

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Overcoming Negative Peer Pressure

## Islamic Perspective

# Order of this presentation

- 1-Magnitude of challenge when living in society with different cultural norms
- 2-What is peer pressure?
- 3-How to deal with peer pressure?
  - General steps
  - Islamic guidelines
- 4-Case studies

# SHOCKING STATISTICS

- More 12-17 years old named drugs as the biggest problem they face
- Alcohol is the most frequently used substance among adolescents
- Smoking has increased dramatically among youth
- Youth give 5 reasons for using alcohol, tobacco and drugs:
  1. Feel grown ups
  2. Fit in and belong
  3. Relax and feel good
  4. Take risks and rebel
  5. Satisfy curiosity

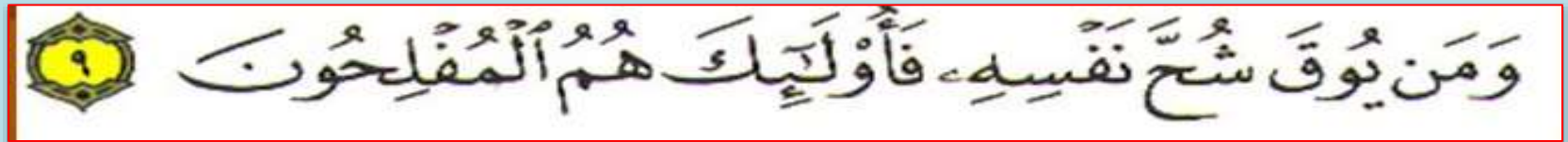
# More statistics

- In the next 24 hours:
  1. 1439 teens will attempt suicide
  2. 2795 teen age girls will be pregnant
  3. 15006 teens will use drugs for the first time
  4. 3506 teens will run away from homes
- 3 minutes/day is the average time fathers spend with their children
- One fourth of all teens contract an STD before graduating from high school.
- Between 1970-1997, child abuse increased by 365%, teen suicide by 64%, birth to unmarried teens to 91%

# Negative influences of secular values

## 1- Individuality and self-interest

- Looking for self interest only. This leads to competition rather than cooperation, inconsideration and lack of respect:



- And those who are saved from the covetousness of their souls are successful. (Hashar, 59:9)

## 2-Blind following of desires-

- Decisions are made without consideration to consequences

أَفَرَأَيْتَ مَنِ اتَّخَذَ إِلَهَهُ هَوَاهُ وَأَضَلَّهُ اللَّهُ عَلَىٰ عِلْمٍ وَخَتَمَ  
عَلَىٰ سَمْعِهِ وَغَشَّىٰ قَلْبَهُ وَجَعَلَ عَلَىٰ بَصَرِهِ غِشَاوَةً  
فَمَن يَهْدِيهِ مِن بَعْدِ اللَّهِ أَفَلَا تَذَكَّرُونَ ﴿٢٣﴾ سورة الجاثية

- Have you seen one who has taken as his god his [own] desire, and Allah has sent him astray due to knowledge and has set a seal upon his hearing and his heart and put over his vision a veil? So who will guide him after Allah ? Then will you not be reminded? ( Jathiyah, 45:23)

### 3- Unlimited lust for fun, regardless of consequences

- Experimentation with drugs, drinking, fornication just for having good time

وَقَالُوا مَا هِيَ إِلَّا حَيَاتُنَا الدُّنْيَا نَمُوتُ وَنَحْيَا وَمَا يُهْلِكُنَا إِلَّا الدَّهْرُ  
وَمَا لَهُمْ بِذَلِكَ مِنْ عِلْمٍ إِنْ هُمْ إِلَّا يَظُنُّونَ - 45:24

- And they say, "There is not but our worldly life; we die and live, and nothing destroys us except time." And they have of that no knowledge; they are only assuming. (45:24)

## 4-Promoting immoral sexuality and physical indulgence-

- TV, movies, books all talk about and promote sexuality. Clothes are more revealing and tight.

الشَّيْطَانُ يَعِدُكُمُ الْفَقْرَ وَيَأْمُرُكُم بِالْفَحْشَاءِ وَاللَّهُ يَعِدُكُم مَّغْفِرَةً مِّنْهُ وَفَضْلًا وَاللَّهُ وَاسِعٌ عَلِيمٌ

The devil promises you destitution and enjoins on you lewdness. (Baqarah, 2:268)

إِنَّمَا يَأْمُرُكُم بِالسُّوءِ وَالْفَحْشَاءِ وَأَن تَقُولُوا عَلَى اللَّهِ مَا لَا تَعْلَمُونَ

Only he commands you to (do) the evil and the shameful and that you say about Allah what not you know.



## 5-Focus only on material life and its gratifications

إِنَّ اللَّهَ يُدْخِلُ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ جَنَّاتٍ تَجْرِي مِنْ  
تَحْتِهَا الْأَنْهَارُ وَالَّذِينَ كَفَرُوا يَتَمَنَّوْنَ وَيَأْكُلُونَ كَمَا تَأْكُلُ الْإِبْهَامُ  
وَالنَّارُ مَشْهُودَةٌ لَهُمْ



Verily Allah will admit those who believe and do righteous deeds to Gardens beneath which rivers flow; while those who reject Allah will enjoy (this world) and eat as cattle eat; and the Fire will be their abode.47:12

# Islam promotes positive virtues

## 1- Strong family ties and respect for parents:

وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا

Your Lord has decreed that you worship none but Him and be kind to your parent...(17:23)

وَعَاتِ ذَا الْقُرْبَىٰ حَقَّهُ وَالْمِسْكِينَ وَابْنَ السَّبِيلِ وَلَا تُبَذِّرْ تَبْذِيرًا

And render to kinfolks their due rights, as to those in want and to the wayfarer; but squander not your wealth in the manner of spendthrift. (17:26)

## 2- Islam defines rights and obligations and promotes a balanced way of life

وَكُنَّا لَكَ جَعَلْنَاكُمْ أُمَّةً وَسَطًا

And thus we have made you a justly balanced Ummah... (2:143)

**Prophet Mohammad (SAW) advised** his companion Abu Darda (RA),

- “Your body has a right upon you,
  - Your family has a right over you,
  - Your visitors have a right over you etc.
- So give each one his/her due right.”

### 3- Comprehensive and long term approach to life

وَابْتَغِ فِيمَا آتَاكَ اللَّهُ الدَّارَ الْآخِرَةَ وَلَا تَنْسَ  
نَصِيبَكَ مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ  
وَلَا تَبْغِ الْفُسَادَ فِي الْأَرْضِ إِنَّ اللَّهَ لَا يُحِبُّ الْمُفْسِدِينَ ﴿٧٧﴾

"But seek with the (wealth) which Allah has bestowed on you the Home of the Hereafter nor forget your portion in this world: but do good as Allah has been good to you and seek not (occasions for) mischief in the land: for Allah loves not those who do mischief. Qasas: 28:77)

# Living in America: a challenge, test and great opportunity

- Struggle to stay on the path of Islam
- **Raise Muslim children who achieve high academic positions in prestigious institutions of learning while sticking to Islamic values**
- This is to be done **in environment where the values are very different**
- There is **tremendous peer pressure to conform to the secular values**
- **Islamophobia** is now additional challenge
- **Dawah through beautiful invitation and service is great opportunity.**

# PEER PRESSURE

## What is it?

- Influence exerted by a peer group in encouraging a person to change their:

Attitude

Behavior

Habits

Values

Diet

Appearance

- Might be verbal or mental intimidation for force an individual to comply with a code of conduct determined by group



# What's the purpose? Why comply?

- To conform to group norms
- To be accepted
- To “fit in”
- To be popular, liked, followed
- Fear to be made fun of



# Examples of peer pressure

- Tight & Revealing clothing
- Satanic appearance
- Filthy language
- Rap music
- Smoking
- Tattoos
- Drugs
- Sex





# Why do we get affected?

- Created to love to **belong** to groups
  - Tribes, clans, societies, parties, organizations, gangs
- Like to fit-in with others
- Might result in:
  - Feel negative about others outside our group
  - Try to either bring them in
  - Or Abuse them!



# Who does it affect most?

- Teens
- Why?
- They love to experiment
- More Emotional than rational
- Change fast
- Rebellion?





# Positive vs. Negative Peer Pressure

Negative Peer Pressure-

Is often **dangerous** and against school rules, home rules and personal values.

- Skipping school
- Vandalizing
- Smoking
- Sneaking out of the house
- Bullying
- Disrespecting authority
- Sex

Positive Peer Pressure-

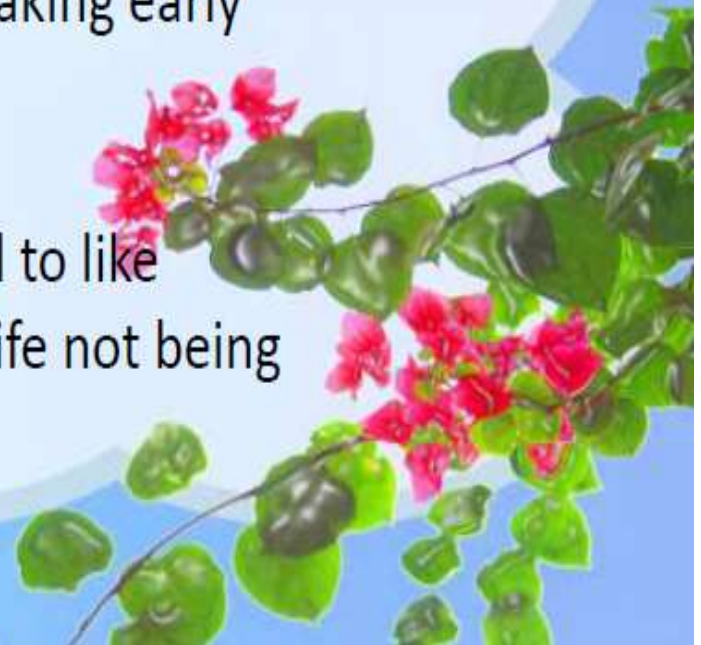
Is often overlooked but does exist and may be described as an influence to do what **is right**.

- Studying
- Volunteering
- Befriending someone
- Community Service
- Joining a sports team



## Warning signs include:

- low moods, tearfulness or feelings of hopelessness
- aggression or antisocial behaviour that's not usual for your child
- sudden changes in behaviour, often for no obvious reason
- trouble falling asleep, staying asleep or waking early
- loss of appetite or over-eating
- reluctance to go to school
- withdrawal from activities your child used to like
- statements about wanting to give up, or life not being worth living.

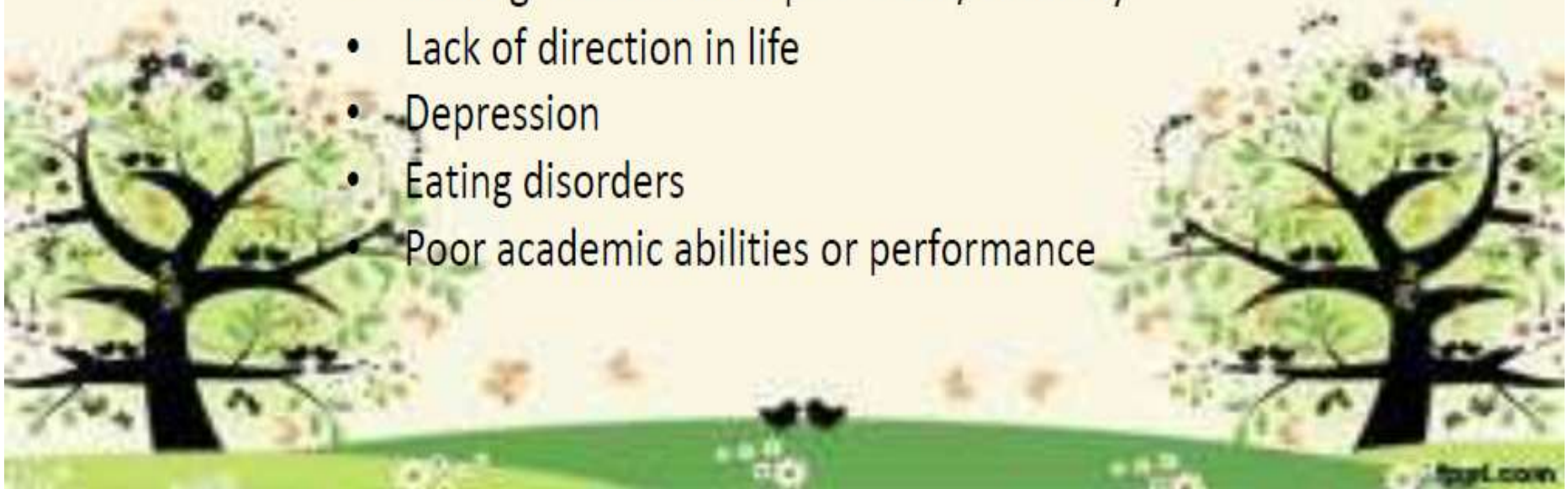




# Identifying

Traits putting

- Low self esteem
- Lack of confidence
- Uncertainty about ones place within a given peer group
- No personal interests exclusive of one's peer group
- Feeling isolated from peers and/or family
- Lack of direction in life
- Depression
- Eating disorders
- Poor academic abilities or performance



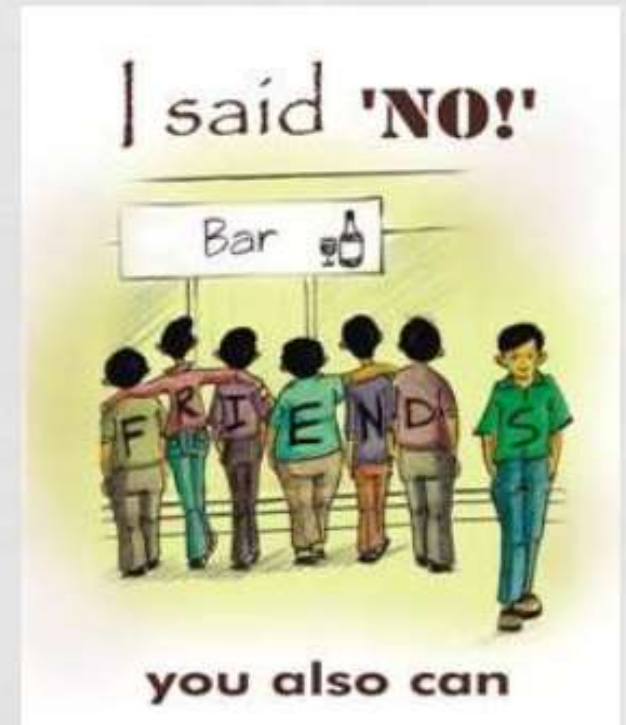
# How to deal with it?

- Is it a good pressure?
- Choose your friends wisely
- Your group is your mirror
- Develop Self-Esteem
- Be an independent thinker
- Do become manipulated
- Practice to say “NO” to your friends (not parents!!!)



# Can you swim against current?

- One person can't win a group
- Don't be fooled by Shaytan
  - I'll just watch
  - I'm strong
  - I'm making Dawah!





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Islamic point of view

**CAUTION**

**PEER  
PRESSURE**



# Choose believers as friends

وَالْمُؤْمِنُونَ وَالْمُؤْمِنَاتُ بَعْضُهُمْ أَوْلِيَاءُ بَعْضٍ يَأْمُرُونَ  
بِالْمَعْرُوفِ وَيَنْهَوْنَ عَنِ الْمُنْكَرِ وَيُقِيمُونَ الصَّلَاةَ  
وَيُؤْتُونَ الزَّكَاةَ وَيُطِيعُونَ اللَّهَ وَرَسُولَهُ أُولَئِكَ سَيَرْحَمُهُمُ  
اللَّهُ إِنَّ اللَّهَ عَزِيزٌ حَكِيمٌ ﴿٧١﴾

The believing men and believing women are allies of one another. They enjoin what is right and forbid what is wrong and establish prayer and give zakah and obey Allah and His Messenger. Those - Allah will have mercy upon them. Indeed, Allah is Exalted in Might and Wise.

9:71 (Surat At-Tawbah)

# Choose right friends

- Move away from circles of friends who could have evil influence.
- A Muslim should choose friends who will advise him and remind him of Allah (SWT) rather than lure him to the path of Satan.
- ***Prophet (SAW) said, "The example of a good companion in comparison with a bad one is like that of the musk seller and the blacksmith's bellows (or furnace); from the first you would either buy musk or enjoy its good smell while the bellows would either burn your clothes, or you get a bad nasty smell thereof."***  
[Bukhari]

# Choosing the right friends

- The Prophet (saw) said,  
***“A person follows the Deen (way of life) of his close friend; therefore let each of you look carefully at whom he chooses for friends.”***  
[Tirmidhi]
- Value the friendship of righteous and have loving relations. Prophet (SAW) said, ***“If one of you loves his brother for Allah’s sake, then let him tell him since it causes familiarity to endure and firmly establishes love.”***  
[Bukhari]

# Role of parents

- Parents must watch who their kids associate with and who their friends are.
- They must gain their children's trust by actively involving themselves in their lives while encouraging extra-curricular activities that give their children the chance to meet and become friends with righteous peers.
- Parents must promote in their kids the Islamic standards of Halal and Haram as the natural reference point in their lives.
- .The most common mistake Muslim parents make is limiting their own role as the provider.
- This leads to dysfunctional relationships with their teens
- This leaves the youth vulnerable to the influences and pressures from their peers.

# Study the Quran



إِنَّ هَذَا الْقُرْآنَ يَهْدِي لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا كَبِيرًا ﴿٩﴾

Indeed, this Qur'an guides to that which is most suitable and gives good tidings to the believers who do righteous deeds that they will have a great reward. (ISRA,17:9)

- Study the Qur'an with understanding.
- Learn what behavior is pleasing to God and try to adopt those in every day life regardless what others think about it.
- Learn what kind of lifestyle is discouraged in Islam and make effort to refrain from it.

# Seek knowledge of Hadith, Seerah of the Prophet (SAW) and the righteous

- You should be armed with knowledge about your religion, Al Islam by study of Hadith and seerah of the Prophet(SAW) and righteous.
- Have knowledge about the risk of unrighteous behavior that is encouraged by people around you.
- Such knowledge will help to resist the temptation of peer pressure and know how to stand for the righteous behavior.

# Yusuf (AS) as a role model

- Prophet Yusuf (AS) is a role model for us.
- The lady of the house where he lived tried to seduce him.

وَرَاوَدَتْهُ الَّتِي هُوَ فِي بَيْتِهَا عَنْ نَفْسِهِ وَغَلَّقَتِ الْأَبْوَابَ وَقَالَتْ هَيْتَ لَكَ ۖ قَالَ  
مَعَاذَ اللَّهِ إِنَّهُ رَبِّي أَحْسَنَ مَثْوَايَ ۖ إِنَّهُ لَا يُفْلِحُ الظَّالِمُونَ - 12:23

**And she, in whose house he was, sought to seduce him. She closed the doors and said, "Come, you." He said, "[I seek] the refuge of Allah . Indeed, he is my master, who has made good my residence. Indeed, wrongdoers will not succeed." (Yusuf,12:23)**



# Valuing Your Youth

- Youth doesn't last forever so we must make good use of it before it is gone.
- We have to ensure that we follow the footsteps of the great Muslim youth of the past who were luminaries of humanity.
- Let us remember the words of the Prophet (saw) who said,  
***“Value five things before five other things: Youth before old age; health before sickness; affluence before poverty; leisure before becoming too busy; and life before death.” [Tirmidhi]***



# Do not feel left out when you resist negative peer pressure.

- يَا أَيُّهَا النَّبِيُّ اتَّقِ اللَّهَ وَلَا تُطِعِ الْكَافِرِينَ وَالْمُنَافِقِينَ ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا - 33:1

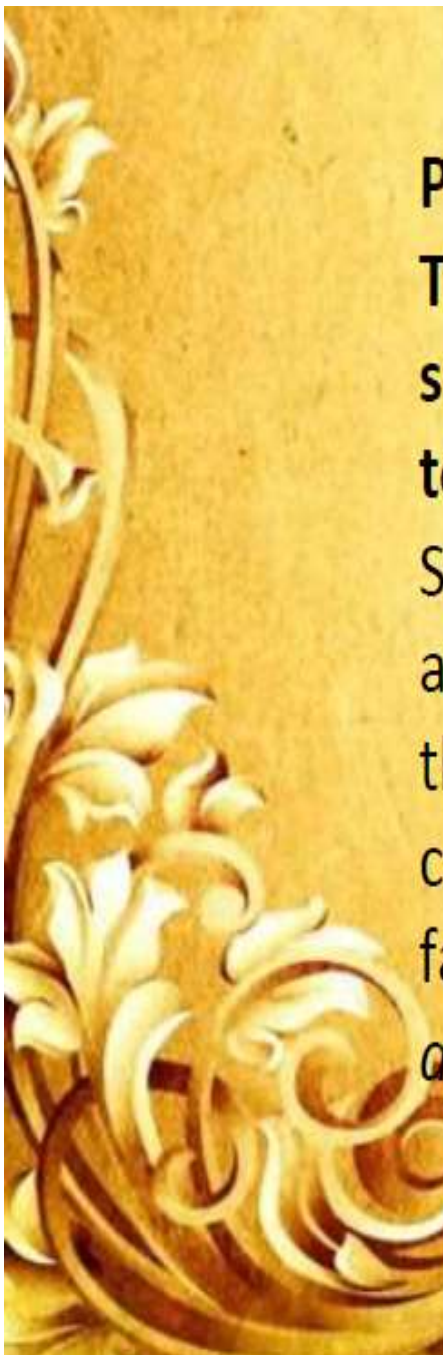
O Prophet, fear Allah and do not obey the disbelievers and the hypocrites. Indeed, Allah is ever Knowing and Wise. (Al Ahzaab, 33:1)

- Don't ever feel that you are missing out or living a boring life just because you don't give in to peer pressure.
- Accepting the bad behavior prohibited in the Quran will end in more misery than the temporary pleasure that it starts with in the beginning.

# Remember Allah is with us

أَلَمْ تَرَ أَنَّ اللَّهَ يَعْلَمُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۖ مَا يَكُونُ مِنْ نَجْوَى ثَلَاثَةٍ إِلَّا هُوَ رَابِعُهُمْ وَلَا خَمْسَةٍ إِلَّا هُوَ سَادِسُهُمْ وَلَا أَدْنَىٰ مِنْ ذَلِكَ وَلَا أَكْثَرُ إِلَّا هُوَ ۚ مَعَهُمْ أَيْنَ مَا كَانُوا ۖ ثُمَّ يُنَبِّئُهُم بِمَا عَمِلُوا يَوْمَ الْقِيَامَةِ ۚ إِنَّ اللَّهَ بِكُلِّ شَيْءٍ عَلِيمٌ - 58:7

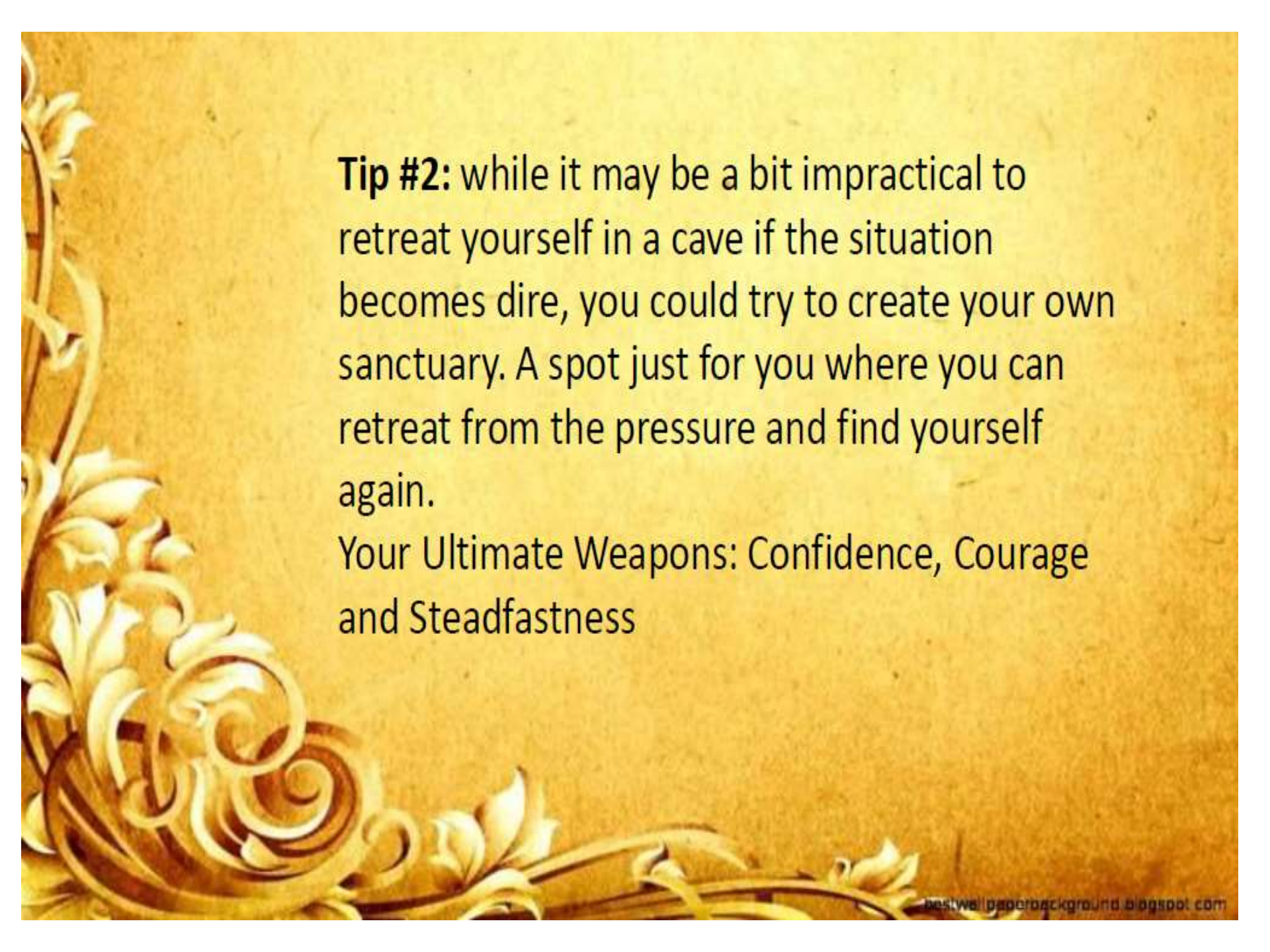
- Have you not considered that Allah knows what is in the heavens and what is on the earth? There is in no private conversation of three but that He is the fourth of them, nor are there five but that He is the sixth of them - and no less than that and no more except that He is with them [in knowledge] wherever they are. Then He will inform them of what they did, on the Day of Resurrection. Indeed Allah is, of all things, Knowing.



## Practical Tips to Overcome Peer Pressure

**Tip #1:** when you're facing peer pressure, try to **find someone older and more experienced in life to talk to** about your problems, a mentor of some sorts. Someone who is willing to provide a listening ear and can advise and help you to stay strong and make the right decisions. A member of the Islamic community where you live, for example, or an older family friend – in any case, *someone who you trust and who understands you.*



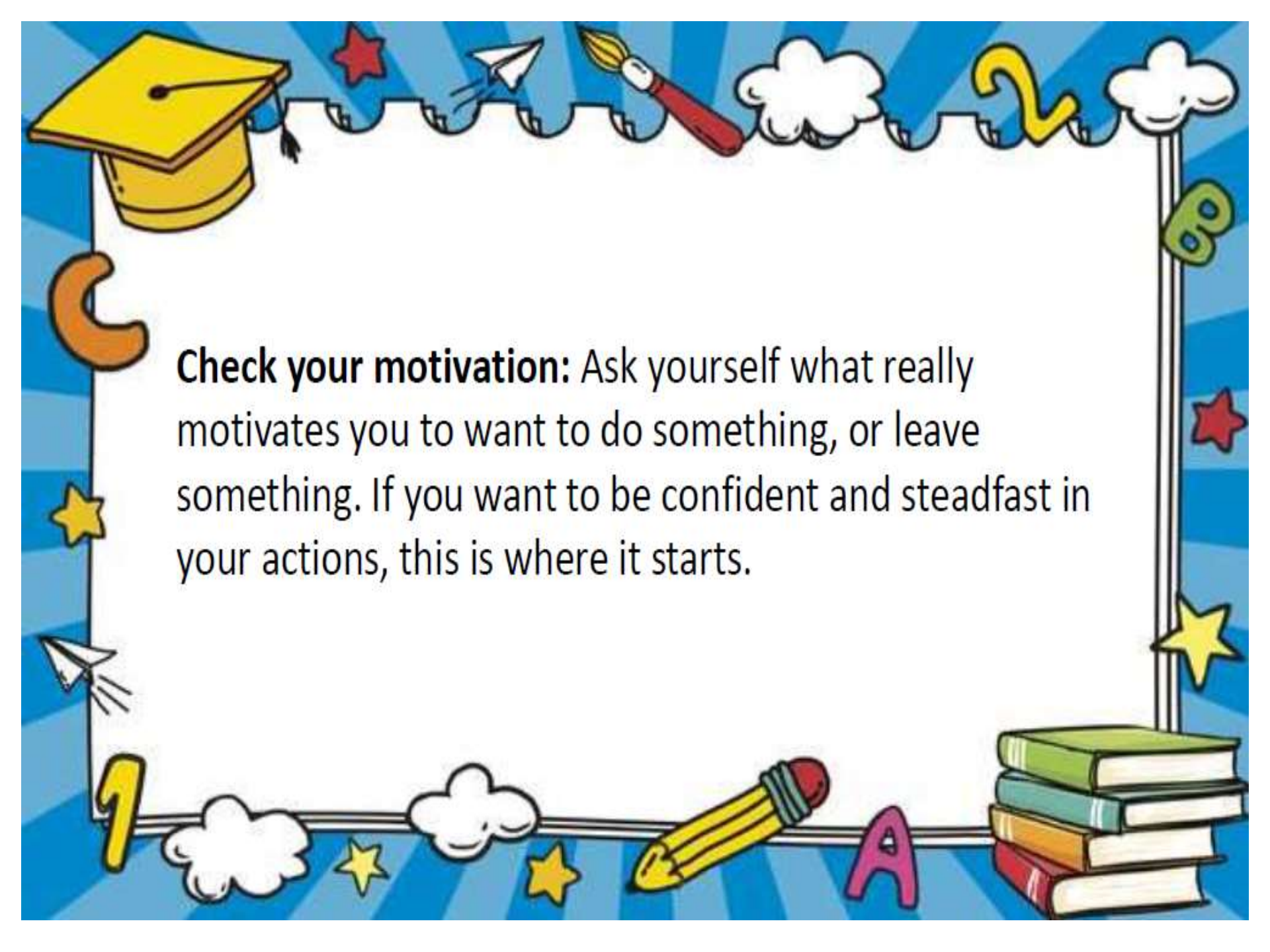


**Tip #2:** while it may be a bit impractical to retreat yourself in a cave if the situation becomes dire, you could try to create your own sanctuary. A spot just for you where you can retreat from the pressure and find yourself again.

Your Ultimate Weapons: Confidence, Courage and Steadfastness

# How to increase confidence and courage to deal with peer pressure





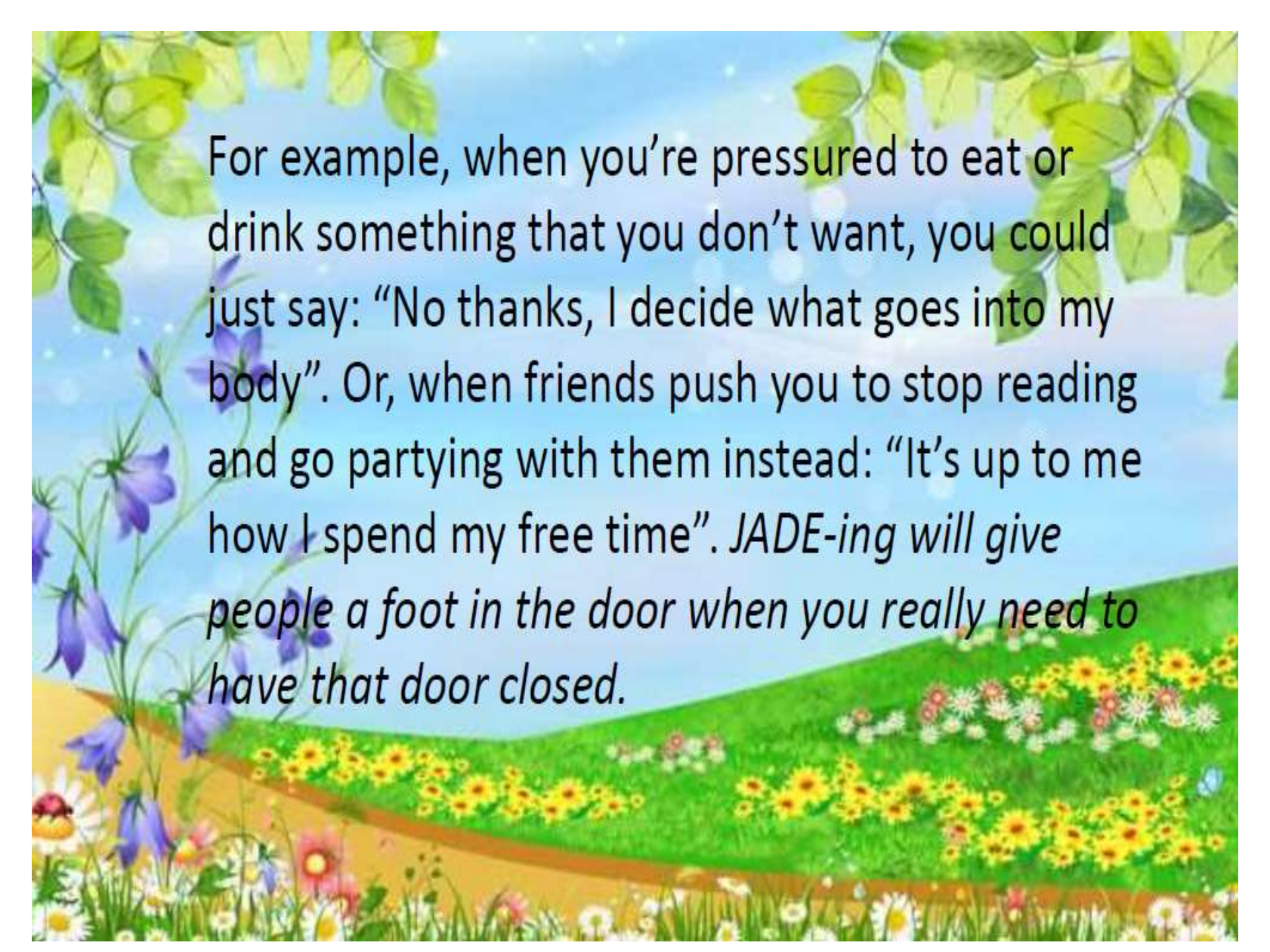
**Check your motivation:** Ask yourself what really motivates you to want to do something, or leave something. If you want to be confident and steadfast in your actions, this is where it starts.



## Be clear, don't JADE (Justify, Argue, Defend, Explain):

- There are situations in which you can get into a discussion about your values, but *when you're dealing with peer pressure, be short and sweet about what you want and don't want.*





For example, when you're pressured to eat or drink something that you don't want, you could just say: "No thanks, I decide what goes into my body". Or, when friends push you to stop reading and go partying with them instead: "It's up to me how I spend my free time". *JADE-ing will give people a foot in the door when you really need to have that door closed.*



# Have something ready to say

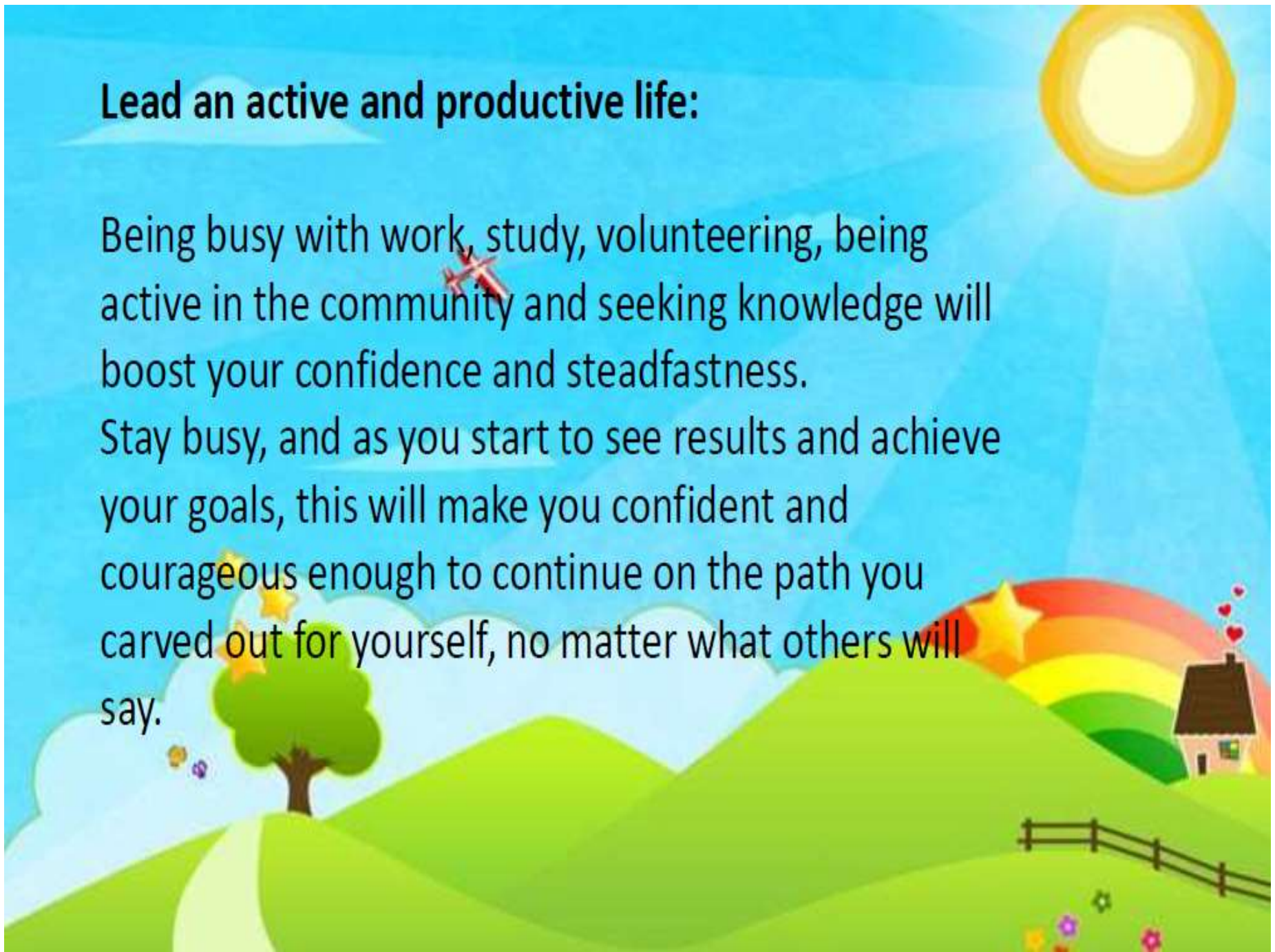
- Avoid being swept away by the insecurity of the moment, not knowing what to say or how to react. *Write down some useful phrases and practice them too.* You'll probably have to find out along the way which phrases work best in which situation, but make sure you have some ready to use.



## Lead an active and productive life:

Being busy with work, study, volunteering, being active in the community and seeking knowledge will boost your confidence and steadfastness.

Stay busy, and as you start to see results and achieve your goals, this will make you confident and courageous enough to continue on the path you carved out for yourself, no matter what others will say.





# BUILDING SELF ESTEEM

- Practice treating yourself the ways a good friend would treat you
- *Respect* yourself
- *Encourage* yourself to make healthy decisions
- Be *assertive* about reaching goals
- DO not be selfish.
- Building healthy self-esteem also helps you develop the skills to treat your friends the same way you want them to treat you.

# Peer pressure interventions



**Five steps you can tell  
your child to take when  
he's dealing with pressure  
from friends:**







## **Take a breath first**

Teach your child the “take a breath” technique. When a friend suggests he do something he’s uncomfortable with, or knows might be bad for him or for others, tell him that he doesn’t need to answer or do anything for a moment. Instead, tell him to take a breath and think about the suggestion.





# Find the words

- After your child's taken a breath, teach him to give words to what his friend is suggesting he do. If he's being told to, say, bully or jump off a high wall or shoplift, tell him to name the action: "That's mean." "That's dangerous." "That's stealing." "That's against the rules."

# Think it through

Ask your child to take each risky behavior and list what might happen if he takes that step. For example:

- Being mean to another child: Will make that child sad, hurt, or even become self-destructive.
- Ganging up and bullying another child: Might make your child feel “cool” in the moment, but can make your child feel bad afterwards when other kids and teachers see him as one of the “mean” kids.





Breaking the rules or misbehaving in class: Your child could get sent to the principal's office and even sent home from school. He could also lose privileges and face other consequences at home.

- Shoplifting: He could get caught and be taken to the police station.
- Doing something dangerous (jumping skateboards off a wall): He could get hurt or damage public property and be fined or taken to the police station.



An illustration of two young boys standing outdoors against a blue sky with clouds. The boy on the left has brown hair and is wearing a light blue t-shirt; he is gesturing with his hands while speaking. The boy on the right has dark hair and is wearing a grey t-shirt, looking towards the first boy. Above the boy on the left is a thought bubble containing a lit cigarette. Above the boy on the right is a thought bubble containing a basketball. The text 'Ask, "What could we do instead?"' is written in red across the top of the image.

## Ask, "What could we do instead?"

- Talk with your child about what to say to friends who are pressuring him. Experts suggest young kids practice saying, "What could we do instead?" Kids facing peer pressure tend to get caught in the trap of listing all the bad things that could happen ("We might be caught and have to go to jail"), but then being "Aww, we won't get caught."



## Walk away

- If your child finds that his friend are determined to do something risky or mean, he's going to have to learn to walk away. But, experts say, there's a right way and a wrong way to do this. Instead of saying something angry (which can start a fight), the child can say "Okay, well, I'm going to go skateboard in the park. If you change your mind, come on over." Or, instead of shoplifting say, "I'm going to go ask my mom to give me my allowance and take me to the mall. Do you want to come?"



# Case Studies

- Read each case study
- Answer all the questions in writing
- Write down any other ideas
- While answering, remember:
  - ☐ Basic principles of Tarbiyah
  - ☐ Important concepts
- After you finish, we will discuss the answers

# 1-Peer pressure and home expectations

- Fatih is grade 7 student
- He tries his best to live up to his parents expectations
- At school, he is experiencing a lot of peer pressure:
  - He does not feel that he belongs there
  - He does not enjoy sports
  - He does not have many friends or belong to a group

# Smoking

- His only friend at school, asks him to go out with him during lunch to the store
- He goes with him and friend buys pack of cigarettes and starts smoking
- He offers Fatih a cigarette and keeps pressuring him to smoke
- Fatih has hard time refusing and needs to talk to his parents
- He goes home with a report card and his father starts shouting about low grades in two subjects.
- Fatih finds it hard to face peer pressure at school and meet parent's expectation at home.

# Questions?

- Is Fatih in difficult position?
- How would you feel if you were in similar situation?
- As a grade 7 student, is it important to belong to a group?
- What should parents do to build high esteem in him to deal with peer pressure?
- Is his dad putting enough effort to keep channels of communication open?
- What would be your advice to Fatih's dad to improve the situation?



# Difficult position

- He is trying his best to keep up with school work to keep up the grades and deal with peer pressure
- Parents do not realize what he is going through
- They do not want to even listen
- There is no one else he could share his feelings and get advice for solution

# It is important to feel you belong to a group

- It is a natural need for every human being
- It is even more pressing for children and teenagers
- In younger years, this need is satisfied within the family
- When they reach school age, this need is still there
- They do not like to feel they are left out

# Suggestions for the parents to build self esteem in their child

- Self esteem can only be built, if child feels that he is loved and is capable
- Parents should never withdraw their love for any reason or a mistake
- They should teach him that there are consequences to mistakes
- Being capable requires skills, to be developed with the help of parents
- They have to provide right environment and opportunity
- There should be realistic expectations
- He should be appreciated for the efforts
- Provide him necessary support

# Keep channels of communications open

- Fatih's dad is shutting off the communication channels
- He has certain high expectations from Fatih for scholastic achievements
- He gets very upset and angry when these expectations are not met
- He does not give a chance for him to explain the situation at school or the peer pressure
- He offers no suggestions or help to resolve the issues.



# Suggestions for his parents

- Encourage and appreciate his child's achievements rather criticize and be upset
- Support him by being close to him and doing things with him
- Keep two way communication open
- Have realistic expectations keeping in mind the potentials and limitations
- Sharing quality time through activities like camping, ball game, community project, volunteer time for school program
- Take interest in activities that he loves. If he likes watching or basketball, father should watch it with him.

## 2- Needs and wants

- Ghazi is a 19 years old university student
- He lives with his mom and his 16 years old brother
- Recently his father, Abbas was transferred to another city due to work
- Before father moved, they used to spend weekend together
- They were never part of Muslim community at large
- Father visits the family for few days every 3 months

# Going to night-club

- At the university, Ghazi met a group of students who like to go out on Friday and Saturday nights for fun
- One night, Morad suggested to go to a nightclub. Ghazi did not think it was good idea
- Morad said, “ Don’t you see, we have needs to fulfil” They took a vote and decided to go.
- When Ghazi returned home late at night, his mother was very worried.
- He told her the whole story. He told her he will not do anything wrong and it happened once.

# He started coming late every weekend

- Mom got more worried. She asked about night-clubs visits
- Ghazi got angry and very upset with his mother.
- He told her, " I am under so much pressure. I am 19 and I have my needs."
- Mom told him, " Why can't you focus on your studies. After 3 years, you will get married and have the best bride."
- He replied, " All my friends have girl-friends and you want me to wait 3 years. That is not possible"



# Questions

- Teens like to spend time together away from their parents in various activities and discovering new adventures. What is healthy and reasonable?
- Girlfriends and boyfriends are norm of the society we live in. How do you help your son or daughter be different on this issue?
- Is peer pressure real?
- How could you help your teen-ager to have self confidence and knowledge to resist peer pressure?
- Suggest practical suggestions for Ghazi's parents.

# Time away from parents

- Teens like to spend time together away from their parents in various activities and discovering new adventures
- Parents role is to allow enough room for the teen to fulfill these needs
- They should not be too restrictive otherwise teen could become rebellious
- Parents should guide these activities
- Their guidance will allow him to fulfill this need in a healthy and Islamic way.

# Girlfriend/Boyfriend culture

- Pressure to have girlfriend is everywhere:
  1. Friends of his age group
  2. Way he sees and meets girls in the street, in university and on TV
- It requires lot of strength to resist this pressure
- Active efforts are needed to build this strength:
  1. Educate about Islamic view
  2. Tell the consequences of disobeying Allah
  3. Teen needs an alternative:
    - Be part of group of men with understanding of Islam and its practices
    - Focus energy on sports, picnics, biking trips, group fasting, group nightly prayers, youth camps.
    - If there is no such group, form one.
    - Parents should assist this group in any way, e.g., driving, prepare food, join camping trips, hosting youth at home , providing funds. Etc.

# Is peer pressure real?

- Initially, Ghazi was against going to nightclub.
- Latter, he started doubting and shifting his views.
- This happened because he was exposed to new ideas and went along with his friends view
- Prophet (SAW) told us, “ Your religion is that of your friend. So be careful whom you select as your friend.”
- Prophet (SAW) also said, “ Similitude of good company and a bad company is that of the owner of musk and one (ironsmith) blowing bellows....”



# Help the teenager to develop self confidence so he can face pressure

- Pleasant and loving family atmosphere
- Regular home teaching on Islamic knowledge
- Constant follow up on Islamic practices
- Argue in the best manner with kind words
- Fulfil his spiritual needs through salah, duas, spiritual journeys, presenting the role models from Quran
- Help to understand situations locally and globally
- Let him feel to be part of global ummah

# Practical suggestions for Ghazi's parents

- Parents should unite the family in one household where father will have continuous interaction
- If it is not possible, then father must remain in touch continuously through phone and frequent visits
- Make sure home environment is Islamic. Observe Salah times, not renting or watching unacceptable movies and videos.
- Parents should elevate their knowledge and commitment for Islam
- Consider early marriage
- Make sincere dua to Allah (SWT)

رَبِّ هَبْ لِي مِنَ الصَّالِحِينَ

**Rabbi hab lee minassaaliheen**

*"My Lord ! grant me [a child] from the righteous"*

***Surah As-Saffaat ,verse 100***

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا

وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا  
(25:74)

*Rabbana Hablana min azwaajina wadhurriy yatina qurrata  
ayioni wa jalna lil muttaqeena Imaama*

*“O my Allah! Grant unto us wives and offspring who will be  
the comfort of our eyes, and give us (the grace) to lead the  
righteous.”*



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جزاك الله كل خير