

GROWING UP JEWISH, BBC

One, 10.40pm: The Jewish tradition of Bar and Bat Mitzvahs – a ceremony marking the transition to adulthood – is explored through four teenagers in this one-off documentary.

While often the ceremony is followed by a fun party, there are a few requirements that need completing first. This includes a reading from the Torah – what Christians call the first five books of the Old Testament – and a meaningful speech. Talia, part of a Modern Orthodox family,

remains unconcerned. “If the worst comes to the worst, just storm out of the room, go to the toilet and cry,” she smiles.