



Advice to Jewish students in mainstream schools:

In light of recent events in Israel-Palestine, we understand that many Jewish students in mainstream schools may be feeling anxious about going to school. There may be concern over other students' responses to the weekend's events, and the possibility of becoming targets of antisemitism in or around school.

I am nervous about going into school whilst tensions are high:

It is normal to feel anxious about going into school at this time, for both staff and students who are involved in the conflict in any way. It is important to remember to report any incident of antisemitism to [CST](#), and call the police if there is immediate danger.

It is so important that we look after our own mental health and wellbeing, especially at this time. There is lots of [advice online](#) about how to cope with upsetting news. If you need any further support with your mental health, please look at [Jami](#) or [Young Minds](#) who both have many ways to support you.

What can I do to help?

It can be reassuring for students to have structured lessons and workshops, looking at both what is happening right now, and the wider impacts of conflicts like these on antisemitism in the UK.

The [Stand Up!](#) project run workshops in schools across the country. The sessions are not directly on Israel / Palestine and their sessions cover a range of topics from Antisemitism & Discrimination, anti-Muslim hate, Hate Crime, identifying & reporting incidents, providing practical skills and tools for young people to feel safe on and off-line. Stand Up! would be happy to come to your school to run sessions, please contact jodie@standupeducation.org or [click here](#) to find out more about booking Stand Up! for your school.

[Solutions Not Sides](#) offer non-partisan education on the Israel-Palestine conflict through a series of workshops for UK students with young Palestinians and Israelis up and down the country. These workshops are both in-person and virtual. They have produced a [statement](#) and various [learning resources](#) for staff and students. You can contact them here: team@solutionsnotsides.co.uk

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