

Feminist Strategies for Supporting the Wellbeing of Jewish Teens

Rabbi Daniel Brenner and Rabbi Tamara Cohen
Jewish Women's Funding Network
May 11, 2022

Moving Traditions – Our Core Work



- We support Jewish teens by designing Jewish educational experiences that are grounded in social-emotional learning theory, Jewish wisdom and a gender lens.
- We train and support educators, professionals, parents and others who work with adolescents to deliver these experiences and to draw on our core methodologies.

What teens need



Social and Emotional Learning Core Competencies

SHLEIMUT



TZEDEK

CHESED

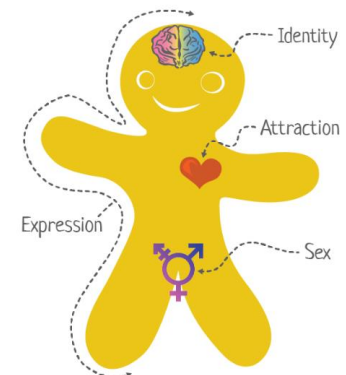
Why preteens and teens?



“Although gender socialization starts early in childhood, early adolescence (ages 10–14 years) is a critical period for shaping gender attitudes, particularly because the onset of puberty brings new and intensifies expectations related to gender.”



(Journal of Adolescent Health, March 2018)



Tasks of Adolescence



1. Adjusting to sexually maturing bodies and feelings
2. Developing abstract thinking
3. Learning about human relationships
4. Refining skills to cope with conflict
5. Exploring identity
6. Grasping complex emotions
7. Forming authentic friendships
8. Fulfilling responsibilities
9. Identifying values - both personal and communal

Feminist Psychology



- *“How do people who seem to be like me - in terms of gender identity - act, speak and think?” - Sandra Lipitz Bem*
- *“What would happen if one woman told the truth about her life? The world would split open.” – Muriel Rukeyser*



The Current State of Teens



During the Pandemic...

Over 25% of girls report contemplating suicide

Nearly 50% of LGBT teens contemplate suicide

High levels of teens feeling persistent sadness and hopelessness: males 31%; females 66%, LGBT youth 78%

Four Factors Affecting Teens Today

1. The World is a Source of Stress

2. In-Person Socialization is Down

3. Social Media: Casual use vs. Addiction

4. Anxiety Transfer of Parents

Online Self-Segregation



Current Forces Shaping Teens' Understanding Of Gender-



Emerging Resistance to Gender Binary

University of Pittsburgh
Community Study 2021 -
3,168 teens across
demographics.

9.2% of teens have a
gender identity that does
not fully align with their
sex assigned at birth.



Intervention Strategies and Programs

B-Mitzvah Family Education



Providing Affinity Spaces



Rosh
Hodesh

Shevet

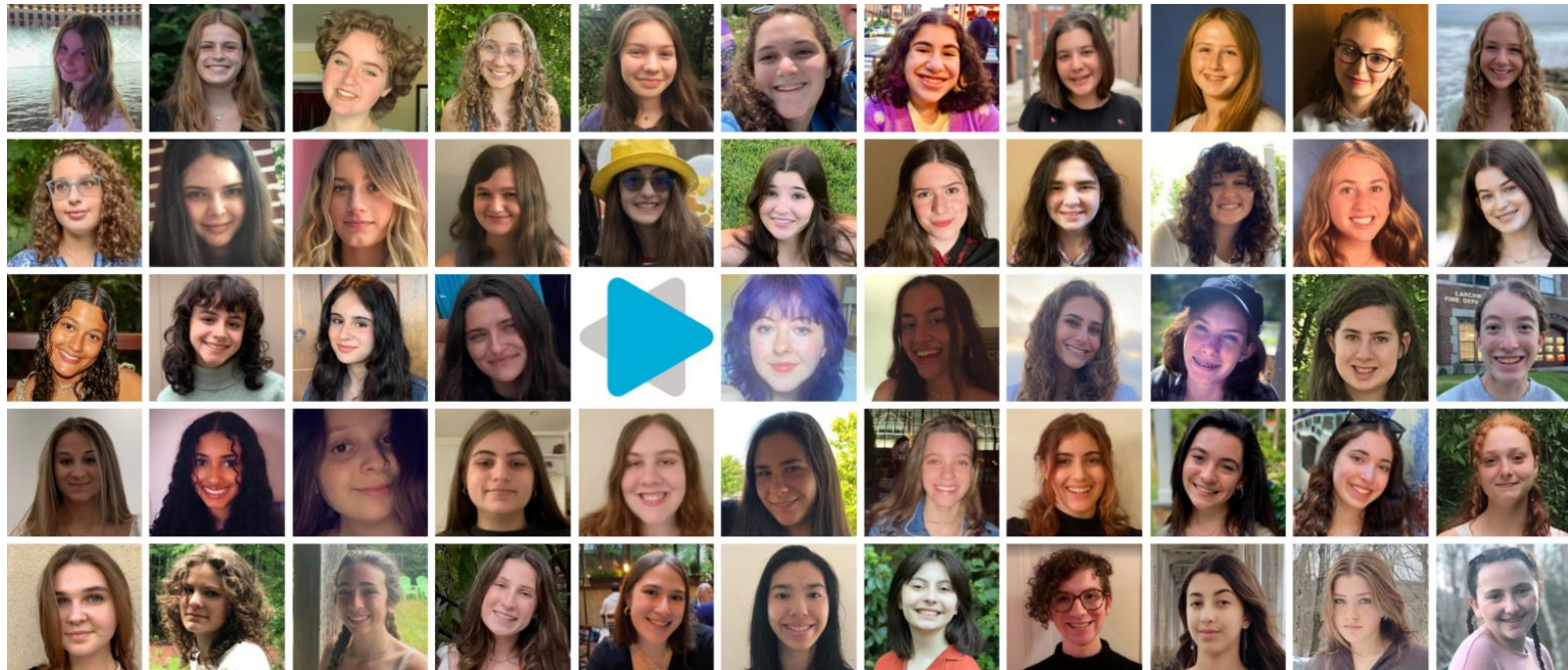
Tzelem



For Teen Feminists



Kol Koleinu



Working in All Gender Settings



KULAM



Cultureshift Training



Working with professionals in Jewish camps, youth groups, and travel programs; supporting Jewish parents



Questions?



Thank you!

Click to add text
Click to add text

Moving Traditions

261 Old York Road, Suite 734

Jenkintown, PA 19046

Tel: 215-887-4511

movingtraditions.org

