



UPstanders Against Antisemitism Program

FOR RELIGIOUS SCHOOL EDUCATORS

Do Jewish youth know what to do when:

- THEY HEAR NAZI TAUNTS?
- NEGATIVE JEW JOKES ARE DIRECTED TO THEM OR THEIR FRIENDS?
- THEY OBSERVE VERBAL AND/OR NON-VERBAL SLIGHTS, SNUBS, INSULTS?
- THEY SEE ANTISEMITIC TROPES, CARICATURES, AND STEREOTYPES ONLINE?

The UAA Program has four components:

- 1. Guidebook** — *Countering Antisemitism & Hate: A How-To-Guide For Youth (8-18), Family & Educators*
- 2. Teachers' Lesson Plans**
 - Calming
 - Self-Empathy, Self-Compassion
 - Three Communication Styles
 - Immediate UPstander Strategies
 - Right After UPstander Strategies
 - Later UPstander Strategies

Optional Session: Mature Students in Grades 8 and Higher: Have a private talk with an offender
- 3. Teachers' Preparation Videos** for all six sessions
Short videos highlight and show simulations of parts of each session that can be helpful for inexperienced teachers. Also, experienced teachers will want to highlight these parts.
- 4. Students' Booklet** — *Becoming An UPstander Against Antisemitism* — Each student uses their own booklet to follow along, engage, and reinforce



We have seen the ugly emergence once again of antisemitism which has had an especially harmful and disturbing impact on our youth. Azarchi and Galen have strong backgrounds in educating our youth on how to respond and combat this threat. Their outstanding workbook is a guide that youth, educators and family members can follow. It raises the key issues and presents common sense solutions. I highly recommend this Guidebook for your school, synagogue, JCC or Federation.

Arlene Ratzabi, Schul librarian,
Mamaroneck and Queens
synagogues, New York



The 'Countering Antisemitism and Hate' guidebook is an outstanding path to help Jewish youth and families understand the history of Antisemitism, foster Jewish pride and learn strategies to respond to antisemitic incidents. It is an engaging, interactive way for families and classrooms to create a supportive family T.E.A.M. and learn when and how to report incidents. Way to go, Lynne and Harlene! We are grateful for your efforts.

Ellen Kay, Social Action Chair,
Temple Beth Israel
York, Pennsylvania



Questions? lynne@biasbusters.net and please visit us at jewishupstanders.org