

Strengthening Community Resilience and Awareness Following the Tragic Attack in Washington, D.C.

Following the tragic event that took place last night in Washington, D.C., JReady, together with experts from Tel Aviv University's International Master's degree in Disaster Management, has prepared a list of key recommendations to help children, parents, community members, Jewish schools, and synagogues strengthen their resilience and enhance security awareness.

First and foremost – this is the time to communicate, and to come together in solidarity.

Stay in touch with fellow community members through social media, in-person gatherings at synagogues, schools, or community centers. Continuity of community engagements and together-ness will enhance our longer-term resilience – as individuals, and as a wider Jewish community .

Guidelines for Parents and Families

- Open and Supportive Dialogue:

Speak with your children about the event calmly and in an age-appropriate way. Emphasize a sense of safety, family unity, and community strength.

- Active Listening:

Allow your children to express their emotions and concerns. Validate and acknowledge all feelings.

- Preserve Routine:

Try to maintain daily routines as much as possible. Routine provides children with stability and a sense of security.

Guidelines for Jewish Schools

- Raise Staff Awareness:

Hold a staff meeting to review and refresh safety protocols and raise awareness of students' emotional needs.

- Resilience Activities:

Organize educational programs and activities that highlight solidarity, unity, and community resilience.

- Heightened Vigilance:

Encourage staff and students to remain alert to unusual behaviors or incidents and report them immediately to the appropriate security authorities.

Guidelines for Synagogues and Community Centers

- Enhance Physical Security:

Ensure all security systems are operational and that visible security presence is increased during sensitive times and events.

- Coordinate with Law Enforcement:

Maintain ongoing communication with local police and security agencies to receive updates and recommendations.

- Volunteer Training:

Provide dedicated training for community volunteers in recognizing suspicious behavior and responding effectively in emergencies.

General Guidelines for All Community Members

Empathy and Emotional Connection:

- Before offering assistance or practical support, begin by expressing solidarity and emotional understanding. Acknowledge the pain, shock, and fear people may be experiencing. A sense of shared humanity and compassion lays the foundation for resilience.
- Create a Space for Processing: Give individuals space to share, reflect, or simply be present without rushing into action. Sometimes, just being heard is the first step toward healing.
- Reinforce a Sense of Community Commitment: Remind people that the community is here for them—that we care, that we will respond, and that we will take action when needed. This knowledge alone can provide tremendous emotional reassurance and strength.

Resilience and Mutual Responsibility

- Increased Awareness:

Stay alert to your surroundings and report any suspicious activity without delay.

- Emotional and Psychological Support:

Don't hesitate to seek professional support if you're experiencing emotional distress.

And remember, JReady is here for you through crisis and calm. Please don't hesitate to reach out with any questions or requests for support.