



## **“I Love Being Jewish” Adolescent Video Lesson**

### **Resources Needed:**

Video: “I Love Being Jewish” TED Talk with Jane Parven:

[https://www.ted.com/talks/jane\\_parven\\_i\\_love\\_being\\_jewish](https://www.ted.com/talks/jane_parven_i_love_being_jewish)

### **Recommended Ages**

11 and up

### **Summary to Share With Adolescents**

*Jane Parven is a young adult who embraces her Jewish identity. In this TED Talk, she explains her important connection to her cultural and ethnic heritage as well as what it's taught her about peace and making a difference. She's hopeful that together, people can rid the world of hate and believes that no one is too small to make a difference.*

### **Reflection Questions for the Teachers/Caregivers**

- What is your relationship with faith or religion? How might this impact your discussions with youth?
- What gives you hope? How do you communicate hopeful messages to youth?

### **Notes for Teachers and Caregivers**

In this video, Jane mentions aspects of Judaism that not all youth may be familiar with, such as being blessed by a Rabbi, her Bat Mitzvah, and Reform Judaism. You may need to provide some explanation of these aspects of Judaism to create a deeper understanding of her message.

The U.S. has seen a rise in hate crimes in recent years, including Anti-Semitism. Jane gives some examples in this TED Talk, and your children/students may need some context, since this video is from 2018. AMAZEworks encourages you to make current events a part of your discussions. Jane's message is still very relevant.

The release of this lesson comes at a time when the world's major religions are all celebrating important religious holidays - Passover (Judaism), Holi (Hinduism), Easter (Christianity), and the start of Ramadan (Islam). It is important when recognizing religious holidays to be as inclusive as possible, making sure to nurture healthy complex identities (mirrors) and respect across differences (windows) for all youth.

## Connection to Social-Emotional Learning and Anti-Bias Education

### **SEL**

#### **Self-Awareness**

Self-Management

#### **Social Awareness**

#### **Relationship Skills**

Responsible Decision-Making

### **ABE**

#### **Empathy and Understanding**

#### **Healthy Complex Identities**

#### **Respect Across Differences**

#### **Notice, Name, and Reject Bias**

#### **Responsiveness and Action**

## Journal Questions/Activities

- What is your relationship with faith or religion? How does this impact your relationships with others who share your beliefs? With others who do not share your beliefs?
- What parts of your identity are you proud of or grateful for? Why?
- Invite students to write their own essay, speech, TED Talk, or Podcast about a part of their identity that they love and want to affirm.

## Discussion Questions

- According to Jane, what does it mean to love being Jewish? How does her awareness of history connect to this love?
- What aspects of Judaism makes Jane proud? What is she grateful for?
- What did Jane mean when she said, "Judaism is on the inside."?
- What does the phrase, "Racism is as American as baseball" mean? What do you think about this phrase?
- At one point, Jane talks about watching the news and feeling small, being one person and wondering what kind of change she could make. Have you ever felt this way? If so, when, and what did you do? What helped you feel better?
- How does Jane try to live each day with hope? How do you express hope?
- What does Jane say about how to rid the world of hatred? Do you agree? Explain.
- What are some other ways you can think of to spread peace in the world? In your community?