

## **Frequently Asked Questions – A Guide for Teens**

### **How do I talk to my friends who don't even want to hear another point of view?**

A good strategy is trying to find one idea where you both agree. Often, if you start with something more controversial, people will get defensive and refuse to listen to any other perspectives. When you start from a point you both agree on, it becomes easier to have a more productive conversation from there. For example, you can agree with someone that civilian casualties are painful for everyone but disagree on the best way to deescalate the situation.

A great acronym that can help facilitate these conversations is ARM. ARM stands for Address, Reframe, and Message. When someone says or posts something that you disagree with, the most important first step is to address what they are saying and highlight any points where you agree. Once you've established some common ground, you can reframe the conversation by introducing new facts or perspectives. Reframing helps challenge people to think more openly. After you add facts and perspectives to the conversation, it's important to convey the overall message you are trying to get across and highlight the parts you agree with.

Remember that not everyone will be willing to have a conversation, and some people don't share common values of peace and safety. It is completely ok to walk away from those situations. Your safety is most important!

### **How do I counteract biased news on social media and let my friends know my news is not biased?**

The best way to counteract false information is to post your own content that will change the narrative. If you see something that contains false information, you can research and amplify the posts that show what is actually happening. Some great places to look are Israeli American Council, StandWithUs, Honest Reporting, and CAMERA. You can also follow grassroots activists that show the perspectives on the ground. In order to show that your news is not fake, it can be really helpful to back up your posts with multiple reputable sources. Because there are so many lies that spread on social media, it can feel impossible to counteract all of it, but any amount of posting or activism that you do is a push in the right direction.

### **How do I remind them this is hard for us as our family and friends are hiding in bomb shelters?**

If you are able to share the experiences of your friends and family, it can be a really good way to remind people of the human cost of this conflict. People who don't know anybody involved can easily disconnect, and it can be very significant to remind them that there are real people on the ground who are experiencing trauma because of this conflict. Use specific language and describe what it's like to have to run to bomb shelters within 15-30 seconds before the bomb lands. Here are some videos that show what people are experiencing in Israel:

[https://www.instagram.com/p/COsvzl\\_gXaV/?igshid=86qlez97rtf8](https://www.instagram.com/p/COsvzl_gXaV/?igshid=86qlez97rtf8)

<https://www.instagram.com/tv/COtBRLtg4-1/?igshid=vu6hqdywrzmj>

### **I feel alone and scared to share my opinion.**

You are not alone. In addition to your social circles, there are lots of resources for you to turn to including the JCRC. Your local rabbi or youth group advisor is a valuable source as well. Other organizations with helpful tips are: Israeli American Council, StandWithUs, and the ADL. It's not easy having these conversations but we are here to help you.

*If you have any questions or want more information, please contact Sabrina Spector, JCRC Associate Director, at [sspector@jfedsnj.org](mailto:sspector@jfedsnj.org) or text 856-316-2938*