

**Defending against Rising Antisemitism**  
**Personal Reflection**  
**By Steven Mandel MD**

**ADL** in a recent study found that 44% of Jewish Americans experience harassment online, with 31% severe harassment. With this growing tide of antisemitism and antizionism in our college campuses and community, the time is now to support networks, raise awareness, educate our friends and neighbors, and advocate Jewish values of solidarity.

**Antisemitism in any fashion will not be tolerated.**

We each need to counter extremism, disinformation, and bigotry whenever it happens. We need to expose bias and hate. This can be in the workplace, schools, houses of worship, and establish partnerships with other organizations.

There are so many questions about antisemitism and stereotypes for discussion within our community it can be overwhelming:

- What is antisemitism?
- What is the relationship of antisemitism and racism?
- Is antizionism -antisemitism?
- What are the myths, disinformation, and conspiracy theories?
- Holocaust denial, Protocols of Zion – Christian blood and matzah.
- What are microaggressions?
- “He’s such a Jew – always pinching pennies.”
- “You’re Jewish – no wonder you are good with money “
- What is the effect of intergenerational trauma?
- Holocaust, Kishinev Pogrom in the Ukraine?

Then there is one's own health. There are definite physical and mental effects of antisemitism that include:

- Hypertension
- Cardiovascular disease.
- Post traumatic stress disorders – PTSD.
- Loneliness, depression, and anxiety.
- A sense of insecurity and distress.
- Distrustful of other people.
- Socially isolated and shy away to be identified as a Jew.

We can change stereotypes and myths with respectable dialogues, by building bridges and interfaith dialogue. We need to reflect on our own biases, prejudices and privileges for our self-education and growth. As we gather together with our friends and family, let us celebrate our Jewish identity and heritage with a sense of wisdom and awe.

In my own Men's Club, we have experienced days of laughter and tears that have enhanced our friendships. Look to create a relational engagement strategy to nurture empathy for the Jewish identity, trauma, and a lived experience. Learn how to discover strategies for improving. advocacy for a positive change. Use word of mouth and grass roots media as a powerful tool to influence elected officials and champion support for the Jewish people.

With our friends at the **FJMC**, we make each day more interesting and beautiful with the knowledge, friendship, and warmth that we share every day.

**Fighting against antisemitism is fighting for ourselves.**

**SPEAK UP, STATE FACTS, SHOW STRENGTH TOGETHER.**

**Steven Mandel MD**  
**4/05/2024**