

Jewish Teens Thrive



Jewish Federation
of San Diego

PARENTING DURING TURBULENT TIMES

KEY TAKE AWAYS

Frame your conversations

Ask your kids 3 questions:

1. What do they know about the situation?
2. What do they want to know?
3. How are they feeling about all this?

Social Media

Social Media is for entertainment purposes.

News should be coming from trusted news sources, parents and clergy.

Social media is a battlefield and teens should not be soldiers on that battlefield.

Teens should be encouraged to take conversations off line.

Develop Sense of Resiliency

Teens might fall down sometimes and get a little banged up, but they will be ok. They have the grit to shake it off and ask for help when they need it. Encourage mindfulness, deep breathing activities.

Strengthen Sense of Jewish Pride

Show teens the positive reaction of the world and the love the Jewish people receive from around the world. Be proud to be Jewish



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