

# The Path to Healthy, Connected Jewish Teens



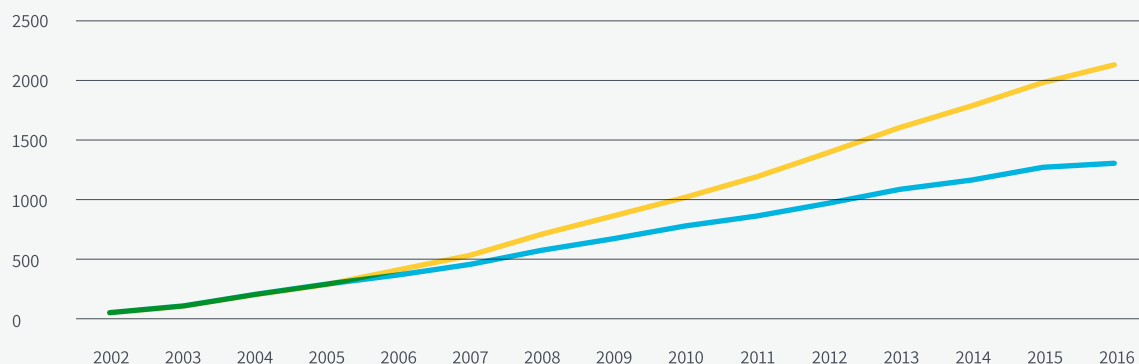
**Rosh Hodesh** helped us find ways to make Judaism meaningful and relevant to our lives.



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.

Teen challenges

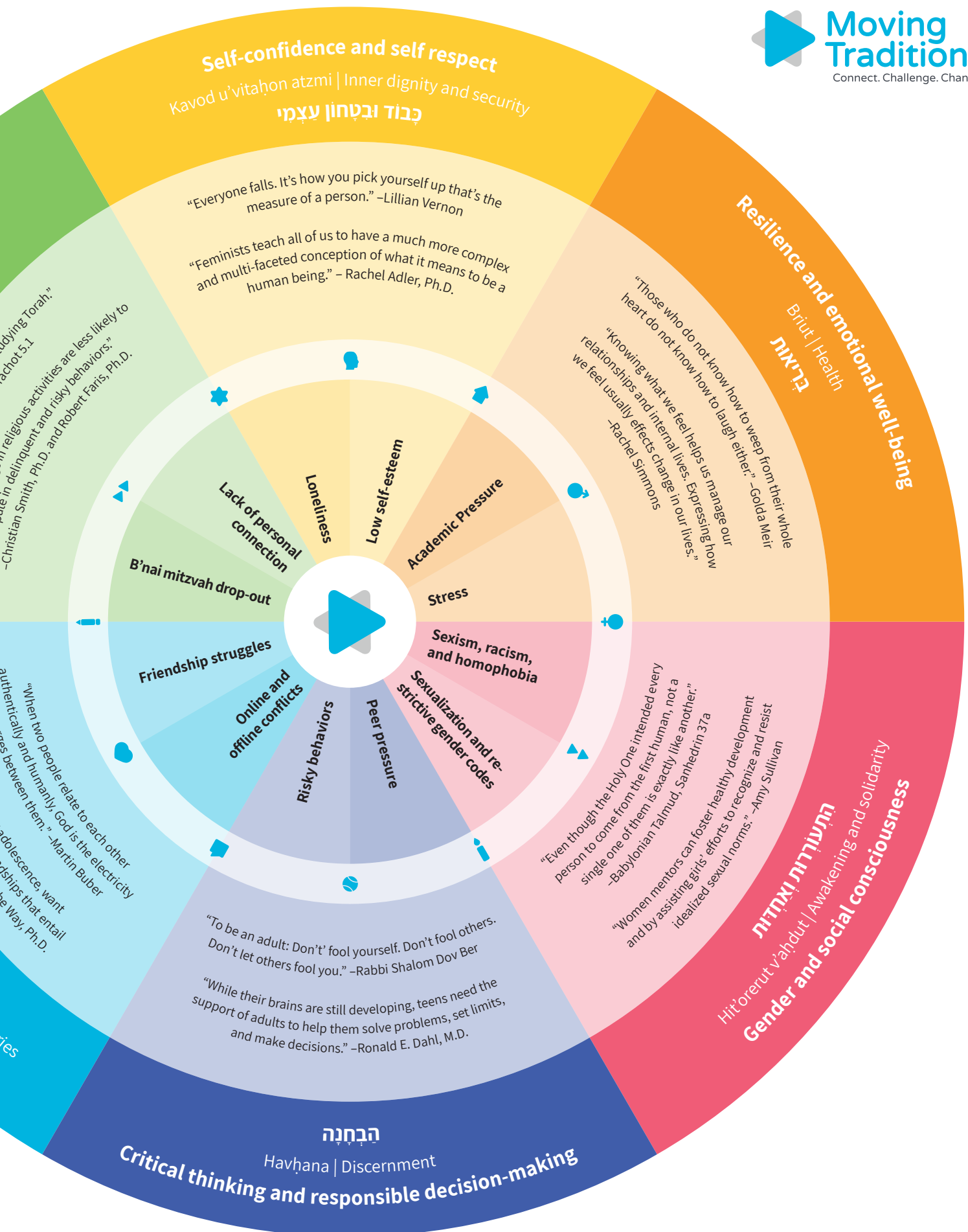
Experiential modalities

Jewish and secular wisdom

Teen Outcomes

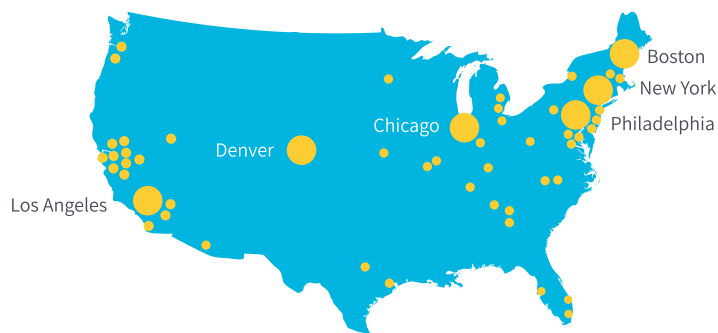
**Jewish identity and connection**  
Ahavat Yisrael | Love of the Jewish people  
אהבת ישראל  
"Community activity is as holy as study."  
—Talmud Yerushalmi, Berachot  
"Teenagers who engage in participatory..."

**Relationship skills**  
Hesed u'Gemulot | Lovingkindness and healthy boundaries  
חסד וגמולות  
"Boys, especially during adolescence, share secrets and feelings."  
—Dr. Nida  
that sur...

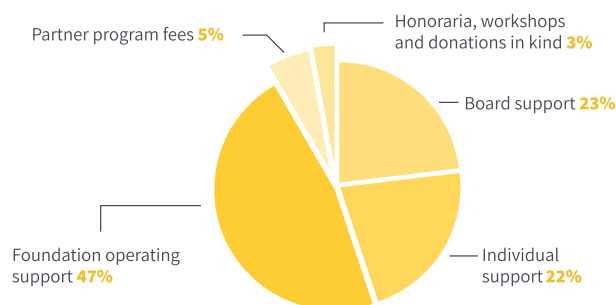


# National Impact

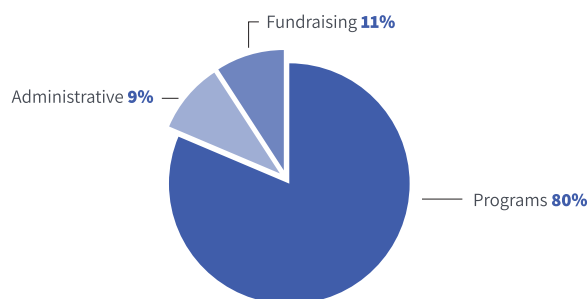
Together, with our partners and the guidance of Moving Traditions, more Jewish teens are growing into adulthood with confidence, compassion, and a lifelong commitment to Jewish community.



## Sources of Income



## Operating Expenditures



*From 2015 financial audit*

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## Contributors

We deeply appreciate the generous support from the many individual contributors to Moving Traditions and from the following institutions:

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