

CULTURALLY INFORMED TRAUMA AND GRIEF RECOVERY TOOLKIT



*Have you ever felt scared about being Jewish?
Do you feel that you have to blend in, hide your identity?*

Antisemitism is at an all-time high in the United States as this time. Hate crimes are on the rise, resulting in increased fear in the Jewish communities and synagogues where people gather. Some Jews avoid wearing yarmulkas or identifying clothing in public. Repeats of old antisemitic stereotypes like the “Jews are Taking Over; Jews run the Media and Finance; Jews are Rich and Cunning; Jews are all White Oppressors” are appearing in the media and social media, with celebrities and white supremacists spreading lies about Israel. For some, the attacks are ominous and reminiscent of mounting fascism before WWII. Many Jews carry intergenerational trauma that gets triggered with each attack.

Antisemitism is showing up in schools and graduate schools as well. Some Jewish or Israeli students are being told that Israel should not exist or is an apartheid state. Some required readings now in Diversity courses either diminish or re-write the history of the Holocaust, and students who protest have been shamed and bullied. Students report feeling isolated and afraid to speak up, facing retaliation when they do. The issue of Israel further complicates an understanding of antisemitism since Jews are both a religion and an ancient culture. Jews come from all parts of the world, in all colors and in all socioeconomic groups. It is possible to criticize the government of Israel while still maintaining its right to exist. What antisemitism does, as do all racist groups, is to stereotype all Jews and project onto them images that evoke fear: e.g., they are taking over and must be “pushed into the sea.”

Fortunately, there are now excellent resources to help those students and others who feel threatened:

For further help around antisemitism in school and universities, please contact:

- <https://www.psychiatry.org/psychiatrists/diversity/education/stress-and-trauma/jewish-americans>
- <https://www.hillel.org> Jewish Campus Organization
- [ADL](#)
- <https://www.adl.org/report-incident> ADL Report an Incident
- <https://www.adl.org/resources/tools-and-strategies/resources-address-and-challenge-antisemitism> Resources on Antisemitism/ADL
- <https://brandeiscenter.com/about/>

[mission-and-values](#) Human rights activist group

- <https://www.campusfairness.org> another organization trying to protect/support Jewish students on campus
- <https://academicengagement.org> this is for faculty/administrators affiliated with universities

For information about activism, here are outstanding organizations:

- <https://spme.org>
- <https://brandeiscenter.com>
- <https://www.camera.org>
- <https://www.standwithus.com>

- <https://www.ssimovement.org>
- <https://israelcc.org>

For support for grief and loss, these are helpful:

- <https://www.myjewishlearning.com/category/mourn>
- <https://www.myjewishlearning.com/article/when-its-ok-to-say-nothing>
- <https://www.myjewishlearning.com/article/words-of-comfort-for-mourners>
- <https://www.myjewishlearning.com/grief-mourning-signup>