

Heart to Heart

SUMMER 2020

What is our mission and work?



MOVING TRADITIONS emboldens teens by fostering selfdiscovery, challenging sexism, and inspiring a commitment to Jewish life and learning.

Self-discovery



- Children are not the people of tomorrow, but people today. They are entitled to be taken seriously...They should be allowed to grow into who they were meant to be.
- Janus Korczak



Tasks of Adolescence



- adjusting to sexually maturing bodies and feelings
- developing abstract thinking
- learning about human relationships
- refining skills to cope with conflict
- exploring identity
- grasping complex emotions
- forming authentic friendships
- fulfilling responsibilities
- identifying values both personal and communal.

The Five Sessions We Designed for Summer 2020



Heart to Heart: Teen Conversations for Summer 2020

- BFFs and more— Maintaining friendships and forming relationships online and off
- Freaking Out Moving from stress and anxiety to balance and optimism
- Ugh! What?! Communicating with parents
- Speak Out! Challenging sexism online and off
- Racial Justice Rage, Riots, and Righteousness

Our curricular methodology....



- 1) Start with Teens
- 2) Design experiences that help teens in ways that are

Intellectual /Cognitive -

Posing questions that are relevant to teens Discussing video clips and memes Choosing Jewish texts that speak to teens

Emotional/Spiritual

Creating space to share stories and experiences Engaging in Jewish ritual

3) Learn from these experiences

Leading in a Positive Youth Development context



CONNECTION

A feeling of safety, structure, and belonging; positive bonds with people and social institutions

CONFIDENCE

A sense of self-worth and mastery; having a belief in one's capacity to succeed

COMPETENCE

The ability to act effectively in school, in social situations, and at work Effective youth engagement is not just about "fixing" behavior problems. It's about building and nurturing "all the beliefs, behaviors, knowledge, attributes and skills that result in a healthy and productive adolescence and adulthood." This approach from Karen Pittman is supported by resiliency research as well as the emergence of 40 Developmental Assets identified by the Search Institute. The 5 C's is a framework for understanding positive youth

development outcomes².

CHARACTER

Taking responsibility;
a sense of independence
and individuality;
connection to principles
and values

CONTRIBUTION

Active participation and leadership in a variety of settings; making a difference

CARING*

Sympathy and empathy for others; commitment to social justice

* In his 2007 book "The Good Teen," Richard M. Lerner included this additional outcome

Your role in leading a session



- Read through it.
- Think about your personal connection to the theme of the session.
- Talk to a friend about it.
- Stick your own story in your "back pocket"
- Lead a session with teens.
- Make space for them to talk about their experiences.
- Reflect their words back to them model good listening.
- Practice conflict resolution and inclusive leadership

Group Dynamics off-line can be amplified online



- What does body language communicate?
- Who wants the group's attention and who doesn't?
- Who wants to please the leader?
- Who is side-chatting?

Particular challenges of online spaces



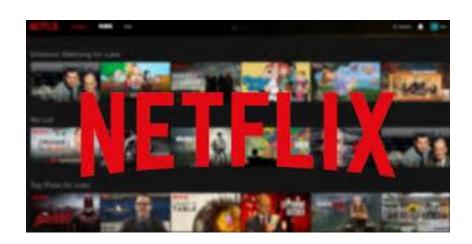
- Who is distracted by looking at their own image?
- Who is pretending to pay attention to the group but is really side-chatting?
- Who has distractions that are preventing them from participating fully?

The Myth



I will ask teens a question or play a video or have them read something and then we will all have an amazing discussion.





Alternatives



- Give people 20 seconds to think a bit more.
- Ask for two volunteers before you pose the question.
- Say "I'd like to hear responses from 1 or 2 people on this question."
- Ask for people to raise their hand once they have thought of an answer to a question.
- Choose someone and ask them to answer the question...i.e.
 "Sam will you respond. No-judgment, I just want to get the conversation started."

And if that fails....



 Answer your own question with two responses. For example: You could think ______ or think ______. Which one sounds more like the way you think?