

Strength, Stress, and Support:

A Portrait of American Jewish Teen Well-being

RESEARCH TEAM

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Guiding Questions

Q1: How are American Jewish teens doing today?

Q2: What are key stressors for Jewish teens?

Q3: Where are Jewish teens finding community & support?

EPOCH Measure of Adolescent Well-being

Engagement: Capacity to become focused on tasks

Perseverance: Determination to stick with tasks and goals

Optimism: Having a sense of hope about the future

Connectedness: Presence of relationships with others

Happiness: Frequency of positive emotions and contentment

Who is included?

2,490

Teen Respondents

49

States + DC & Puerto Rico

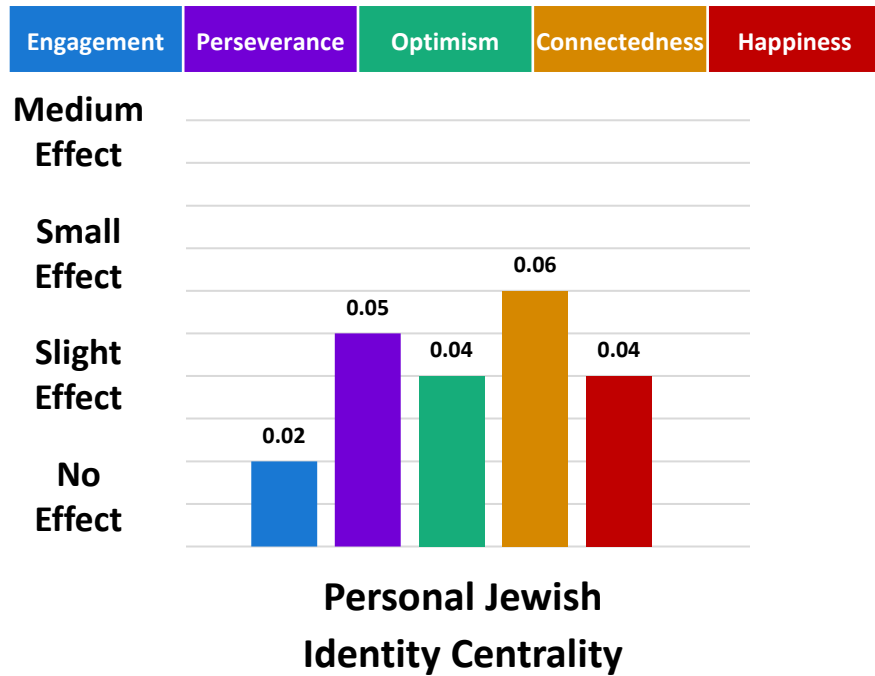
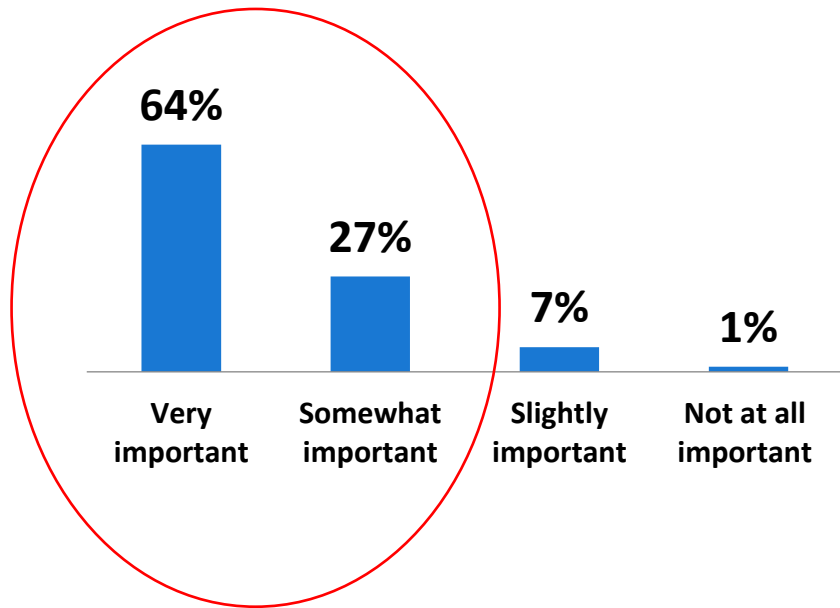
Participant demographics:

- **45% were 10th or 11th graders**
- **59% are female and 31% are male**
- **63% identified as straight/heterosexual**
- **74% identified as White**

Finding 1:

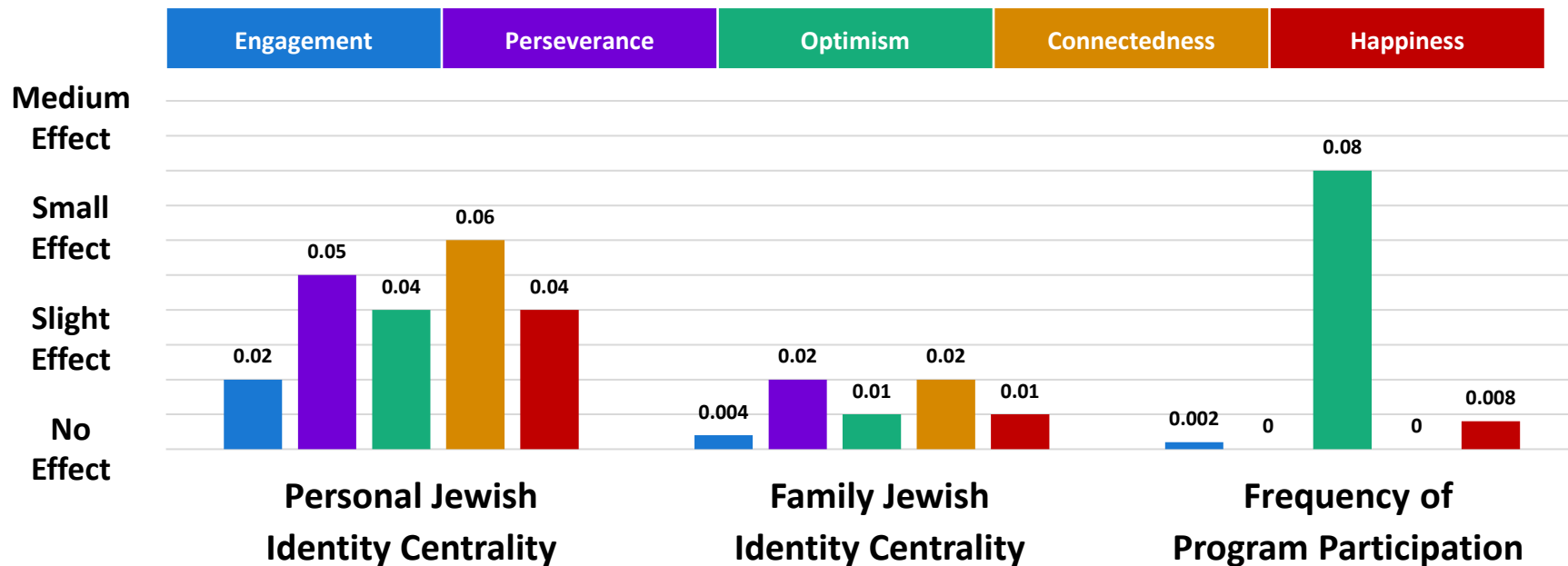
Teens who said that **being Jewish is important** to them reported **higher levels of overall well-being**.

“How important is being Jewish to you, personally?”



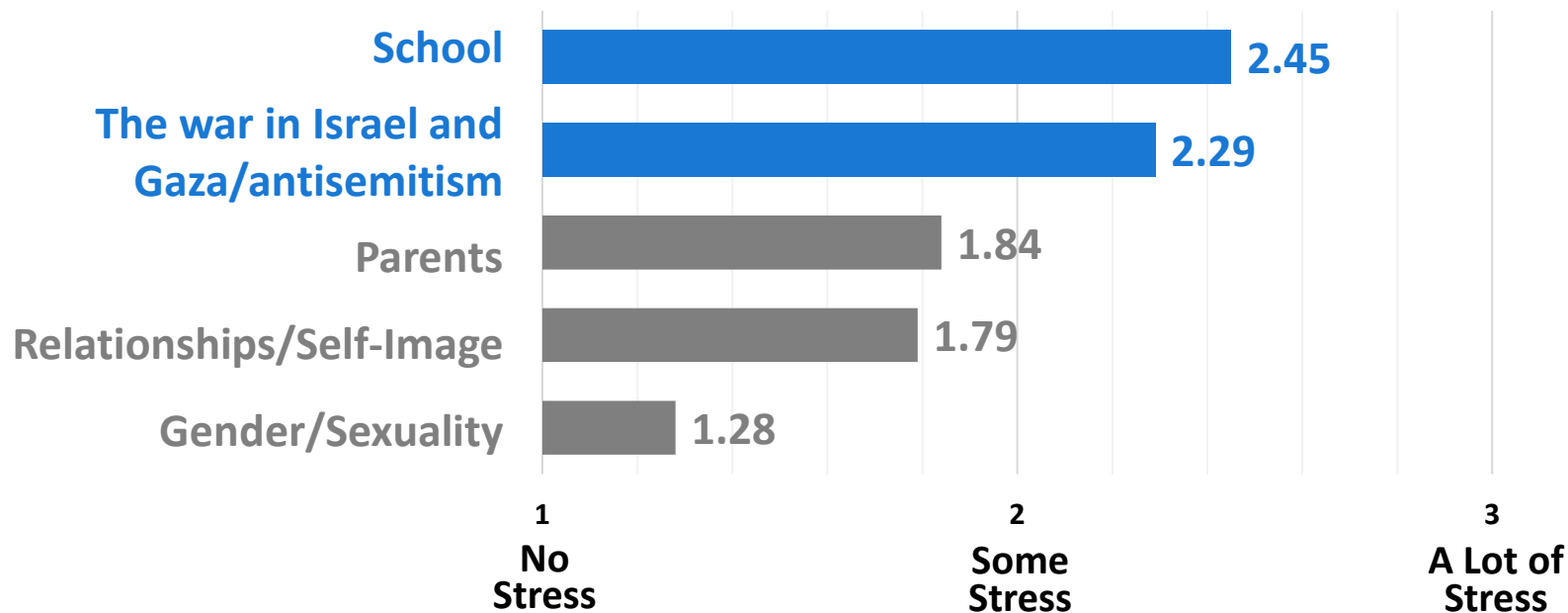
Finding 1:

Teens who said that **being Jewish is important** to them reported **higher levels of overall well-being**.



Finding 2:

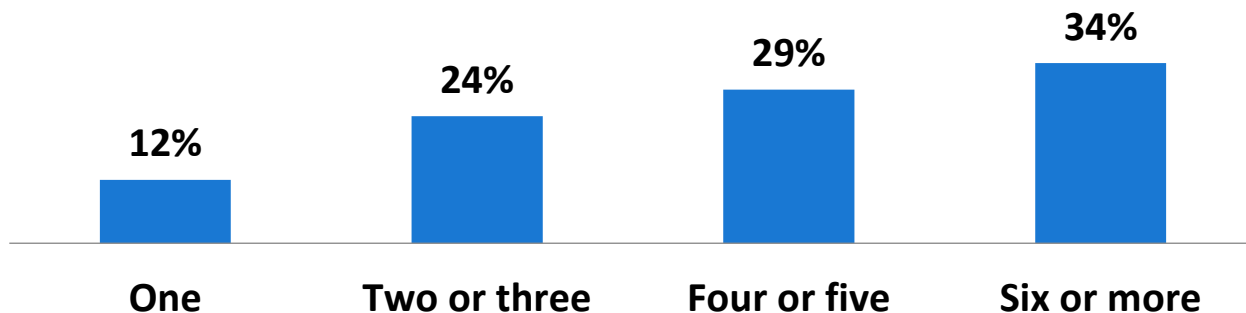
American Jewish teens face a **dual burden**: they contend with the universal challenges of adolescence while also grappling with unique pressures that arise from being Jewish.



Finding 3:

Jewish teens have **multiple contexts** and people in their lives that allow **for authentic self-expression**, which supports positive well-being outcomes.

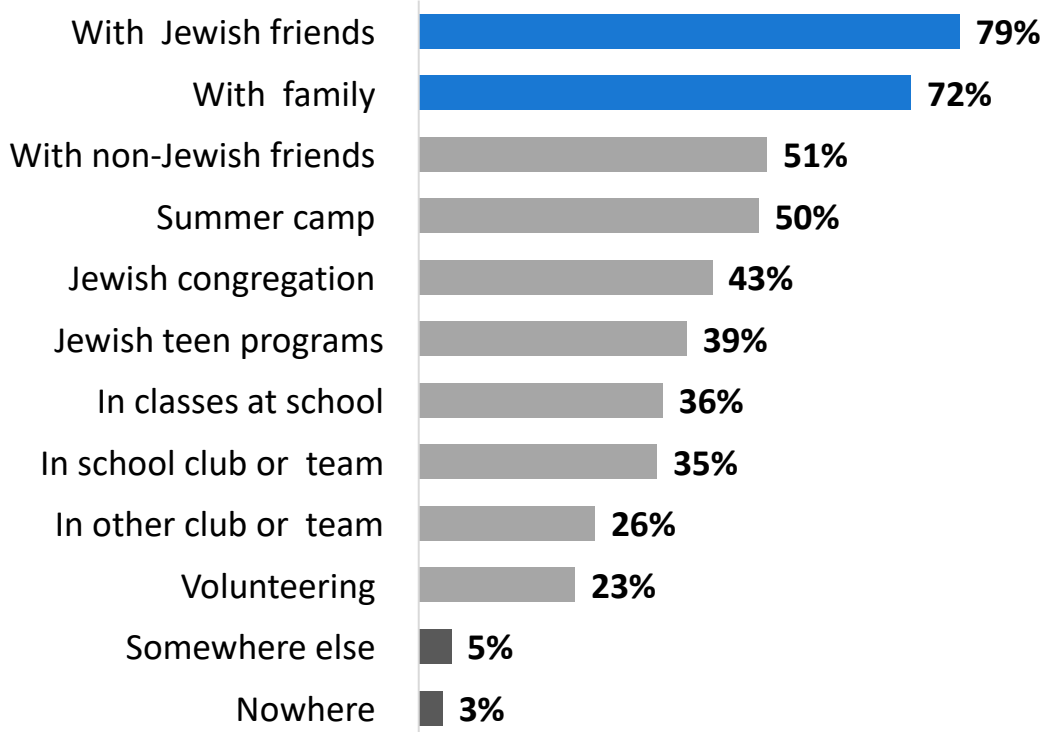
Total Number of Places Teens Indicated They Can Be Their Full Self



Finding 3:

Most research participants feel free to be their full selves with friends and family.

“Where do you feel free to be your full self?”



Findings

1. Teens who said that being Jewish is important to them reported higher levels of overall well-being.
2. American Jewish teens face a dual burden: they contend with the universal challenges of adolescence while also grappling with unique pressures that arise from being Jewish.
3. Jewish teens have multiple contexts and people in their lives that allow for authentic self-expression, which supports positive well-being outcomes.

Questions?

What we did:

September 2023: Literature Review

November 2023: Exploratory Interviews

April 2024: National survey

July 2024: Data Analysis

Dimensions of Jewish Experiences

1. Personal Jewish Identity Centrality
2. Family Jewish Identity Centrality
3. Jewish Friendships
4. Jewish Activities
5. Types of Jewish Teen Program Participation
6. Frequency of Jewish Teen Program Participation
7. Perceived Adult Understanding