RESOURCES FOR UNDERSTANDING AND FIGHTING ANTISEMITISM

HADASSAH

Antisemitism has been called history's oldest hatred. The same tropes – myths, stereotypes and conspiracy theories – used against Jews thousands of years ago continue to be used, without any connection to geographic history, level of religious observance or political beliefs. Data allows us to understand the extent of the problem and to find appropriate ways to address it. Education and advocacy go hand-in-hand.

RISING ANTISEMITISM AND ITS IMPACT IN OUR EVERYDAY LIVES

Antisemitism in the US and around the world dramatically increased following Hamas' October 7, 2023, attack and the subsequent war. Targeted murders of Jews in Washington, DC and Boulder, Colorado, are just two recent violent examples. Though only 2% of the US population, Jews are targets of nearly 70% of religious hate crimes.

In 2024, Hadassah sought to understand how the rise in antisemitism reaches every facet of Jewish women's day-to-day lives. An astonishing 64% of women surveyed said they had been impacted and shared stories about being excluded by former friends, singled out at work, yelled at by strangers, or witnessing harassment of their children at school.

Read Hadassah's report, *From Fear to Resilience: Women Facing Antisemitism*

ANTI-ZIONISM IS ANTISEMITISM

In addition to using hatred of Israel to mask antisemitic behavior, anti-Zionism rhetoric often embeds historic antisemitic tropes and themes, using the term "Zionist" to replace "Jewish person" to avoid censorship and repercussions for bigotry. A key to fighting antisemitism is being able to define and identify it.

Natan Sharansky developed a "3D" test to determine if a comment about Israel is antisemitic:

1. **Demonization:** When Israel's actions are blown out of proportion and compared to groups like the Nazis.
2. **Double Standard:** When Israel is singled out and criticism is applied selectively.
3. **Delegitimization:** When Israel's right to exist is denied.

Another tool is the widely accepted International Holocaust Remembrance Alliance's (IHRA) working definition. Importantly, IHRA and its illustrative examples clearly show how statements claiming Israel has no right to exist or that Jews do not have a right to self-determination in their homeland, Israel, are antisemitic.

Learn more about the IHRA definition.

November 2025

FIVE WAYS YOU CAN TAKE ACTION

1. Report Antisemitic Incidents

When you experience antisemitism, report it to the proper organizations, government agencies and social media platforms.

Visit Antisemitism 911 to report hate crimes and antisemitic incidents.

2. Educate yourself. Do not be afraid to ask questions!

When you consume information, think critically – does it violate the IHRA definition? The 3D test? Hadassah's Antisemitism Team is dedicated to keeping an open dialogue with members. Email antisemitism@hadassah.org with your questions.

Check out Hadassah's policy statements on supporting Israel and combating antisemitism.

3. Stand Up and Speak Out.

If you experience or witness antisemitism, call it out if it's safe to do so. Listen, find common ground, and explain where you're coming from.

Use Hadassah resources to respond to common false narratives: Countering Anti-Zionist Misinformation and Talking Points For Your Conversations About War.

4. Advocate for Change.

Write letters, call and meet with your elected officials.

Act Now: Visit Hadassah's Action Center and urge policymakers at the local, state and federal level to stand up to antisemitism and protect the Jewish community!

Hadassah's Action Center

Point your phone camera here

5. Engage Your Community and Share Hadassah Posts.

Share Hadassah social posts with your network, read about Hadassah's 18 American Zionist Women You Should Know, and read the Focus Project Daily News Briefs. Amplify Zionist voices on social media.

Follow Hadassah on Facebook and Instagram

Reach out to **antisemitism@hadassah.org** for help responding to incidents in your community and for support in planning education and engagement opportunities.

Support Hadassah. Your support helps ensure Hadassah can continue to speak out against antisemitism and advocate for change. Donate today.

© 2025 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah®, the H logo, and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

December 2025