

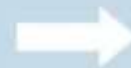
## The Movement for Reform Judaism – Israel: What’s happening and what can we do?

Resources made by Rabbi Neil Janes, on how to approach the conversation with children of particular ages.

### What to say or do for your **Between** child (KS2)

- At this stage your children may be more aware of their Jewish cultures and roots. They may also be more aware of what is happening, especially if there are Israelis in their class / in your family.
  - It is important to be factual but end with hopefulness and connectivity
    - Try and communicate on their eye level and use simple words.
- They may not be aware of the term 'antisemitism' that may spike in the coming days and week, so you can discuss this term.
  - You can explain that the attacks were in Israel and that we live in (insert your home country here) - explicitly state the different countries.
  - You can explain that you feel sad, and we as Jews feel sad and worried about what is happening and that it is something that you as an adult do not quite understand.
  - Explain to them, you may not have the answers for their questions, but asking questions and talking to you/ teachers/ friends is a normal response and that they can always come to you.
    - Teach them that when you (as an adult) think about things that are sometimes overwhelming, you like to take a deep breath, hold it for 1, 2, 3, 4 and then exhale. Repeat.
  - Reassure them that we have a special agency called the 'CST' who works with the police to keep us safe and that if we think anything is not right then we can talk to them or even if we feel something isn't ok then we need to speak up. This can be a feeling in our tummy that we don't quite know fully but we just 'feel' it.
  - Remind them that you are there for them and that you will be able to listen if they want to talk, but may not have all the answers.
  - You can maybe think about if they know of any areas where there are lots of Jewish people and ask them how do they think they may be feeling?

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## **What to say or do for your Teen Child (KS3-KS5)**

- Speak about the horrific content and comments they've seen online and how it makes them feel.
- Remind them to be vigilant and if they're concerned to contact the CST and the Police.
  - Explain you're always there to talk, hug, distract them etc
- Remind them that like during the COVID pandemic, the constant alerts and news updates can be overwhelming and taking a break to connect with friends, cook, game, exercise etc will help.
  - Remind them that engaging in debates on TikTok / X etc will not go anywhere positive and won't change anyone's hearts and minds.
- Discuss the impact the attacks this weekend has had on their physical and mental state and their very normal responses to the abnormal situation and remind them about grounding and breathing techniques they can practice (box breathing, 5 things they can hear ... etc)
- Especially over the next few days, increase connectivity with your teens by watching a film together, heading on a walk all together, gaming with them etc
- Encourage them to check in with their Jewish friends with a caring message or a call.
- Remind your teen about who they can speak with at school if they're feeling stressed, angry or distressed in the coming days and weeks.

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