

UNDERSTANDING POSITIONS AND TRIGGERS IN RELATION TO ISRAEL- PALESTINE





WHY THIS GUIDE?

The effects and trauma of the situation in Palestine-Israel can be far-reaching and people in Britain can be touched and experience emotional and mental pain because of it. It can also, occasionally, spill over into incidents of physical violence.

We want to live in a fair, educated and compassionate society in Britain where we celebrate diversity and protect one another from harm. This includes those who have different beliefs, faiths or opinions from ourselves. As well as caring about Israel-Palestine, we also care about each other.

We believe it is possible to have discussions and carry out activism on this issue without hurting one another in the process, and we hope this guide will help educators in Britain to support their students to do so. We seek to raise awareness through this resource about how various views and words may impact upon Palestinians, Israelis, Jews, Muslims, and others. How people then proceed once they have this awareness is their own decision.



ABOUT THIS GUIDE

This guide has been developed through listening to alumni from among our student participants, particularly Jewish and Muslim, and our Palestinian and Israeli speakers. Their voices and stories are featured at various points throughout this guide, represented by the speech bubbles and featured in the films.

As this guide is based on real experiences of our speakers and participants, it offers approaches related to what they have faced. Different topics and words are addressed simultaneously in this guide, however that is not to suggest a uniform response to these issues, or an equivalence between those words and issues that are presented together in this guide.

It is designed to help you encourage your students to think critically and understand the potential impact before discussing and forming opinions on Palestine-Israel. It is based around the values of:

- Non-violence
- Equality for all
- Rejection of hatred

It is also based around three critical-thinking questions as they reflect on their position:

1. Is the goal a win-win outcome?
2. Is it fair?
3. Is it constructive?



1 - AIMING FOR WIN-WIN

Let's start with the first and most important question to encourage your students to ask themselves:

"What is the intended goal of the position I am taking? How will it affect Palestinian and Israeli people? Might it endanger others if I proceed in a certain way with my words?"

What outcome is being proposed for Palestinians and Israelis? If the end result means the eradication of either the Palestinian or the Israeli national identity and/or people, then it is win-lose, which will likely lead to lose-lose and means a continuation of the human loss and suffering that has been going on for decades.

This is precisely why we chose our organisation's name, to encourage people to remember the value of human life and not support one side to win against the other. Click on the picture below for a short film that is helpful for illustrating the true impact of a win-lose approach.



Click [here](#) for information on the UN principle of equal rights and self-determination of peoples - Article 1 (2). Both the Jewish-Israeli and Arab-Palestinian peoples have that right under the UN Charter. Currently, Israel is a fully recognised member state of the UN, Palestine has observer, non-member status at the UN.*

*SNS does not prescribe what an agreed-upon solution should look like, but encourages critical thinking through listening to what Palestinians and Israelis say they need (see page 6 below)

Rather than simply being 'pro-Israel' or 'pro-Palestine', perhaps more important is the direction of travel towards peace and justice for all people and not towards a win-lose outcome. Use this chart and help your students to identify where their views may lie on this spectrum, and particularly what the direction of travel is.

THE ISRAEL-PALESTINE SPECTRUM AND THE DANGERS OF LOSE-LOSE

POSITION:

- Palestinians are the indigenous people of this land and Jews from outside had no right to come here
- The Jewish people have no right to self-determination
- Israel is nothing other than a continuation of European colonialism
- The Israelis/Jews/Zionists control the media/banks/US Government
- The Israelis are Nazis
- The only solution is one state: Palestine

POSITION:

- We have our own history about the land, but we are willing to allow a different one to stand alongside it
- We have our Palestinian national aspiration, but we are willing for the Israeli one to be fulfilled, as well
- Israelis are human beings and should be able to live without fear of violent attacks and threats to destroy them
- The solution could be any agreed political construction if it is bi-national and fulfills the core needs of both sides

Emotions: Hope, empathy, respect, empowerment

WIN-WIN

POSITION:

- We have our own history about the land, but we are willing to allow a different one to stand alongside it
- We have our Israeli national aspiration, but we are willing for the Palestinian one to be fulfilled, as well
- Palestinians are human beings and should be able to live without fear of occupation, inequality, and oppression
- The solution could be any agreed political construction if it is bi-national and fulfills the core needs of both sides

POSITION:

- Historical records show that the Jewish people are the indigenous people of this land and others were later invaders
- Palestine has never existed as a state, it's a made-up 'nation'
- The Arabs/Muslims have the whole of the rest of the ME, it's fair for Israel to have this piece of it - Jordan could be 'Palestine'
- The Arabs/Muslims want to enforce a Caliphate on Israel/Europe/the World
- The Palestinians are nothing other than Daesh/Al Qaeda
- The only solution is one state: Israel

WIN-LOSE

Anti-Israel

Pro-Palestine

Pro-solution

Pro-Israel

Anti-Palestine

LOSE-WIN

Use violence to win back the land for Palestine

Use violent means of resistance

Use non-violent means of resistance

Use non-violent means of defence

Use violent means of defence

Use violence to win back the land for Israel

LOSE-LOSE

Emotions: Hate, anger, fear, despair



WIN-LOSE LANGUAGE

Language is important when talking about this topic, and certain terms or expressions can be interpreted as promoting a win-lose outcome. The result will likely be entrenchment of those on the other side of the win-lose spectrum, and a win-win outcome will be harder to achieve. If your students want to avoid this, we suggest the following:

DO: Talk about the importance of Palestinian human rights and self determination. Palestinians should be free.

DON'T say: "From the river to the sea, Palestine will be free" or call for an "intifada". Why?

DO: Talk about the importance of Israeli security and self determination. Israelis should be safe.

DON'T say: "Palestine as a state has never existed" or refer to the West Bank as "Judea and Samaria". Why?

"Because I and many other people may interpret this as: 'Israel should be destroyed', which may hinder the cause of Palestinian freedom and won't help any of us."

"Because I and many other people may interpret this as: 'Palestine should never be established as a state', which may hinder the cause of Israeli security and won't help any of us."



WIN-WIN LANGUAGE

In SNS, we believe in listening to Palestinian and Israeli people about what they need, and how we can help them have a better future. Both national aspirations need to be fulfilled in this piece of territory through a negotiated agreement if this is to happen. If political leadership of both nations comes together to talk about what their people need and what can be done to overcome challenges, as well as to seek fair and equitable solutions with the aid of international actors, a win-win outcome is possible.

Reciprocity will be key - the principle that whatever right one people claims for itself, it cannot reasonably deny to the other. What do the Israeli and Palestinian speakers in our programme say they need that they don't currently have?

PALESTINIAN:

- End of occupation and military law
- Freedom of movement (removal of checkpoints, the wall, etc.)
- Control of economy and resources
- The right of return for Palestinian refugees to be addressed
- No more settlement expansion
- No more racism
- End to violent attacks against unarmed civilians
- Access to holy sites
- Jerusalem as the capital
- An airport, sea port and economic growth
- Self-determination in historical homeland
- End to the Gaza blockade and air strikes
- Justice for Palestinians who have been wronged

(These lists are not exhaustive, further research is encouraged!)

ISRAELI:

- End to violent attacks against unarmed civilians
- End to rocket attacks from Gaza by Hamas
- Self-determination in historical homeland
- End to calls for Israel's destruction
- No more racism
- Acknowledgement of the suffering of Jewish refugees from Arab countries
- Access to holy sites
- Jerusalem as the capital
- No more building of tunnels from Gaza into Israel
- Normal relations with neighbouring Arab and Muslim states
- Fair and equal treatment in UN bodies
- No more need for mandatory military service
- Justice for Israelis who have been wronged

"We're people just like you with real needs. Don't talk about us, without us."



2 - IS IT FAIR?



Encourage students to reflect on the fact that it is important to care about Israel-Palestine and each other in our various communities and wider society. Is the position they are taking fair to all parties involved? Some questions to ask:

- Why the focus on this particular issue? Are you personally connected to this issue? Why is it important to you? 
- Are you taking a similar approach to other causes involving similar issues that you are passionate about? 
- Are you targeting your opinions towards a particular group of British people because of an assumed/perceived connection between that group and Israel or Palestine? 
- Are you using national flags/symbols of Palestine or Israel to represent a different or separate cause? 

EXAMPLES OF OTHER CAUSES USING ISRAELI OR PALESTINIAN SYMBOLS



Far right

Expressing support for Israel

Why?

Views Israel-Palestine through worldview that sees Palestinians as part of a global so-called 'Islamist' terror threat

Far left

Expressing support for Palestine

Why?

Views Palestine-Israel through worldview that sees Israel as merely an extension of European colonialism

Northern Ireland Catholic

Expressing support for Palestine

Why?

Views Palestine-Israel through the lens of their own conflict

Northern Ireland Protestant

Expressing support for Israel

Why?

Views Israel-Palestine through the lens of their own conflict

Pakistani Kashmir supporters

Expressing support for Palestine

Why?

Views Palestine-Israel through the lens of their own conflict

Indian Kashmir supporters

Expressing support for Israel

Why?

Views Israel-Palestine through the lens of their own conflict

Some groups claiming to represent Jewish interests*

Expressing support for Israel

Why?

Views Israel-Palestine through worldview that all Palestine solidarity is merely an extension of centuries-old antisemitism

Some groups claiming to represent Muslim interests*

Expressing support for Palestine

Why?

Views Palestine-Israel through worldview that sees Israel as merely the long arm of the USA in a war against Islam

*Not all Jewish or Muslim groups are involved with or support Israel/Palestine, it's important not to make that assumption

N.B. SNS is not drawing equivalence or otherwise making any comment on these various causes

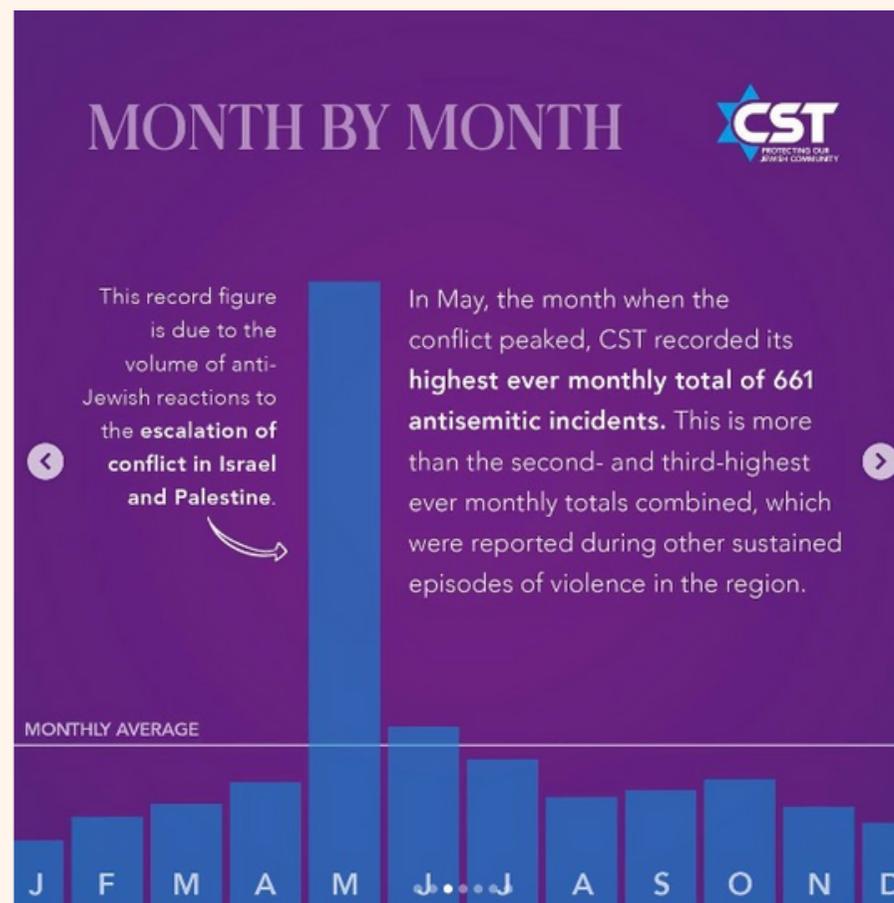
Please click [here](#) for a short film to understand more about the history of Palestine-Israel in its own right.

WHY IS THIS IMPORTANT?

It is important to check the answers to the above questions because British Jews and Muslims experience increased discrimination as a direct result of attitudes and opinions around the issue of Israel-Palestine, particularly when the issue hits our media headlines, such as in May 2021.

During late spring 2021, according to the CST, antisemitism increased 570%

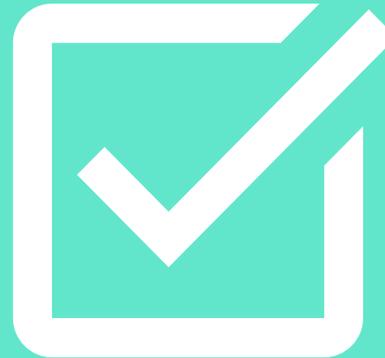
In late spring 2021, according to TellMAMA, Islamophobia increased 430%



IDENTIFYING RACISM: QUESTIONS TO ASK

Apply the three D's:

- **Demonisation**
- **Delegitimisation**
- **Double-standards**



1. Are negative tropes and stereotypes being used?
2. Is Israel/Palestine being delegitimised in terms of the UN-granted equal right to self determination for nations/peoples?
3. Is Palestine/Israel being held to a different standard than that same person applies to other political issues and causes that they are involved with?



IDENTIFYING RACISM: QUESTIONS TO ASK

- Is the intention deliberate hatred towards Jews, Muslims, Palestinians or Israelis?*
- Even if unintentional, are negative stereotypes and tropes about these people groups being used?

*NB: not all Israelis are Jewish and not all Palestinians are Muslim, these are separate, but often related forms of prejudice

Antisemitic:

- Domination and control
- Holocaust denial
- Blood libel
- Dirt and disease
- Wealth and greed
- Demonisation
- Deicide

"These stereotypes do not reflect the reality of who I am and they hurt me."

Islamophobic:

- Culturally incompatible
- Oppression of women
- Terrorism
- Monolithic
- 'Islamisation or threat of a Muslim take-over'

Click on the links in the lists above to learn more information about recognising each of these tropes. This information is from a collaboration of European partners for countering online racism called 'Get The Trolls Out'

Get The Trolls Out

New Articles

 Get The Trolls Out

Click [here](#) to see our guide to avoiding hate speech for more information about racism and this issue.



3 - IS IT CONSTRUCTIVE?

Caring about each other when we express our views and positions on any issue is part of being in a fair and compassionate society. The following language is likely to kindle defensiveness and opposition to your own position in people who hold a different position. It may therefore have a destructive rather than constructive effect on bringing about a better future for Palestinians and Israelis, and various different groups in our society.

What are 'triggers' and why are we talking about it?

- a. Triggers are terms or phrases that can trigger a negative emotional response.
- b. They can be understood in different ways by different people.
- c. The point here is not to 'feel better', to draw a parallel, or avoid taking action. The goal is to explain and understand various positions, without excusing or justifying them.
- d. This approach is more likely to lead to all parties moving forward constructively rather than becoming more entrenched and polarised.



IDENTIFYING TRIGGERS

What are some examples in the Palestinian-Israeli context, and what are the critical-thinking questions we should be asking ourselves and researching from various sources when we hear these terms used?

Apartheid (often directed as an accusation towards Israel's actions):

- i. What was the original context of usage of the term?
- ii. What is its current definition in International Law?
- iii. Is the term being applied accurately based on the lived experience of people on the ground?
- iv. Why might some people around you find this difficult and become more entrenched in a counter-viewpoint?

"I live with the fear of a rise in Jewish persecution and I need Israel to exist as a safe haven for me. I fear that behind this accusation is the demonisation of Jewish people and a call for Israel to be destroyed".

Terrorism (often directed as an accusation towards Palestine's actions):

- i. What was the original context of usage of the term?
- ii. What is its current definition in International Law?
- iii. Is the term being applied accurately based on the lived experience of people on the ground?
- iv. Why might some people around you find this difficult and become more entrenched in a counter-viewpoint?

"I live with the constant suspicion of society around me that just because I am Muslim, I must support terrorism. I fear that behind this accusation is the demonisation of Muslim people and that Palestine will never be recognised as a state."





ACTIONS RELATED TO THE TRIGGERS

1. Boycott, Divestment and Sanctions (BDS)

Boycotts are a legitimate, non-violent tool for political change. However, think of the person above who reacted to the language of Apartheid. Could this be triggering? Ask students what they can use from this guide to reassure and care for that person.

There are several forms of boycott that we have been seeing in the context of this issue:

- a) Economic boycotts against Israel, particularly targeted at companies that operate in the occupied territories and/or are profiting from the occupation, or products produced in settlements. This is usually aiming towards ending the occupation of the Palestinian Territories as outlined by the UN. It may be triggering for some who see this violence as necessary for Israeli security and/or who desire a win-lose outcome in favour of Israel.
- b) Boycotts of everything Israeli, including Israeli academics, artists and civilians in any field. This is ambiguous. It could be interpreted as prejudice against Israeli people, or delegitimising Israel's existence. It is likely to be very triggering for a large number of people, particularly Jewish communities who feel a connection with Israel, and Israel advocacy groups.
- c) Boycotts of non-Israeli companies just because they are owned or founded by Jewish people. Just because a company is somehow connected to Jewish people (such as Starbucks or Marks & Spencer) doesn't mean it must be supporting the Israeli occupation. Making such an assumption is antisemitic and will be hurtful for a large number of people, particularly Jewish communities. Advise students to do careful research. For example, Starbucks' official statement on this can be found [here](#).
- d) Boycotts of global US corporations such as McDonalds, Pepsi Cola, etc. to help the Palestinians. Stereotypes of Jewish people being associated with wealth, power and global domination, or having control of the US Government/economy are antisemitic. Assuming that these companies support the Israeli occupation simply because they are American or large corporations will be hurtful for a large number of people, particularly Jewish communities. It's fine to boycott these companies if you are anti-Capitalist or don't like their ethics on tax etc., just keep these issues separate from Israel-Palestine and advise students to do careful research. For example, information about McDonalds' positioning on this issue can be found [here](#).



ACTIONS RELATED TO THE TRIGGERS

2. Protests about terrorism

Protests are a legitimate, non-violent tool for political change. However, think of the person above who reacted to the language of terrorism. Could this be triggering? Ask students what they can use from this guide to reassure and care for that person.

There are several types of protests connected with this issue:

- a) Protests against Hamas rocket fire, bombings and stabbings. This is usually criticism of a political organisation that is using violence against unarmed civilians for its aims and calls for the destruction of Israel. It may be triggering for some who see this violence as necessary for achieving freedom for Palestinians and/or who desire a win-lose outcome in favour of Palestine.
- b) Joining protests in solidarity with Hindus and India or the far right just because you are pro-Israel. This is conflating the issue of Kashmir with Israel-Palestine, creating an alliance that has opposition to a majority Muslim country as its common theme in the name of counterterrorism. This is anti-Muslim and deepens tensions between Hindus, Jews and Muslims here in the UK. In addition, supporting far right voices, who often use anti-Muslim rhetoric whilst expressing support for Israel, is also likely to be very hurtful for a large number of people, particularly Muslim communities.
- c) Accusing activists who are campaigning for Palestinian rights* of supporting terrorism or being antisemitic. This is equating the exercise of a democratic right with terrorism and racism and is unjust. It is likely to be triggering for a large number of people, particularly those in Palestine solidarity groups.
- d) Criticising Muslim people for supporting the Palestinian cause. Underlying assumptions that Muslim people are terrorist because they support the Palestinian cause, and making statements such as: "This is why people in this country start to not like Muslims", is Islamophobic and likely to be very hurtful for a large number of people, particularly Muslim communities.

*For example, as listed on pg 6 above



GUIDE TO UNDERSTANDING POSITIONS AND TRIGGERS ON PALESTINE-ISRAEL: SUMMARY

1. Keep the values of non-violence, equality for all, and the rejection of hatred as your focus
2. Consider what outcome the position you are taking is aiming for. If it's a win-lose outcome, re-evaluate your position. If it's a win-win outcome, then great!
3. Be careful about the language you use
4. To check if the position is fair towards all people involved in the issue, apply the three D's: Demonisation, Delegitimation, Double-standards
5. Check the words and actions you are using are likely to achieve the intended win-win outcome and not cause harm to the chances of this issue being resolved or to others around you

IF YOU ARE AN EDUCATIONAL INSTITUTION AND WOULD LIKE OUR 90-MINUTE ONLINE TRAINING SESSION FOR YOUR STAFF ON RECOGNISING AND TACKLING ANTISEMITISM AND ISLAMOPHOBIA IN RELATION TO THIS ISSUE, PLEASE CLICK [HERE](#) TO BOOK

IF YOU'D LIKE TO TALK TO US ABOUT ANYTHING IN THIS GUIDE, CONTACT US ON
TEAM@SOLUTIONSNOTSIDES.CO.UK