

TAKING ACTION AS A FAMILY



VALUE
COURAGE

Azut d’Kedusha

It can be very difficult to talk about October 7 with our children in age-appropriate ways. This workshop asks us to make a commitment to do just that with support from experts. To do so is an act of courage, one of Momentum’s core values. We could stay silent, ignoring this essential conversation because it’s hard. When we activate our “holy *chutzpah*,” our ability to be afraid and *do it anyway*, we achieve something powerful for ourselves and our families.

The workshop culminates with a chance for participants to think about how they will take action, with their families and beyond. We encourage you to familiarize yourself with the Momentum Action Network in advance. The Momentum Action Network is a collection of over 400 initiatives for Israel initiated by the Momentum community, serving a library of worthy causes and a source of inspiration for activism.



THIS WORKSHOP IS ABOUT 90 MINUTES

15 MINUTES TO BEGIN WITH INTENTION

60 MINUTES OF LEARNING

15 MINUTES TO CLOSE WITH MEANING



PLEASE PREPARE IN ADVANCE TO SHOW THE HEROES OF OCTOBER 7 VIDEO ON AS LARGE A SCREEN AS YOU CAN ACCESS.

Download the video rather than relying on Wi-Fi, which can interrupt the streaming. Do a test before participants arrive to make sure the images are presenting properly, the captions are working, and the audio is clear and loud enough for everyone to hear. Although the video is thoughtful, not gratuitous, the subject matter remains challenging and emotional. We encourage you to prepare your participants accordingly.



FOLLOW THIS QR CODE TO PRINT RESOURCES FOR PARTICIPANT FACILITATORS.

PART I

HOW WE TALK ABOUT OCTOBER 7 AS A FAMILY



20 MINUTES

Begin by opening a group conversation about how your participants have talked about (or not talked about) the events of October 7 with their child(ren). Be attentive to the different family dynamics present among your participants, and the ages of their children.

Some prompts to consider:

- Describe the kinds of conversations you had with your children about October 7.
- What was difficult or challenging about these conversations? Share the resistance or fear you may have felt.
- How have these conversations evolved? Do you continue to talk about the impact of October 7 in Israel, in the world, in the day-to-day lives of your children, who, for example, may have experienced antisemitism or anti-Israel hate as a result?



LEARN MORE! SCAN TO WATCH THE VIDEO: WHY I'M OFF THE FENCE ABOUT ISRAEL



FOLLOW THIS QR CODE TO GET BETTER AT HAVING CONVERSATIONS ABOUT ISRAEL

PART II

HEROES OF OCTOBER 7



22 MINUTES

Watch “Heroes of October 7” a 22-minute video from OpenDor, and talk about how you can use it as a powerful tool to begin or continue this conversation with your family.

While every family is different and you know your children best, we recommend this video for middle and high school families; other resources will be made available for families with younger children.



PART III

TAKING ACTION



JCRC
RESOURCE



MOMENTUM ACTION
NETWORK



THE MOMENTUM
ACTION NETWORK
YOMM JOURNEY



20 MINUTES

You may not think of yourself as a leader, as someone who mobilizes others to take action. We encourage you to recall the words of United States President John Quincy Adams (1767-1848): *If your actions inspire others to dream more, learn more, do more, and become more, you are a leader.*

One of the most important places to inspire action is at home. For those with middle and high school children, watch and discuss *Heroes of October 7*. Please also consider sharing the video with your young adult children in college and beyond. The Jewish Community Relations Council (JCRC) of Greater Washington is home to another great resource for teens, with tips for social media and more information about the war. You can learn more by scanning the JCRC QR code.

We encourage you to prepare for the conversation to *Heroes of October 7* by reading some of the featured stories from the Momentum Action Network, women just like you who have taken action post-October 7.

Explore these prompts to engage your children:

- How has October 7 impacted you? What are some of the feelings that came up for you as you watched and listened?
- How might the lives and choices of Yuval and Sahar inspire you?
- What can we do as a family to support Israel and honor our heroes?
- Share with your children some of the stories from the Momentum Action Network for inspiration and ideas.
- Commit to an action plan that brings at least one idea to life over the next month.

PART IV

CONVERSATIONS WITH YOUNGER CHILDREN

If you have younger children, we encourage you to review this resource from PJ Library with helpful tips for speaking with your children about Israel, October 7, and antisemitism. Mobilizing younger children is just as important, instilling in them early that to be Jewish is to take action to better the world.



Consider using Momentum's core values to create statements of commitment with your younger children.

For example: This year I will...

- ...focus on modeling the beauty of Jewish wisdom and how it supports Learning and Growth for myself, my family, and my friends.
- ...demonstrate Unity and Mutual Responsibility by reaching out to sisters in Israel and where others are facing challenges to offer kindness and support.
- ...show Courage by sharing how I am standing up and speaking out for my community and for Israel.
- ...elevate the honor of someone who has been marginalized with Human Dignity.
- ...pause daily to offer a blessing of Faithfulness and Trust for the goodness I see around me and explore Jewish prayer to deepen my spirituality.
- ... Identify one daily practice that will bring Peace and Wholeness in the Home.
- ... engage members of my family and workplace in Generosity and tzedakah.
- ...show Gratitude by sharing 3 things we are grateful for at a weekly family meal.