

The Moving Traditions Teen Groups

Our Teen Groups—Rosh Hodesh for girls, Shevet for boys, and Tzelem for trans and nonbinary teens—use Jewish teachings and a gender lens to help teens explore the issues they care about most such as body image, social and academic pressure, and friendship, romance, and sexuality.



Why This Work is Urgent

Today, the challenges of Jewish teens are greater than ever—and anxiety rates are spiking. From growing pressure on academic achievement, to the unrelenting 24/7 cycle of social media, to the frightening rise of hate speech and violence rooted in anti-Semitism, racism, and sexism, teens need our support.

A recent Jewish Education Project research study, **“GenZ Now: Understanding and Connecting with Jewish Teens Today,”** validates Moving Traditions’ unique approach. Researchers surveyed 17,576 Jewish teens across the country, reporting that teens say the top 5 issues their peers need help with are:

- Managing anxiety or depression (69%)
- Coping with academic pressure (64%)
- Self-esteem issues (61%)
- Dealing with failure, setbacks, and disappointments (55%)
- Learning how to speak to others face-to-face (51%)

Improving Teen Outcomes

Our flagship Teen Groups bring together thousands of 8th-12th graders each year through monthly meetings with a trained adult group leader to learn how to apply socio-emotional learning and Jewish wisdom to deal with the joys and challenges of adolescence. In our most recent 2018-19 evaluation:

- 85% report that their Moving Traditions group helped them connect to other Jewish teens and to the Jewish community
- 81% learned skills to help tackle challenges/problems when things get hard or stressful
- 80% reported becoming more self-confident
- 79% got to know themselves better

Partnering with You

Moving Traditions helps partners select effective Teen Group leaders and then trains them at our National Teen Group Training Institutes. Our Teen Group curricula are available on-line and are regularly updated based on feedback from our group leaders. In addition, we distribute new material during the year to address current events and issues as they arise.

Throughout the year, Moving Traditions also offers advanced on-line trainings for group leaders and supervisors on topics ranging from Healthy Sexuality to Best Teen Recruiting Strategies.

movingtraditions.org

▶ What Teens Are Saying

“Our Rosh Hodesh group is really supportive of each other, and it’s a place where I can be myself and learn to be a better person.”

“My Shevet group is a fun place to chill with my Jewish friends while learning about being a male teen in today’s world.”

