



# ISLAMOPHOBIA: A CRASH COURSE

## PART 3 — WHAT WE CAN DO

## ABOUT THE PRESENTER

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**Rumanah Wellness** is a public benefit platform empowering Muslim women toward holistic, embodied wellness:

- **Ruh** — Spiritual connection
- **Roots** — Cultural context & individuality
- **Rhythm** — Life stage & personal journey

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# A SPACE FOR YOUR FEELINGS

The conversations we are having are heavy. They can bring up strong emotions, memories, or discomfort. I want to make space to say that those feelings are completely valid.

Experiencing sadness, anger, confusion, or numbness is a human response to harm, pressure, and injustice. It does not mean you are weak or lacking in faith.

While these conversations can be heavy, our faith provides a deeply grounding framework to understand pain, fear, or injustice.

Instead of being defined by victimhood, Islam does not ask us to deny pain, but it also does not ask us to live trapped within it.

# NOT A MODERN ISSUE

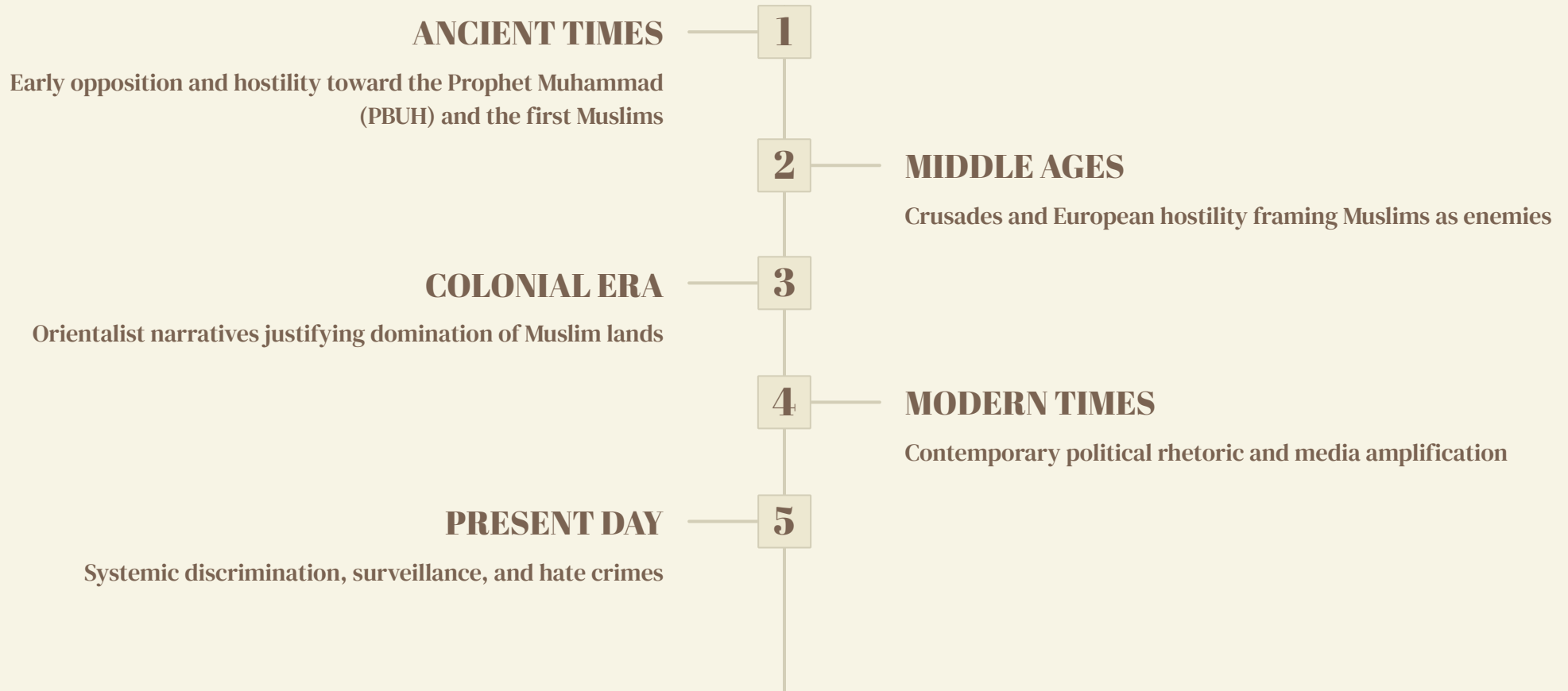
Islamophobia can feel like a modern issue, shaped by current news headlines and political trends. But in truth, intolerance towards Islam and its followers is not new.

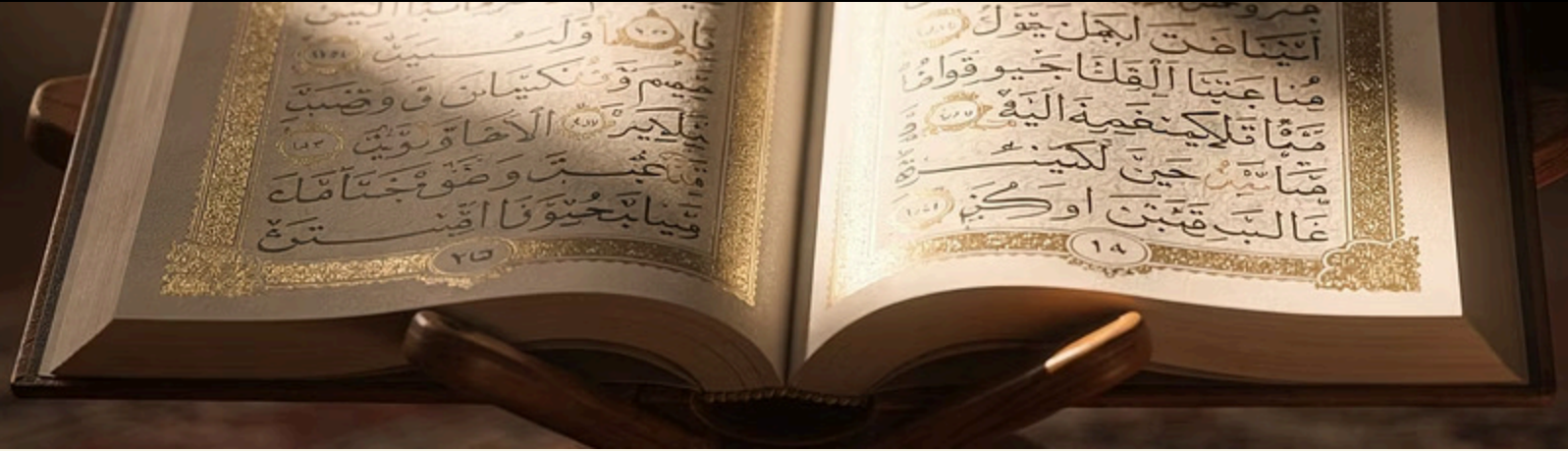
This hostility has existed across different eras, taking various forms but always present.



# FROM PREHISTORY TO PRESENT

Islamophobia has always existed — manifesting differently across different historical periods, but consistent in its targeting of Muslims and Islamic faith.





## ALLAH'S WORDS PREPARE US

"You will surely be tested in your possessions and in yourselves, and you will surely hear from those who were given the Scripture before you and from those who associate others with Allah much abuse. But if you are patient and fear Allah, indeed that is of the matter of great determination."

— Quran 3:186

Let this history be a tool to remind us of Allah's words. Enduring in the face of those who seek your erasure is part of the test of life and faith.

# PROTECTION THROUGH FAITH

In the same surah, Allah says:

"And if you are patient and fear Allah, their plots will not harm you in any [significant] way. Certainly, Allah fully encompasses all they are doing."

— Quran 3:120

- ❑ Nothing touches us, no hardship, no trial, no moment of fear, except by the will of Allah.

UNDERSTANDING THE BATTLE

# SHAYTAN'S STRATEGY

Shaytan does not need golden idols to succeed on his stated mission, which is the opposition to those who choose submission to Allah.

"Because you have put me in error, I will surely sit in wait for them on your straight path."

— Quran 7:16

His greatest strategy has always been through subtlety. The Quran tells us that he approaches from every direction — through doubts and distortion. His aim is to unsettle our hearts and minds.





# THE GREAT DECEPTION

## SHAYTAN'S TACTIC

One of Shaytan's great deceptions is convincing people that their worth comes from acceptance, safety, or approval from the world — rather than from Allah.

When we begin to question our belonging, our dignity, or the value of our deen because of external pressure, this is the quiet work of deception exploiting very human needs for safety and connection.

## OUR RESPONSE


Indeed, Allah reminds us:

"Indeed, Shaytan is an enemy to you, so take him as an enemy."

— Quran 35:6

Recognizing this deception allows for clarity. It enables us to respond to Islamophobia not with despair, not from the eyes of victimhood, but with trust.

**While systems may fail us, Allah never abandons those who turn to Him.**

A photograph of a bedroom. A bed with white linens and a grey blanket is in the foreground. On the wall above the bed is a framed poster with the text "Get up - No one is coming to save you".

**Get up -  
No one is  
coming to  
save you**

## EVERYONE MUST BE ACTIVE

One of my younger daughters has a really hard time waking up for school in the morning. It is something she battles with every single day. One day, I came into her room and saw this poster on her wall — I asked her about it, and she told me it's her motivation to get out of bed.

The humor is a bit dark — but I think it carries a good lesson.

We need to, as **individuals**, actively engage against Islamophobia. We must become active participants in the story of change.

If everyone is waiting for things to become better, waiting for a hero, nothing will change.

# THE HADITH OF ACTION

The Prophet (peace be upon him) said, in a hadith related in Sahih Muslim:

"Whoever among you sees a wrong, let him change it with his hand; if he is unable, then with his tongue; and if he is unable, then with his heart — and that is the weakest of faith."

This hadith establishes our obligation to act. We cannot be passive observers. Change requires active participation at every level.





# TOP 5 ACTION ITEMS

## PRACTICAL STEPS TO COMBAT ISLAMOPHOBIA

These are concrete actions every individual can take to create meaningful change in themselves, their communities, and society at large.

ACTION #5

# EXCELLENCE OF CHARACTER

One of the most powerful tools we have in confronting Islamophobia is excellence of character. Not as a performance, not to convince society that we are good — but as inner refinement.

"Indeed, Allah will not change the condition of a people until they change what is in themselves."

— Quran 13:11

This verse reminds us about agency. It reflects that transformation begins inside: with our intentions, our ethics, our integrity, and our patience. When the world distorts Islam, our response is not to shrink or harden, but to embody its beauty more consciously.



# THE VESSEL ANALOGY

The Prophet (peace be upon him)'s character softened hearts long before arguments ever could. This is because character reaches places that debate cannot.

Think of the believer as a vessel, like a clear crystal glass. Islam itself is pure, clear, and unchanging — like water — but can take on the appearance of its container.

## THE PROBLEM

Dirt, grime, and greasy fingerprints distort the water's reflection — not because the water has changed, but because the vessel is unclear.

## THE SOLUTION

Excellence of character is the process of tending to that vessel — polishing it with patience, sincerity, humility, and trust in Allah.

## THE PURPOSE

Not for the purpose of impressing others, but to allow the truth to be seen clearly through us.

This doesn't mean accepting injustice or silencing pain — but choosing to respond from a place of clarity.

ACTION #4

# SPEAK UP

There is a saying that goes: "The loudest horn gets the attention." Silence protects harm.

Something we can ALL commit to is **reporting Islamophobia**. Every. Single. Incident. Big or small.

- It is not complaining. It is documentation. It is data. It is how patterns are exposed and how systems are forced to respond.



# HOW TO REPORT ISLAMOPHOBIA

01

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## BC RACIST INCIDENT HELPLINE

Community members can call to report racism or hate incidents. This service connects people to support, records data, and helps build accountability.

02

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## RCMP/POLICE

It may sometimes be beneficial to report incidents directly to policing units if there was harm involved.

03

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## IMIRT APP

Download before you leave tonight! This app, developed through partnership with Canada Race Relations Foundation and National Council of Canadian Muslims, serves as a tool to facilitate reporting of hate crimes, hate incidents, and discrimination resulting from Islamophobia.

**Action item:** Download the IMIRT app today and commit to documenting every incident.



ACTION #3

# STRATEGIC ENGAGEMENT

When injustice happens, our instinct is often to react. That's human. But reaction alone is not transformation — especially in a time where there is widespread injustice. We often don't know where to focus our attention.

This is the importance of strategic engagement.

If the house is on fire, putting out small sparks one by one will never stop the flame. We need strategy, coordination, and purpose.

# WORKING UPSTREAM

Lasting change happens upstream — before harm becomes normalized. This means not placing all of our efforts on the sparks of fire, but on the systems that sustain the flames.



**EDUCATIONAL SYSTEM**



**MEDIA**



**GOVERNMENT & POLITICS**



**POLICY MAKING**

These are the areas where policies that lead to Islamophobia are put into place. Strategic engagement targets these root causes.





ACTION #2

# BUILDING COMMUNITY

When individuals believe they are isolated, unheard, or unsupported, they become easier to discourage, silence, or divide. This is not accidental.

**We are better together.**

# THE POWER OF UNITY

## ISLAMIC TEACHING

Islam teaches us that strength comes through unity — working collectively multiplies impact and prevents exhaustion. It leads to many talents working towards a common goal in lockstep.

## EVIDENCE-BASED

Additionally, data shows that building coalitions is an effective means to combat Islamophobia.

This might look like partnering with communities or organizations that seek to disrupt racism.



### COALITION BUILDING

Partner with other communities facing discrimination and oppression



### COMMUNITY NETWORKS

Build strong internal support systems within Muslim communities



### COLLECTIVE ACTION

Organize together for advocacy, education, and mutual support

ACTION #1

# KNOWLEDGE AND CERTAINTY

What is the target of Islamophobia? It is the hearts and minds of believers.

We need to develop deep inner certainty in who we are, what we believe, where we are going, and where our worth comes from.



# THE FOUNDATION: YAQEEN

Allah the Almighty says:

"And among humanity are those who worship Allah on the verge [of faith]. If some good reaches him, he is reassured by it; but if some trial befalls him, he turns his back on faith — losing out on this world and the hereafter. That is truly the clearest loss."

— **Quran 22:11**

As uncomfortable a truth as it may be, the root cause behind the frail religious commitment of many Muslims is the absence of adequate certainty in their hearts.

## **DEVELOP YAQEEN**

Build unshakeable certainty through knowledge and spiritual practice

## **LEARN TO RESPOND**

Understand how to respond to criticism of Islam with wisdom and knowledge

## **FIRM FOUNDATION**

Build a strong foundation of belief rooted in understanding and conviction

This, my friends — the development of Yaqeen, understanding how to respond to criticism of Islam, building a firm foundation of belief — this is our greatest tool.



# THE POWER OF SMALL GROUPS

**"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS."**

— Margaret Mead

Change doesn't require massive movements from the start. It requires individuals committed to action, united in purpose, and persistent in effort.



MOVING FORWARD

# YOUR NEXT STEPS

## 1 COMMIT TO CHARACTER

Begin the internal work of excellence — patience, sincerity, and integrity

## 2 DOWNLOAD IMIRT

Get the reporting app and commit to documenting incidents

## 3 THINK STRATEGICALLY

Identify where your skills and energy can create upstream change

## 4 BUILD COMMUNITY

Connect with others working toward the same goals

## 5 DEEPEN KNOWLEDGE

Study your deen, build Yaqeen, and develop certainty in faith

# THANK YOU

May Allah grant us the strength, wisdom, and patience to be agents of positive change. May He protect our communities and grant us certainty in our faith.

Ameen.

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