new edition with Palestinian responses)

Podcast Recommendation

- [AJC People of the Pod](#)
- [Israel Story](#)

Antisemitism Response Strategies (Source: ADL)

JCRB/AJC encourages students to speak up against antisemitism when they feel confident and safe, and to go to their parents, teachers/administrators, or other trusted adults for support and to report incidents. Report online antisemitism directly to social media platforms.

STRATEGY #1: Assume good intent and explain impact.

Sometimes people remain silent because they don't want to cause a conflict. It's not necessary for you to shame, blame or insult someone who has made a prejudicial comment.

Comment: "You don't look Jewish."

Response: "I know you mean well, but that hurts."

STRATEGY #2: Ask a question.

A second simple strategy to use when you encounter a biased comment is to *ask a question*. As in the first strategy, you should start by assuming the person is not being intentionally offensive, and then ask a simple, non-blaming question.

When you use this strategy, your tone of voice is important. You want to avoid sounding sarcastic or accusatory. When you assume good intent and ask a question, you open up communication in a non-blaming way.

Comment: "Didn't you ask to borrow lunch money from me last week as well? What are you, a Jew?"

Response: "What do you mean?"

STRATEGY #3: Interrupt and redirect.

The third strategy is to *interrupt and redirect*. When someone makes an offensive, prejudicial remark, you can use this strategy to change the direction of the conversation without having to provide additional information. This simple strategy gives people an opportunity to change the direction of the conversation. If the offensive language continues, you can use one of the other strategies, or you can walk away.

Comment: "You have to hear this joke: There were four Jews sitting on a..."

Response: "Whoa, let's not go down that path."

STRATEGY #4:

Broaden to universal behavior.

The fourth strategy is to broaden to universal behavior. Occasionally, people will attribute a common human trait to only one group of people, and then stereotype the whole group, as if everyone in the group is exactly the same. This strategy breaks through those stereotypes by suggesting that the trait can apply to humankind in general.

Comment: "The man in front of me in line was insistent on getting his way. I'm sure he was one of those pushy Jews from New York."

Response: "I don't think that's a Jewish thing. I think lots of different people have that quality."

STRATEGY #5

Make it individual.

The opposite technique, make it individual, is also successful at breaking through stereotypes. Instead of broadening to all people, this strategy narrows the focus to one individual by suggesting the characteristic may apply to some members of a group, but not to everyone in the group.

Comment: "Jews don't care about this country; all they care about is Israel."

Response: "Do you mean everyone who is Jewish, or are you speaking of someone in particular?"

Strategy #6

Say OUCH!

Sometimes you might not have the time or energy to speak up, or you might not know how you should respond. In these instances, there is one easy word that anyone can say.

"Ouch" can be a surprisingly effective way to communicate your response to a prejudicial comment. This simple word communicates that the person's words had a negative impact on you. It creates a pause in the conversation where people can think about what was said. If you have time, you can ouch and educate, explaining how the words affected you, or you can simply say OUCH!

If you don't feel comfortable using the word "Ouch", choose another word or phrase to communicate the same idea such as "Whoa"!

Comment: "Those Jews are all alike."

Response: "Ouch!"

STRATEGY #7

Show how the statement crosses into antisemitism

Sometimes someone might make a negative comment about Israel without realizing that what they are suggesting goes beyond mere political criticism into antisemitism. When this happens, show the person how their statement comes across as antisemitic.

In using this strategy it is important to clarify that you are not calling the person who made the comment an anti-Semite or antisemitic, but rather saying that the comment they made used antisemitic themes.

Comment: "Israel shouldn't have so much power to control our government's policy in the Middle East."

Response: “When I hear you say that it reminds me of the antisemitic notion that Jews have too much power and are plotting to take over the world.”

You might also follow up by using the “Ask a Question” strategy: “Is that what you meant in saying that?”

STRATEGY #8

Focus on the biased comments, not the politics

It can be particularly difficult to respond when someone makes what sounds like a purely political statement but it is actually motivated by bias against Israel and/or Jews. When this happens, focus on the inherent bias in their statement, not on the political aspects of it.

Comment: “The whole reason there’s no peace in the Middle East is because of Israel.”

Response: “Everyone is entitled to their own political perspective, but I think what you’re saying singles out and is biased against Israel when there are many factors that inhibit the peace process.”

STRATEGY #9

Say “it’s complicated”

Sometimes someone may make an anti-Israel comment and you’re just not sure what to say. When in doubt about how to respond, you can always say, “It’s complicated.”

Comment: “Israel oppresses the Palestinian people.”

Response: “Actually, the situation is a lot more complicated than that.”

If you feel comfortable, you can offer to have a more extended conversation about the issue with the person at a later time.

Resources for Engaging with the Israeli-Palestinian conflict (Source: JCRC Minnesota/Dakotas)

<https://www.minndakjcrc.org/news/resources-for-engaging-with-the-israeli-palestinian-conflict/>

Before you engage in an Israel conversation, think about who you are going to converse with and what you hope will result.

- Is it a friend looking to understand your perspective?
- Is it someone with lots or little knowledge about Israel?
- Is it someone whose opinion you don’t know or whose views are very different than your own?

Each of these scenarios might require a different approach and a different goal. But in each case, the best conversations are rooted in:

- Curiosity- a willingness to listen and learn from the other
- Honesty- speaking your truth *and* pursuing facts
- Humility- accept that both of you know only a portion of the full story.

With the following ground rules, it is possible for some good can come from the encounter:

1. The focus must be to hear and be heard, to ask and answer questions, to learn something of each other's values, and if possible, to find a point of values agreement.
2. Center your identity and your values in the conversation. If Israel matters a great deal to you, it will matter at least a little bit to people who care about you. When Israel is front-page news and people you know ask you about it, it's because they want to know what their friend thinks.
3. Listen fully to what is being said. Ask questions. Resist the urge to interrupt. Once the other person has had their say, it's your turn. You might consider posing this question: Would you like to know how this situation looks to me? Now the obligation to listen has been placed before the other person.
4. No one expects you to have all the answers. If you can balance passion and compassion, the factual and the personal, and do it all with calmness, intelligence and respect, the conversation will not be easily dismissed.
5. You may find a point of agreement; you may agree on nothing. If you leave the conversation with clarity on where you agree and where you differ, if each person walks away with something to think about, and if there is a possibility of another conversation another day...this is a good result.
6. Maintain perspective. We are 7,000 miles away. The conflict predates all of us and is likely to continue for the foreseeable future. Nothing we say, do, or post is going to change that.

Additional suggestions specifically for teens:

- Check in with parents and/or other trusted adults because they can provide perspective, a sounding board, and a source of guidance.
- Take information breaks (*s/o Shabbat*) and enjoy the last weeks of the school year and your summer break.
- Remember Israel is much more than a story of conflict, even when conflict is what dominates the news cycle. Nourish your love of Israel with Israeli music, food, streaming Israeli TV shows, and, if possible, connection with actual Israelis. Read about the interesting things happening in an area that interests you. Engage with Israel's multifaceted dimensions every way you can.

Talking Israel (Source: JCRC Greater Washington)

IN CONVERSATIONS ABOUT ISRAEL, WHAT CAN I DO?

- Start with empathy
- Listen to listen, not to respond
- Address specific issues
- Reject absolutism
- Pick the right place to have a conversation - yelling in public is not that place
- Use positive language - investing in peace, building a better future, coexistence
- It is ok to disagree with policies and leaders of the Israeli government, just as it is ok to disagree with policies of the American government
- You are not responsible for defending all the decisions and actions Israel takes
- Believe that people care about the issues even if they know less about it than you do
- Use specific, personal stories and ideas that convey emotion

HOW DO I TALK TO FRIENDS WHO ARE RESISTANT TO ANOTHER POINT OF VIEW?

- Decide whether the conversation is even worth having; consider if you want to learn why your friend feels the way he/she does; do you want to change his/her mind?
- Start off the conversation with understanding and acknowledge that you are coming from different places, and then explain why you disagree.
- Talk about the larger picture including shared values and goals while reframing, introducing your perspective, and telling your story.
- The minute you put someone on the defensive, they will stop listening to your perspective. For example, you can agree with someone that civilian casualties are painful for everyone but disagree on the best way to deescalate the situation.
- Remember that not everyone will be willing to have a conversation. It is completely ok to walk away from those situations.
- Your physical and emotional safety are always the most important things!

HOW DO I COUNTERACT BIASED POSTS ON SOCIAL MEDIA?

- Think before you post on social media and then think again.
- Understand the value of social and its limitations. Social media is great for amplifying the specific experiences of others and sharing ways to take action. It is not a good place for nuanced conversation on complex topics.
- The best way to counteract false information is to post your own content.
- Seek out reliable information from credible sources.
- If you see something that contains false information, you can report it. [Click here](#) for policies and information on reporting incidents on various social media sites.
- Engage with organizations that have gained experience working directly with people affected by the conflict and those who have studied about the issues at hand.
- Lead with empathy and understanding; humanize the people impacted by the conflict on multiple sides.
- Don't use inflammatory language.

- Don't compare what's happening to unrelated events happening in other parts of the world.
- Don't support organizations or movements that incite against either side.

10 Ways to Have Conscientious Conversations on the Israeli-Palestinian Conflict (Source:ADL)

<https://www.adl.org/resources/tools-and-strategies/10-ways-have-conscientious-conversations-israeli-palestinian>

1. Establish an environment for a mutually respectful discussion.

- Develop [guidelines and goals](#) for the conversation, such as seeking to build greater understanding, complicate rather than oversimplify, or to foster empathy for the people impacted by the climate.
- Strive for a common language based on respect when discussing complex issues. Recognize and challenge language that is meant to inspire anger and turn people against each other.
- Select a text (or video) from a credible source to anchor the conversation in a shared set of facts. For more on this, see #7.
- Recognize that antisemitic bias is universal, and that it can be implicit (unconscious) or explicit (conscious). Notice the thought processes or emotions that may come up for you with curiosity rather than judgment.
- Consider the [time and place](#). As violence unfolds or the conflict escalates, people may be in greater need of emotional support rather than educational opportunities.

2. Position yourself as a learner, not an expert.

- The [Israeli-Palestinian conflict](#) has roots that predate current events, and there are a wide variety of historical, religious, political and cultural factors in play. It is complex, nuanced and multi-layered.
- In order to truly be able to discuss the conflict, avoid oversimplification which only leads to stereotyping and bias.
- The best way to do that is to read a variety of informed sources from different perspectives.
- Accept and expect that there won't be closure at the end of the conversation nor will all questions be answered and resolved. That may cause some discomfort.

3. Choose language that helps to humanizes the people living in the region.

- Use precise language. For example, refer to Israel as the State of Israel or the Jewish state, as opposed to "the Zionist entity," "the Jews," or other euphemisms. Likewise, distinguish between Hamas or other terrorist organizations and the Palestinian people.
- Challenge the use of dehumanizing depictions of individuals and groups of people as [non-human, animals, vermin, or insects](#).

- Watch out for stereotypes and myths that depict people as all “good” or all “evil” based on their identity group.
- Provide examples, images, narratives, quotes and other material that humanizes people and fosters empathy.

4. Make connections across history, rather than direct comparisons.

- Explore the history of the Jewish people’s origins in the land of Israel, and contextualize the current conflict as part of a long history of different empires and peoples asserting a claim to the region.
- People will often use language and aspects of the Holocaust and Nazism to demonstrate the seriousness of discrimination or bias-motivated violence that is taking place. Making direct comparisons to Nazism or the Holocaust is painful and potentially retraumatizing to Jewish people, especially those who are survivors of the Holocaust or their descendants. The Holocaust was not a “lesson” for the Jewish people to learn. Intergenerational and historical trauma may trigger compounded pain during this conflict.
- Explore definitions and origins of terms that are used to describe mass atrocities in history. Using terms like “[genocide](#)” and “[ethnic cleansing](#)” inaccurately in order to provoke a strong reaction can further cause harm.

5. Center and affirm the concerns that Jewish people express about safety.

- As [antisemitic incidents](#) in the US and around the world tend to spike when there is a conflict in Israel, validate the safety concerns that Jewish people express.
- Remember that safety and comfort are not the same. Comfort is when one’s mind is at ease, whereas discomfort can mean one’s mind is challenged. Safety refers to the absence of risks and threats of harm, and when someone feels unsafe they may be in physical or mental distress. Geopolitical conflicts can be uncomfortable to talk about, however Jewish communities face specific risks when the Israeli-Palestinian conflict is in the news, including threats of violence, vandalism of Jewish synagogues, cemeteries and community buildings and exclusion from participation in everyday life.
- Watch for and challenge the antisemitic idea that Jewish people are deserving of violence, displacement or retribution.
- Anticipate and seek to hold space for Jewish people to feel fear for their safety.

6. Challenge language that holds Jewish individuals and groups accountable for the actions of the state of Israel.

- Understand that holding a community or person accountable for the actions of a nation and their government has a history resulting in violence and oppression.
- Challenge voices that demand Jewish people condemn Israel’s policies and actions, reject [Zionism](#) or otherwise speak on behalf of the Israeli government. For many,

Zionism and a connection to the land of Israel is integral to their practice and identity as Jewish people.

- Remember that Jewish people hold a wide range of opinions related to the government of Israel and its actions and treating a Jewish person or group as representative of all Jewish people is not fair and is tokenizing.
- Identify anti-Israel vandalism, attacks and demonstrations that target Jewish people or community buildings as acts of antisemitism, such as spray-painting “Free Palestine” on a synagogue.

7. Ground conversations in reliable informational resources.

- Identify a text, video or other resource from a credible organization or expert to anchor the conversation.
- Start or continue your learning journey about the [history of antisemitism](#), its roots, and [contemporary manifestations](#).
- Recognize that misinformation and disinformation are widespread, especially as violence and conflicts are unfolding. Practice [media literacy](#) by assessing the quality of the sources you find and share.
- Be sure to include nuanced and different perspectives and minimize one-sided points of view.

8. Center empathy by listening to the voices of those people directly affected by the conflict.

- Listen to and center voices that have personal experiences, familial ties and trauma associated with this region. War and violent conflict have dire consequences for ordinary people of any or no political ideology.
- Ask and listen to how individuals define their identity as Jewish people, Israeli people, or Zionists. Identity is complex and not everyone identifies in the same way.
- Hold space for the distinct experiences of pain and trauma that Jewish and Palestinian people carry from this conflict. Listening to different peoples’ narratives without attempting to correct or rank them builds empathy and perspective-taking skills.

9. Acknowledge your worldview and perspective to avoid projecting onto the Israeli-Palestinian conflict.

- Though news and social media can be informative, people living outside of Israel and the Palestinian territories will always have a limited perspective on the conflict compared to a person who lives in the region.
- Center voices of those who are in the region and most impacted by the conflict.
- Resist the temptation to directly compare the Israeli-Palestinian conflict to other identity-based issues in the United States or elsewhere. Direct comparisons can cause more harm and confusion rather than building understanding.

10. Conclude the discussion with next steps for learning and supportive actions.

- Identify one or more questions to continue exploring beyond the conversation. Learning is a journey.
- Exchange strategies for applying pro-social and supportive behaviors online and in person.
- Accept that violence and geopolitical conflicts can create strong emotional reactions, including feelings of despair and hopelessness; resolve to build connection and strengthen social ties within your community.
- Continue to learn more about the unfolding events and how to support people in your community who are impacted. ADL will provide [updates](#) as events unfold.