

## RESOURCES

### An Overview of Resources on the Family in the American Muslim Context

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#### Introduction

The purpose of this report is to give an overview of current resources and literature on the topic of the family in the American Muslim context and how the issue has been addressed thus far in the Muslim community. This is not meant to be a comprehensive report; the original plan was to collect as many resources as could be found on the topic, and to present a little of their content and findings, incorporating as many of the resources as possible. However, after collecting several hundreds of links to online articles, published research, and lectures, it was concluded that doing it this way would result in a prohibitively long article. So instead, for each topic below, some sentences are included summarizing the major themes found for that topic, followed by a very short list of just some of the resources available which may be useful for researchers and community members. At the end of this report, information on some conferences relevant to this topic is included.

#### Family Structure and Dynamics

##### Family Structure and Dynamics from an Islamic Perspective

In discussing family structure and dynamics from an Islamic perspective, these articles and books focused on topics such as the rights and responsibilities of husbands, wives, parents and children, the modern reality of Muslim families, and how Islamic teachings can help address this reality. Most of the articles put a particular emphasis on how Islam can be used positively to navigate changing gender dynamics within families.

- The Qur'anic Model for Harmony in Family Relations (Zainab Alwani, 2007): [https://www.researchgate.net/publication/277232246\\_The\\_Qur'anic\\_Model\\_for\\_Harmony\\_in\\_Family\\_Relations#fullTextFileContent](https://www.researchgate.net/publication/277232246_The_Qur'anic_Model_for_Harmony_in_Family_Relations#fullTextFileContent)
- The Qur'anic Model on Social Change: Family Structure as a Method of Social Reform (Zainab Alwani, 2011): <https://icrjournal.org/index.php/icr/article/view/580>
- *The Family Structure in Islam* by Hammudah Abd Al-Ati (1995)

### Changing Family Structure and Dynamics of American Muslims

In these articles, the reality of changing family structures and dynamics among American Muslims was explored. A focus was put on the effects of the immigration or refugee resettlement process on these dynamics and changing gender roles was again a common theme.

- Muslim Marriages in the Western World: A Decade Review (Manijeh Daneshpour, 2016):  
<https://quod.lib.umich.edu/j/jmmh/10381607.0010.105/--muslim-marriages-in-the-western-world-a-decade-review?rgn=main;view=fulltext>
- Familial Relationships Among Muslim Couples and Parents in the United States: A Qualitative Study (Zahra Aqeel Alghafli, 2015):  
[https://digitalcommons.lsu.edu/cgi/viewcontent.cgi?article=4620&context=gradschool\\_dissertations](https://digitalcommons.lsu.edu/cgi/viewcontent.cgi?article=4620&context=gradschool_dissertations)
- Displacement Effects on Gender Roles, and Family Structure: Muslim Meskhetians (Ekaterine Pirtskhalava, 2015):  
<https://www.hrpub.org/download/20151130/SA5-19604963.pdf>
- Musawah: Who Provides? Who Cares? Changing Dynamics in Muslim Families (2018):  
[https://www.musawah.org/wp-content/uploads/2018/11/WhoProvidesWhoCares\\_En.pdf](https://www.musawah.org/wp-content/uploads/2018/11/WhoProvidesWhoCares_En.pdf)

### Navigating Difficult Relationships with Family Members, Especially Parents

Below are multiple resources on navigating difficult family relationships, some of which were written by those who have experienced it first-hand.

- Navigating Difficult Family Dynamics (Tamara Grey and Rania Awaad, 2022):  
[https://www.youtube.com/watch?v=s\\_ja4RzodCs&list=PL9uyRQTMUugmgVbESE5ngoGhrIWCuTQwy&index=5](https://www.youtube.com/watch?v=s_ja4RzodCs&list=PL9uyRQTMUugmgVbESE5ngoGhrIWCuTQwy&index=5)
- Navigating My Home – The War Zone That Was My Parents Marriage (2022):  
<https://www.amaliah.com/post/65946/how-to-deal-with-parents-always-arguing>
- Me, Myself, My Mother and Our Strained Relationship (Andleeb Ahmed, 2020):  
<https://www.amaliah.com/post/60158/mother-mother-mother-in-islam-navigating-difficult-relationships>
- Recognizing Emotional Immaturity [Part 1]: Dealing With The Emotionally Immature Muslim Parent (Anika Munshi, 2023):  
<https://muslimmatters.org/2023/05/22/recognizing-emotional-immaturity-part-1-dealing-with-the-emotionally-immature-muslim-parent/>
- Obedience To Parents And Its Limits (Justin Parrott, 2023):  
<https://muslimmatters.org/2023/03/03/obedience-to-parents-and-its-limits/>
- The Rights of Parents vs Parental Oppression (Isa Parada, 2023):  
<https://muslimmatters.org/2023/10/03/podcast-the-rights-of-parents-vs-parental-oppression-sh-isa-parada/>

### Multigenerational Homes and Caring for Parents As They Age

Research on this topic included how the family structure of Muslim families differ from many other American families, in the fact that they are more likely to live in multigenerational homes, and resources for those who are caring for their parents as they age.

- The Family and Youth Institute Eldercare Toolkit:  
<https://www.thefyi.org/toolkits/eldercare-toolkit/>
- Community Brief: American Muslims and Aging (Kristine Ajrouch, 2016):  
<https://www.ispu.org/american-muslims-and-aging-brief/>
- An Aging Loved One: What to Expect, and How to Prep (Nadeem Siddiqi, Maryum Khawaja, and Omar Haydar, 2022):  
<https://www.youtube.com/watch?v=dLT9FSod-bM>

### Child Custody, Coparenting, and Blended Families

Articles found on this topic included discussions on child custody in Islam, tips on coparenting with a former spouse, and advice for step-parents and for navigating the blending of families.

- *Blended Families: An Islamic Approach to Unconventional Family Structures* by Shadeed Muhammad (2018)
- Blended Families: An Islamic Approach to Unconventional Family Structures (Shadeed Muhammad, 2018):  
[https://www.youtube.com/watch?v=GDdI5\\_M1Frw](https://www.youtube.com/watch?v=GDdI5_M1Frw)
- Why and How I Improved My Relationship With My Ex Husband - the Father of My Children (Selina Bakkar, 2020):  
<https://www.amaliah.com/post/51694/co-parenting-tips-in-islam-divorce-in-islam-blended-family>
- Happily Ever After (Insha'Allah) Again - Blended Families in Our Muslim Communities (Nargis Rahman, 2019):  
<https://blog.hautehijab.com/post/blended-families-marrying-a-second-time>
- The Role of a Step-Parent (Olivia Mounet, 2014):  
<https://muslimmatters.org/2014/10/14/the-role-of-a-step-parent/>
- The Forgotten Sunnah Of Raising Stepchildren: Reflections On The Death Of My Stepson (Mufti Abdullah Nana, 2022):  
<https://muslimmatters.org/2022/11/10/the-forgotten-sunnah-of-raising-stepchildren-reflections-on-the-death-of-my-stepson/>

### Foster Care and Adoption

These resources included information on the Islamic view of foster care and adoption (and the difference between *tabannī* and *kafāla*), its intersection with American adoption laws, and on Muslims' opinions and experiences regarding adoption and foster care.

- Orphans In The Quran: A Contextual Thematical Analysis (Muhammad Ziyad Batha, 2022): <https://muslimmatters.org/2022/07/12/orphans-in-the-quran-a-contextual-thematical-analysis/>
- The Care of Orphans in the Islamic Tradition, Vulnerable Children, and Child Sponsorship Programs (Jonathan Benthall, 2019): <https://scholarworks.iu.edu/iupjournals/index.php/muslimphilanthropy/article/view/1857/204>
- Kafāla: The Qur’anic-Prophetic Model of Orphan Care (Zainab Alwani, 2020): <https://journals.iupui.edu/index.php/JIFP/article/view/24666/23358>
- Striving to Find Foster Parents in America’s Largest Muslim Community (Josh Herman, 2016): <https://imprintnews.org/news-2/religious-cultural-continuity-key-stability-muslim-children-foster-care/18544>
- The Importance of Foster Care (Farhana Querishi, Mohamad Baajour, and Yasir Qadhi, 2023): <https://www.youtube.com/watch?v=Bc-4NI4Ofj8>
- Reviving a Lost Sunnah: Adoption and Foster Care in Islam (Omar Suleiman, 2017): <https://yaqeeninstitute.org/omar-suleiman/reviving-a-lost-sunnah-adoption-and-foster-care-in-islam>
- Islamic Law and Adoptions (Faisal Kutty, 2014): [https://www.researchgate.net/publication/263276855\\_Islamic\\_Law\\_and\\_Adoptions#fullTextFileContent](https://www.researchgate.net/publication/263276855_Islamic_Law_and_Adoptions#fullTextFileContent)
- The Muslim orphan paradox: Muslim Americans negotiating the Islamic law of adoption (Nermeen Mouftah, 2020): <https://www.proquest.com/openview/c2e447b20fbb86774fd603886a0e222c/1?pq-origsite=gscholar&cbl=54249>

### Interracial, Intercultural, and Interfaith Marriages

Major themes found in this topic include the Islamic view of interracial and intercultural marriages (with an emphasis on the example of Prophet Muḥammad’s marriage to Ṣafīyya bint Ḥuyayy and his arranging of marriages between *ṣaḥāba* of different racial/ethnic backgrounds), tips on navigating conflicts and challenges that can come up when getting married to someone of a different culture, and some statistics on interfaith marriages.

- ‘Interracial’ Marriage in the Prophetic Era (Dawud Walid, 2017): <https://www.almadina.org/studio/articles/interracial-marriage-in-the-prophetic-era>
- Thoughts and Advice on Interracial Marriages (Omar Usman, 2007): <https://muslimmatters.org/2007/04/06/thoughts-and-advice-on-interracial-marriages/>
- To Have and to Hold, Part Two: Interracial Marriage among American Muslims (Youssef Chouhoud, 2020): <https://www.ispu.org/interracial-marriage-among-american-muslims/>

- To Have and To Hold: Interfaith Marriage Just as Common among Muslim Americans as Christians (Youssef Chouhoud, 2019): <https://www.ispu.org/to-have-and-to-hold-interfaith-marriage-just-as-common-among-muslim-americans-as-christians/>
- Interfaith Marriage in Islam: Classical Islamic Resources and Contemporary Debates on Muslim Women's Interfaith Marriages (Ayse Elmali-Karakaya, 2022): <https://www.mdpi.com/2077-1444/13/8/726/htm>

## Parenting: Developing Skills and Dealing with Challenges

### Parenting from an Islamic Perspective

There are numerous articles and online lectures going over parenting from an Islamic lens. Many of these resources focus on the Prophet's treatment of children and on deriving principles of parenting from verses of the Qur'ān and the sunnah, and some combine these Islamic principles with parenting models and theories found in modern psychology.

- *Parenting Skills: Based on The Qur'an and Sunnah* by Ekram Beshir and Mohamed Rida Beshir (2004)
- *Parent-Child Relations: A Guide to Raising Children* by Hisham Altalib, AbdulHamid AbuSulayman, and Omar Altalib (2013)
- Building Resilience in Children: An Islamic Model of Parenting (Sarah Sultan and Najwa Awad, 2022): <https://yaqeeninstitute.org/read/paper/building-resilience-in-children-an-islamic-model-of-parenting>
- Securing Healthy Attachment with God and Parents: First Step in Building Resilience in Children (Sarah Sultan and Najwa Awad, 2023): <https://yaqeeninstitute.org/read/paper/securing-healthy-attachment-with-god-and-parents-first-step-in-building-resilience-in-children>
- Prophetic Parenting (Hooman Keshavarzi and Kashmala Qasim, 2022): <https://www.youtube.com/watch?v=Kse0CHO3O4o>
- Exploring Theology And Practice In Islamic Parenting (Mergin Akin, 2012): <https://stars.library.ucf.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=3267&context=etd>
- Raising Children with Deen and Dunya (Hina Khan-Mukhtar, 2010): <https://muslimmatters.org/2010/02/25/raising-children-with-deen-and-dunya/>
- Muslim Parenting: Resources for Muslim Moms and Dads (Rameez Abid, 2022): <https://thethinkingmuslim.com/2022/03/21/muslim-parenting-resources-for-muslim-moms-and-dads/>

### Challenges of Raising Muslim Children in North America

These articles and lectures focused on the unique challenges Muslim parents face in raising their children to be religious in North America and advice on how to do so. Some of the

challenges included lack of familial and societal support (which may be available in Muslim-majority countries), raising their children to be secure in their Islamic values and to be practicing Muslims in a society that is overwhelmingly non-Muslim, and worries that children will be negatively influenced by non-Islamic values that are common in society. Some of these resources also went over the strengths that exist here, such as more freedom and opportunity. As parents, raising children in North America requires being active in your own Islamic development in order to support your children's development, and being more deliberate in creating support systems for your family.

- *Meeting the Challenge of Parenting in the West: An Islamic Perspective* by Ekram Beshir and Mohamed Rida Beshir (1998)
- Challenges and Strengths of Muslim Parents Raising their Children in the United States (Jasmine Hussain, 2018):  
<https://twu-ir.tdl.org/bitstream/handle/11274/10988/HUSSAIN-DISSERTATION-2018.pdf?sequence=1&isAllowed=y>
- Modern Muslim Parenting (Rania Awaad, Heba El-Haddad, and Jabir Tarin, 2022):  
<https://www.youtube.com/watch?v=-OODdfoDegg&list=PL9uyRQTMUugmgVbESE5ngoGhrlWCuTQwy&index=7>
- How To Raise Confident Muslim Kids (Ibrahim Hindy, Abdullah Oduro, and Najwa Awad, 2023):  
<https://www.youtube.com/watch?v=O4RWbjFohjM>
- Raising Muslim Children in the Age of Secular Liberalism (Mariya bint Rehan, 2021): <https://www.amaliah.com/post/62556/raising-muslim-children-tarbiyah-prophetic-parenting>
- Meeting the Moral Markers of Success: Concerted Cultivation among Second-Generation Muslim Parents (Rebecca A. Karam, 2021):  
[https://www.researchgate.net/publication/353698385\\_Meeting\\_the\\_Moral\\_Markers\\_of\\_Success\\_Concerted\\_Cultivation\\_among\\_Second-Generation\\_Muslim\\_Parents](https://www.researchgate.net/publication/353698385_Meeting_the_Moral_Markers_of_Success_Concerted_Cultivation_among_Second-Generation_Muslim_Parents)
- Making Muslim Americans: Parenting Practices, Parochial Schools, and the Transmission of Faith Across Generations in Metropolitan Detroit (Rebecca A. Karam, 2020):  
[https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=5019&context=gc\\_etds](https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=5019&context=gc_etds)

### Instilling Faith and an Islamic Identity

A common challenge that was brought up repeatedly in the research was how to instill faith and a strong Islamic identity in children. These articles provide guidance on doing so, with some incorporating psychological models on how faith is passed down from parent to child, how parental practices can adversely affect a child's faith development, and the influence

of various sources of socialization (such as family, peers, and religious and societal institutions) on this development.

- Cosmic Cop or Loving Lord? The Influence of Parenting on Our View of God, Submission, and Contentment (Osman Umarji and Hassan Elwan, 2023): <https://yaqeeninstitute.org/read/paper/cosmic-cop-or-loving-lord-the-influence-of-parenting-on-our-view-of-god-submission-and-contentment>
- Parenting Older Kids: Focusing On Success In The Deen (Fouzia Usman, 2022): <https://muslimmatters.org/2022/03/14/parenting-older-kids-focusing-on-success-in-the-deen/>
- The Importance of Conscious Parenting in Raising Confident Muslims (Roohi Tahir, 2019): <https://yaqeeninstitute.org/read/paper/the-importance-of-conscious-parenting-in-raising-confident-muslims>
- The Role of Parents in Instilling Faith (Roohi Tahir, 2019): <https://yaqeeninstitute.org/watch/lecture/the-role-of-parents-in-instilling-faith-roohi-tahir-yaqeen-mas-academic-conference>
- Will My Children Be Muslim? The Development of Religious Identity in Young People (Osman Umarji, 2020): <https://yaqeeninstitute.org/read/paper/will-my-children-be-muslim-the-development-of-religious-identity-in-young-people>
- How to Raise Religious Teens: A Self-Determination Theory Approach (Jihad Saafir and Osman Umarji, 2022): <https://yaqeeninstitute.org/read/paper/how-to-raise-religious-teens-a-self-determination-theory-approach>
- Raising Kids With Strong Identity - A Parenting Guide (Madiha Tahseen and Amin Aaser, 2016): <https://www.youtube.com/watch?v=CIUo92GIB8o>
- The Key To Raising Children With The Book Of Allah? Getting Them Started Young (Hamzah Ghia, 2023): <https://muslimmatters.org/2023/04/07/the-key-to-raising-children-with-the-book-of-allah-teaching-them-early-to-read/>
- MuslimMatters Podcast: Raising Children As Huffadh (Fatima Barkatullah, 2023): <https://muslimmatters.org/2023/04/16/podcast-raising-children-huffadh/>
- When Parents Beg Their Kids To Believe (Omar Suleiman, 2023): <https://yaqeeninstitute.org/omar-suleiman/when-parents-beg-their-kids-to-believe-khutbah>

### Instilling Values and Responsibility

These resources address how to instill values such as good manners, respect, responsibility, and justice in our children. They include tips such as modeling the values which we want our children to develop, the kinds of conversations parents should have with their children at different stages of their lives, building responsibility and maturity in children by

gradually entrusting them with tasks from a young age and building on this as they grow, allowing them room to make their own decisions and to contribute to family decisions, and the need to be adaptable to the different world that our children are growing up in.

- *Preparing for Life: How to Help One's Children Become Mature and Responsible Adults* by Muhammad Abdul Bari (2022)
- Video Series: Keys to Prophetic Parenting (Ibrahim Hindy, 2021): <https://yaqeeninstitute.org/ibrahim-hindy/key-1-vision-keys-to-prophetic-parenting>
- Parenting Can't be Outsourced (Mirza Yawar Baig, 2015): <https://muslimmatters.org/2015/04/27/parenting-cant-outsourced/>
- How to Talk to Your Kids About Money (2022): <https://www.amaliah.com/post/64060/how-to-teach-your-children-about-money>

One avenue to instill values in children is through sports. Articles on this topic discuss how sports are addressed in Islamic sources, the benefits that can come from encouraging sport involvement in children, and efforts that Muslim communities have made in doing so. The significance of the Morocco soccer team's success in the 2022 FIFA World Cup held in Qatar and the lessons it can teach to our children were highlighted. These resources also include spotlights on Muslim athletes practicing their faith publicly and standing for their values, as well as the conflict some may have when they participate in specific sports that may have *ḥarām* aspects to them.

- Islam and Sport: From Human Experiences to Revelation (Baidruel Hairiel Abd Rahim, Nurazzura Mohamad Diah, Haizuran Mohd Jani, and Abdul Sham Ahmad, 2019): <https://www.proquest.com/openview/866eed6c602aba546a0ac9fea3d88ec8/1?pq-origsite=gscholar&cbl=826340>
- Sports in Islam (Rameez Ahmad Lone, 2017): [https://www.researchgate.net/publication/346398427\\_Sports\\_in\\_Islam#fullTextFileContent](https://www.researchgate.net/publication/346398427_Sports_in_Islam#fullTextFileContent)
- The Role of Sports in Muslim Communities: <https://www.islamicinsights.com/features/the-role-of-sports-in-muslim-communities.html>
- Inspirational Takeaways From The Qatar World Cup (Muhammad Wajid Akhter, 2022): <https://muslimmatters.org/2022/12/14/5-inspirational-takeaways-from-the-qatar-world-cup/>
- Muhammad Ali Was Both Superhuman And Super Human (Amaar Abdul-Nasir, 2016): <https://muslimmatters.org/2016/09/16/muhammad-ali-was-both-superhuman-and-super-human/>



- *Proud: My Fight for an Unlikely American Dream* by Ibtihaj Muhammad and Lori Tharps (2018)
- Risking It All For What You Believe In (Mahmoud Abdul-Rauf, 2023): <https://www.youtube.com/watch?v=-U8nVgXcKyc>
- *STAND* documentary by Showtime (2023)
- Undisputed And Undefeated: 13 Ways Khabib Nurmagomedov Inspired Us To Win With Faith (Siraaj Muhammad, 2020): <https://muslimmatters.org/2020/10/27/undisputed-and-undefeated-13-ways-khabib-nurmagomedov-inspired-us-to-win-with-faith/>
- The Khabib Halal/Haram Ratio: Good Character, Bad Sports, And The Conundrum of Muslim Representation (Zainab bint Yunus, 2020): <https://muslimmatters.org/2020/10/25/the-khabib-halal-haram-ratio-good-character-bad-sports-and-the-conundrum-of-muslim-representation/>

### Nurturing Care and Compassion in the Family

These articles and books speak on the importance of care, compassion, and empathy in Muslim families, and how this can be an act of worship rewarded by Allah. The benefits of empathetic parenting to the development of children, how to become an empathetic parent, and positive discipline techniques are also discussed.

- *Positive Parenting in the Muslim Home* by Noha Alshugairi and Munira Lekovic Ezzeldine (2017)
- Empathic Parenting: Connect Emotionally with Your Child (Sheima Salam Sumer, 2016): <https://productivemuslim.com/empathic-parenting-connect-emotionally-with-your-child/>
- Caregiving: An Act of Worship Often Overlooked (Wendy Diaz, 2020): <https://messageinternational.org/caregiving-an-act-of-worship-often-overlooked/>
- Empathy And Its Boundaries: Caring vs. Carrying (Anika Munshi, 2022): <https://muslimmatters.org/2022/09/09/empathy-and-its-boundaries-caring-vs-carrying/>
- The Power of a Positive Home Environment: What the Research Says (Madiha Tahseen and Issra Killawi, 2022): <https://yaqeeninstitute.org/yaqeen-institute/the-power-of-a-positive-home-environment-what-the-research-says>

### Exploring Race, Ethnicity, and Culture

Many times, Muslims speak of culture as a bad thing, as something that is in opposition with the correct practice of Islam. This research goes over how building a connection to culture and taking the good aspects of racial awareness, ethnicity, and culture can be positive and an important avenue for building and maintaining ties among family members and developing a healthy sense of self, identity, and resilience in children and adolescents. These resources also go over the importance of having culturally centered programming

that allow youth to feel positive about their cultural and racio-ethnic identities, and how their development of faith can be affected by their sense of and connection to a positive ethnic and cultural identity.

- Getting Race Right (Zeba Iqbal, 2016): <https://www.ispu.org/getting-race-right/>
- *Uplifting Black Muslim Youth: A Positive Youth Development Approach* by Sameera Ahmed, Hanan Hashem, and Muneer Khalid (2020)
- Insights for Muslim American Youth Development: Culturally-Centered Youth Approaches in the Black American Community (Husain Lateef, 2020): <https://yaqeeninstitute.org/read/paper/insights-for-muslim-american-youth-development>
- Being Black and Muslim in America: A Study on Identity and Well-Being (Osman Umarji and Husain Lateef, 2020): <https://yaqeeninstitute.org/read/paper/being-black-and-muslim-in-america>
- Musulmamis: Parenting while Latina and Muslim (Wendy Diaz, 2018): <https://muslimmatters.org/2018/12/13/musulmamis-parenting-while-latina-and-muslim/>
- Reconciling My Native American Upbringing with My New Islamic Faith (Megan Kalk): <https://www.revivingsisterhood.org/expressions/megan-kalk>
- Transitions in Parenting Among Somali Refugee and Immigrant Families: Acculturation in the U.S. and the Preservation of Traditional Culture and Values (Judith Louise Wolf, 2010): <https://scholarworks.smith.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1585&context=theses>
- The Say Wallahi Generation: A Narrative Study of Bicultural Identity for Somali American Emerging Adults (Roun Said and Tabitha Grier-Reed, 2023): <https://journals.sagepub.com/doi/abs/10.1177/21676968231174663>

### **Adapting to the Changing Nature of Youth Challenges**

There were many resources available online on the challenges that youth face growing up today in North America, along with tips for youth and for parents on how to navigate these challenges. Some of the common challenges that were addressed are highlighted in the subsections below.

- State of American Muslim Youth: Research & Recommendations (Sameera Ahmed, Sadiq Patel, and Hanan Hashem, 2015): <https://www.ispu.org/state-of-american-muslim-youth-research-recommendations/>
- A Decade of Muslim Youth: Global Trends in Research (Sameera Ahmed and Hanan Hashem, 2016): <https://quod.lib.umich.edu/j/jmmh/10381607.0010.104/--decade-of-muslim-youth-global-trends-in-research?rgn=main;view=fulltext>

- The Family & Youth Institute Youth Research:  
<https://www.thefyi.org/youth-research/>

### Faith and Identity

This was by far the most explored youth challenge in the research. Online resources focus on what causes a crisis of faith and identity in American Muslim youth, factors that can protect youth from experiencing doubt, and what parents and communities can do to address this crisis.

- Muslim American Youth: Understanding Hyphenated Identities Through Multiple Methods (Selcuk R. Sirin and Michelle Fine, 2008):  
<https://www.jstor.org/stable/j.ctt9qfn0w>
- Strengthening Religious Literacy (Zeba Iqbal, 2016):  
<https://www.ispu.org/strengthening-religious-literacy/>
- Can Childhood Experiences Predict Religiosity and Doubt in Adults? An Empirical Analysis of Muslims (Osman Umarji, 2020):  
<https://yaqeeninstitute.org/read/paper/can-childhood-experiences-predict-religiosity-and-doubt-in-adults>
- Internalized Islamophobia: Exploring the Faith and Identity Crisis of American Muslim Youth (2017):  
<https://yaqeeninstitute.org/infographics/internalized-islamophobia-exploring-the-faith-and-identity-crisis-of-american-muslim-youth-infographic>
- Muslim American adolescents' explanations of changing religious practices: Cultural tools in cultural contexts (Kathleen M. Cain, Isabella N. Schiro, Wesley E. Gregory, Lindsay M. Westberg, Samantha R. Lee, and Colleen D. Boyle, 2017):  
<https://bpspsychub.onlinelibrary.wiley.com/doi/10.1111/bjdp.12176>
- Supporting New Muslim Youth (Zeba Iqbal, 2016):  
[https://www.ispu.org/wp-content/uploads/2016/08/Gen\\_911\\_NewMuslimYouth.pdf](https://www.ispu.org/wp-content/uploads/2016/08/Gen_911_NewMuslimYouth.pdf)

### Bullying

One factor which led to youth questioning their identity was bullying. These resources focused on the prevalence of bullying (including religious-based bullying and cyberbullying) and equipping Muslim children to deal with this.

- The Family & Youth Institute Bullying Prevention Toolkit:  
<https://www.thefyi.org/toolkits/youth-support-tool-kit/>
- Religious-Based Bullying: Insights on Research and Evidence-Based Best Practices (Nadia Ansary, 2021):  
<https://www.ispu.org/religious-based-bullying-insights-on-research-and-evidence-based-best-practices-from-the-national-interfaith-anti-bullying-summit-2/>

- Raising My Kids to Be Unapologetic American Muslims (Dilshad D. Ali, 2018): <https://www.theatlantic.com/family/archive/2018/03/raising-kids-unapologetic-muslims/555974/>
- MuslimMatters Bullying and Islam Series: <https://muslimmatters.org/category/life/bullying-and-islam-series/>

### Drugs and Substance Abuse

The resources found on this topic spoke about the problem of substance abuse and addiction in the American Muslim community (particularly among the youth), the underlying causes of this use, and building solutions.

- Talking to Teens about Drugs and Alcohol: A Qur’anic Approach (Jibrán Khokhar, 2021): <https://yaqeeninstitute.org/read/paper/talking-to-teens-about-drugs-a-quranic-approach>
- Youth Risk Behaviors - What Can Parents Do? (2015): <https://www.youtube.com/watch?v=QR9btwer4Ic>
- Preventing and Treating Drug Use (Zeba Iqbal, 2016): <https://www.ispu.org/preventing-and-treating-drug-use/>
- Islam, Marijuana & Our Youth (Rania Awaad, Rami Nsour, and Amer Raheemullah, 2019): <https://www.youtube.com/watch?v=FZceon77dow>

### Sex and Sexual Education

There were numerous articles on the topic of speaking to Muslim youth about sex, the role of parents as sexual educators, navigating sexual education curriculums in public schools, and the prevalence of premarital sex and pornography addiction among American Muslim youth. These articles emphasize the need for Muslim parents to take a proactive role in having these conversations and they provide advice on how to do so.

- Let’s Talk About Sex (Even Though We’re Muslim): A Qualitative Research Proposal to Explore Parent-Teen Communication about Sexual and Reproductive Health in Muslim-American Families (Nawal Qaiser Umar, 2021): <https://academiccommons.columbia.edu/doi/10.7916/d8-7qdt-1s22>
- Parenting Series Part V: Why Parents Need to Provide Sexual Education to their Kids (Saba Syed, 2011): <https://muslimmatters.org/2011/01/12/parenting-v-why-parents-need-to-provide-sexual-education-to-their-kids/>
- Islamic Health Series: A New Book Offers Muslim Parents and Schools Expert Advice On Teaching Youth About Sexual and Mental Health Issues (Amber Khan, 2022): <https://americanmuslimtoday.com/details/62f35be5-11e0-45eb-9443-580c966541e2>

- The Debate Over Muslim College Students Getting Secret Marriages (Emma Green, 2022): <https://www.newyorker.com/news/annals-of-education/the-debate-over-muslim-college-students-getting-secret-marriages>
- Pornography & Muslim Youth: Preliminary Research Findings (2022): <https://www.thefyi.org/porn-findings/>
- The Family & Youth Institute Porn Addiction Toolkit: <https://www.thefyi.org/toolkits/porn/>
- Muslim Matters Sex and the Ummah Articles: <https://muslimmatters.org/category/society/sex-and-the-ummah/>

### Culture and Generation Gaps

Articles on this topic focused on factors that can either increase or decrease the generation and culture gaps between Muslim parents and children, and the effect of these gaps on children and teen behavior.

- Bridging the Generation Gap – A Critical and Worthy Endeavour (Altaf Husain): <https://islamonline.net/en/bridging-the-generation-gap/>
- Parent–child conflict, acculturation gap, acculturative stress, and behavior problems in Arab American adolescents (Anisa N. Goforth, Andy V. Pham, and Evelyn R Oka, 2015): <https://psycnet.apa.org/record/2015-26414-005>
- Daily Hassles, Mother-Child Relationship, and Behavior Problems in Muslim Arab American Adolescents in Immigrant Families (Karen J. Aroian, Thomas N. Templin, and Edythe S. Hough, 2016): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5053834/>

### Social Media and the Internet

Social media overuse and the exposure of children to inappropriate material on the internet is a growing concern for Muslim parents. These resources went over the dangers of unsupervised access to the internet, keeping safe online, how to have conversations and set boundaries with children regarding internet usage, and how to connect more as a family in a highly technological world.

- *Fiqh of Social Media: Timeless Islamic Principles for Navigating the Digital Age* by Omar Usman (2020)
- *The Social Media Workbook for Muslim Youth* by Mona Islam and Malaz Mohamad (2019)
- Meeting the Needs of Muslim Youth: Growing Up Safe and Positively Engaged Online (Zeba Iqbal, 2016): <https://www.ispu.org/growing-up-safe-and-positively-engaged-online/>
- Tackling Technology Tactfully (Habeeb Quadri, 2016): <https://www.ispu.org/tackling-technology-tactfully/>

- Parenting in the Age of Social Media (Rania Awaad and Hosai Mojaddidi, 2017): <https://www.youtube.com/watch?v=Vov6uLZCjuU&list=PL9uyRQTMUugmgVbESE5ngoGhrlWCuTQwy&index=6>
- Promoting Connection with Children in a Hyper-Technological World (Kashmala Qasim, 2022): <https://www.youtube.com/watch?app=desktop&v=s4ESTULmCL4&t=2448s>
- The Family & Youth Institute Digital Parenting Toolkit: <https://www.thefyi.org/toolkits/the-fyi-digital-parenting-toolkit/>

### **The Impact of Family on Education**

Resources on this topic focused on the challenges American Muslim families face in providing their children with a well-rounded education, how parents can support their children's education more effectively, how education is something that is not limited to school but includes the home and family environment, getting more involved in public and Islamic schools, and school choice of Muslim families.

- Educating the Muslims of America (Farid Senzai, Yvonne Haddad, and Jane Smith, 2009): <https://www.ispu.org/educating-the-muslims-of-america/>
- Supporting Your Child's Education (Omar Zia, 2022): [https://www.youtube.com/watch?v=sIM80jFghMg&list=PLxiZRQn\\_Y6VJiuCgFD5ksvPMnd\\_Gzt-6d&index=14](https://www.youtube.com/watch?v=sIM80jFghMg&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=14)
- MuslimMatters Podcast: A Critical Look At Islamic Pedagogy (AbdulRahman Chao, 2022): <https://muslimmatters.org/2022/05/12/podcast-a-critical-look-at-islamic-pedagogy/>
- Child + Teacher + Parent = Quran Lessons (Hena Zuberi, 2010): <https://muslimmatters.org/2010/12/16/child-teacher-parent-quran-lessons/>
- MuslimMatters Education articles: <https://muslimmatters.org/category/life/education/>

### School Choice: Public, Islamic, or Homeschooling?

These articles and videos went over the many factors that go into choosing whether to send Muslim children to public school, Islamic school, other private schools, or to homeschool. There were also studies on the expectations and experiences of both parents and children within these various types of schools, the pros and cons of each schooling option, and tips for parents. One common point that was consistently emphasized was that no matter which schooling option is chosen, parents need to play a very active role in their children's schooling, Islamic education, and character development.

- Muslim schools vs. public schools (Samana Siddiqui): <https://www.soundvision.com/article/muslim-schools-vs-public-schools-0>

- Islamic Schools vs. Public Schools: A Case Study of the School Choices of Muslim Parents and the Social and Academic Experiences of Students and Young Adults (Rafia Hasan, 2018):  
<https://www.proquest.com/openview/c9083682c8a34900083b3b7d19e2cab7/1?pq-origsite=gscholar&cbl=18750>
- What school is best for my kids? - Public vs. Islamic vs. Homeschooling (2015):  
<https://www.youtube.com/watch?v=IR9niSy-LNY>
- Islamic School, Public School Or Home School? (Abu Eesa Niamatullah, 2021):  
<https://www.youtube.com/watch?v=KNcntHs5XfQ>
- FAM Debate: Islamic School vs. Public School vs. Homeschool (2015):  
<https://www.youtube.com/watch?v=quMCo7javOw>
- Revert Realities: Episode #71 - Islamic School vs. Public School or Homeschool (2021): <https://www.youtube.com/watch?v=fkP2sHr9O3Y>
- MuslimMatters Podcast: Public School, Islamic School, Or Homeschool Education? (Omar Abdul Fatah, 2023):  
<https://muslimmatters.org/2023/08/30/podcast-public-school-education-islamic-school-or-homeschool-omar-abdul-fatah/>

On the topic of American Muslims in public schools, these resources discussed Muslim parents' views of public schools, the experience of Muslim children in American public schools, the development of Muslim identity within public schools, and advice on how parents can support their children in public schools by having conversations with their teachers and school administrators, especially regarding religious practice.

- Muslim Parents' Shared Viewpoints About U.S. Public Schools: A Q Methodological Study (Amira Soliman, 2016):  
<https://www.proquest.com/openview/8edcf73ddc9aff96a749204f05d03427/1?pq-origsite=gscholar&cbl=18750&diss=y>
- Muslim Parents' Expectations in the Public High School Education System (Tamer Hamid, 2021):  
[https://digitalcommons.hamline.edu/cgi/viewcontent.cgi?article=1744&context=hs\\_cp](https://digitalcommons.hamline.edu/cgi/viewcontent.cgi?article=1744&context=hs_cp)
- Muslim American Identity Under Siege: Muslim Students' Perspective of American High Schools (Iram Jamil Shaikh Jilani, 2015):  
<https://repository.library.northeastern.edu/files/neu:rx915467r/fulltext.pdf>
- Being Muslim in Public School - How Parents Can Effectively Communicate with Teachers (Nargis Rahman, 2019):  
<https://blog.hautehijab.com/post/parent-teacher-communication-tips>
- From Muslim Parents To Educators: A Back To School Resource (Zainab bint Yunus, 2022): <https://muslimmatters.org/2022/09/07/from-muslim-parents-to-educators-a-back-to-school-resource/>

- *Engaging Muslim Students in Public Schools: What Educators Need to Understand* by Michael Abraham (2020)

When speaking about Islamic schools, some topics that were highlighted included the reasons parents choose these schools, the roles parents can take in supporting Islamic schools and how this affects the development and quality of the education which Islamic schools provide, and what factors allow students to feel more of a sense of belonging in Islamic schools and how this can support the children's educational success and their development of an Islamic identity. The shortcomings of Islamic schools, particularly when it comes to the fact that many lack a rigorous, consistent, and coherent Islamic curriculum were also explored, begging the question: is the Islamic education provided at full-time Islamic schools or weekend Islamic schools enough for our children?

- *Muslim Educators in American Communities* by Charles L. Glenn (2018)
- *Role of Parental Beliefs and Focus to Improve the Quality of Islamic Schooling in the Western World* (Ruba Alshboul, Haifa Fawaris, and Asmaa Alshbool, 2021): <https://files.eric.ed.gov/fulltext/EJ1326215.pdf>
- *Students' Sense of Belonging at Full-Time Islamic Schools in the United States: A Phenomenological Study* (Seem Imam and Shaza Khan, 2022): <https://scholarworks.iu.edu/iupjournals/index.php/jems/article/view/4487>
- *Advocacy and Involvement: The Role of Parents in Western Islamic Schools* (Michael S. Merry, 2005): <https://www.tandfonline.com/doi/abs/10.1080/00344080500308512?journalCode=urea20>
- "I Vowed to Never Put My Kids in Islamic Schools" (Farrah Marfatia, 2015): [https://www.youtube.com/watch?v=bvJ\\_DUXrK5I](https://www.youtube.com/watch?v=bvJ_DUXrK5I)
- *Rethinking Islamic School Education* (Abid Haseeb, 2022): <https://traversingtradition.com/2022/01/26/rethinking-islamic-school-education/>
- *Weekend Islamic Schools: Are They Preparing Children for Life Ahead?* (Faiqa Mahmood, 2018): <https://www.ispu.org/weekend-islamic-schools-are-they-preparing-children-for-life-ahead/>

The articles and videos included here speak on the reasons American Muslims have for choosing homeschooling – including the ability to focus more on religious development, flexibility to plan education around the needs and interests of the child, a closer connection to the family, and exposure to real-life by experiential learning – addressing stereotypes, and tips for parents who want to homeschool.

- *The Growing Trend of Homeschooling in the Washington Metropolitan Area Muslim Community* (Zahra Seif-Amirhosseini, 2016): <https://www.ajis.org/index.php/ajiss/article/view/234>



- Why Muslim Parents Should Consider Homeschooling (Rameez Abid, 2016): <https://thethinkingmuslim.com/2016/08/05/why-muslim-parents-should-consider-homeschooling/>
- Muslim Homeschooling (Priscilla Martinez, 2009): [https://www.researchgate.net/publication/289880844 Muslim Homeschooling](https://www.researchgate.net/publication/289880844_Muslim_Homeschooling)
- *Homeschooling 101: What to expect in your first year* by Ismail Kamdar and Zohra Sarwari (2015)
- *The Muslim Family Guide to Successful Homeschooling: Advice on Teaching and Parenting the Muslim Child* by Jamila Alqarnain (2011)
- How to Start Homeschooling (Gemma Elizabeth, 2021): <https://www.youtube.com/watch?v=p9su8AIOjiQ>
- Homeschooling 101 (Zohra Sarwari, 2017): <https://www.youtube.com/watch?v=vKZu0qag42A>

### Family and Gender Issues

There were many interesting resources on this topic, ranging from rethinking the concept of male authority and guardianship in Islam to addressing the messaging on male and female roles in the storybooks we allow our children to read. The major themes found in the research are listed below.

#### Gender Differences and Gender Roles

Some topics covered in the resources below include the realness of two distinct genders (as opposed to some modern discourse which tries to erase gender distinctness), understanding Qur'ānic verses that have been discussed extensively regarding gender, gender roles in marriage and in the home, and the importance of fatherhood.

- Gender: Towards An Islamic Paradigm (Furhan Zubairi, 2022): <https://muslimmatters.org/2022/06/25/gender-towards-an-islamic-paradigm/>
- “And We Created You in Pairs”: Islam and the Gender Question (Faatimah Knight, 2019): <https://yaqeeninstitute.org/read/paper/and-we-created-you-in-pairs-islam-and-the-gender-question>
- Navigating Adolescence: Reframing the Gender Question (Altaf Husain, 2019): <https://yaqeeninstitute.org/altaf-husain/navigating-adolescence-dr-altaf-husain>
- Gender & Gender Roles in Islam (Yasir Qadhi, 2021): <https://www.youtube.com/watch?v=xjUt03DtsW0>
- *Rebellious Wives, Neglectful Husbands: Controversies in Modern Qur'anic Commentaries* by Hadia Mubarak (2022)
- Institute for Social Policy and Understanding Podcast: *Rebellious Wives, Neglectful Husbands: Controversies in Modern Qur'anic Commentaries* (Hadia Mubarak, 2022): <https://open.spotify.com/episode/4TjKUmzVdBUOz2CSVUKsas>

*Topics Related Specifically to Women*

- Women in Islamic Law: Examining Five Prevalent Myths (Nazir Khan, Tesneem Alkiek, and Safiah Chowdhury, 2019): <https://yaqeeninstitute.org/read/paper/women-in-islamic-law-examining-five-prevalent-myths>
- MuslimMatters Podcast: What Are The Limits Of Wifely Obedience? (Hatem Al-Haj, 2023): <https://muslimmatters.org/2023/03/07/podcast-what-are-limits-wifely-obedience/>
- Summary: A wife's religious obligation to perform housework (Musa Ferber, 2019): <https://musafurber.com/2019/03/20/summary-a-wifes-religious-obligation-to-perform-housework/>
- Gender series: "I just don't think Muslim women should be working" (2020): <https://qarawiyyinproject.co/2020/11/13/gender-series-i-just-dont-think-muslim-women-should-be-working/>
- Khadijah (ra): A standard working mother? (2018): <https://qarawiyyinproject.co/2018/03/16/khadijah-ra-a-standard-working-mother/>
- Motherhood in the Islamic Tradition Rethinking the Procreative Function of Women in Islam (Maha Badissy, 2016): [https://www.researchgate.net/publication/310438711\\_Motherhood\\_in\\_the\\_Islamic\\_Tradition\\_Rethinking\\_the\\_Procreative\\_Function\\_of\\_Women\\_in\\_Islam](https://www.researchgate.net/publication/310438711_Motherhood_in_the_Islamic_Tradition_Rethinking_the_Procreative_Function_of_Women_in_Islam)
- "The Mother Is a School" Muslim Mothers and their Religio-Educative Roles (Sara Hamed, 2016): <https://jarm.journals.yorku.ca/index.php/jarm/article/view/40365>

*Topics Related Specifically to Men*

- DoubleTake Podcast: The Man's Role at Home (Mohammad Elshinawy, 2022): <https://yaqeeninstitute.org/mohammad-elshinawy/the-mans-role-at-home-doubletake-podcast>
- Gender Uniqueness in Islam and the Significance of Fatherhood (Mohammad Elshinawy and Tahir Khwaja, 2022): <https://yaqeeninstitute.org/read/paper/gender-uniqueness-in-islam-and-the-significance-of-fatherhood>
- The Importance of Muslim Fathers in America (Brady Silva, 2019): <https://scholars.unh.edu/cgi/viewcontent.cgi?article=1062&context=spectrum>
- African American Muslim fathers and the factors that influence their notion of fatherhood (Usama M. Hussein, 2014): <https://via.library.depaul.edu/cgi/viewcontent.cgi?article=1163&context=etd>

Femininity and Masculinity

In discussing masculinity and femininity, the following books, articles, and videos address defining these concepts based on the Qur'ān, sunnah and Islamic history, what influences

the development of these concepts in the modern day, and how to raise children with healthy understandings of what it means to be a man or a woman.

### *Femininity*

- *Courage & Commitment: The Femininity of Muslim Women* (Tamara Gray, 2019): <https://yaqeeninstitute.org/read/paper/courage-commitment-the-femininity-of-muslim-women>
- The Qarawiyyin Project Podcast: The Feminine Critique (2021): <https://qarawiyyinproject.co/2021/12/02/podcast-ep-19-the-feminine-critique/>
- *Reorienting Women’s Values: Reframing the Gender Question* (Zara Khan, 2019): <https://yaqeeninstitute.org/zarakan/reorienting-womens-values>
- *Al-Arqam Institute Ramadan Sessions: Feminism* (Aisha Hasan, 2021): <https://qarawiyyinproject.co/2021/04/29/event-feminism-al-arqam-institute/>
- *Princess Narratives or Fables of Female Suppression? What Stories Are We Passing on to Our Young?* (Mariya bint Rehan, 2021): <https://www.amaliah.com/post/58103/stories-featuring-muslim-women-for-kids-the-great-female-role-model-in-islam>

### *Masculinity*

- *Futuwwah and Raising Males Into Sacred Manhood* by Dawud Walid (2020)
- *Futuwwa – How to Utilize the Islamic Concept of Nobleness to Develop a Sound Islamic Masculinity* (Seyed Jamaluddin Miri, 2022): [https://www.youtube.com/watch?v=69xnzM\\_d9K0&list=PL3hSw\\_ymCT0IShKmnLzn0sV1hmcugkE4X&index=5](https://www.youtube.com/watch?v=69xnzM_d9K0&list=PL3hSw_ymCT0IShKmnLzn0sV1hmcugkE4X&index=5)
- “Be a Man!” Constructing Prophetic Masculinity (Yahya Ibrahim, 2020): <https://yaqeeninstitute.org/read/paper/be-a-man-constructing-prophetic-masculinity>
- *From Boys To Men: Addressing The Masculinity Crisis* (Ismail Kamdar, 2023): <https://muslimmatters.org/2023/01/26/from-boys-to-men-addressing-the-masculinity-crisis/>
- *An Open Letter to Muslim Men: The Sunnah Trumps Toxic Masculinity* (Jonathan Brown, 2019): <https://yaqeeninstitute.org/read/paper/an-open-letter-to-muslim-men-the-sunnah-trumps-toxic-masculinity>
- *The Rise of the Muslim Incel: Ideological Victim Blaming and Its Harm to Muslim Women and Men* (Mariya bint Rehan, 2022): <https://www.amaliah.com/post/66016/muslim-incelel-mincelel-red-pill-ideology-islam>
- *DoubleTake Podcast: The State of Masculinity* (Osman Umarji, 2023): <https://yaqeeninstitute.org/osman-umarji/the-state-of-masculinity-with-dr-osman-umarji-doubletake-s4-e7>

- Man to Man Podcast: Mentorship & Support For Muslim Men, By Muslim Men (Irtiza Hasan, 2023):  
<https://muslimmatters.org/2023/02/01/podcast-man-to-man-mentorship-support-with-irtiza-hasan/>

### LGBTQ and Gender Identity

These articles and videos go over the traditional Islamic view of LGBTQ issues, including homosexuality, gender nonconformity, transgenderism, and the case of intersex individuals, as well as the philosophical underpinnings and politics of the modern LGBTQ movement. They also address navigating these topics as faithful Muslims living in modern day America and speaking to children about it, where this is considered a sensitive and increasingly urgent issue which the community cannot ignore. They touch upon how Muslims who are experiencing same sex attractions, gender dysphoria, and questions of their gender identity can grapple with this while still being faithful to classical Islamic understandings of these topics.

- Can Islam Accommodate Homosexual Acts? Quranic Revisionism and the Case of Scott Kugle (Mobeen Vaid, 2016):  
<https://muslimmatters.org/2016/07/11/can-islam-accommodate-homosexual-acts-quranic-revisionism-and-the-case-of-scott-kugle/>
- And the Male Is Not like the Female: Sunni Islam and Gender Nonconformity (Mobeen Vaid, 2017):  
<https://muslimmatters.org/2017/07/24/and-the-male-is-not-like-the-female-sunni-islam-and-gender-nonconformity/>
- “And the Male Is Not like the Female”: Sunni Islam and Gender Nonconformity (Part 2) (Mobeen Vaid and Waheed Jensen, 2020):  
<https://muslimmatters.org/2020/12/30/and-the-male-is-not-like-the-female-sunni-islam-and-gender-nonconformity-part-2/>
- Navigating Differences: Clarifying Sexual and Gender Ethics in Islam (2023):  
<https://navigatingdifferences.com/clarifying-sexual-and-gender-ethics-in-islam/>
- Islam and the LGBT Question: Reframing the Narrative (2022):  
<https://yaqeeninstitute.org/read/paper/islam-and-the-lgbt-question-reframing-the-narrative>
- The LGBTQ Question: What Does Islam Say? (Omar Suleiman, 2022):  
<https://www.youtube.com/watch?v=WDbiV4VqEug>
- Islam and LGBTQ (Omar Suleiman, Mustafa Omar, Sarah Sultan, and Ubaydullah Evans, 2022): [https://www.youtube.com/watch?v=wb\\_aqp3yAho](https://www.youtube.com/watch?v=wb_aqp3yAho)
- Why Muslims Shouldn't Celebrate Pride Month (Yasir Qadhi, 2023):  
<https://www.youtube.com/watch?v=ycaDFDo08hc>
- How Should Muslim Students Interact with People who Identify as LGBTQ? (Yasir Qadhi, 2021): <https://www.youtube.com/watch?v=K-7fMtAjZw0>

- A Question on Gender Dysphoria in Islam (Yasir Qadhi, 2020): <https://www.youtube.com/watch?v=dh9Rvluzg90>
- Fatwa Regarding Transgenderism (Yasir Qadhi, 2022): <https://muslimmatters.org/2022/06/21/fatwa-regarding-transgenderism/>
- Confronting the Transgender Ideology (Yasir Qadhi, 2023): <https://www.youtube.com/watch?v=vEKQv04OSCs>
- Straight Struggle: The Human Component (Waheed Jensen, 2020): <https://www.youtube.com/watch?v=ipxCFABfYjA>
- Dogma Disrupted Podcast: Living with Same-Sex Attraction as a Muslim (Tom Facchine and Waheed Jensen, 2023): <https://yaqeeninstitute.org/watch/series/living-with-same-sex-attraction-as-a-muslim-dogma-disrupted-podcast>
- A Way Beyond The Rainbow Podcast (Waheed Jensen): <https://open.spotify.com/show/3E6MSrBBT2AbfKHxKh7Gis>
- Talking to Our Children About Gender and LGBT: A Conversation on Practical Tips for Muslim Parents (Yasir Qadhi, Mobeen Vaid, and Sharif El-Tobgui, 2022): <https://www.youtube.com/watch?v=Evaa5Hb3J3o>
- Yaqeen Curriculum: Islam and homosexuality: Reframing the narrative on LGBTQ (2023): <https://yaqeeninstitute.org/curriculum/the-everyday-ethics-of-life/islam-and-homosexuality>
- Dogma Disrupted Podcast: The Coalition Fighting Gender Ideology in Schools (Tom Facchine, Kareem Monib, and Sameerah Munshi, 2023): <https://www.youtube.com/watch?v=MgzNAAXORhQ>
- Dogma Disrupted Podcast: Students and Parents Dealing with LGBTQ Pressure (Tom Facchine and Ahmad Saleem, 2023): <https://www.youtube.com/watch?v=LbRz13MG26g>
- A Response To Wajahat Ali: American Muslims And The LGBTQ Political Project (Zaid Shakir, 2023): <https://muslimmatters.org/2023/07/18/a-response-to-wajahat-ali-american-muslims-and-the-lgbtq-political-project/>
- When the ‘left’ lectures Muslims on the ‘right’ on LGBTQ curriculums (Suleiman Hani, 2023): <https://religionnews.com/2023/07/18/when-the-left-lectures-muslims-on-the-right-on-lgbtq-curriculums/>

### **Family and Mental Health**

Articles and online lectures on the topic of family and mental health focused on how to raise mentally healthy children, the impact of family conflict and family changes on our mental wellbeing, and dealing with the mental health issues of a parent or child.

- Parenting from an Islamic Psychology Lens (Kashmala Qasim, 2022): <https://www.youtube.com/watch?v=v2Slwv3cMJ8>

- Socially and Emotionally Conscious Child Rearing Toward Producing Psychological Resilience (Hooman Keshavarzi and Jaleel Abdul-Adil, 2017): [https://www.youtube.com/watch?v=Jt52NfGO4wU&list=PLtEtn0apL5MJLEtyiV-6PTn3eT\\_jFbh0b&index=9](https://www.youtube.com/watch?v=Jt52NfGO4wU&list=PLtEtn0apL5MJLEtyiV-6PTn3eT_jFbh0b&index=9)
- An Ecosystems-Based Model for Faith-Inspired Parenting (Altaf Husain, 2013): [https://www.researchgate.net/publication/270829261\\_An\\_Ecosystems-Based\\_Model\\_for\\_Faith-Inspired\\_Parenting](https://www.researchgate.net/publication/270829261_An_Ecosystems-Based_Model_for_Faith-Inspired_Parenting)
- Common Family Issues Affecting Our Well-Being (Samar Harfi, 2016): <https://www.youtube.com/watch?v=oaMJ8HxkmwA&list=PLtEtn0apL5MJ0Nk57htm-opV7NbN0P7J6&index=5>
- Effects of Marital Conflict on Children (Saadia Yunus, 2018): [https://www.youtube.com/watch?v=nEVMc\\_RyJbg&list=PLtEtn0apL5MJ0Nk57htm-opV7NbN0P7J6&index=15](https://www.youtube.com/watch?v=nEVMc_RyJbg&list=PLtEtn0apL5MJ0Nk57htm-opV7NbN0P7J6&index=15)
- The Impact of Generational Trauma on Muslim Children (Wendy Díaz): <https://www.soundvision.com/article/the-impact-of-generational-trauma-on-muslim-children>
- Joe Wicks & Me: What It's Like Growing up With a Parent Struggling With a Mental Disorder (2022): <https://www.amaliah.com/post/64660/joe-wicks-like-growing-parent-struggling-mental-disorder>
- Effect of Parenting Styles on Children's Emotional and Behavioral Problems Among Different Ethnicities of Muslim Children in the U.S. (Noor A. Rosli, 2014): [https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1377&context=dissertations\\_mu](https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1377&context=dissertations_mu)
- Religious Muslim American Mothers' Perceptions of Child Behavior Problems (Naadia M. Chowdhury, David S. Glenwick, and Mark E. Mattson, 2015): <https://quod.lib.umich.edu/j/jmmh/10381607.0009.102/--religious-muslim-american-mothers-perceptions-of-child?rgn=main;view=fulltext>
- The Family & Youth Institute Infant Mental Health Toolkit: <https://www.thefyi.org/toolkits/infant-mental-health/>
- New Motherhood: When Mom Is Sad (Najwa Awad, 2019): <https://muslimmatters.org/2019/02/21/new-motherhood-mom-is-sad-postpartum-depression/>
- Young Adult American-Born Muslims and Mental Health: An Exploration of Attitudes, Challenges, and Needs (Ben Herzig, 2014): <https://www.ispu.org/wp-content/uploads/2016/12/young-adult-american-born-muslims-and-mental-health.pdf?x54913>

### **Addressing the Root Causes of Family Challenges**

There were many topics that could be explored when looking at the root causes of the challenges American Muslim families face. This section includes just some of the topics

that families are dealing with which might affect how they live and how they raise their children.

#### The Effects of the COVID-19 Pandemic

- Loss of Many Kinds: Financial and Health Impacts of COVID-19 on American Muslims (Petra Alsoofy, 2022): <https://www.ispu.org/loss-during-covid/>
- Community in the Time of Corona: Documenting the American Muslim Response to the COVID-19 Crisis (Dalia Mogahed, Petra Alsoofy, Erum Ikramullah, Katherina Coplen, and Katie Grimes, 2021): <https://www.ispu.org/public-policy/community-in-the-time-of-corona/>
- Impact of the COVID-19 pandemic on Muslim older immigrants in Edmonton, Alberta: A community-based participatory research project with a local mosque (Amyna Ismail Rehmani, Khadija Abdi, Esra Ben Mabrouk, Tianqi Zhao, Bukola O. Salami, Allyson Jones, Hongmei Tong, and Jordana Salma, 2023): <https://link.springer.com/article/10.17269/s41997-023-00764-7>
- Parenting in a Pandemic: Heartfelt Advice From One Mother to Other Muslim Parents (Mariya bint Rehan, 2021): <https://www.amaliah.com/post/61017/advice-for-muslim-parents-advice-on-how-to-raise-mindful-children-in-a-pandemic>
- Closer in Quarantine: A Study of Successful Marriage in Social Isolation (Menahal Begawala and Osman Umarji, 2020): <https://yaqeeninstitute.org/read/paper/closer-in-quarantine-a-study-of-successful-marriage-in-social-isolation>
- A Loan of Love: Appreciating the Blessing of Family in Difficult Times (Hanif Fouse, 2020): <https://yaqeeninstitute.org/read/paper/a-loan-of-love-appreciating-the-blessing-of-family-in-difficult-times>
- Between Tension and Compassion: Reflections on Family Time During Covid-19 (Faatimah Knight, 2020): <https://yaqeeninstitute.org/read/paper/between-tension-and-compassion-reflections-on-family-time-during-covid-19>
- Family First: Surviving and Thriving Through COVID-19 Lockdown Webinar (2020): <https://yaqeeninstitute.org/read/post/family-first-surviving-and-thriving-lockdown-webinar>

#### Poverty

- What's the Hidden Story Behind American Muslim Poverty? (Youssef Chouhoud, 2018): <https://www.ispu.org/whats-the-hidden-story-behind-american-muslim-poverty/>

- The Majority of Muslims Believe Poverty Is the Result of Bad Circumstances, Not Bad Character (Youssef Chouhoud, 2019):  
<https://www.ispu.org/the-majority-of-muslims-believe-poverty-is-the-result-of-bad-circumstances-not-bad-character/>
- To Be Poor and Ignored During Ramadan (Khaled Beydoun, 2018):  
<https://www.nytimes.com/2018/06/13/opinion/ramadan-muslim-charity-poverty.html>
- Poor and Muslim in “War on Terror” America (Khaled Beydoun, 2015):  
<https://www.theislamicmonthly.com/poor-and-muslim-in-war-on-terror-america/>
- In the Land of Trump, Making the Musa Move: The Case of the Shop Keeper in the Hood (Mikaeel Smith, 2016):  
<https://muslimmatters.org/2016/11/14/in-the-land-of-trump-making-the-musa-move-the-case-of-the-shop-keeper-in-the-hood/>

#### Health Challenges and Disparities

- The Islamic tradition and health inequities: A preliminary conceptual model based on a systematic literature review of Muslim health-care disparities (Aasim I. Padela and Danish Zaidi, 2018):  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5782414/>
- Cultural Competence in the Care of Muslim Patients and Their Families (Basem Attum, Sumaiya Hafiz, Ahmad Malik, and Zafar Shamoon, 2023):  
<https://www.ncbi.nlm.nih.gov/books/NBK499933/>
- Behaviors and Risks for Cardiovascular Disease Among Muslim Women in the United States (Henna Budhwani, Seth Borgstede, Aarin L. Palomares, Roman B. Johnson, and Kristine R. Hearld, 2018):  
<https://www.liebertpub.com/doi/10.1089/heq.2018.0050>
- Engaging Muslim Faith Leaders in the Opioid Epidemic Response (2022):  
<https://www.health.state.mn.us/communities/opioids/communities/muslimfaithleaders.html>
- Islamophobia and Public Health in the United States (Goleen Samari, 2016):  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5055770/>
- Islamophobia as a Public Health Issue (Ayah Hamdan, 2018):  
<https://pha.berkeley.edu/2018/06/17/islamophobia-as-a-public-health-issue/>
- Trump’s ‘Muslim ban’ harmed health of Muslim Americans, study finds (Michael Greenwood, 2021):  
<https://news.yale.edu/2021/07/30/trumps-muslim-ban-harmed-health-muslim-americans-study-finds>



- Discrimination, Life Stress, and Mental Health Among Muslims: A Preregistered Systematic Review and Meta-Analysis (Ummul-Kiram Kathawalla and Moin Syed, 2021):  
<https://online.ucpress.edu/collabra/article/7/1/28248/118767/Discrimination-Life-Stress-and-Mental-Health-Among>
- Mental Health Disparities: Muslim Americans (2018):  
<https://www.psychiatry.org/getmedia/3b170f1d-565f-4fec-b9bc-23ea1da1c0ab/Mental-Health-Facts-for-Muslim-Americans.pdf>

#### Pregnancy, Infertility, and Child Loss

- Pregnancy, Bringing an Informed & Islamic Perspective (Hebaa Rizeq, 2022):  
[https://www.youtube.com/watch?v=019Kr-740Qc&list=PLxiZRQn\\_Y6VJiuCgFD5ksvPMnd\\_Gzt-6d&index=6](https://www.youtube.com/watch?v=019Kr-740Qc&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=6)
- *Heaven Under Your Feet: Pregnancy for Muslim Women* by Umm Hasan bint Salim (2009)
- Fiqh of Pregnancy and Newborns (Omar Suleiman, 2013):  
<https://muslimcentral.com/omar-suleiman-fiqh-pregnancy-newborns/>
- Health-related maternal practices of immigrant Muslim mothers in the United States (Ghadir Fakhri Al-Jayyousi and Karen S. Myers-Bowman, 2019):  
<https://www.tandfonline.com/doi/full/10.1080/13229400.2019.1682644>

#### *Abortion*

- Islam and the Abortion Debate (Omar Suleiman, 2017):  
<https://yaqeeninstitute.org/read/paper/islam-and-the-abortion-debate>
- Reflections On the Overturning of Roe Vs. Wade (Yasir Qadhi, 2022):  
<https://www.youtube.com/watch?v=1LC8BN608tY>
- Rulings on Abortion and IVF in Islam (Hatem Al-Haj and Yasir Qadhi, 2020):  
<https://www.youtube.com/watch?v=F6OIeRVEiNQ>
- Reflections on Muslim Approaches to the Abortion Debate: The Problem of Narrow Conceptualization (Salman Younas, 2019):  
<https://muslimmatters.org/2019/08/19/reflections-on-muslim-approaches-to-the-abortion-debate-the-problem-of-narrow-conceptualization/>
- The Majority of American Muslims Believe Abortion Should be Legal in All or Most Cases (Erum Ikramullah and Meira Neggaz, 2022):  
<https://www.ispu.org/2022-abortion-data/>
- The Most Important Islamic Law on Abortion? A Muslim Doctor Says: Compassion (Nour Akhras, 2022): <https://www.interfaithamerica.org/the-most-important-islamic-law-on-abortion-a-muslim-doctor-says-compassion/>

*Infertility and Child Loss*

- There's No Shame in Infertility: A Conversation (Hanan Basher, 2022): <https://www.amaliah.com/post/65387/infertility-for-women-in-islam>
- From the Midwife's Desk: Infertility and Faith (Melissa Fleming): <https://www.soundvision.com/article/from-the-midwife-s-desk-infertility-and-faith>
- An Overview of Infertility in the Muslim Refugee: Psychosocial Implications and Barriers to Care (Simone Reaves, 2018): [https://med.virginia.edu/family-medicine/wp-content/uploads/sites/285/2018/05/Reaves\\_Infertility-in-Muslim-Refugees\\_052918\\_for-website\\_Final.pdf](https://med.virginia.edu/family-medicine/wp-content/uploads/sites/285/2018/05/Reaves_Infertility-in-Muslim-Refugees_052918_for-website_Final.pdf)
- *Taking Control: A Muslim Woman's Guide to Surviving Infertility* by Farah Dualeh (2022)
- When Children Die: On Tragedy, and What is Reported about the Death of Believing Children (Mobeen Vaid, 2017): <https://muslimmatters.org/2017/05/15/when-children-die-on-tragedy-and-what-is-reported-about-the-death-of-believing-children/>
- *Child Loss, Bereavement and Hope: A Muslim mother's perspective* by Farhat Amin (2018)
- Children of Jannah Resources: <https://www.childrenofjannah.com/resources>

Caring for Family Members with Special Needs

- Islam and the cultural conceptualisation of disability (Hiam Al-Aoufi, Nawaf Al-Zyoud, and Norbayah Shahminan, 2012): <https://www.tandfonline.com/doi/pdf/10.1080/02673843.2011.649565>
- Bittersweet: A Spiritual Perspective on Special Needs Parenting (Zeba Khan, 2010): <https://muslimmatters.org/2010/07/21/bittersweet-a-spiritual-perspective-on-special-needs-parenting/>
- Experiences of Muslim Mothers of Children with Disabilities: A Qualitative Study (Enaya Othman, Lee Za Ong, Irfan A. Omar, Abir K. Bekhet, and Janan Najeeb, 2022): <https://epublications.marquette.edu/cgi/viewcontent.cgi?article=1008&context=arabic>
- Unveiling Muslim Voices: Aging Parents with Disabilities and Their Adult Children and Family Caregivers in the United States (Rooshey Hasnain and Shoab Rana, 2010): [https://journals.lww.com/topicsingeriatricrehabilitation/Abstract/2010/01000/Unveiling\\_Muslim\\_Voices\\_Aging\\_Parents\\_with.5.aspx](https://journals.lww.com/topicsingeriatricrehabilitation/Abstract/2010/01000/Unveiling_Muslim_Voices_Aging_Parents_with.5.aspx)

### Domestic Violence and Abuse in the Home

- *Journal of Islamic Faith and Practice*, Volume 4 No. 1 (Domestic Violence and the American Muslim Community's Response, 2022):  
<https://journals.iupui.edu/index.php/JIFP/issue/view/1689>
- *What Islam Says About Domestic Violence: A Guide for Helping Muslim Families* by Zainab Alwani and Salma Abugideiri (2003)
- *Peaceful Families: American Muslim Efforts Against Domestic Violence* by Juliane Hammer (2019)
- *The Muslim Narcissist: An Islamic Guide to Understanding, Surviving and Healing from Narcissistic and Spiritual Abuse* by Mona Alyedreessy (2021)
- *Islam and Violence Against Women: A Critical Look at Domestic Violence and Honor Killings in the Muslim Community* (Tesneem Alkiek, Omar Suleiman, and Jonathan Brown, 2017):  
<https://yaqeeninstitute.org/read/paper/islam-and-violence-against-women-a-critical-look-at-domestic-violence-and-honor-killings-in-the-muslim-community>
- Peaceful Families Project Domestic Violence Survivors Toolkit:  
<https://www.peacefulfamilies.org/dv-survivors-toolkit.html>
- Peaceful Families Project Imam and Chaplain Toolkit:  
<https://www.peacefulfamilies.org/imam-toolkit.html>
- North American Islamic Shelter for the Abused Resources:  
<https://asknisa.org/resources/>
- MuslimMatters Podcast: Do Muslim Women's Shelters Ruin Families? (Yasmine Youssef, 2022): <https://muslimmatters.org/2022/06/14/podcast-do-muslim-womens-shelters-ruin-families/>

### Racism

- *Double Edged Slavery: How African American Muslims Have Been Colonized* by Luqman Ahmad (2016)
- *Non-Black Muslims Will Need To Do More Than Post Hashtags And Attend Rallies To Combat Anti-Black Racism* (Quaiser Abdullah and Youssef Chouhoud, 2020):  
<https://muslimmatters.org/2020/06/15/non-black-muslims-will-need-to-do-more-than-post-hashtags-and-attend-rallies-to-combat-anti-black-racism/>
- *Racism In Muslim America – Unpacking The Conversation* (Luqman Ahmad, 2022):  
<https://muslimmatters.org/2022/02/04/racism-in-muslim-america-unpacking-the-conversation/>
- *Does the Muslim American Community Have a Problem with Intra-Muslim Racism?* (Maha Elgenaidi):  
<https://ing.org/does-the-muslim-american-community-have-a-problem-with-intra-muslim-racism/>
- *Black Muslim Experiences Toolkit*: <https://www.ispu.org/black-muslims/>

- Racial and Religious Contexts: Situational Identities among Lebanese and Somali Muslim Immigrants (Kristine J. Ajrouch and Abdi M. Kusow, 2006): <https://www.tandfonline.com/doi/abs/10.1080/01419870601006553>
- Young, Black, Muslim American: An intersectional lens to understanding emerging adult religious experiences (Sameera Ahmed and Khadijah Abdallah, 2023): <https://psycnet.apa.org/record/2022-93107-001>
- The Black Muslim Experience In K-12 Education (Rodaina El-Haj-Ibrahim, 2022): <https://muslimmatters.org/2022/05/23/the-black-muslim-experience-in-k-12-education/>

### **Building Family Stability in the Community**

This section includes resources on preparing for marriage (including articles on premarital education and premarital counseling), building strength within existing marriages, and dealing with divorce.

#### The Path to Marriage

- *Before You Tie the Knot: A Guide for Couples* by Salma Elkadi Abugideiri and Imam Mohamed Magid (2014)
- *Before the Nikah: Proven Principles to Help Single Muslims Choose Wisely and Build Strong Marriages* by P. Aneesah Nadir (2021)
- Some Muslim American women say they are facing a ‘marriage crisis.’ These photos tell their stories. (Aysha Khan, 2021): <https://www.thelily.com/some-muslim-american-women-say-they-are-facing-a-marriage-crisis-these-photos-tell-their-stories/>
- Is Marriage Really Tough Today? Miftaah Circle Panel Discussion (2023): <https://www.youtube.com/watch?v=wypVMMQvn20>
- Happily Ever After Podcast: How to Find Your Match Made In Jannah (Sana Mohiuddin and Abdullah Misra, 2023): <https://muslimmatters.org/2023/02/07/podcast-happily-ever-after-1/>
- Preparing for the Marriage, Not Just the Wedding (Aneesah Nadir, 2012): [https://issuu.com/isnacreative/docs/ih\\_may-jun\\_12/51](https://issuu.com/isnacreative/docs/ih_may-jun_12/51)
- Perceptions and Experiences of Marriage Preparation Among U.S. Muslims: Multiple Voices from the Community (Amal Killawi, Elham Fathi, Iman Dadras, Manijeh Daneshpour, Arij Elmi, and Hamada Altalib, 2018): <https://pubmed.ncbi.nlm.nih.gov/28419498/>
- The Family & Youth Institute Marriage Prep Toolkit: <https://www.thefyi.org/toolkits/marriagepreptoolkit/>

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### Stability Within Marriages and Families

- Breaking the Taboo: Marital Counseling and Education Toolkit: <https://yaqeeninstitute.org/yaqeen-institute/breaking-the-taboo-marital-counseling-and-education>
- Marriage: An Opportunity for Self-Development (Sarah Syed, 2020): <https://www.youtube.com/watch?v=kWwctVea5w>
- Prioritizing Marital Commitment (Sadiah Jalali, 2018): <https://www.youtube.com/watch?v=uq5n87-Sjog>
- Practicing Mindfulness in Marriage (Saarah Khan and Emad Moghrabi, 2022): [https://www.youtube.com/watch?v=F49TSfi\\_fmQ&list=PLxiZRQn\\_Y6VJiuCgFD5ksvPMnd\\_Gzt-6d&index=19](https://www.youtube.com/watch?v=F49TSfi_fmQ&list=PLxiZRQn_Y6VJiuCgFD5ksvPMnd_Gzt-6d&index=19)
- Framing How Rights Work in a Marriage (Omar Suleiman, 2018): <https://yaqeeninstitute.org/omar-suleiman/hadith-27-framing-how-rights-work-in-a-marriage>
- Prayer in Muslim families: A qualitative exploration (Treva Hatch, Zahra Alghafli, Loren Marks, Andrew Rose, Jennifer Rose, Benjamin Hardy, and Nathaniel Lambert, 2017): <https://www.tandfonline.com/doi/full/10.1080/15426432.2017.1300079>
- The Family & Youth Institute Marriage Research: <https://www.thefyi.org/marriage-research/>
- Marital Harmony And Conflict Resolution: The Quranic Paradigm (Muhammad Ziyad Batha, 2022): <https://muslimmatters.org/2022/08/19/marital-harmony-conflict-resolution-quran/>
- Conflict Resolution Starts This Ramadan – Navigating Difficult Conversations With Ihsaan (Anika Munshi, 2023): <https://muslimmatters.org/2023/03/27/conflict-resolution-starts-this-ramadan-navigating-difficult-conversations-with-ihsaan/>
- MuslimMatters Relationships Articles: <https://muslimmatters.org/category/life/relationships/>

### Dealing With Divorce

- Recommendations for Promoting Healthy Marriages & Preventing Divorce in the American Muslim Community (Amal Killawi, Manijeh Danishpour, Arij Elmi, Iman Dadras, and Hamada Hamid, 2014): <https://www.ispu.org/recommendations-for-promoting-healthy-marriages-preventing-divorce-in-the-american-muslim-community/>
- Understanding Trends in American Muslim Divorce and Marriage: A Discussion Guide for Families and Communities (Julie Macfarlane, 2012): <https://www.ispu.org/understanding-trends-in-american-muslim-divorce-and-marriage-a-discussion-guide-for-families-and-communities/>

- The Family & Youth Institute Divorce Toolkit:  
<https://www.thefyi.org/toolkits/divorce/>

### **The Role of Imams, Chaplains, Masjids, and Muslim Organizations in Supporting Families**

Articles on this topic focus on the importance of the mosque to family life and how to support families' needs within the mosque, the role of Muslim community organizations and nonprofits in helping families through social service programs, and the need to invest more in these programs and in individuals in key counseling roles, such as imams and chaplains.

- The Imam and the Mental Health of Muslims: Learning from Research with Other Clergy (Osman M. Ali, 2016):  
<https://quod.lib.umich.edu/j/jmmh/10381607.0010.106/--imam-and-the-mental-health-of-muslims-learning-from-research?rgn=main;view=fulltext>
- Spiritual First Responders: The Experiences Of Imams In Their Mosques During Their Personalized Interactions With The Congregants They Serve (Leila Khalid Warraich, 2021):  
<https://scholarworks.wm.edu/cgi/viewcontent.cgi?article=7148&context=etd>
- Hurma Project Podcast: Season 1, Episode 3: Imams as Counselors (Muhammad Abuelezz, 2021):  
<https://hurmaproject.com/imam-muhammad-abuelezz-imams-as-counselors/>
- The Role of the Masjid, Imams, and the Muslim Community in Identifying and Resolving Identity Crises Within Muslim Youth (Sohail Chaudhry, 2016):  
[https://www.jaacap.org/article/S0890-8567\(16\)30872-3/pdf](https://www.jaacap.org/article/S0890-8567(16)30872-3/pdf)
- Mosque-Based Emotional Support Among Young Muslim Americans (Ann W. Nguyen, Robert Joseph Taylor, Linda M. Chatters, Aaron Ahuvia, Elif Izberk-Bilgin, and Fiona Lee, 2014):  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4255340/>
- Role of Mosque Communities in Supporting Muslims with Mental Illness: Results of CBPR-oriented Focus Groups in the Bay Area, California (Sara Ali, Aafreen Mahmood, Aminah McBryde-Redzovic, Fairuziana Humam, and Rania Awaad, 2022): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9628571/>
- The role of the mosque and its relevance to social work (Alean Al-Krenawi, 2016):  
<https://journals.sagepub.com/doi/10.1177/0020872815626997?icid=int.sj-abstract.similar-articles.1>
- End of Life Care and the Chaplain's Role on the Medical Team (Mary Lahaj, 2011):  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3516106/>
- Chaplaincy Services for Muslim Patients in New York City Hospitals: Assessing Needs, Barriers, and the Role of Muslim Chaplains (Wahiba Abu-Ras, 2010):  
[https://thepurestfaith.files.wordpress.com/2012/03/395\\_ispu-chaplaincy\\_services\\_for\\_muslim\\_patients\\_in\\_new\\_york\\_city\\_hospitals.pdf](https://thepurestfaith.files.wordpress.com/2012/03/395_ispu-chaplaincy_services_for_muslim_patients_in_new_york_city_hospitals.pdf)

- Muslim patients in the U.S. confronting challenges regarding end-of-life and palliative care: the experiences and roles of hospital chaplains (Robert Klitzman, Gabrielle Di Sapia Natarelli, Elizaveta Garbuzova, Stephanie Sinnappan, and Jay Al-Hashimi, 2023):  
<https://bmcpalliatcare.biomedcentral.com/articles/10.1186/s12904-023-01144-1>
- African American Muslim Mosques and Philanthropy (Ihsan Bagby, 2022):  
<https://www.proquest.com/openview/5cce9752806d74e6275a91e81ae304c8/1?pq-origsite=gscholar&cbl=4589206>
- Rust Belt Revitalization, Immigration, and Islam: Toward a Better Understanding of Mosques in Declining Urban Neighborhoods (Rebecca A. Karam, 2017):  
<https://journals.sagepub.com/doi/10.1111/cico.12244>
- Muslim West Detroit: Black Neighborhood Institutions and Their Legacies (Alisa Perkins, 2022):  
<https://scholarworks.iu.edu/iupjournals/index.php/muslimphilanthropy/article/view/5339/368>
- Muslim Nonprofit Shelter Serves Needs of Neglected Elderly Women in Texas (Maya Gayler, 2022):  
<https://americanmuslimtoday.com/details/63f5d0f9-12df-405c-91d9-875dad04a42c>
- For Homeless Muslims, a Place of Caring (Lisa Richardson, 1997):  
<https://www.latimes.com/archives/la-xpm-1997-dec-13-me-63652-story.html>
- American Muslims and Free Health Services to Underserved Populations - HUDA Clinic: A Case Study (Faiqa Mahmood, 2016):  
<https://www.ispu.org/american-muslims-and-free-health-services-to-underserved-populations-huda-clinic-a-case-study/>
- Fostering Muslim Civic Engagement Through Faith-Based Community Organizing (Brad R. Fulton, 2017):  
<https://scholarworks.iu.edu/iupjournals/index.php/muslimphilanthropy/article/view/1636/172>

## **The Impact of Public Policy and Law on the Family**

### Navigating American Family Law as Muslims

These resources explored the legal issues that American Muslims face and should consider when getting married and divorced under American law, including drafting legally sound marriage contracts, legal issues which may come up within a marriage, child custody arrangements in the case of divorce, and options for dispute resolution.

- Legal Issues for Islamic Marriage and Divorce (Julie Macfarlane, 2012):  
<https://academic.oup.com/book/8465/chapter-abstract/154279681?redirectedFrom=fulltext>

- Child Custody Disputes in Families of Muslim Tradition (Warren D. Camp, 2011): <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1744-1617.2011.01394.x>
- Marriage, divorce, and child custody as experienced by American Muslims: Religious, social, and legal considerations (Talal Youssef Eid, 2005): <https://www.proquest.com/openview/9c47980e6f6f24a94883eece65409bcc/1?pq-origsite=gscholar&cbl=18750&diss=y>

#### *Navigating American Family Law When Getting Married*

- Islamic Marriage Contracts: A Resource Guide for Legal Professionals, Advocates, Imam and Communities (Maha Alkhateeb, 2012): [https://www.faithtrustinstitute.org/resources-documents/Islamic.Marriage.Contracts.Resource.Guide\\_Produced.By\\_.PFP-API.Institute-BWJP\\_2012.pdf](https://www.faithtrustinstitute.org/resources-documents/Islamic.Marriage.Contracts.Resource.Guide_Produced.By_.PFP-API.Institute-BWJP_2012.pdf)
- License to Wed: Muslim couples need to weigh legal issues entailed by married life (Aneesah Nadir and Zareenah Nadir, 2012): [https://issuu.com/isnacreative/docs/ih\\_jan-feb\\_12/52](https://issuu.com/isnacreative/docs/ih_jan-feb_12/52)
- Islamic Shari'a Contracts: Pre-Nuptial and Custody Protections (Kristine Uhlman, 2013): [https://www.researchgate.net/publication/271672060\\_Islamic\\_Shari'a\\_Contracts\\_Pre-Nuptial\\_and\\_Custody\\_Protections](https://www.researchgate.net/publication/271672060_Islamic_Shari'a_Contracts_Pre-Nuptial_and_Custody_Protections)

#### *Mediation and Family Dispute Resolution Options in the Divorce Process*

- *Islamic Divorce in North America: A Shari'a Path in a Secular Society* by Julie Macfarlane (2012)
- Irreconcilable Differences: Family Alternative Dispute Resolution for Canadian Muslims (Yousef Wahb, 2021): <https://scholar.uwindsor.ca/etd/8627/>
- Family Dispute Processes among North American Muslims (Julie Macfarlane, 2018): [https://www.americanbar.org/content/dam/aba/publications/dispute\\_resolution\\_magazine/fall-2018/family-dispute-processes-among-north-american-muslims.pdf](https://www.americanbar.org/content/dam/aba/publications/dispute_resolution_magazine/fall-2018/family-dispute-processes-among-north-american-muslims.pdf)
- Proposal for a Muslim American Alternate Dispute Resolution and Mediation Center (Abed Awad and Lee Ann Bambach, 2022): <https://canopyforum.org/2022/04/07/proposal-for-a-muslim-american-alternate-dispute-resolution-and-mediation-center/>

#### *Parental Abduction Cases and the Law*

This is an example of a legal issue that American Muslim families may face in regard to child custody concerns in divorce. These articles focused on statistics of parental abduction of American children to foreign countries, personal experiences from those who have dealt



with parental abduction from North America to a country overseas, and the challenges in getting children returned to their custodial parent.

- How my experience with parental abduction highlights the need for legal reform (Khawla Khalifa, 2022):  
<https://www.canadianlawyermag.com/news/opinion/how-my-experience-with-parental-abduction-highlights-the-need-for-legal-reform/369728>
- Parental Child Kidnapping from the United States (Gabriel Sawma, 2022):  
<https://islamicdivorceinusa.com/519-2/>
- Abduction of American Children to Jordan (Gabriel Sawma, 2016):  
<http://abductionofchildrentomuslimcountries.com/abduction-of-american-children-to-jordan/>
- Parental Abduction from the USA:  
<https://www.international-divorce.com/Parental-Abduction-from-the-USA>

### Public Policy Post-9/11

These articles explore the very personal effects that 9/11, the War on Terror, Islamophobic public policy over the last two decades, and the resulting societal Islamophobia has had on American Muslims as individuals and on American Muslim families. They speak to the conversations that parents have with their children about Islamophobia and the impact that public policies have had on Muslim children, communities, and organizations that support families in the community.

- The strength of Muslim American couples in the face of heightened discrimination from September 11th and the Iraq War (Brienne Goodman Carter, 2008):  
<https://scholarworks.smith.edu/cgi/viewcontent.cgi?article=1519&context=theses>
- The Impact of 9/11 and the War on Terror on Arab and Muslim Children and Families (Sirin Selcuk, Elysia Choi, and Canan Tugberk, 2021):  
[https://cectresourceibrary.info/wp-content/uploads/2021/07/Sirin2021\\_Article\\_TheImpactOf911AndTheWarOnTerror.pdf](https://cectresourceibrary.info/wp-content/uploads/2021/07/Sirin2021_Article_TheImpactOf911AndTheWarOnTerror.pdf)
- Born to take on Islamophobia: Muslim Americans Reflect on the Impact of 9/11 (Liz Mineo, 2021):  
<https://news.harvard.edu/gazette/story/2021/09/muslim-americans-reflect-on-the-impact-of-9-11/>
- Muslim Americans still facing discrimination 20 years after 9/11 (2021):  
<https://www.nbcnews.com/news/asian-america/muslim-americans-still-facing-discrimination-20-years-911-rcna1915>
- “The talk”: 6 Muslim parents on what they tell their kids about Islamophobia (Jennifer Williams, 2016):  
<https://www.vox.com/2016/1/20/10795246/muslim-parents-islamophobia>

- Post-9/11 surveillance has left a generation of Muslim Americans in a shadow of distrust and fear (Saher Khan and Vignesh Ramachandran, 2021): <https://www.pbs.org/newshour/nation/post-9-11-surveillance-has-left-a-generation-of-muslim-americans-in-a-shadow-of-distrust-and-fear>
- President Obama’s Counter-Terrorism Programs Target Muslim Students in Public Schools (Waqas Mirza, 2016): <https://muslimmatters.org/2016/10/14/president-obamas-counter-terrorism-programs-target-muslim-students-in-public-schools/>
- Trump Has Made It Harder To Raise My Muslim-American Family (Nargis Rahman, 2017): [https://www.huffpost.com/entry/trump-has-made-it-harder-to-raise-my-muslim-american-family\\_b\\_59cec565e4b05f005d345236](https://www.huffpost.com/entry/trump-has-made-it-harder-to-raise-my-muslim-american-family_b_59cec565e4b05f005d345236)

### The Muslim Ban

Articles discussing former President Trump’s “Muslim Ban” focus on the effect this has had, both on American Muslim families and on those in Muslim-majority countries hoping to come to the United States. Even after the ban has been lifted, families face a range of challenges: from having to start visa application processes all over again, to dealing with large debts due to delays caused by this policy, to giving up on the process altogether and facing separation from their loved ones.

- The Muslim Ban: A Family Separation Policy (Harsha Panduranga, 2019): <https://www.brennancenter.org/our-work/analysis-opinion/muslim-ban-family-separation-policy>
- The Enduring Harms of Trump’s Muslim Ban (Leila Rafei and Ashoka Mukpo, 2021): <https://www.aclu.org/news/immigrants-rights/the-enduring-harms-of-trumps-muslim-ban>
- 5 Years Later, Muslim Ban Still Looms Over American Muslims (Muslim Advocates Press Release, 2022): <https://muslimadvocates.org/2022/01/5-years-later-muslim-ban-still-looms-over-american-muslims/>
- Health Care Utilization Before and After the “Muslim Ban” Executive Order Among People Born in Muslim-Majority Countries and Living in the US (Elizabeth A. Samuels, Lilla Orr, Elizabeth B. White, Altaf Saadi, Aasim I. Padela, Michael Westerhaus, Aarti D. Bhatt, Pooja Agrawal, Dennis Wang, and Gregg Gonsalves, 2021): <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2782563>

### Refugee and Immigration Policy

Resources on this topic outline how American Muslim families (and Muslim families hoping to become American) are affected by current and changing immigration and refugee policy in the United States, including policy on undocumented immigrants.

- Middle Eastern Immigrant and Refugee Children and Families: Culturally Responsive Practice (Altaf Husain, Ayat Nashwan, and Stephenie Howard, 2016): <https://www.degruyter.com/document/doi/10.7312/dett17284-011/html>
- How Characterizations of Refugees Shape Attitudes Toward Refugee Restrictions: A Study of Christian and Muslim Americans (Isabel Williams Skinner, 2022): <https://academic.oup.com/ijpor/article-abstract/34/3/edac022/6695264?redirectedFrom=fulltext>
- As the United States Resettles Fewer Refugees, Some Countries and Religions Face Bigger Hits than Others (Mark Greenberg, Julia Gelatt, and Amy Holovnia, 2019): <https://www.migrationpolicy.org/news/united-states-refugee-resettlement-some-countries-religions-face-bigger-hits>
- America's Jihad – A Lesson On Immigration From Islamic History (Arthur Richards, 2018): <https://muslimmatters.org/2018/02/14/americas-jihad-a-lesson-on-immigration-from-islamic-history/>
- To be Muslim, Black, and Undocumented (Sumaya Awad, 2018): <https://aaww.org/muslim-black-undocumented/>
- They Said We Put Each Other on a List: Adama Bah's Ordeal (Ruth Nasrullah, 2016): <https://muslimmatters.org/2016/02/23/they-said-we-put-each-other-on-a-list-adama-bahs-ordeal/>
- How Muslims Responded to America's Refugee Crisis (Waleed S. Ahmed, 2018): <https://muslimmatters.org/2018/08/20/how-muslims-responded-to-americas-refugee-crisis/>
- Prayers Beyond Borders Offers Hope to Separated Families (Wendy Diaz, 2019): <https://muslimmatters.org/2019/10/08/prayers-beyond-borders-offers-hope-to-separated-families/>

### **Concluding Remarks**

In addition to these resources, many conferences have been organized across the United States in 2023 to support families. These include the annual ICNA-MAS Convention held in Baltimore, Maryland from May 27 to 29 (themed “Faith, Family, Future: Success in the Divine Guidance”), the Black Muslim Family Retreat in Dallas, Texas from August 4 to 7 organized by African American Healing Ancestry & Development (AHAD), and the annual MIREconnect Conference on October 7 in Livonia, Michigan (themed “Once Upon a Home: Strengthening Families Through Timeless Quranic Stories”). In Canada, Yaqeen Institute held a one-day conference in Toronto, also on October 7, entitled “Building Family Through Faith.” More regional or niche conferences and workshops have also been organized, such as an online workshop held by Hikma Academy (an organization based

out of the Minneapolis area) on “The Culture of Consultation in the Muslim Family” on February 23 – which was available both in the English and Somali languages – and the MAS-ICNA-UHMSA Convention in Houston (focused on “Muslims Reviving Family Values”) over the December 22-24 weekend. Although the annual Muslim Mental Health Conference (held in 2023 at Michigan State University on March 10 and 11) may not have been solely focused on the family, it included presentations on recent academic research relevant to American Muslim families, including such topics as domestic violence, premarital education, positive discipline in the home, dealing with special needs and disability in the family, aging, and youth mental health issues and healthy religious and identity development. The MAS-ICNA annual convention, held in Chicago over the December 28-30 weekend, likewise covered a number of topics relevant to families, both within its Family & Parenting track and in other lectures; of particular note were its discussion groups on life after divorce and co-parenting struggles, and its Latinos track which provided lectures in the Spanish language on marriage and raising children as parents who are converts to Islam.

As mentioned earlier, this report is not meant to be a comprehensive list of all the resources available on the topics highlighted, nor is it an endorsement of any particular resource above others. Rather, it gives a glimpse into the vast research and work that has been done on American Muslim families and matters relevant to them.