

Taste of Tzelem LGBTQ+

Materials

- Icebreaker questions ready to be shared in the chat
- Icebreaker focused on movement for Teen breakout
- Whiteboard for reactions to home cartoon, how to whiteboard:
<https://www.movingtraditions.org/short-and-simple-zoom-how-to-videos/>
- Registration link and email to send to participants after session is over

Parents and Teens Together

0:00-0:05 Parents and teens login/schmooze

Give families 5 minutes to log on, say hi and welcome them as they enter.

0:05-0:10 Welcome and Opening Framing

SAY: Welcome! I am <<your name, pronouns and title>> along with <<group leader name, pronouns (if GL gives permission)>> who will lead the Tzelem group. I want to thank you so much for joining us today – not only are you of course busy, but right now we are all feeling stretched and stressed in new ways. So, we know it is no small thing to have you set aside time to learn about our programs! I really appreciate that you are taking the time to find out what we have planned for you – we are really excited to be bringing this new to <<city>> Moving Traditions LGBTQ+ group.

Moving Traditions is a Jewish organization whose mission is to embolden teens by fostering self-discovery, challenging sexism, and inspiring a commitment to Jewish life and learning. What this means for you, parents, is that your child will be part of a monthly group that has been created based on research and consultation with psychologists, social workers, rabbis – and of course, teens. These monthly groups will help guide your teens on the difficult journey to becoming resilient, responsible young people in the Jewish community and the wider world. And I think we could all agree that now, more than ever, resilience is one of the most important skill anyone can have!

What this means to you, teens in this session, is that every month you will have a safe space to explore the issues that are on your mind 24/7, and you will do so with a supportive peer group, a trained mentor, and we promise, lots of fun.

I just said A LOT of words. But today, you will actually experience all of this instead of just hearing about it. So, let's get started!

0:10-0:20 Welcome and Opening Framing Around the Room Introductions-

SAY: Just like we would do in any new group, we are going to start with a quick icebreaker.

COPY AND PASTE IN CHAT

- Name and pronouns, and if there is an identifying factor that we should know about you.
- Teens, what's your favorite song or band? Parents, when you were a teen, what was your favorite song or band?
- Your school (middle or high for both parents and kids)

Everyone is going to answer a question, starting with the teens first.

Facilitator's Tip: You should model these questions. Go first and model the length of time you want others to speak.

NOTE: When people answer the question, it may elicit reactions such as "oh, I LOVED that band too!" or "ugh that song sucked!" A little banter is ok, but remind everyone that everyone has the right to their own opinion on things and be sure to keep the introductions going so it doesn't take up too much time.

SAY: It was so nice to meet everyone and hear a little bit about something they like or liked as a teen. Moving Traditions programs always place an emphasis on the group members getting to know one another so that the groups can become a safe space whether in person or online. In our programs we also focus a lot on culture – movies, songs, games, books, social media posts and we like to unpack them for the messages they send about gender, sexuality and society and so much more.

0:20-0:30 Introductions Experiential Activity: Barometer (Parents and Teens Together)

SAY: Another way the groups are run is that they always include activities of various kinds. So, we are going to do one of those activities right now!

Get your thumbs ready to go!

Make sure both parent and teen can be seen on the screen.

EXPLAIN: I am now going to read off some statements and ask you to respond to each statement by holding your thumb up or down, depending on if you agree or disagree. As an example, if I said, “Ice cream is the best!” and you love ice cream, you’d hold your thumb up, if you hate ice cream, you’d hold your thumb down. If you think ice cream is okay, you might hold your thumb halfway. **Please hold your thumb in place until we move on to the next question. At #5, switch to another barometer like stand up/sit down.**

REMINDE participants that there are no right or wrong answers here. And they do not have to agree with their parent/teen! This is just their own, personal feelings about the statements

SAY:

1. Today, teens have more independence than their parents did.
2. Today, teens experience more gender equality than their parents did.
3. Today, teens experience gender as more fluid than their parents did.
4. Today, teens have more freedom of self-expression than their parents had.

SWITCH TO A DIFFERENT BAROMETER TO GET THEM MOVING, EX. STAND UP/SIT DOWN

5. Today, teens take more risks than their parents did.
6. Today, teens have more stress than their parents had.
7. Today, teens are more connected to family than their parents were.
8. Today, Jewish teens struggle with what it means to be Jewish more than their parents did.
9. Today, teens have more choices about how to be Jewish than their parents had.

ASK specific participants to respond to the questions, depending on what you see. You may want to note when a teen had thumbs up and their parent had thumbs down and inquire about that difference of opinion. **Choose one question to ask per response.**

- Why did you choose to give this a thumbs up?
- Was it difficult or easy to figure out how to respond?
- What do you notice?
- Does how your parent/child respond surprise you?
- Given what you’ve just heard others say, would you choose to react differently?

NOTE: *While this activity can be a lot of fun, keep an eye on the time and only read statements as time allows. You don't want to shortchange the smaller group session.*

CONCLUDE ACTIVITY

SAY: You can see how activities like this thumbs up/thumbs down, stand up/sit down, can generate lots of conversation about all kinds of topics. It also helps highlight some of the challenges that teens face so that we can address them in the context of our groups. But all this is just a starting point. In order to give everyone the full feeling of the program, the teens are going to go to their own breakout room with their group leader. Parents, you stay here!

Moving time

Make sure you have moved Teens (non-video participants) into a separate breakout room. During the last activity one of the staff should create the breakout room.

0:30-0:55 Parent Session/ Teen Session

See following pages for instructions for Parent Session and Teen Tzelem Session

0:55-1:05 Wrap-Up

SAY: Welcome back everyone! In these last few minutes together, I have only one instruction for you, and it's really for after our session ends. Teens go ask your parents what they just did in their breakout rooms. Parents, go ask your teens the same thing.

SAY: So yes, you all did close to the same activity, just in separate spaces. Now I bet many of you are thinking, "Hmm...I wonder what my child answered for that question..." and there are probably some of you feeling slightly nervous wondering "Oh no! I hope my parent didn't say anything super embarrassing!"

While we did this a little differently in the parent and teens rooms, it was pretty close.

Did you and your teen have the same react the same way to the cartoon? Did you and your parent choose the same quote or different ones? Why did you each choose what you chose? Now you have a place to begin your conversation when we leave this session! Your homework now is to talk to one another and

find out more about the different ways that you each approached the very same materials.

Thank you all again for being here and taking part in this program. In the teen's break out room, they spoke with Carly about who they know that might be interested in this group. Parents, if you have anyone or parent that you know of, please share this with them. I am happy to jump on a call with interested parties!

We truly hope that you now not only understand how powerful Tzelem, can be, but that you want to be a part of them moving forward. Again, I am happy to stay on for a few minutes to answer any questions you may have. Otherwise, I hope that you continue the conversation about what you all experienced here tonight!

Explain that a follow-up email will be sent, which will include registration information.

Facilitator's Tip: Figure out how you want people to register for the group, and when you are going to share that. For example, you may want to be ready to paste a link to the registration into the chat box.

Parent Session

0:30-0:37 Introduction to Tzelem

SAY: We will all join together again at the end of our time together. Now that the teens are gone, we wanted to give you a quick overview of how Tzelem came to be, what it is, and what we hope to accomplish. The success of our gender-specific teen programs, Rosh Hodesh for female identified teens and Shevet for male identified teens led to the creation of Tzelem, a parallel experience for transgender and non-binary teens. When I came into this position, I realized quickly that there weren't Jewish specific groups in Chicago for teens who identify as LGBTQ to dive deeper into being queer and Jewish, and explore with a trained mentor and teens who identify similarly.

All of the groups are dedicated to the following four core principles:

- We guide Jewish teens on the pathway to adulthood, through self-discovery, mentorship and positive peer-to-peer relationships. We help teens build resilience.

- We encourage conversation and collaboration for a more inclusive Judaism and the greater good.
- We inspire a lifelong connection to Judaism and its teachings.
- We challenge and discuss the fundamental questions of identity—the role of gender, sexuality and Judaism.

SAY: Moving Traditions’ programs are designed to meet teens where they are with support to help them navigate the many pressures of adolescence.

You should know that this entire approach is informed by “Positive Youth Development”, a field that has been advanced by scholars and practitioners since the 1990s. Positive Youth Development shows that when teens are guided by mentors who create safe space, when they connect to a community of values, and when they have a supportive peer group, they exhibit greater resilience and engage in fewer risky behaviors. That is something I am sure, we all want for our teens in the breakout room!

ALLOW for questions if parents have any.

0:37-0:50 Curriculum Component

SAY You may be thinking to yourself; how do we accomplish all of these things? Well, I’m going to show you just a small sample of one activity that we run with our teens.

Shalom Bayit and maintaining our “houses” (25 mins)

Take a look at this comic by Isabella Rotman, **ASK A PARENT TO READ IT SLOWLY OUT LOUD.**

TRY THINKING ABOUT YOUR BODY AS A HOUSE. YOU HAVE TO LIVE IN



YOU DIDN'T BUILD THIS HOUSE, NOR DID YOU CHOOSE IT. BUT IT IS YOUR HOUSE.



SOMETIMES YOU NEED TO CHANGE THINGS TO MAKE IT SO IT IS COMFORTABLE AND/OR LIVABLE.



SOME HOUSES NEED EXTENSIVE RENOVATIONS, SOME DON'T.



BUT EVERY HOUSE NEEDS TO BE KEPT UP OR THINGS START TO FALL APART.



IF YOU WALK THROUGH YOUR HOUSE WITH YOUR EYES CLOSED, YOU AREN'T GOING TO KNOW WHEN IT NEEDS HELP.



THE SAME GOES FOR YOUR BODY.



IT MAY NOT BE EXACTLY WHAT YOU WANT, BUT IT IS WHAT KEEPS YOU ALIVE.



AND FOR THAT REASON ALONE IT IS BEAUTIFUL AND DESERVES TO BE WELL CARED FOR.



There is a Jewish value of Shalom Bayit, or peace in the home. Shalom bayit is not something that magically happens, but rather it is a practice that takes work! A home that practices shalom bayit is a place of peace and beauty.

Continuing with the analogy of one's body to a house, we should do what is necessary to make and maintain peace with our bodies. After all, they're the only bodies we've got! Take a minute to think of a few things you have done, continue to do, or hope to do in order to help have shalom bayit in your own

skin. (In other words, what are some things you do/want to do that make your body feel good? What makes you more comfortable in your body?)

Open a whiteboard and ask parents to type answers (you should explain how to annotate on a whiteboard as well as keep font size medium). After the answers are up, ask parents to react to responses.

Ask

- Is there anything listed that you do, that you didn't think about until someone else typed it?
- Does anything on this list surprise you? Please be kind to answers as these are very personal responses.

Ask (if there is time)

- What would you like your teen to get from this group?
- Do you know other parents whose teen would love being a part of Tzelem?

SAY: In a moment, the teens are going to return to this room and sit with you. While we wait, are there any questions?

Teen Session

0:30-0:37 Welcome and Icebreaker

SAY Welcome to our teen-only space for the day! It is my hope that in a short time, I can give you a little taste of what this group is all about.

SHARE a little about yourself – who you are and your background.

ICEBREAKER that gets them moving a bit!

0:37-0:50 Curriculum Component

SAY: Parents will be doing the same activity, but we are not telling them until we all meet up again.

Shalom Bayit and Maintaining Our “Houses”

Take a look at this comic by Isabella Rotman, **ASK A TEEN TO READ IT SLOWLY OUT LOUD.**



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Open a whiteboard and ask participants to type answers (you should explain how to annotate on a whiteboard as well as keep font size medium). After the answers are up, ask teens to react to responses.

Ask

- Is there anything listed that you do, that you didn't think about until someone else typed it?
- Does anything on this list surprise you? Please be kind to answers as these are very personal responses.

Ask

- What would you like to get from this group? Are there specific queer topics that you'd like to talk about that you've struggled with or have found to be engaging and interesting?
- Do you have friends that you think would love being a part of Tzelem? Can you all think of one person to reach out to?

SAY: In a moment we are going to return to the main room with your parents. So, you can log off, and go join your parent again at their computer. See you in a minute!

RETURN to the main room by _____pm