

Being Jewish on Social Media:

Insights and Strategies for Supporting Jewish Teens

Navigating social media as a Jewish teen today comes with both challenges and opportunities. With rising global antisemitism across digital spaces, it's crucial to help teens set healthy boundaries, stay safe online, and engage meaningfully. By leveraging available tools and resources, we can empower them to navigate these platforms responsibly while making a positive impact.

Overview of Major Platforms

Among the most popular social media platforms for teens are TikTok, Instagram, YouTube, and Twitch. Each platform has community guidelines addressing antisemitism and harassment, along with built-in reporting tools and parental controls to enhance safety.



TikTok

63% of U.S. teens aged 13 to 17

Report inappropriate content through the app the "Report" option on videos or profiles.

Parental tools found in settings:

- Family Pairing
- Screen Time Management
- Restricted Mode
- DM Restrictions



Instagram

59% of U.S. teens aged 13 to 17

Report posts, comments, or profiles by selecting the "Report" option

Found in settings under "Supervision":

- Daily Time Limits
- Scheduled Breaks
- Activity Monitoring



Youtube

90% of U.S. teens aged 13 to 17

Report videos, comments, or channels by selecting the "Report" option

Found in settings under "Parent Settings":

- Supervised Experience
- Content Settings
- Activity Monitoring



Twitch

Primarily popular among teen boys

Report channels, videos, or messages by selecting the "Report" option

Chat Filters
Mature Content Settings

Parents are advised to monitor their child's activity & utilize device-level parental controls



Document & Report

DOCUMENT

Take screenshots of the antisemitic content/interaction. Be sure to record the offender's username and screenshot their profile.

REPORT ON PLATFORM

Report the content/incident using the platform's in-app reporting mechanisms. Keep records of your report.

REPORT BEYOND PLATFORM

It is recommended to report to the ADL. Many local Jewish Federations also keep records of online incidents.

PERSONAL SAFETY

If the hate comments or messages include any personal information not available on the platform (i.e. where you live) report to your local authorities and possibly the FBI.

Monitoring & Safe Use

BE INVOLVED IN THEIR USAGE

- Have access to what they are following and spend time using/browsing the platforms together.
- Know what they are uploading to the platforms.
- Consider using third-party apps/services for monitoring your teen's social media and internet usage.

ENCOURAGE SAFE & RESPONSIBLE USAGE

- Keep teen accounts private
- Do not share anything too personal such as:
 - Where you (or your family) live/work
 - Phone numbers/email addresses
 - License plate numbers/identifiable details of your vehicle
 - Your live location
- Teach media literacy:
 - Always fact-check social media
 - Understand what is/isn't a reputable source

Using Social Media to Strengthen Jewish Identity

While social media presents challenges, it also offers valuable opportunities. When used carefully, it provides a platform for teens to express their Jewish identity, connect with a diverse Jewish community, and access positive representation and educational content. Here are some Do's and Don'ts to keep in mind.

DO

- Follow other Jewish creators, organizations, and allies who are putting out **positive, empowering, and educational** content
- Prioritize showcasing the **positive aspects** of your Jewish identity
- Make creating social media content a **collaborative and empowering activity**
- Find ways to ignore/deal with antisemitism, including **setting healthy boundaries**

DON'T

- Get sucked in to the "doom scroll" - unfollow those who upset you, take breaks, process what you see
- Constantly focus on the negatives aspects of being Jewish without engaging with the positives
- Isolate yourself and feel like you're taking on the burden alone
- Internalize haters & trolls



Recommended Accounts to Follow

Thousands of Jewish and Israel-related social media accounts share news, antisemitism reports, and commentary. While informative, it's essential for teens to balance their feeds with content that fosters education, empowerment, and joy. Additionally, not all sources are reliable. Here are a few examples of recommended accounts.

UNPACKED (BY OPENDOR MEDIA)

Variety of Jewish & Israel education, from history and culture, to current events.

  @unpackedmedia
 youtube.com/unpacked

BUILDERS OF THE MIDDLE EAST

Inspiring stories and education working towards coexistence in the Middle East.

  @buildersofmideast




JEWISH FACTS DAILY

Daily videos teaching fun facts about Jewish culture throughout history.

  @jewishfactsdaily
 youtube.com/JewishFactsDaily

TALKISRAEL CREATORS

Positive, original content about Israel empowering others to do the same.

  @talkisraelcreators
 youtube.com/talkisraelcreators

HONESTREPORTING

Media watchdog exposing anti-Israel bias, a trusted source for fact-checking.

  @honestreporting
 youtube.com/honestreportingvideo

JEWISH PRIDE ALWAYS

Naomi is a young Jewish content creator sharing Jewish stories and fighting antisemitism.

  @jewishpridealways




JOSH A

Josh breaks down myths and shares Jewish history through archeology and historical analysis.

  @_j0sh_a_

MONTANA TUCKER

Jewish singer & dancer turned advocate with a good variety of advocacy, education, and positive content encouraging Jewish pride.

  @montanatucker
 youtube.com/montanatucker

YIRMIYAHU DANZIG

Jewish educator and activist showcasing diverse Jewish stories and advocating for coexistence.

  @that_semite

CHALLAH BACK GIRLS

Sister-founded & run company creating a positive impact based in Jewish values through challah.

 @challahbackgirls_

MISHA S

A teen, queer, Zionist voice showing how Jewish teens can use social media as a tool for empowerment and expression

  @queerstandwithisrael

