

How to Combat Antisemitism

A Ripple Effect Teen Wellness Fair 2024



1) SPEAK UP

- a. Teachers, guidance counselors, and administrators have a duty to protect students and create a safe environment for ALL students. Jewish students are no exception. Find a trusted person in the school to talk to about what happened.
- b. Tell your parents or guardians. They can follow up with the school and make sure that what happened to you doesn't happen to others.
- c. If you fear retribution from the attacker, at least talk to a trusted adult in your life. Don't feel like you are alone. You are not!

2) REPORT IT

- a. To your school: **OCDSB:** <https://forms.ocdsb.ca/Forms/OCDSB-Safe-Schools-Reporting-Tool>
OCSB: <https://www.ocsb.ca/parents/student-health/connect/>
- b. **Jewish Federation of Ottawa:** <https://www.jewishottawa.com/how-we-help/combating-antisemitism/incident-reporting>
- c. **Ottawa Police Service:** <https://www.ottawapolice.ca/en/who-we-are/hate-motivated-incidents.aspx>

3) HOW YOU CAN HELP OTHERS

- a. 5 D's of Bystander Intervention — **Distract, Delegate, Document, Delay, Direct:** <https://righttobe.org/guides/bystander-intervention-training/>
- b. Encourage others to report. It can be scary to step up, but the school can't fix what it does not know about.



Scan here to
download this
reference card.

4) SOCIAL MEDIA: BEATING THE ALGORITHMS

- a. All social media platform algorithms take note of how long you look at an individual piece of content and will boost “popular” content to be seen by more people. (Popular only means that lots of people watched it. You could have been disgusted by what you saw, but the platform only knows that you wanted to watch.)
- b. You only need to look at content for 3 seconds for the algorithm to think you want to see more content like it.
- c. Report hateful content on all platforms.
- d. Scroll quickly past hateful content as so not to trigger the algorithm.

5) GET SUPPORT

- a. Find a trusted adult and tell them what you are going through.
- b. Have a trusted adult and/or the **Jewish Federation of Ottawa** come with you to meetings with administrators.
- c. Speak with someone from **Jewish Family Services** or other mental health organization as needed: <https://www.jfsottawa.com/counselling-programs/#the-centre-for-children-youth-and-families>
- d. If in college or university, reach out to **Hillel Ottawa**: <https://www.hillelottawa.ca/>
- e. Visit the **Federation** Advocacy page for more information: <https://www.jewishottawa.com/resources/advocacy>
- f. **Always remember that we are here for you!**

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