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Growing Up Jewish

10.40pm, BBC One

This is not a great time to be growing up Jewish in Britain, what with the increased antisemitism provoked (or excused) by Israel's actions in Gaza. This documentary might help shed some light amidst all the heat, following four young people on the cusp of adulthood as they prepare for one of the biggest nights of their lives – their bar and bat mitzvahs. The film highlights the differences in the traditions based on the different branches of Judaism each person comes from – Orthodox, Reform, Ashkenazi and Sephardi.