

MUSLIM YOUTH LIVE!

RESOURCE

PACKET

MUSLIM YOUTH LIVE!

SESSION 1
4/21

RACISM & COVID-19

LINDA SARSOUR, ZAHRA BILLOO
KEY TAKEAWAYS:

- **Racism is not merely holding prejudice views over another because of race, but a system of oppression that manifests in every facet of society.**
- **COVID-19 further exacerbated the effects of systemic inequalities in American society. While Asian American prejudice increased in light of the pandemic, predominately Blackamerican communities have suffered the most cases and deaths from the virus due to existent structural racism in our cities, healthcare systems, and economy.**

ACTION ITEM:

- Assess for bias within yourself and confront racism within your family and community. - [Antiracist Resources for the Greater Good](#)

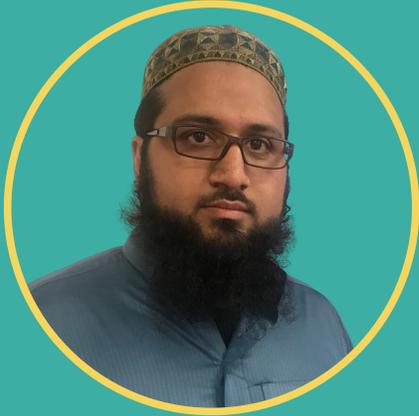
RESOURCES:

- *The New Jim Crow*, Michelle Alexander
- *The Wretched of the Earth*, Frantz Fanon
- *13th*, Netflix, Dir. by Ava DuVernay
- <https://www.vox.com/identities/2020/4/21/21221007/anti-asian-racism-coronavirus>

[Watch Session 1 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 2
4/23



LIVING OUR FAITH THROUGH SERVICE

IMAM YASIR KHAN

KEY TAKEAWAYS+ ACTION ITEMS:

- Take note of the different organizations and initiatives in our communities that serve the people in it, how they serve them, and ensure that we have some sort of role in them.
- Khidma (Service) is not limited to structured service through organizations. Khidma is a reflection of one's action and a state of being. The righteous Muslims of the past were noteworthy for having two qualities in their character—love and being in a state of khidma.
- Service starts at home through serving our families. It's a challenge to embody this in our work with community but can be even more so at home.
- Resource: [Al-Misbaah](#)

[Watch Session 2 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 3
4/28

THE SPIRITUAL DIMENSIONS OF SECLUSION

SHAYKH YASIR FAHMY

KEY TAKEAWAYS+ ACTION ITEMS:

- **Growing spiritually requires us to practice contemplation while being unplugged from outside voices. It's a spiritual practice embodied in the life of the Prophet (s), who often worshipped in seclusion.**
- **It's one thing to be alone w/ yourself (your nafs), it's another to be alone with your Creator.**
 - **Being alone with your nafs pushes us to enter cycles of negative thought about our own deficiencies, and you will feel more alone as a result, looking for some source to fill a void within. Being alone with your Creator will connect you to the Source of Peace Himself.**
- **Establish a consistent small act of ibaadah you keep secret between you and God (dhikr, sending salawat upon the Prophet pbuh) and treat it as a personal act of seclusion between you and Allah.**

RESOURCE:

- [The Ma'thurat](#), a daily list of adhkar and duaa from the sunnah.

[Watch Session 3 Here!](#)

(SESSION STARTS AT 20:00 MARK)

MUSLIM YOUTH LIVE!

SESSION 4
4/30

"WHEN I GROW UP..." MUSLIMS IN THE NBA

FERHEEN KHAN & SHAHBAZ KHAN
MINNESOTA TIMBERWOLVES

KEY TAKEAWAYS+ ACTION ITEMS:

- Finding a career route can start as simply as asking yourself: "what it is you like to do most?" and building from there.
 - Find a passion or interest you want to pursue and reach out to people in that industry using tools like LinkedIn. You'd be surprised how receptive people are to having a phone conversation or shadowing them to learn about their work.
- Once you do figure out something you're interested in, you can take self-learning to another level to improve at your craft and adapt. Ferheen took courses in analytics to see if she liked it, and In Shahbaz's case, working in social media consistently requires him to learn trending social media platforms over the years to adapt to the times.
- The obstacles in your way are full of lessons—the sooner you embrace those obstacles as moments of growth, the better off you'll be. Remember you're ultimately being guided by Allah swt and all rizq is provided by Him. You just have to do your part.

[Watch Session 4 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 5
5/5

ISLAM & PUBLIC HEALTH

DR. HAMMAD KHAN, MPH
SUKAINA HUSSAIN, MPH
KEY TAKEAWAYS+ ACTION ITEMS:

- **Within the pandemic there are two different Worlds. One is filled with art, self-care, working from home, and re-connection. On the flip side, families are struggling, working in unsafe conditions, with inadequate access to resources due to the conditions they have lived with prior to the pandemic. These conditions negatively affect communities' public health**
- **COVID-19 helped reveal the drastic affect of health disparities in communities of color.**
 - **In CA's central valley, most communities live with contaminated water systems and poor air quality. Inner cities create food deserts that restrict access to healthy food throughout the state.**

ACTION ITEM:

- Reflect on society around you and the manifold ways it can affect our communal well being for better or worse.

RESOURCE:

- Resource: Strategies for Reducing Health Disparities

Watch Session 5 Here!

MUSLIM YOUTH LIVE!

SESSION 6
5/7

"WHEN I GROW UP..." FAITH BASED FASHION



MARYA AYLOUSH **AUSTERE ATTIRE**
FARRUKH ERSHAD **5IVEPILLARS**
IMAN MASMUDI **TŪNIQ**



KEY TAKEAWAYS+ ACTION ITEMS:

- Within the last ten years, a new scene of faith-based fashion brands emerged producing streetwear, hijabs, and multicultural attire to fill a dearth in our community we hadn't found elsewhere.
 - All three of our panelists established their brands when fusing a passion (in this case clothing/creativity) with an unfulfilled need or service (apparel for Muslims that took our worldview into consideration). What's something you love to do that can solve a unique challenge?
- Muslim businesses shouldn't only reflect in our aesthetics or apparel, but also in the business ethics that go into running that company. Are we bringing more harm to the world than good with our business endeavor?
- All three panelists stressed the importance of our inward informing our outward—our spirituality and relationship to Allah will even affect our aesthetic expression.



RESOURCES:

- Documentary: [The True Cost](#)
- [The Tuniq Oasis Journal](#)
- [5ivepillars.co](#) | [austereattire.co](#) | [tuniq.co.uk](#)

[Watch Session 6 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 7
5/12

MENTAL HEALTH IN THE COVID-19 ERA

DR. RANIA AWAAD & HEBA EL-HADDAD
KHALIL CENTER, BAY AREA

KEY TAKEAWAYS+ ACTION ITEMS:

- It's important to be aware of mental health issues in the Muslim community because family and friends are the first line of communication when someone is facing mental health issues. So your family and friends may rely on you for support.
- The prophetic tradition has long elevated the importance of learning and understanding the sciences and as a result much of psychology, psychiatry, and psychotherapy has been developed by Muslim scientist throughout history.
- Islam can play an important role in helping us to cope with negative life events and challenges both for the prevention and treatment of mental health issues. But, if those challenges can't be dealt with alone, Muslims are encouraged to seek professional help.
- Relaxation techniques and breathing exercises can allow you to work through stress and anxiety. Use techniques like diaphragmatic breathing (inhaling to expand your stomach area) to help collect yourself when you find yourself overwhelmed.

RESOURCES:

- [The Khalil Center Courses](#) | [Khalil Center Research Articles](#)
- [7 Grounding Techniques to Calming Down Quickly](#)
- [The Khalil Center: Services and Therapy](#)

[Watch Session 7 Here!](#)

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SESSION 8
5/14

"WHEN I GROW UP..." MUSLIMS IN TECH



ZUBAIR JANDALI

VP OF BRAND PARTNERSHIPS, REDDIT

KEY TAKEAWAYS+ RESOURCES:

- The following were a list of resources recommended by Zubair Jandali to learn more about professional development and career guidance:
 - [The PMARCA Guide to Career Planning, Part 0: Introduction](#)
 - [The PMARCA Guide to Career Planning, Part 1: Opportunity](#)
 - [The PMARCA Guide to Career Planning, Part 2: Skills and Education](#)
 - [The PMARCA Guide to Career Planning, Part 3: Where to go and Why](#)

[Watch Session 8 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 9
5/19



ISLAMIC ETHICS OF ENVIRONMENTAL JUSTICE

IMAM DAWOOD YASIN (ZAYTUNA)

KEY TAKEAWAYS+ ACTION ITEMS:

- In Islam, human beings are described as *khulafaa* over the earth, or stewards/caretakers of it, as opposed to owners of the land. Allah owns the land; we tend to it. We are here to maintain and protect the environment, not exploit it.
- As articulated by the Prophetic example, there are rights that we owe to any of the relationships that we have- not only to our family, our friends, our brothers and sisters in Islam, but also with our environment.
- ACTION ITEM: In order to truly do justice to the environment around us, we must first acknowledge that only Allah has the ultimate ability to alleviate the issues around us. We can merely be the means, or the *sabab* through which that manifests.
- ACTION ITEM: Choose ONE thing (food, sustainable gardening, reusable/renewable material, conscious clothing consumption, etc.) and focus on striving for perfection in that. Gradually incorporate these new habits into your lifestyle. Communicate with your community organizations to see if there are ways to incorporate more environmentally conscious practices.

RESOURCE:

- [Ron Finley - The Gangsta Grower](#)

[Watch Session 9 Here!](#)

MUSLIM YOUTH LIVE!

SESSION 10
5/21

KEEPING THE SPIRIT OF RAMADAN

DR. IMAD BAYOUN

KEY TAKEAWAYS+ ACTION ITEMS:

- **With the end of a Ramadan, it's natural for us to not feel the same drive to worship to the same degree. It's important to practice Istiqaama: when the person tries their best to practice Islam or adhere to the straight path consistently to the best of their ability.**
- **Naturally our faith and actions will fluctuate over time; the key to being steadfast and having istiqama is how we respond when we do slip up in our deeds. Use it as motivation to do and be better.**
- **Whenever you find yourself committing a bad deed, make an effort to follow it with a good one to erase it. This will help you build good habits and develop spiritual consistency.**

[Watch Session 10 Here!](#)



MUSLIM YOUTH LIVE!

THE ART OF STORYTELLING

IMRAN J. KHAN

KEY TAKEAWAYS+ ACTION ITEMS:

- Storytelling is the most timeless of ways humans teach each other how to live. It is deeply interwoven into our Islamic faith – present in the stories of the Qur'an, the Seerah of the Prophet (pbuh), and in the poetry of figures like Jalaluddin Rumi.
- A story in its broadest sense is the journey of a character who undergoes a great deal of change amid challenge, with meaning and purpose behind each moment. That journey is usually put into the 3 Act Structure. Let's use The Lion King as a case study.
- If you want to tell stories, you have to learn the tools to do so: Figure out your craft and know it well! What type of storytelling medium are you trying to use? For the sake of this session, we went film and TV.
 - Watch lots of films and read lots of scripts. Learn the language and visual format these stories are told in. Ex: 12 Angry Men, The Empire Strikes Back, Ratatouille
 - Read a book or two on Screenwriting – Save the Cat! By Blake Snyder, Story by Robert McKee, The Hero's Journey by Joseph Campbell.
 - Find a group of friends, mentors, or peers that you can feel comfortable growing with artistically. Start writing on a trial by error basis, consistently revisiting and refining your drafts through the feedback friends and mentors give you.

[Watch Session 11 Here!](#)

SESSION 11
5/26



MUSLIM YOUTH LIVE!

SESSION 12
5/28

"WHEN I GROW UP..." CHAMPIONING CIVIL RIGHTS

HUSSAM AYLOUSH, ZAHRA BILOO, BASIM ELKARRA

KEY TAKEAWAYS+ ACTION ITEMS:

- Work in a field that you enjoy because you need to look forward and feel excited to go back to work every week! Be flexible and be open to changing your careers. You can be a productive activist within your fields serving the Deen through community service.
- Zahra: "when Allah asks, what did you do with your life?" Keeps me grounded of constant reflection, within privilege and answer with confidence of making a difference in her environment. What she does is not easy and requires spiritual, emotional, mental practice.
- Basim: some of the most successful folks are the most spiritually grounded. Having a strong spiritual foundation helps transform energy within these fields and face challenges. Responsibilities that focuses the work in saving lives and community services.
- Hussam: We cannot work alone, we must work with organizations that you trust and make a difference in the lives of individuals.

[Watch Session 12 Here!](#)