



# 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?

Antisemitism continues to increase and our kids need our help!

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
- **Optional Session:** Mature Students in Grades 8 and Higher: Have a private talk with an offender
- Immediate UPstander Strategies
- Right After UPstander Strategies
- Later UPstander Strategies

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

“Especially post October 7, we have seen an increase in antisemitic incidents—verbal, vandalism, or violence. Unfortunately, there is an endless need to teach pushing back against antisemitism safely. This is why we decided to support our students with the UAA program.”

Rabbi Amy Memis-Foler  
Congregation Adath Emanu-El  
Mt. Laurel, NJ

“What I really like about this program is that it's giving students tools and strategies. It gives them insights into the non-verbal messages we can send. It provides practice playing out scenarios they might encounter. It offers them an outlet to discuss as a group.”

Dana Fine, Teacher  
Congregation Adath Emanu-El

“At the JCC, Lynne and Harlene, led 30 Teen Travel campers in small groups (assisted by six local volunteer educators) in a thorough and interactive program of learning how to push back safely against antisemitism. Explored were: assertive posture, what-to-do strategies, calming, and working with family as a team. The program ended with the teens role-playing scenarios designed to reinforce the what-to-do safe strategies in an antisemitic situation. Our 12-14 year-old campers got so much from this program that we'll not only be repeating it every summer but will also offer a version to younger campers.”

Dana Ladic, CEO  
Abrams Day Camp of Princeton  
Mercer Bucks

**Questions?** For questions and fees, contact [lynne@jewishupstanders.org](mailto:lynne@jewishupstanders.org).