

# JEWISH YOUTH PROMISE PEER LED PROGRAM

(20 Minutes Version)



## Objectives

(At the end of the lesson teens will be able to...)

- Reflect on their recent Jewish experience and broader Jewish journey
- Derive meaning, inspire a sense of responsibility toward the Jewish future
- Make a promise, set practical goals and write a letter to their future self to help maintain commitment

## Facilitator Preparation

- Familiarize yourself with the Jewish Youth Promise and this program.
- Consider which videos/activities you would like to use/adapt and how you can make this your own.
- Participants will require writing material.
- This program requires a digital device for the promise (or a handwritten option that will later be digitized by the facilitator).
- There are optional videos that require a screen and/or sound system.
- Create a welcoming and open environment.

## Session Overview

SECTION	DURATION	SUMMARY	MATERIALS
<b>A</b> Picking Pivotal Moments	5 minutes	Introduction and reflection on Jewish experiences	Appendix A cut out
<b>B</b> Making the Promise	5 minutes	Consider commitment and sign the promise	Digital device
<b>C</b> Writing the Letter	10 minutes	Decide on practical steps and writing a letter to their future self	Digital device

## Preface

This program aims to help participants capture some of the magic you have created for them through this experience. By identifying the leaders and actions that have influenced them, they can then think about how they are going to transform themselves from being passive recipients to engaging and contributing as potential leaders. You will offer them an opportunity to articulate in their own language what motivates them to become active in their communities, where their passions lie and where they feel a sense of responsibility to Judaism and our people. But, this is not something you can define for them - they will need to find a way to express it for themselves. You can use this program as it is, or change it up to suit the needs of your program and participants - that's up to you! It is about you feeling comfortable to facilitate the journey. We have provided time suggestions, but if you have the time this can be extended - just remember, less is more sometimes so don't let it drag.

# A Introduction: Picking Pivotal Moments

ACTION	DESCRIPTION	MATERIALS
<b>Introduction and setting the stage</b>	1. Display cut out pictures from Appendix A for participants to refer to	<i>Ensure the cards in Appendix A are cut out.</i>
	2. Initiate a discussion around what the participants chose. <ul style="list-style-type: none"> <li>• <b>Why are these experiences most impactful for you?</b></li> <li>• <b>How do you think the community you were raised in influenced these choices?</b></li> <li>• <b>Is there anyone in particular who has inspired you or that has made a difference to your Jewish life?</b></li> <li>• <b>Has this journey impacted what you would like to accomplish long term? (5 mins).</b></li> </ul>	<i>Consider playing calm background music</i>

## B

# Making the Promise: Taking the Plunge

ACTION	DESCRIPTION	MATERIALS
Sign the promise as a way of committing to the Jewish future.	<p><b>What is the Jewish Youth Promise?</b></p> <p>The Jewish Youth Promise asks Jewish teens and young adults to commit to strengthening the Jewish community throughout their lives. It calls on them to actively contribute their unique talents in a range of ways to build up their local communities and global Jewry. Invite them to watch the video.</p>	<a href="#">The Jewish Youth Promise video: Here</a>
	<p>Say to the participants:</p> <p><b>"THIS generation writes the next chapter of the Jewish story and remains a strong link in the chain of generations"</b></p>	
	<p>The goal is to transform them from remembering something to remembering, becoming members again of this commitment, promise and community. Explain that <b>"tens of thousands of Jewish youth around the world are signing a promise to ensure we are part of the Jewish future. It is general and you can make it what you want, but the idea is "we are part of something greater than ourselves."</b></p>	
	<p>Invite one participant to read the promise as all sign it:</p> <p>I hereby promise to act today and throughout my lifetime <b>to strengthen the Jewish people and Israel</b>. I make this commitment because I have a responsibility to ensure that my generation <b>writes the next chapter of the Jewish story</b> and remains a strong link in the chain of generations.</p> <p>Share with the participants that <b>sometimes we have moments of clarity. This is one of them. When we leave these moments, we need to remind ourselves what is truly important, regardless of what we are doing.</b></p> <p>(5 minutes)</p>	<p>Digital device</p>

# C Writing a Letter for the Time Capsule

ACTION	DESCRIPTION	MATERIALS
<b>Writing a letter to their future selves.</b>	<p>After signing the Youth Promise, the participants are encouraged to experience the promise on a deeper and more personal level, by writing a letter to their future selves. This allows the promise to be a significant part of their own journey into self-discovery and what is important to them. The letter will sit in a tailor-made digital Time Capsule and will be sent to the participant in the future by the organization through which they signed the promise.</p>	
	<p>Explain to the participants that:</p> <p><b>We need to find a way to tap into what we are feeling or experiencing right now so that we can feel impacted and inspired by this particular experience regardless of where we are or what we are doing in our lives. You are about to write a letter that no one will ever read except yourselves and will receive this at a future point in your life. Make it count.</b></p>	
	<p>Ask them to think about the following question before writing their letter?</p> <p><b>If you could meet yourself in the future, what would you hope to hear that you had accomplished or contributed? Will what you wrote down that you cared about in the beginning of this program be part of your mission toward tikkun olam?</b></p>	<p><i>Consider playing contemplative music</i></p>
	<p>Invite the participants to write a letter to their future selves in the Time Capsule and conclude with telling them a personal message. Share that:</p> <p><b>Today is the first day of the rest of your life. You are here for a reason and should take the inspiration to accept the mantle of responsibility and write the next chapter of our people with distinction. (15 minutes)</b></p>	<p><i>Digital device</i></p> <p><u><i>The typeform for the letter to themselves</i></u></p>

# APPENDIX A: MEANINGFUL MOMENTS



**Passover Seder**



**Brit Milah**



**B'nai Mitzvah**



**Jewish Pride**



**Wedding**



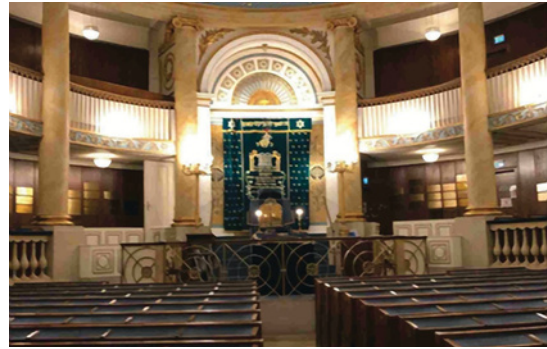
**Jewish Camp**



# APPENDIX A: MEANINGFUL MOMENTS *(cont'd)*



Shabbat Dinner



Synagogue



Purim



Chanukah



Visiting Israel



Jewish Classes

# APPENDIX A: MEANINGFUL MOMENTS *(cont'd)*



Chesed



Learning Torah



Tzedakah & Philanthropy



Israel Advocacy



Honoring Our Jewish Past

Other