

Annual Report 2016–2017

The Path to Healthy, Connected Jewish Teens



Rosh Hodesh helped us find ways to make Judaism meaningful and relevant to our lives.





In *Shevet Achim*, we can say anything without being judged. I don't have anything else in my life like it.

Our Growing Impact 19,197 Teens to Date



2,133 Rosh Hodesh and Shevet Achim groups

1,384 Total group leaders trained



At Moving Traditions, we believe that when Judaism promotes self-discovery, challenges traditional gender roles, and celebrates a diversity of voices, teens will grow into healthy, connected Jewish adults.

Exploring Identity, Building Community

At Moving Traditions, we believe that in order to have a healthy Jewish future, we must invest in teens' health and well-being.

Most teens drop out of Jewish life right after their bar or bat mitzvah. This is a problem for the Jewish community.

It is also a problem for teens who, research shows, benefit from being connected to a larger, values-based community.

The solution, however, is not to focus on making teens more Jewish.

The Whole Teen

Instead, we need to meet teens where they are, connecting Jewish wisdom to the challenges and joys of their daily lives, such as self-esteem, body image, friendship, romance, and academic stress, while encouraging teens to question fundamental ideas of identity and society.

This is what teens find so meaningful in Moving Traditions' experiential signature programs, Rosh Hodesh and Shevet Achim. Teens meet monthly in groups of 10 peers, guided by a trained adult mentor, using games, art, creative ritual, drama, debate, and discussion.

The Jewish Future

As a result of this approach, research shows, Jewish teens feel an increased sense of connection to themselves, to their Jewish peers, and to the Jewish community.

Moving Traditions has found—in an independent evaluation-that when we promote self discovery, challenge traditional gender roles, and celebrate a diversity of voices, teens grow into adulthood with confidence, compassion, and a lifelong connection to Jewish community.

Here's how we do it.

Hesed u'gevulot / Lovingkindness and nealthy bourtoo **Teen challenges Experiential modalities** Jewish and secular wisdom **Teen Outcomes**

"Community activity is as holy as a

-Talmud kelusialini "un as



Resilience and emotional well-being

Windowski and Solidarity

Gender and control of the control of

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כבוד ובטחון עצמי

"Everyone falls. It's how you pick yourself up that's the measure of a person." -Lillian Vernon

"Feminists teach all of us to have a much more complex "Feminists teach all of us to have a much more complex uti-faceted conception of what it means the Feminists teach and conception of what it means to be a and multi-faceted conception. – Rachel Adler, Ph.D.

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dying total?

peer pressure

Low self-esteem

Loneliness

Risky behaviors

lack of personal connection

Online and

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B'nai mitzvah drop-out

Friendship struggles

Academic Pressure

Stress

Sexualitation and re.

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Sexism, racism,

and homophobia

"To be an adult: Don't' fool yourself. Don't fool others. Don't let others fool you." -Rabbi Shalom Dov Ber "While their brains are still developing, teens need the support of adults to help them solve problems, set limits,

and make decisions." –Ronald E. Dahl, M.D.

הַבְחָנָה

Critical thinking and responsible decision-making

National Impact

Together, with our partners and the guidance of Moving Traditions, more Jewish teens are growing into adulthood with confidence, compassion, and a lifelong commitment to Jewish community.



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