Healing School Communities in the Context of Faith-Based Bullying

A Two-Part Conversation Series

Priming Resources

We have curated a list of MHTTC and external resources that detail strategies to address Islamophobia and antisemitism, the effects of Islamophobia and antisemitism on students and schools, and ways to support affected students and staff.

Priming Resources:

1. **Campus Antisemitism, Islamophobia Reports Prompt 'Huge Influx' of Federal Civil Rights Complaints – The 74**
   a. Schools across the country are seeing a large increase in reports from students of Anti-Semitism and Islamophobia. While responding to these incidents, schools are faced with how to navigate upholding students' rights to both nondiscrimination and the first amendment.

2. **Educator Resources to Address Antisemitism in Public Schools | San Diego County Office of Education**
   a. Schools and classrooms can create cultures of care by allowing students to listen and learn about the experiences of their classmates. These teaching resources aim to help educators address bigotry and emphasize inclusion with their students.

3. **Expelling Islamophobia | Learning for Justice**
   a. Teaching religious literacy is one of the most effective school-based approaches to address anti-Muslim bias. One school district in San Diego improved the school climate for their Muslim students by training staff members to recognize forms of anti-Muslim bias, updating the curriculum to include religious literacy, and upgrading school policies to ensure all religious groups feel respected and supported.

4. **Fighting Hate In Schools**
   a. Schools have a responsibility to respond to incidents of hate and educate their students on religious inclusion. One program run by the Anti-Defamation League called "A World Of Difference" can help administrators, educators, and students teach tolerance at their school.

5. **Health Effects of Antisemitism**

a. Experiencing antisemitism can negatively impact a person's mental and physical health in a variety of ways, including triggering anxiety, PTSD, inflammation, and high blood pressure. It is important to seek support from your community and reach out for professional help if necessary, they can help guide you or cope with the after-effects of such incidents.

6. **How schools are addressing antisemitism and Islamophobia | K-12 Dive**
   a. Helping students to understand and confront hate is at the heart of educational equity. One school in Washington curated guides with resources to help educators counter hate and create inclusive schools by allowing students to learn about the experiences of Jewish and Muslim people.

7. **Protecting Student Mental Health in the Face of Antisemitism and Islamophobia | The Jed Foundation**
   a. To protect the mental health of all students, The Jed Foundation (JED) developed an outline of actionable strategies colleges and universities can take to engage students and support their mental health.

8. **Spotlight On: Jewish Americans' Mental Health**
   a. This one-pager by New York State's Office of Mental Health highlights the mental health challenges faced by Jewish Americans, the causes and ways to help.

9. **Talking to Children about Hate Crimes and Anti-Semitism**
   a. This fact sheet outlines how to discuss hate crimes, as well as antisemitism with children including, how to start the conversation, how to gently correct inaccurate information, understanding common reactions children may have after mass violence, how to answer questions directly, how to be a positive role model, and empowering children and teens.

10. **The Devastating Mental Health Effects of Islamophobia | TIME**
    a. This article explores the profound mental health impact of Islamophobia on Muslims, emphasizing the stress, anxiety, and trauma caused by discrimination and prejudice, which can lead to long-term psychological consequences.

11. **The Impact of Islamophobia on Muslim Students: A Systematic Review of the Literature**
    a. Despite the rise in anti-Islamic sentiment, Muslim youth's experiences of religious discrimination are under researched. The goal of this paper is to better understand the complexities associated with religious discrimination for youth and adolescents and how to mitigate the harm caused by these discriminatory experiences.

12. **Understanding and Countering Antisemitism and Islamophobia In Schools**

a. This article discusses strategies to address and combat antisemitism and Islamophobia in schools, emphasizing the importance of education, inclusive curricula, and community engagement to foster understanding and empathy among students.

Extended Resources to Support Students and Staff:

1. **Be the Narrative**
   a. Be the Narrative is a national nonprofit organization that developed and delivers Student to Student, a classroom-based experiential program that brings Jewish and non-Jewish high school students together to learn about Judaism and dispel stereotypes through personal storytelling.
2. **BeWell | Jewish Together**
   a. BeWell provides support and tools to respond to the growing mental health concerns of young people aged 12-26, and resources for parents, caregivers, and Jewish professionals.
3. **Supporting Students, Staff, Families, and Communities Impacted by Anti-Muslim Hate**
   a. The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities impacted by Islamophobia and anti-Muslim violence.
4. **The Shoulder to Shoulder Campaign**
   a. Comprised of a national multifaith coalition of religious denominations and faith-based organizations, The Shoulder to Shoulder Campaign connects, equips, and mobilizes faith communities throughout the country as strategic partners in countering, addressing, and preventing anti-Muslim hatred, discrimination, and violence.

MHTTC Bullying & Faith-Based Resources:

1. **Bullying and its Impact on Mental Health**
2. **Bullying Prevention Through Empathy Webinar**
3. **Conflict Resolution for School Communities**
4. **How to Talk to Students about Trauma and Violence**
5. **Prevention and Intervention Efforts to Address Bullying and School Violence**
6. **Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity**

7. **Resources to Address School Violence: Findings from an Environmental Scan and Gap Analysis**
8. **Rising Practices & Policies in our Workforce: Interrupting Bullying & Fostering Belonging for the School Mental Health Workforce**
9. **Talking with Children About War and Other Humanitarian Crises**