

**Congregation Or Ami**  
**Pop-up Teen Retreat**  
**Program 1.5: Social Media Torah Study**  
**Saturday, 10:15-10:45am**

Goals:

- To demonstrate the difference between perceived reality and reality
- To connect the Torah portion to real life
- To explore the importance of connecting to our reality and seeing what is real...

Objectives: (TSBAT)

- Compare and contrast different ways of sharing one story
- Analyze the challenges and benefits of social media through the Joseph story
- Explore using social media in a slightly new way

Materials

- Pens
- Markers
- Paper (computer paper)
- Appendix A: Joseph Story

Timeline

00-03 Explanation

03-05 Split into groups

05-15 Make snap stories

15-25 Share snap stories

25-33 Wrap up

Expanded Timeline

**00-03 Explanation**

Explain: In our Torah portion this week, we meet Joseph for the first time in the yearly reading cycle. A 17 year old, one of 12 brothers and one sister, Joseph feels that he is better than his brothers. A couple episodes ensue and the brothers end up throwing Joseph in a pit. A sad story altogether.

In order to explore the story more, we want you to create snap stories from different perspectives of the story. You will each get a particular angle from which to portray the story, and the text of

the story so you know what you are depicting. You don't have to tell the whole story, but you have to represent your perspective. The different perspectives are:

- Joseph
- The brothers
- Jacob (the father)
- An onlooker

We will split you into groups. You have 7 minutes to make your story using paper, markers/pens and your imagination.

### **03-05 Split into groups**

As participants walk around, walk around with them.

### **05-15 Create Snap stories**

Participants will go create their snap stories.

**Staff:** Please help clarify directions for them, or help them with ideas. Also, help them stay on track.

### **15-25 Share snap stories**

Bring all the participants back together.

Have at least one group from each perspective share their story (OR, depending on the number of groups of each, have the smaller groups join together so that each perspective is represented and have them share in those smaller groups.

### **25-30 Wrap-up/debrief**

As you created your snap story, how much did you think about the emotion you were portraying? What if this was your own snap story? Raise your hand if you think about what you are showing to the world when you share on snapchat or other methods of social media?

You each represented the same story from a very different perspective. How is this representative of how you really interact with social media?

Sometimes, we use social media to put on a face for the world, but it is not necessarily how we really feel about ourselves. Sometimes, we use it because we are really happy and want to share that with the world. Just like with the Joseph story, there are many ways to show our perspective.

Interestingly, statistically speaking, 80% of what we put on social media is not a realistic representation of ourselves. Meaning, we put parts of ourselves that isn't necessarily what we

want to see. What ways do you filter what people see (how you use the camera, when you post, what you post)? *Through different filters, through bringing the phone closer to your face, only posting when on vacation, holding your phone at a certain angle, taking 20 pictures and picking the best one to post, only writing happy things)*

[More facts to include if necessary:

The influence of how social media impacts how we see ourselves

- We believe 80% of what we see online, and 20% of that is actually true
- and we hold ourselves to that 80%
- Which leads to false perceptions, to depression and anxiety
- And then online dating is the fearful reality]

So often, we do that. We want to show people the reality we want to have, and not necessarily the actual reality we live in. Social media, sadly, always shows us an erroneous example of the world around us.

Maybe ask:

When is social media not real? How do we find that?

What are the things you do to make sure that what you show on social media is realistic?

**Wrap up:** we know that many of you use social media to connect with friends, to share happy or exciting things or even just to disconnect from the world for a little bit. But sometimes social media has a more frightening side and makes us feel depressed, anxious or even really badly about ourselves. Just like we saw more than four ways to tell one story, we realize that there are way more than four ways to share about ourselves on social media. As we know that each of us is part of this *kehillah kedosha*, this holy community, we want to make sure that we are as aware of that experience as possible moving forward, both for ourselves and others.

### **Joseph Story (Genesis 37:1-24)**

...At seventeen years of age, Joseph tended the flocks with his brothers, as a helper to the sons of his father's wives Bilhah and Zilpah. And Joseph brought bad reports of them to their father.

Now Israel loved Joseph best of all his sons, for he was the child of his old age; and he had made him an ornamented tunic. And when his brothers saw that their father loved him more than any of his brothers, they hated him so that they could not speak a friendly word to him.

Once Joseph had a dream which he told to his brothers; and they hated him even more. He said to them, "Hear this dream which I have dreamed: There we were binding sheaves in the field, when suddenly my sheaf stood up and remained upright; then your sheaves gathered around and bowed low to my sheaf."

His brothers answered, "Do you mean to reign over us? Do you mean to rule over us?" And they hated him even more for his talk about his dreams.

He dreamed another dream and told it to his brothers, saying, "Look, I have had another dream: And this time, the sun, the moon, and eleven stars were bowing down to me." And when he told it to his father and brothers, his father berated him. "What," he said to him, "is this dream you have dreamed? Are we to come, I and your mother and your brothers, and bow low to you to the ground?" So his brothers were wrought up at him, and his father kept the matter in mind.

... Israel said to Joseph, "Your brothers are pasturing at Shechem. Come, I will send you to them." He answered, "I am ready." And he said to him, "Go and see how your brothers are and how the flocks are faring, and bring me back word." So [Jacob] sent [Joseph] from the valley of Hebron. ...

So Joseph followed his brothers and found them at Dothan. They saw him from afar, and before he came close to them they conspired to kill him. They said to one another, "Here comes that dreamer! Come now, let us kill him and throw him into one of the pits; and we can say, 'A savage beast devoured him.' We shall see what comes of his dreams!"

But when Reuben heard it, he tried to save [Joseph] from them. He said, "Let us not take his life." And Reuben went on, "Shed no blood! Cast him into that pit out in the wilderness, but do not touch him yourselves"—intending to save him from them and restore him to his father. When Joseph came up to his brothers, they stripped Joseph of his tunic, the ornamented tunic that he was wearing, and took him and cast him into the pit. The pit was empty; there was no water in it.