

# Heart to Heart

SUMMER 2020

# What is our mission and work?

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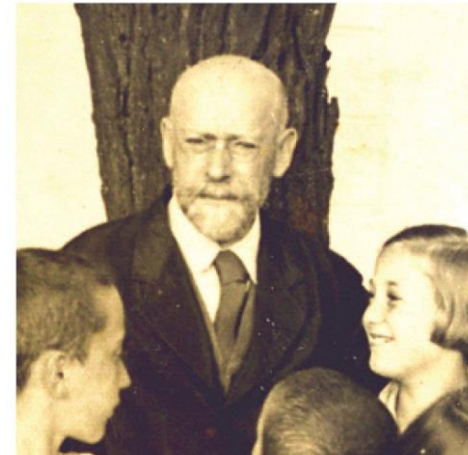


**MOVING TRADITIONS emboldens teens by fostering self-discovery, challenging sexism, and inspiring a commitment to Jewish life and learning.**

# 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

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- 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

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## 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....

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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



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

# Your role in leading a session

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- 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

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- 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

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- 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

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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

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- 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....

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