How to Not Fight in the Comments

1. Think about the value and level of the relationship before you respond. Spend your time on the people you are close to!
2. **Speak in the first person** - talking about your feelings, your experience, your family, and personal story– it's a strong way to respond.
3. **Deleting comments is ok** - it's your personal social media, **you don't need to have hate in your space**. The same way you can establish boundaries IRL, you can do the same online.
4. **You don't need to speak for the entirety of the Jewish people.**
5. You can always respond to comments or horrible accusations with quotations or articles that are written by known experts. You can ask friends, family, or teachers for resources and articles.
6. Ask the person where they are getting their information, then you can respond - if you feel up to it or compelled – about the source rather than arguing with them directly.
7. **Never feel like you have to be the expert** - even experts hit walls where they don't know the answer!
8. You can also point people to other resources to do the explaining for you.
9. It's ok to voice your informed opinions, but just because you're passionate you don't need to feel like you're the only one who can save the world – **it's ok to take time for yourself and heal.**
10. **Sometimes it's fine to walk away!** Not every wrong statement demands a response. It's infuriating, but keeping your sanity is more important.
11. Self-care is important. **Stay out of the comment section**, avoid the trolls. There are lots of people whose hobby is online harassment - don't let them drag you down with them.

Some Social Media to Follow (but keep looking for others!)
- https://www.instagram.com/emilyintelaviv/
- https://www.instagram.com/awiderframe/
- https://www.instagram.com/hey.alma/
- https://www.instagram.com/blackjewishmagic/
- https://www.instagram.com/zionessmovement/

Need backup? Want help? Looking for information?
Email us! iec@juf.org

ARE YOU COMING TO BED?

I CAN'T. THIS IS IMPORTANT.

WHAT?

SOMEONE IS WRONG ON THE INTERNET.

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