

The Nickelodeon logo, featuring the word "nickelodeon" in a white, lowercase, sans-serif font. It is positioned within a large, stylized orange splat shape that is set against a dark purple background. The entire graphic is part of a larger design with flowing, organic shapes in yellow, orange, and purple.

**nickelodeon**

**TALK AND  
TAKE ACTION:  
PARENTS' &  
CAREGIVERS'  
GUIDE TO COUNTERING  
ISLAMOPHOBIA**



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## INTRODUCTION

Having conversations focused on **discrimination** and hate can be challenging at any age. This guide is designed to provide parents and caregivers with the tools, tips, and language needed to talk about **Islamophobia** and includes simple, but empowering, action steps families can take together to make a more inclusive world. It has been written in partnership with The Conscious Kid, an education organization that supports families and educators in taking action to disrupt **racism** and discrimination.

Islamophobia is **prejudice**, discrimination, fear of, or hatred towards the religion of **Islam** and the people who practice it, known as **Muslims**. It manifests as unfair treatment, **stereotypes**, and negative assumptions toward people who are, or are perceived to be, Muslim. This prejudice can lead to harmful actions such as hurtful and untrue words and comments, bullying, and social exclusion. Islamophobia can also lead to physical violence and hate crimes, anti-Muslim policies, and discrimination in school or the workplace.

There is a long history of targeted discrimination against the Muslim community, which continues today in the United States and globally. Islamophobia can be an upsetting, scary, and even traumatizing thing for someone to experience. It hurts both individuals and society as a whole by spreading fear and division. Early, open dialogue can help kids and their families recognize Islamophobia, stand against it, and better support those who have been impacted by it.

# TALKING WITH KIDS ABOUT ISLAMOPHOBIA: BEFORE YOU BEGIN

When preparing to talk with children about difficult or potentially triggering topics, such as discrimination and violence, it is important to frame discussions in ways that will maximize their understanding while at the same time ensuring they won't leave the conversation confused, afraid, or traumatized. This guide includes descriptions of discriminatory acts and persecution, which can be challenging for all of us to read and talk about. Here are tips you can use to support conversations with kids about tough topics.

**1. Check in with yourself first.** Take stock of your own feelings and perceptions related to the information included in this guide. Be aware of emotions that you may have when talking about these topics and acknowledge your own **biases**. If your family has been personally impacted by discrimination or hate, it may be difficult to revisit those painful experiences. Consider sharing your thoughts with another trusted adult before engaging with your own children.

**2. Review the guide.** Being here, reading this, means you care; your willingness to learn the skills needed to hold these conversations with your kids sends a powerful message. These topics are challenging and you may need help navigating them. If that's the case, take time to look through this guide. It will provide you with an introduction to its topic, a historical and contemporary context for why these conversations need to take place, and how you, as a family, can take action. For Muslim families, you may already be having these conversations at home. Focus on the information that you feel is most meaningful and relevant to your child and your conversation's focus.

**3. Lay the foundation.** Before diving into tough topics like discrimination, bias, and hate, it's important to lay the foundation for a safe and secure dialogue. Begin by letting kids know what you'd like to talk about and make sure they know no question is off limits. Speak calmly and clearly, and use reassuring words and gestures. It might also be helpful to have general, more informal conversations about fairness and equality before approaching these topics. Talk with your child about your family values, how you cultivate kindness, and what you admire about those who are caring, compassionate, and equitable.

**4. Prepare to be transparent.** Talking honestly and openly about difficult topics with children models positive behaviors that foster open lines of communication, build trust, and strengthen bonds. Let kids know that these kinds of conversations are difficult, even for adults. Acknowledging this difficulty tells kids that even though a topic may be uncomfortable, it is important to talk about. As you are tackling tough topics at home, you shouldn't attempt or expect to cover everything in a single conversation. These kinds of conversations will be ongoing. Aim to keep them age-appropriate and accessible.

**5. Gauge what they know.** Kids gain information implicitly, or informally, through what they see, hear, and experience. Asking children what they already know about a topic is a great starting point for conversation. Expand on what they bring up to deepen their understanding and fill in their knowledge gaps. Children often notice and absorb much more than we expect.

**6. Lean in and listen.** In a world full of distractions, now is the time to give children your undivided attention. Encourage them to ask questions, and let them know you'll do your best to answer them. Pay attention to the questions they ask and any emotional responses that may be evoked by the information being presented. This means not only listening to their words, but looking at their body language for cues about how they are feeling. When your child shows signs they are feeling uneasy, sad, or scared, reassure them that they are safe and cared for.

**7. Learn with them.** Answer children's questions as clearly and honestly as you can, using kid-friendly language and definitions. Don't feel obligated to answer right away. Slow down, take a pause, and repeat the question. This ensures that you don't answer just for the sake of answering and provide information that is incorrect. And, if you don't know the answer to a question, that's OK! Saying "I don't know" creates an opportunity for you to learn together. If you are caught off guard by a difficult question and are unsure of how to respond in the moment, try one of these:

- "That's a really big question! Let's explore it together."
- "That's a great question. Let's find out more together."

**8. Consider and validate their feelings.** "It's not right that people are being mean to people because of their religion!" Validate their feelings and explain that being upset about this means this is something important that we need to pay attention to. Allowing them to express how they feel lets them know that it's OK to feel emotions such as sadness or anger. Remember, some children may be more likely to suppress their emotions due to learned gender, social, or cultural roles.

**9. Help them frame the situation.** Providing kids with context is useful when helping them make sense of acts of discrimination, hate, or violence. If they ask why someone would direct hate at someone based on their religion, you could say, "Some people wrongly believe that some religions are better than others. Without the correct information, they sometimes commit acts of violence against other people and think it's OK based on that belief."

**10. Empower them to make a difference.** Tackling tough topics can sometimes leave us feeling sad, angry, or hopeless. While these feelings are valid, we can use them to engage in meaningful actions to fight hate and discrimination. For example, showing support for others or volunteering time to a cause can make a big difference. If you need support, this guide includes a list of actions you, as a family, can take to leave the conversation feeling empowered and prepared to build a more just and compassionate world.



# ISLAMOPHOBIA TODAY AND WHY IT'S IMPORTANT TO TAKE ACTION

## WHAT IS ISLAM?

**Islam** is one of the world's largest and fastest growing religions. It is practiced by approximately 2 billion people from all over the world and from many different backgrounds. In the United States, the Muslim population is growing. Today, it comprises over 4.45 million Americans and, in 2050, it is projected to surpass 8 million. Muslim Americans are one of the most racially diverse faith communities in the U.S. with no one **race** or **ethnicity** making up a majority. "Islam" is an Arabic word that means accepting, or submitting to, God. It comes from another Arabic word "salaam", meaning "peace". Generosity, peace, and commitment are all important values in the Muslim community. While the Muslim community may share beliefs, customs, and traditions, there is lots of variation in the ways they are expressed.

## LEARNING ABOUT ISLAM

Islam is guided by a sacred book known as the **Quran**, and the Hadiths, which are teachings of the Prophet Muhammad (PBUH). PBUH is the English-language abbreviation for "peace be upon him". It's a phrase used in the Islamic religion to honor prophets when their names are said or written. Similarly, when Muslims refer to Jesus or Moses, as prophets of God, they include "peace be upon him".

A **hijab** is a type of headscarf that some Muslim women and girls wear to represent their faith and modesty. Hijabs come in many different colors and can be styled in many different ways.

A **mosque**, also called a masjid, is an important place where Muslims go to pray, learn, and connect with their faith and community.

## WHAT IS ISLAMOPHOBIA?

**Islamophobia** is prejudice, discrimination, fear, or hatred towards the religion of Islam and the people who practice it, known as Muslims.

Islamophobia is not new in the world or to the U.S. Unfair and untrue ideas about Muslims have been used for hundreds of years to justify discrimination and even violence against Muslim communities.

People may believe that Islamophobia in the U.S. begins with **collective blaming** (the harmful idea that all members of a group are to blame for acts carried out by individuals) after a violent event, such as the attacks of September 11, 2001. The Institute for Social Policy and Understanding has reported, however, that disinformation and stereotypes about the Muslim community increase during election cycles and when politicians discuss war, rather than immediately following specific events. This suggests that Islamophobia may be used as a political tool to influence how people think or vote.



Moreover, research shows that American news and popular media is biased in its portrayal of Muslims and Islam. An analysis of media content found that Muslims were the most negatively portrayed marginalized community in America. Although Muslims make up 25% of the world's population, a 2022 report, "Erased or Extremists: The Stereotypical View of Muslims in Popular Episodic Series" from the USC Annenberg Inclusion Initiative, looked at 200 popular series and found that just 1% of speaking characters are Muslim. Muslim characters are often antagonists, and linked to violence and **terrorism**: 31% of Muslim characters are depicted as perpetrators of violence, and 40% were targets of violence. Additionally,

Muslim characters are shown as foreigners or outsiders, and Muslim women are often portrayed as oppressed or submissive. These are harmful stereotypes that contribute to negative perceptions and misconceptions about Muslims and Islam.



## IMPACT ON MUSLIM FAMILIES

Anti-Muslim prejudice is widespread in the U.S. and these Islamophobic attitudes are linked to support for anti-Muslim policies that unfairly discriminate against the Muslim community. In fact, Muslim Americans are the religious group most likely to face discrimination in institutional settings including when applying for a job,

receiving healthcare, at the airport, or when interacting with police. In 2022, 62% of Muslim American adults reported experiencing at least one incident of religious discrimination within the last year. And discrimination doesn't just impact adults. Muslim families are the most likely to report their child has faced religious-based bullying of any faith group. Alarming, 20% of families share that this kind of bullying happens nearly every day. This unkind and unjust treatment can have serious impacts on kids' self-esteem, confidence, and overall identity development.

## ISLAMOPHOBIA HURTS EVERYONE

Islamophobia is connected to other forms of prejudice like racism, **anti-blackness**, **white supremacy**, **xenophobia** (a dislike or fear of people from other countries), and other forms of religious discrimination, including **antisemitism**. It also impacts other communities, such as Sikhs, Hindus, and Christian **Arabs** who are mistaken for being Muslim. Remember, all forms of hate and prejudice are harmful. It drives people apart by convincing them differences are a bad thing. The good news is that by speaking up, and letting others know hate is not welcome, you can stop it from growing and spreading. That is why it is important to raise awareness around Islamophobia, amplify your voice, and stand firm against any form of hatred.

# HISTORY OF ACTIVISM AGAINST ISLAMOPHOBIA

There is a long and powerful history of activism against Islamophobia in the U.S. and around the world. People engage in activism when they want to bring about political or social change. They are called activists. Sometimes, even small actions, like standing up to a bully, can be a form of activism. Below are a few examples of Islamic activism across history.

## **1500-1800:** Transatlantic Slave Trade: Resistance through literacy

Many West African Muslims were captured, sent to the Americas, and enslaved. Their visible religious practices and ability to read and write Arabic made them stand out. Some enslaved Muslims used their literacy to condemn slavery and to document their experiences in letters, diaries, and autobiographies, most written in Arabic.

## **1971:** Muhammad Ali vs. United States

In 1966, Muhammad Ali, a renowned professional boxer, refused to be drafted into the military during the Vietnam War because it was against his religion as a Muslim.

He was sentenced to 5 years in jail, made to pay a \$10,000 fine and even got his boxing license taken away. Still, he did not back down or compromise on his beliefs.

In 1971, the Supreme Court overturned his sentence and he got his license back. He then went on to win major fights like the "Rumble in the Jungle" against George Foreman in 1974.

## **1522:** First recorded revolt of Enslaved Peoples in the New World

On Christmas day, 20 enslaved Muslim Africans rose up against their enslavers on a sugar plantation in the Spanish colony of Hispaniola, now the Republic of Haiti and the Dominican Republic. They freed dozens of people before they were overpowered. After this revolt, the King of Spain banned the capture and enslavement of Muslims.



## **1925-1964:** Malcolm X

Malcolm X was a Black Muslim and leader in the American Civil Rights Movement. His activism and thinking inspired the Black Power Movement of the 1960s and 70s, which emphasized pride and empowerment for Black Americans. He became known as el-Hajj Malik el-Shabazz after his pilgrimage to Mecca in 1964. In Arabic, a pilgrimage to Mecca is referred to as Hajj.

## **1994:** The Council on American-Islamic Relations (CAIR) is founded

CAIR is America's largest Muslim civil rights and advocacy organization. It was founded in 1994 in response to growing anti-Muslim discrimination and Islamophobia. Today, CAIR has 26 offices in communities nationwide that work to protect the civil rights of all Americans.





### **2006:** First Muslim Congressman Keith Ellison is elected to office

Keith Ellison was the first Muslim, and the first Black Minnesotan elected to Congress. During his inauguration, he was sworn in on a Quran that had belonged to Thomas Jefferson. He is now the Attorney General of Minnesota, and was the Special Prosecutor in the trial over George Floyd's murder.

### **2015:** Equal Employment Opportunity Commission (EEOC) v. Abercrombie & Fitch

In 2008, Samantha Elauf, a Muslim American teen, reported Abercrombie & Fitch to the EEOC after the store would not hire her because of her hijab. They said it "violated their dress code." The case went all the way to the Supreme Court, who ruled in favor of Samantha.

Her courage helped protect the religious rights of millions of Muslim Americans.

### **2003:** Iraq War Protests

On February 15, 2003, thousands of people in the U.S., and millions worldwide, protested against the Iraq War and anti-Muslim prejudice. These kinds of anti-war protests continued for almost 10 years and were the public's way of letting world leaders know they did not support war.



### **2014:** Malala Yousafzai receives Nobel Peace Prize

Malala Yousafzai is a Muslim activist. At 17, she was the youngest person ever, and the second Pakistani person, to be awarded the Nobel Peace Prize. Malala advocates for the right of girls and all children to receive an education.

### **2017:** Protests against the "Muslim Ban"

A set of orders issued by the President in 2017 limited the entry of refugees and immigrants from many Muslim countries into the U.S. Thousands of people gathered at airports across the U.S., and around the world, to protest the orders because they discriminated against Muslims. By protesting, they showed their support for the Muslim community.

## **2018:** First Muslim Congresswomen Rashida Tlaib and Ilhan Omar are elected to office

Rashida Tlaib and Ilhan Omar made history as the first Muslim women to be elected to Congress. Rep. Tlaib, representing Michigan, is also the first Palestinian American woman in Congress.

Rep. Omar, representing Minnesota, is Somali American and is the first African refugee to serve in Congress. She was also the first member of Congress to wear a hijab on the House floor.



Rashida Tlaib



Ilhan Omar

## **2022:** United Nations declares March 15 the International Day to Combat Islamophobia

On the fourth anniversary following violent anti-Muslim attacks on two mosques in Christchurch, New Zealand, the U.N. adopted a proposal that declared March 15 as the annual International Day to Combat Islamophobia. The day calls for global discussion and action against Islamophobia, and promotes respect for human rights, peace, and religious diversity.

### **FAMILY DISCUSSION STARTERS**

In each of these moments of activism, there was a person, or a group of people, who knew something wasn't right and spoke out against it. Some included Muslim people protecting and advocating for their community's needs and rights, others included people of all faiths, beliefs, and religions working together with the Muslim community to create change. Because activism means standing up for what you believe in, it takes bravery. These activists showed courage in their resistance against Islamophobia.

- In what ways is activism important? In what ways does activism create change?
- Thinking of your own experience, how does it feel to speak up against something you don't think is right?
- What are some other examples of activism that you have seen or heard about? Are there any you, your classmates, or your community members have participated in?
- What other qualities do you think activists need to stand up for what they believe in?
- What are some small acts of activism you can take in your school or community? Who can you ask to help you engage in activism?

# TAKING ACTION! DISCUSSION GUIDES

What can you do as a family to counter Islamophobia? Here are three major ways you can take action against anti-Muslim hate. Explore them together. Each one will help you become an **Upstander**, a person who speaks up for or acts in support of someone who is being treated unfairly.

## LEARN ABOUT THE ISLAMIC FAITH

The single most powerful thing you can do to combat Islamophobia is to learn about the Islamic faith. Learning about the basic tenets of Islam and Islamic practice promotes understanding, empathy, and acceptance – all of which are at the heart of anti-bias education. Building your knowledge of and experience with Islam will also strengthen your overall religious literacy. Religious literacy is the ability to understand and reflect on religions and religious beliefs. A little knowledge can go a long way! Here are some ways to get learning as a family:

- Explore the basic tenets of Islam. Similar to Judaism and Christianity, people who practice Islam believe in one God, called Allah. You can learn more about Islam and its history from kid-friendly trusted resources, [like this one](#) from the United Religion Initiative.
- Introduce the five pillars of Islam and other key Islamic practices. These are important ways the Muslim community engages with their religion.
  1. **Faith (shahadah)** – A declaration, or announcement, of faith in God and in the Prophet Muhammad (PBUH).
  2. **Prayer (salat)** – Muslims pray five times each day facing Mecca (Islam's holiest city, located in Saudi Arabia).
  3. **Giving (zakat)** – Showing generosity and charity to others is a deeply held value of Islam.
  4. **Fasting (saum)** – During the month of [Ramadan](#), Muslims fast during daylight hours as a way to reflect and feel gratitude for all that they have. [Fasting](#) means refraining from eating or drinking for a certain period of time.
  5. **Pilgrimage (hajj)** – In Islam, a pilgrimage is a journey to the holy city of Mecca.
- Read stories by Muslim authors. Check out this [book list for kids](#) and [this one, for people of all ages](#). You can also find a featured book list at the end of this guide.
- Attend festivals and events in your community that celebrate Muslim [culture](#) and traditions.
- Take a virtual field trip to explore a museum's Islamic art or heritage collection. You can visit the Metropolitan Museum of Art's Islamic collection [online here](#) and learn about the [history of Muslims in America](#) with America's Islamic Heritage Museum.
- Investigate a few of the many incredible Muslim inventions that impact your everyday life. [Get started here.](#)
- Research the similarities between Islam and other faith traditions in the U.S. Make a list of their commonalities and shared values, like community, charity, and kindness.

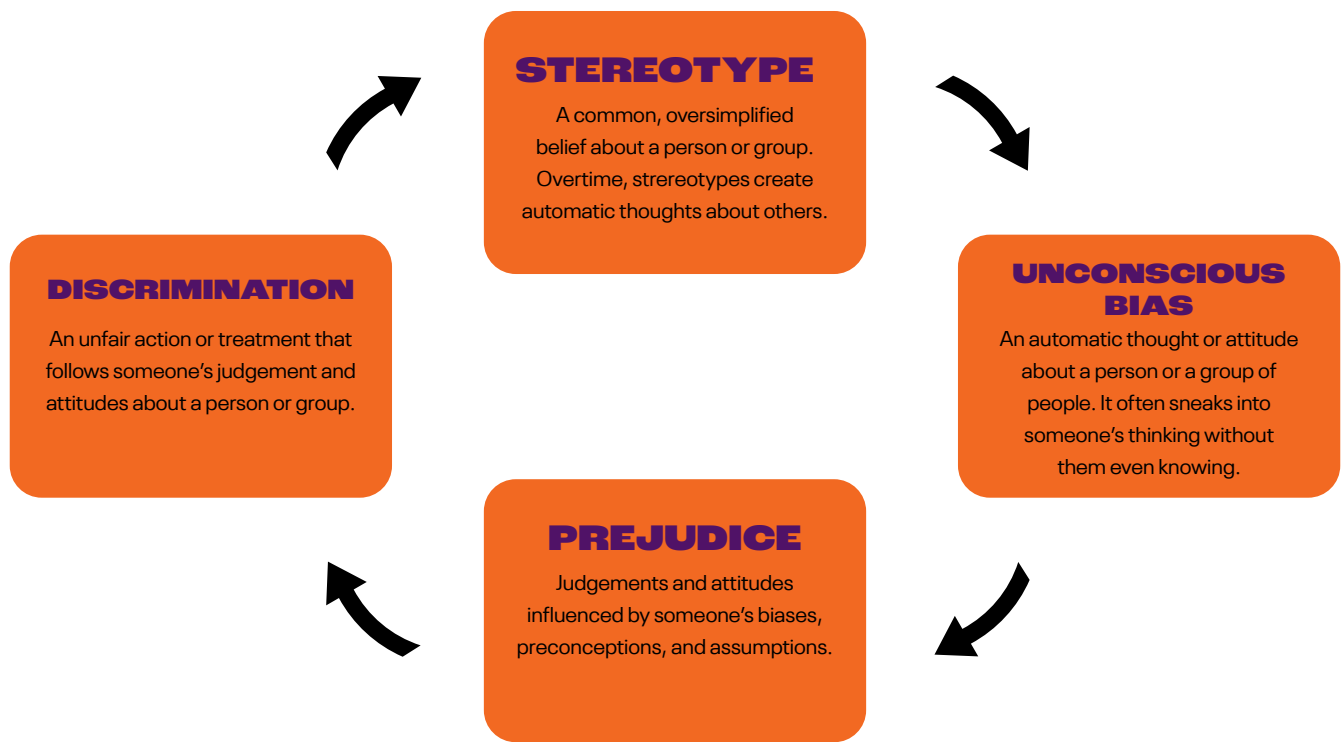


## FAMILY DISCUSSION STARTERS

1. What else would you like to know about Muslim culture, customs, or traditions?
2. If you and your family are Muslim, how do you want those around you to show they care about your beliefs and practices?
3. What are some other ways you and your family can continue learning about the Muslim community?
4. What are small action steps you can take in your school or community to help others feel confident in who they are and what they believe?

## DISRUPT THE CYCLE

A stereotype is a commonly held but oversimplified belief about a person or group. Stereotypes form when someone groups individuals together based on some part of their identity and forms an unfair or untrue opinion about them. Common stereotypes sneak into people's thinking and create an automatic thought or attitude about a group of people. This is called an **unconscious bias** and can influence a person's judgments and attitudes about another person without even realizing it. Biases lead to discrimination, the unfair treatment of a person because of an aspect of their identity – like their race, ethnicity, gender, disability, or religion.



Each part of this cycle is connected. By disrupting stereotypes, you can combat discrimination. Start by practicing your critical thinking. This means analyzing, evaluating, and questioning the things you hear about a particular person or community.

- Look for and call out stereotypes in the news and newspapers, in television shows, movies, books, and on the internet. The media is one of the most common places people see and learn about anti-Muslim stereotypes.
- Be an Upstander by speaking up when you hear stereotypes in conversations, even if they are said as a joke. Try using phrases like, "That's actually not true." or "That is a stereotype and stereotypes are hurtful." This can be hard, but it will make a big difference.
- Get to know people before making judgements about them. Everyone is unique!

## FAMILY DISCUSSION STARTERS

- Have you ever judged someone before getting to know them? How did that change or influence how you treated them?
- Has someone ever had an untrue or judgemental belief about you? How did it make you feel?
- Why do you think it is important to learn about and consider other people's perspectives?
- What can you do the next time you see or hear someone being judged or stereotyped because of their religion, race, ethnicity, gender, or disability?

## CAREGIVER REFLECTION

Parents and caregivers, it is important to be aware that you are constantly modeling behaviors for your children and your actions can serve as a powerful tool to combat bias and discrimination. As you move forward, ask yourself:

- What authors are on our bookshelves? What stories do they tell?
- What kinds of movies do we watch? What takeaways or values do they communicate?
- What types of music do we listen to? Is there an opportunity to introduce music and artists from different cultures?
- How can I actively introduce my family to positive, authentic, and **counter-stereotypical** examples of cultures different from our own?

## CREATE CONNECTIONS ACROSS DIFFERENCES

Meeting, connecting, and forming friendships with people who have different experiences and perspectives than you promotes acceptance and builds appreciation. It also helps broaden your own way of thinking and doing. You may even learn that you have more in common than you think! Here are some important things to remember as you make friends across religious and cultural communities:

- Everyone is different! Even if they belong to a certain religious, ethnic, or cultural community, they are an individual with unique experiences and perspectives, just like you. This is especially true for the Muslim community. Despite common misconceptions, not all Muslims come from the Middle East or speak Arabic. As one of the most diverse faiths in the U.S., Muslims have different backgrounds, speak different languages, and hold different beliefs or values.
- Some religious cultures, like Islam, have dietary guidelines that they follow. For example, practicing Muslims don't eat pork. Being mindful of food restrictions when organizing social gatherings, get-togethers, or playdates, shows consideration for others' beliefs and practices.
- There are many ways to say hello! While shaking hands, waving, or hugging may be a common way to greet someone, someone's preference may actually depend on their religious beliefs or cultural customs. Follow their lead! Don't be offended if you don't receive a hug or a handshake. In the Muslim community, someone may greet you by placing their right hand on their heart. This is a gesture of warmth!
- Important dates may be different from your own. Take note of when Islamic holidays occur on the calendar and avoid scheduling events on those days. Also consider holidays that other religious communities observe, such as Diwali in the Hindu community or Yom Kippur in the Jewish community.
- Someone's religious practices, like prayer, may also require some additional consideration. Practicing Muslims pray five times a day at specific times. This means that a prayer time may come up during a gathering, meeting, playdate, or class time. As a physical and spiritual ritual, Muslim prayer requires an empty, clean, and quiet space to perform.





# REVIEW, REFLECT, AND REIMAGINE: FAMILY REFLECTION JOURNAL

Reflect as a family on how you will combat Islamophobia and take action.  
Explore the activities below to get started.

## UPSTANDER BRAINSTORM

Practice amplifying your voice to speak out against Islamophobia. Imagine a situation where a person is being picked on or bullied because of their Islamic beliefs. What would you do or say to be an Upstander? Here are a few examples to help you get brainstorming:

"No, that's not OK. I don't accept you treating someone like that."

"What you said isn't right. Let's learn why together."

"Hey, that is mean. Remember, your words can hurt people."

Now, write a few Upstander phrases of your own:



## REASONS TO CELEBRATE

The Islamic faith celebrates values that are important to being a good friend, neighbor, and Upstander. Many holidays and traditions encourage being compassionate, generous, and giving, and showing gratitude. Explore the richness of the three Muslim celebrations highlighted below and join in the joy!

**Ramadan** is the most important and holiest month of the year for Muslims. It takes place in the ninth month of the Islamic calendar and celebrates the first words of the Quran. Ramadan is a time for reflection, gratitude, generosity, charity, and community. Muslims observe Ramadan by fasting, which means they go without food or drink from sunrise to sunset. Kids don't have to fast during Ramadan, but some do! It is a choice that kids get to make with their families. Fasting, for those who are able, is a way for Muslims to feel closer to God and to express thanks for all they have. In the evenings, the fast is often broken with a meal shared with friends and family, called Iftar.

**Eid al-Fitr**, the Festival of the Breaking of the Fast, takes place at the end of Ramadan. Over three days, Muslims gather with loved ones to celebrate the end of fasting. Special meals are shared and eaten during the day and children may receive gifts and sweets! Families may also give to community members in need. It is a special time to celebrate, share, and reunite with friends and family!

**Eid al-Adha**, the Festival of the Sacrifice, celebrates the end of the annual Pilgrimage to Mecca, called Hajj. Over four days, Muslims commemorate the sacrifices of the Prophet Abraham and his family. A sacrifice is when you give up something you value for something more important. Muslim families may celebrate with a feast centered around a special meat, usually cow or goat. The meat is then divided into three; shared with family, gifted to friends, and donated to someone in need!



### Join in the joy!

- Before you eat dinner tonight, take a moment and think of three things you are grateful for. Share them with your family!
- Brainstorm some ways you can help your community or someone in need. What steps will you take to make it happen?
- Wish Muslims a "Happy Eid" in English, or you can say "Eid sa-eed!" in Arabic.
- If you know a Muslim who is returning from Hajj, make a card welcoming them home. You can write "Congratulations on your Hajj!" or "Hajj Mabroor!", which means a pilgrimage done with piety, or devotion.

## FREEDOM OF EXPRESSION

In all communities, clothing can be an expression of identity, religion, and culture. A hijab is a type of headscarf that some Muslim girls and women wear to represent their faith and modesty. Hijabs come in many different colors and can be styled in many different ways, sometimes according to culture or personal preference. It is a personal choice and a special way for someone to show pride in who they are and what they believe.

Use this space to draw the important things you do or wear to express who you are:



Through small acts of activism, moments of learning and reflection, and joyful celebration, you and your family can counter Islamophobia. Share your **solidarity** with the Muslim community and encourage others to do the same. Remember, your voice can have a big impact! By fostering Upstander behaviors, promoting kindness, and encouraging empathy, you can build a more compassionate and equitable society for all.



# GLOSSARY OF KEY TERMS

## Activism

The actions people take to stand up for others, and to bring about change to policies, laws, or rules that are unfair or unjust.

## Anti-Blackness

Treating people unfairly or discriminating against them just because they are Black or have dark skin.

## Antisemitism

The judgment and unfair treatment of Jewish people.

## Arab

People who are from or have ancestry from Arabic-speaking countries, which includes countries in the Middle East and North Africa.

## Bias

A tendency to favor or oppose a particular thing or group of people. Some people might be biased against a certain race, ethnicity, culture, or religion because they have been told negative things about that group.

## Collective Blame

The harmful idea that all members of a group are responsible, or to blame, for acts carried out by individuals.

## Counter-stereotype

An idea that goes against or is the opposite of a stereotype. For example, superheroes who have flaws and vulnerabilities have become more common to counteract the stereotype of an invincible, perfect hero.

## Culture

Practices, beliefs, values, and creative expression, shared by a community or group of people, which is often seen as important and has been done over a long period of time. Culture is something all people and communities participate in.

## Discrimination

Unfair treatment of one person or group of people because of the person or group's identity, like their race, gender, ability, religion, or culture. Discrimination is an action that can come from prejudice.

## Enslaved

Being forced to work for someone else without being paid and without being able to leave.

## Enslaver

Someone who forces others to work for them without pay and without giving them the freedom to leave.

## Ethnicity

The social and cultural groups someone belongs to based on shared traditions, ancestry, language, history, nation, and religion.

## **Fasting**

Not eating or drinking during a specified period of time, often as a religious observance.

## **Hijab**

A type of headscarf that some Muslim girls and women choose to wear to represent their faith and modesty. Hijabs come in many different colors and can be styled in many different ways.

## **Islam**

A religion followed by approximately 2 billion people around the world. People who practice Islam are called Muslims. They believe in one God, called Allah, and follow the teachings of a holy book called the Quran. The Quran is considered by Muslims to be the final Divine revelation conveyed by Prophet Muhammad (PBUH) to humanity. Islam teaches kindness, honesty, and helping others. Muslims practice their faith through the five pillars of Islam: Faith (shahadah), Prayer (salat), Giving (zakat), Fasting (saum), and Pilgrimage (hajj).

## **Islamophobia**

A prejudice, discrimination, fear of, or hatred towards the religion of Islam and the people who practice it, known as Muslims. It manifests as unfair treatment, stereotypes, and negative assumptions toward people who are, or are perceived to be, Muslim.

## **Mosque or Masjid**

An Islamic house of worship. It is an important place where Muslims go to pray, connect with their faith, to learn, and come together as a community. A mosque is also called a masjid in Arabic.

## **Muslim**

A person who practices the religion of Islam.

## **Prejudice**

Having a preconceived opinion or making a decision about a person or group of people without enough knowledge or information. Prejudicial thinking is often based on stereotypes.

## **Quran**

The holy book for the religion of Islam. The Quran is considered by Muslims to be the final Divine revelation conveyed by Prophet Muhammad (PBUH) to humanity.

## **Race**

An idea invented by humans that categorizes people into different groups by their perceived physical differences, such as skin color, hair color, or facial characteristics. It is not based on biology.

## **Racism**

The belief that one race is better than another – and having the power to create systems (e.g., educational system, legal system, etc.) that support that belief.

## **Ramadan**

A month of fasting, prayer, reflection and community for Muslims worldwide. It is also known as the month in which the Quran was revealed. For the month of Ramadan, many Muslims spend each night together, listening to the recitation of the Quran. For those who are able, fasting (not eating or drinking during daylight hours) during Ramadan helps some Muslims focus on spiritual growth, gratitude, and being more mindful of their actions and words. It's also a time for coming together with family and friends to celebrate shared values and beliefs.

## **Solidarity**

Being an Upstander by expressing support, standing up for, and helping a group of people being mistreated or discriminated against.

## **Stereotypes**

A widely held and oversimplified idea about a type of person or group. Racial, religious and cultural stereotypes are harmful, shape interactions between people, impact policy, and are often believed to be true even when they are false.

## **Terrorism**

The use of violence and fear in pursuit of a political or ideological goal.

## **Unconscious Bias, or Implicit Bias**

The attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner or in a way we are not aware of.

## **Upstander**

A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.

## **White Supremacy**

The norms, laws, treatment, power, access, and opportunities that benefit white people and/or Western cultural practices at the expense of people of color and marginalized communities. It is rooted in the false belief that white people and dominant Western cultural norms are superior.

## **Xenophobia**

Dislike or prejudice against people from other countries or people perceived to be from other countries.



# KIDS' READING LIST

Ages 4-8

**The Proudest Blue** by Ibtihaj Muhammad

**Halal Hot Dogs** by Susannah Aziz and Parwinder Singh

**In My Mosque** by M.O. Yuksel and Hatem Aly

**Salat in Secret** by Jamilah Thompkins-Bigelow and Hatem Aly

**Under My Hijab** by Hena Khan and Aaliya Jaleel

**Amira's Picture Day** by Reem Farqui and Rahmida Azim

**The Gift of Ramadan** by Rabiah York Lumbard and Laura K. Horton

Ages 8-12

**Other Words for Home** by Jasmine Warga

**Unsettled** by Reem Faruqi

**Amina's Voice** by Hena Khan

**Proud (Young Readers Edition)** by Ibtihaj Muhammad

**Yusuf Azeem is Not a Hero** by Saadia Faruqi

**Once Upon an Eid: Stories of Hope and Joy** by 15 Muslim Voices by S.K. Ali and Aisha Saeed

**Grounded: A Novel** by Aisha Saeed, Huda Al-Marashi, Jamilah Thompkins-Bigelow and S.K. Ali

## MEDIA RESOURCES FOR OLDER KIDS

Ages 10+

*Films and Media to Explore:*

**Lamya's Poem, 2021**

**Cities of Light: The Rise and Fall of Islamic Spain, 2007**

**Prince Among Slaves, 2007**

Ages 12+

*TED Talks:*

**What It's Like to be Muslim in America**

**Islamophobia Killed my Brother: Let's End the Hate**

**Dr. Alaa Murabit: What my Religion Really Says About Women**

**Lesley Hazleton: On Reading the Koran**

## RESOURCES FOR CAREGIVERS

*Continue Learning about Islam*

**Islam: Basic Beliefs**

*Continue Talking About Islamophobia*

**ISPU: Countering and Dismantling Islamophobia: A Comprehensive Guide for Individuals and Organizations**

**National Child Traumatic Stress Network: Talking with your Children about Islamophobia and Hate-based Violence**

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