

MUSLIM YOUTH LIVE!

RESOURCE

PACKET

MUSLIM YOUTH LIVE!

SESSION 1
6/06

NAVIGATE THE CROSSROADS OF YOUR CAREER

SARAH JAWAID
KEY TAKEAWAYS:

- People can be extremely successful (financially and achievement wise) in all types of career fields, including non-technical jobs related to community organizing and advocacy.
- “Relationships are a source of power, so be intentional in your relationships.”
- A mentor should be someone that inspires and motivates you to reach your goals.
- Adversity is a chance to rise to an occasion.

[Watch Session 1 Here!](#)



MUSLIM YOUTH LIVE!

SESSION 2
6/13

ANTI-RACISM 101



MARGARI HILL

KEY TAKEAWAYS:

- **There is solidarity in community.**
- **Internalized white supremacy can lead to certain tropes, which Muslim Americans can fall into, such as: “We don’t really belong here” or “the Good Muslim vs. Bad Muslim” rhetoric which further segregates our communities.**
- **Our goal as Muslims is to have a full integrated self — where it’s not just trying to connect with only your affinity group, but for us to be together as a community and address the oppression that we collectively experience.**
- **True solidarity is showing up for each other in real ways, meaning there is a shared interest because it’s for the benefit of everyone.**

RESOURCE:

- <https://www.muslimarc.org/resources>

[Watch Session 2 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 3
6/20



WHEN I GROW UP: MUSLIMS IN STARTUPS

KOMAL AHMAD

KEY TAKEAWAYS:

- **9-5s are not for everyone. Startups allow you to be your own boss, have more scheduling flexibility, and contribute to a greater innovative cause but they also come with a lot of risk and stress.**
- **Have faith that rock bottom can be the very foundation on which you build your new life.**
- **Passion alone is not enough. You've got to be hungry for the passion that keeps you going.**
- **"With the support of your community, and your resilience, you will overcome any obstacles that come your way."**

RESOURCE:

- <https://www.gocopia.com/>

[Watch Session 3 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 4
6/27

ECONOMIC JUSTICE

IMAM TAHA HASSANE
KEY TAKEAWAYS:



- As Muslims we are commanded to seek justice for workers. We are commanded to promote the good and forbid the evil. And because of this, a Muslim by default is an activist.
- The Prophet Muhammad (peace and blessings be upon him) said, "Give to the worker his wages before his sweat dries" (Ibn Majah)."
- There are four campaigns that are the core of economic justice:
 - Fair wages for all – all workers deserve to be paid fairly and fully for their labor.
 - Fight for 15 – this is a fight within the fair wages for all to fight for \$15 minimum wage.
 - Wage theft – this is the practice of stealing money from the working people. \$50 billion every year is stolen from workers.
 - Health and safety at the workplace
 - The right to organize
 - Immigration and racial justice

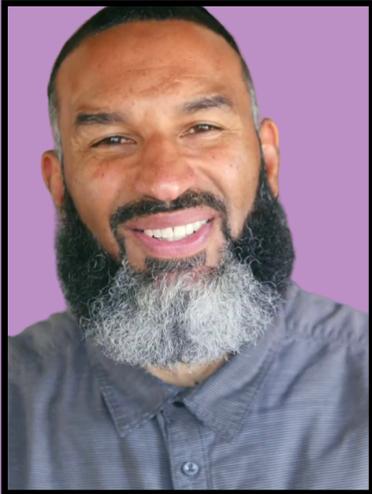
RESOURCES:

- <https://aboutislam.net/shariah/shariah-and-humanity/shariah-and-life/rights-workers-islam/>
- <https://icnacsj.org/wp-content/uploads/2019/12/Labor-Rights-Booklet.pdf>
- <https://www.arabamerica.com/nagi-mohsin-daifullah-and-the-forgotten-yemeni-farmworkers-of-california/>

[Watch Session 4 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 5
7/11



ISLAMIC ETHICS OF ENVIRONMENTAL JUSTICE

IMAM DAWOOD YASIN

KEY TAKEAWAYS:

- Some ways environmental issues can be solved with Prophet Muhammad's (PBUH) sunnah are by conserving water, clearing Hazardous waste and footprint, and upholding Nature's Rights
- As humans we need a break from noise pollution to deal with anxiety and stress. Putting aside quiet-down time is important to our growth and peace. The need for separating self from this Dunya helps cleanse and rejuvenates individuals.

ACTION ITEM:

- In order to truly do justice to the environment around us, we must first acknowledge that only Allah has the ability to alleviate the issues around us. Choose ONE thing (food, sustainable gardening, reusable/renewable material, etc.) and focus on striving for perfection in that.

RESOURCE:

- Ron Finley - The Gangsta Grower (<http://ronfinley.com>)

[Watch Session 5 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 6
7/18



MENTAL HEALTH & COVID-19

DR. NOHA ALSHUGAIRI
KEY TAKEAWAYS:

- **“Thinking, Feeling, and Behavior”** are three intertwined domains that inform how an individual can be doing from a mental health perspective.
- You are gifted with something that is different than anyone else.
- Tawwakul means having a goal and taking action towards that goal, all while leaning on Allah (swt) for His guidance.

RESOURCES:

- **National Suicide Prevention Lifeline**
 - (800) 273-8255
 - Available 24 hours
 - Languages: English, Spanish
 - <https://www.sprc.org/states/california>

[Watch Session 6 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 7
7/25



TAKE A SEAT AT THE TABLE

MAIMONA AFZAL & FARRAH KHAN
KEY TAKEAWAYS:

- **Our Muslim Identity in the current role impacts the policies we create and the issues we advocate for because we want to make sure it is an inclusive space where anyone can have a seat at the table.**
- **Having a seat at the table looks different. It comes with separate roles and one can participate through various channels like: community services, running for office, and commission or chamber of commerce appointments.**
- **Navigating around Islamophobia whether its overt-internalize, micro-aggression, or internalize bias is a challenge for Muslim officials during and after the campaign.**

[Watch Session 7 Here!](#)