

FEBRUARY 2023



WORLD
HIJAB
DAY

Revive Pack

DISCUSSION GUIDE • REFLECTIONS • ACTIVITIES
JOIN THE MOVEMENT • SOCIAL MEDIA

Questions for Group Discussion

MIXED GROUP

1. What is hayaa'?
2. How can we have hayaa' with The Creator and the creation?
3. What does the order from Allah to lower our gaze mean to you?
4. What temptations/distractions make it challenging to maintain our hayaa' or lower our gaze?
5. What can we do to strengthen ourselves so lowering our gaze is easier?
6. What is hijab?

BROTHERS ONLY

7. What is hijab for men?
8. What measures do brothers take to observe hijab and practice hayaa'?
9. How does the fashion industry affect your hijab?
10. How can we support our sisters in having hayaa'/wearing hijab whether they are hijabis or not?

SISTERS ONLY

1. What is a hijab for women?
2. How much is hijab part of your identity?
3. If you wear it, how has your journey been?
4. If you don't wear it, how does it affect your journey?
5. How important is hijab; do people put too much emphasis on it?
6. How does the beauty and fashion industry affect your hijab?
7. What are your struggles with hijab, and what do you think they're rooted in?
8. Who best do you think can help you with these struggles?
9. How best do you think you can be helped with these struggles?
10. Where did you learn about hijab, and what was your experience like?
11. What are good resources to learn about hijab?



Reflections on the Verses of Quran about Hijab

“ SURAT AN-NUR, 24:30-31

O Prophet! **Tell the believing men to lower their gaze and guard their chastity. That is purer for them.** Surely Allah is All-Aware of what they do. **And say to the believing women that they should lower their gaze and guard their chastity;** that they should not display their beauty and ornaments except what must ordinarily appear thereof; that **they should draw their veils over their chests and not display their beauty** except to their husbands, their fathers, their husbands' fathers, their sons, their husbands' sons, their brothers, or their brothers' sons or their sisters' sons, or their women or the servants whom their right hands possess, or male servants free of physical needs, or small children who have no sense of the shame of sex, and that **they should not strike their feet in order to draw attention to their hidden ornaments. And O you Believers, turn you all together towards Allah, that you may attain Bliss.**”



- Allah begins the discussion with the order to both men and women alike to lower their gaze. Lowering the gaze is a sign of:
 - Humility and hayaa' (also achieved through prayer/salah)
 - Self-control and awareness (also achieved with fasting/sawm)
 - Respect and honor for others
- When discussing hijab, we should start with this: each of us is responsible for maintaining these qualities within our characters.
 - As the Prophet Muhammad (s) told us, "I have been sent to perfect good moral character." (Hadith Sahih)
- Allah follows the order to lower the gaze with the order to guard our chastity. We do so by:
 - Being conscious of Allah The Almighty (taqwa) in everything we do.
 - Remembering Allah, reciting the Quran, and making dua frequently.
 - Establishing prayers with humility and tranquility. Allah says, "Verily, prayer prevents from Al-Fahshaa' (i.e., great sins of every kind, unlawful sexual intercourse) and AlMunkar (i.e., disbelief, polytheism, and every kind of evil, wicked deed)." [Quran, 29: 45]
 - Marriage and fasting. The Prophet (s) said: "O youths! Whoever among you has the

SURAT AN-NUR, 24:30-31, CONT'D

ability to get married should do so, as it is effective in lowering the gaze and curbing lust."

- Taking account of your mistakes and trying your best not to repeat them. The Prophet (s) said: "Do not follow one glance at a woman with another. Verily, you have the first one and not the second."
- Refraining from intermixing or being alone with the opposite sex.
- Staying away from immorality and the places it is usually found.
- Avoiding music that encourages immorality, fornication, and adultery.
- Being conscious of the messages we are constantly bombarded with on the internet and social media.
- Befriending righteous and chaste people. Allah ordered us in Surat Al Kahf, which we are encouraged to recite every Friday, saying: "And keep yourself patient [by being] with those who call upon their Lord in the morning and the evening, seeking His countenance. And let not your eyes pass beyond them, desiring adornments of the worldly life, and do not obey one whose heart We have made heedless of Our remembrance and who follows his desire and whose affair is ever [in] neglect." (Qur'an 18:28)
- And the Prophet (s) said: "The example of a good pious companion and an evil one is that of a person carrying musk and another blowing a pair of bellows. The one who is carrying musk will either give you some perfume as a present, or you will buy some from him, or you will get a good smell from him, but the one who is blowing a pair of bellows will either burn your clothes, or you will get a bad smell from him." [Sahih Al Bukhari]
- Knowing the harm of fornication and adultery in this life and the Hereafter and the diseases they cause.
- Remembering the reason for one's creation; worshiping The Creator and benefitting His creation. So keep yourself busy with service projects and activism.
- Remembering death and the termination of the acceptance of deeds that accompanies it.
- Remembering the joy of the dwellers of Paradise and the punishment of the people of Hell.

SURAT AN-NUR, 24:30-31, CONT'D

- Allah then asks the believing women to draw their veils over their chests and not display their beauty.

THE ORDER OF THE HIJAB: Women should take what they traditionally covered their hair with at the time (a type of bandana with excess fabric thrown to the back) and bring it to the front to cover their necks and chests. The commandment is to increase the area that is covered and ensure that a believing woman's beauty is concealed from everyone except other women and the categories of men mentioned in the

ayah above.

- The last order from Allah in this ayah is that believing women not strike their feet so that they do not draw attention to hidden ornaments
 - Allah is reminding us of the inner dimension of hijab: how we carry ourselves, how we speak, and our body movements.
 - We all know when we are carrying ourselves in a business-like manner versus in a flirtatious manner.
 - The Inner Dimensions of Modesty: <https://www.muslimamericansociety.org/2021/09/05/the-inner-dimensions-of-modesty-2/>



HOW WOMEN REACTED AFTER THE COMMANDMENT OF HIJAB WAS REVEALED

When verses 30-31 of Surah Nur were revealed, Aisha (RA) narrates that women immediately began tearing the hems of their long clothes and aprons to make veils so they could cover themselves as instructed. This a marvelous example of the Prophetic commandment to hear and obey.

“ SURAT AL-AHZAB, 33:59

O Prophet! Ask your wives, daughters, and believing women to draw their cloaks over their bodies. In this way it is more likely that they will be recognized and not be harassed. And Allah is All-Forgiving, Most Merciful.

”

• In this ayah Allah mentions reasons why our hijab is “our crown.” Through it, we are:

- recognized for being women of faith
- recognized for being women of principle
- recognized for being women of strong will
- honored and protected
- less likely to be harassed



PARAGONS OF HAYAA'

Fatima bint Muhammad

On her deathbed, the daughter of the Prophet (s) Fatima asked to be buried at night because she felt shy thinking of the multitude of people who would see her and did not want anyone to see her figure even after her soul had left her body.

Uthman ibn Affan

Uthman is described as the most modest and shy person of his era. Once, the Prophet (s) was reclining, and some of his legs showed. Abu Bakr and Umar both spoke to him in this condition. When Uthman asked to talk to him, the Prophet (s) first straightened up his clothes to cover his legs and then spoke to him. When his wife Aisha asked why he only did that for Uthman, he (s) replied, “Should I not feel shy before a man whom the angels feel shy of?”



HOW TO OBSERVE PROPER HIJAB FOR BOTH MEN AND WOMEN

- **Our clothing should not:**
 - define our shape
 - be see-through
 - be a color, material, or embellished in a way that attracts the opposite sex
 - have symbols or imagery of other religions or concepts that are unIslamic
- **Our clothing should cover everything from the navel to the end of the knee for men.**
- **Our clothing should cover everything except the face and hands for women (some madhahib include feet).**
- **Our desire to please Allah and not to please those around us will help us keep our intention and actions in check.**
 - Tell yourself daily: "I do this for Allah alone to earn His pleasure and reward"
 - Ask yourself daily: "Is this outfit pleasing to Allah? Would my beloved role model, my Prophet Muhammad (s), be happy with me as part of his ummah if he saw me like this?"

REFLECTION POINT

What do you think about this statement below?

Hijab protects us from vanity because it causes us to spend more time beautifying what's inside us (our character) than enhancing our physical appearance for public consumption.



Activities

1. ICE-BREAKER GAME OR REFLECTION SESSION GAME

Objective

- Allowing participants to get to know each other, facilitating reflection on things we are told to do in our life that are hard for us to understand or challenging for us to implement but that have a recognizable benefit in the long run.

Age Group

- Adaptable to each age group

Materials Needed

- Index cards (or colorful A4 cardstock cut in half)
- Markers or colored pencils

Preparation

- Prepare a variety of cards with an action (explained below) written on one side, leaving the other side blank. Make duplicates so participants can choose what speaks to them and are not left with a card to which they cannot relate.
- The actions on these cards should be something your age group of participants would relate to in terms of being told is beneficial for them but may seem challenging to do or hard to understand at first. Actions should be both religious and 'secular'. For example, a few cards that say "Praying," "Doing Homework," "Exercising," "Making Wudu," "Giving Away What is Valuable to You", "Getting a Shot or Vaccination," "Wearing a Mask." Choose to include actions specifically relatable to the age group participating. (Younger Version: "Refraining from Soda." Older Version: "Refraining from Alcohol or Intoxicants.")
- You can also choose to leave these blank and simply instruct each participant to come up with their own, or you can do this activity only through talking (without the cards), depending on the age of your participants and engagement style.



Activities

1. ICE-BREAKER GAME OR REFLECTION SESSION GAME (CONTINUED)

Instructions

1. Introduce the activity as either the ice-breaker or a reflection activity depending on where you choose to place this activity in the program by prompting participants. For example: "For this activity, we are all going to share and learn about each other a little more while in-shaAllah gaining some inspiration from everyone's experiences! We're going to talk about things people who love us and want the best for us have told us to do but were hard for us to start doing at first and what benefit we saw from it when we did start doing it consistently."
2. Direct the participants to the cards laid out - prompting them to choose one that is an example of this in their own lives. Or If leaving the cards blank, hand out blank cards and give participants a moment to think about an example from their life and write (or draw a representation of it for younger ages) on one side of the card. Do not let other participants see what each chooses or writes/draws - Instruct the participants not to tell others what it is.
3. Then, ask the participants to turn the card over and answer the questions on the board on the other side.
4. After everyone has had sufficient time to reflect upon and answer the questions on the board, ask each participant to share ONLY the answers to the questions. Then, everyone else can guess what the action was based on the participant's answers. (Like a guessing game - this makes it more fun and interactive and promotes engaged listening (feel free to make teams or add incentives to encourage participation further).
5. Use this activity and the reflections that came from it to transition into the discussion on hijab and modesty - connect the lessons extracted from the reflections to the topic. Expound upon each of the above questions as it relates to hijab (source: heeding the instructions and advice of those who love us and want the best for us - not those who do not care about our well-being. Connection to the fact Allah loves us more than anyone or anything, trusting that what is instructed of us is best for us, understanding the why and how exploring the benefits that we witness in our lives as a result).



Activities

2. HAYA EGG DROP CHALLENGE

Objective

- Reflecting on how God-consciousness and practicing al-haya protect us in our daily lives from big dips in our iman and the pitfalls of this dunya.

Age Group

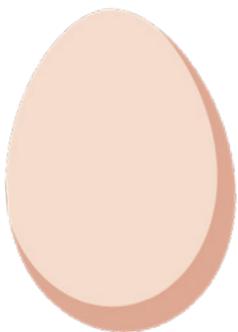
- Adaptable to each age group

Materials Needed

- Eggs
- Paper products (plates/cups)
- Plastic wrap
- Fabric/cotton balls/sponges
- Tape or glue
- Anything else that can be used to protect the egg from breaking

Instructions

1. Introduce the activity analogy introducing God-consciousness, practices of al-haya ("Some ways we can protect ourselves by being modest are: [insert examples that would resonate with your age group here]). Explain that they will be dropping their eggs from a specified height (represents the big dips in our iman and the pitfalls of this dunya) and that their challenge is to help the egg build up its protection (which for us comes from Allah through the cultivation of al-haya) so that it can withstand the fall. You can make this a challenge between individuals and/or teams if that would increase interest or engagement.
2. Give each individual or team an egg and allow them to choose from the supplies provided to create sufficient protection for their egg.
3. After each individual or team has had sufficient time to 'protect their egg,' have them take turns dropping their egg from the same height and seeing if it breaks or not.
4. Depending on the age of your participants, you can extrapolate some more reflections on Allah's protection versus things we think will protect us but in reality do not and how we can increase in His favor allowing us to withstand the big and little pitfalls in this dunya.



Activities

3. SOCIAL MEDIA AUDIT – CONSUMPTION

Objective

- Exploring how modesty and the development of hayas' include what we consume on a daily basis and allow time for reflection on consumption via social media, specifically as an example. This engagement is only for age groups in which they all have phones and/or mostly have some form of social media.

Preparation

- Prepare a list of IG, FB, and Tik-Tok accounts that are beneficial in nature (Islamic reminders, wholesome content, psychologist creators, hijabi influencers that lean to the spiritual reminder side versus the consumerism side) that would be relatable to the participants you are serving.

Instructions

1. Start a discussion on healthy consumption (in terms of self-image, the pressure to be a certain way, comparison culture and faked realities online, etc.) and prompt participants to think about the way certain accounts or content makes them feel.
2. Give participants a certain amount of time to take out their phones and ask them to reflect upon and identify some of the accounts/pages/creators they are currently following that contribute to (a) negative feelings/habits/goals, (b) positive feelings/habits/goals, and (c) have no clue why they are even following (neither good nor bad necessarily but didn't realize or forgot). (Take note of the positive ones participants share – have them share who and what benefit they gain from that account).
3. Connection point: Similar to how social media eventually creates an algorithm based on the content you follow and interact with the most and starts showing you even more of that content until mostly everything you are exposed to is based on that algorithm, our minds and hearts absorb everything we consistently expose ourselves to. We are changed by that consumption to be oriented toward those habits or goals that are represented through the content we consume. How do we overhaul our algorithms (both literally and figuratively)?
4. Upon discussion and reflection, give participants time to unfollow/delete some accounts that negatively impact their algorithms. Have them follow more beneficial accounts/pages recommended by their peers during the discussion and from your prepared list.



Join the Movement

1. Take the Pledge

Encourage fellow worshipers to take the pledge at <https://bit.ly/3CG70Ly> to stand against discrimination against girls and women in hijab.

2. Sermons

Give sermons on the importance of modesty in different faiths around the world. Highlight the verses on modesty in holy books. Go Live on social media channels. **Use the hashtags #MAS #UnapologeticHijabi #WorldHijab-Day and Tag us @MASYOUTHMINISTRY @MuslimAmericanSociety @WorldHijabDay**

3. Experience Hijab On Feb 1, World Hijab Day

Women of all faiths can show solidarity with their hijabi sisters by donning a head covering for the day. Men can show support by wrapping winter scarves around their necks or wearing an 'I Support The Right Of Hijab' badge/pin/sticker. Have a post-event discussion to share experiences.

4. Host a community World Hijab Day (WHD) Event

WHD events can be in the form of setting educational tables, helping women put on the hijab, workshops, conferences, peace walks, and many more! Invite Muslim women in hijab as speakers. Feature your event on the WHD website by registering at <https://bit.ly/3kblQDC>. Post WHD event pictures on social media. Tag us @MASYOUTHMINISTRY @MuslimAmericanSociety @WorldHijabDay

5. Host a World Hijab Day (WHD) Panel Discussion

Have an open panel discussion about what modesty means to everyone. Discuss the concept of hijab across many different religions, not just Islam. Invite hijab wearing speakers to give presentations.

6. Book Recommendations

Here are a few books we recommend reading on the subject of hijab, for a wide range of audiences.

- **For Younger Readers:**
 - *The Proudest Blue* by Ibtihaj Muhammad
 - *Under My Hijab* by Hena Khan
 - *My Name is Bilal* by Asma Mobin-Uddin
- **For Adult Readers:**
 - *The Muslims Woman's Dress* by Dr Jamal Badawi



Social Media Toolkit

Theme: Progression Not Oppression

For Muslim women, hijab is a symbol of our devotion to God. More specifically, hijab, in the form of a head covering, is a crown we adorn on our heads to stand apart from the crowd as we strive to honor our commitment to our faith. Yet in so many places around the world, hijab is seen not as a crown, but as a crime. Increasingly, hijabs and niqabs are being banned in schools, in government offices, and even in sports. As Muslim women, we continue to fight the good fight, to raise our voices and become champions of our most basic right to cover our bodies as we please.

We are simply #UnapologeticHijabi.

Hashtags to Use:

#UnapologeticHijabi #WorldHijabDay2023 #hijabday #worldhijabday #besthijabforward #mybodymyhijab #hijabisnotacrime #protecthijabis #hijabappreciation #hijabappreciationpost #lovehijab #WHD #hijaboftheday #hijabioftheday #hijabsisters #hijabihood #hijabisforall #askahijabi #iwearthehijab #hijabstyle #stophijabshaming #protectmuslimwomen #muslimyouth #muslimwomen #muslimgirl

Resources to Share:

Canva template linked [here](#)

Click [here](#) to view and use all design assets!

Suggested Caption:

We are excited to announce that we will be participating in #WorldHijabDay2023 and we hope you join us!

At times when Muslim women struggle with hijab ban in public and workplace in some countries, and are being targeted and harassed verbally and physically in a variety of circumstances, it is important for our community to come together and stand in solidarity in the fight against systemic anti-Muslim bigotry.

Through this initiative, women and men from all ethnic backgrounds and faiths are invited to join the discussion by using #UnapologeticHijabi.

We urge you to share this poster to show support and help promote progression, cultural understanding, and international solidarity.

