

Islam *Awareness*



**Interrupt & Disrupt Implicit Bias, Islamophobia and
Microaggressions**

Teacher Workshop

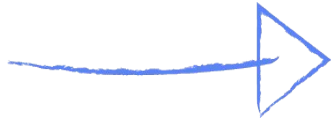
Learning Objectives

- To examine myths and misconceptions about Islam and Muslims prevalent in media
- To define the meaning of Islamophobia and its consequences
- To differentiate between interpersonal and structural/systemic forms of Islamophobia
- To identify what constitutes a safe learning environment



Workshop adapted from “*What Is Islamophobia? Interpersonal vs. Structural Discrimination: Teaching for Change*” by Alison Kysia

Safe Space Disclaimer



- Recognize your own social position
- Be respectful but honest in your discussions
- Lend a mindful and critical voice
- Don't make assumptions - don't be afraid to ask questions if you don't know

Interrupt & Disrupt Implicit Bias!



What have you learned about Islam and Muslims lately?

- What are some myths, misconceptions, or stereotypes that you've heard about Muslims?
- What are some myths, misconceptions, or stereotypes that you've heard about the religion of Islam?

Activity: Does Islamophobia exist in Canada?

Participants are asked to define Islamophobia without looking it up. Define the two forms of Islamophobia.

- Interpersonal or private Islamophobia
 - Systemic or structural Islamophobia
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- This exercise should be done in groups of 2-4 and the definitions and examples should be written on a chart paper.
 - Participants will then review a variety of voices and view different examples and analyses in order to create their very own working definition of Islamophobia. Each group should be given the following handouts below at the start of this activity. ***Handouts: 1) Spoken Word (Unmet Friends), 2) two news articles, 3) "Homeland" cover poster, 4) Interpersonal vs. systemic Islamophobia graphic organizer***
 - Each handout also comes with a set of questions that should be answered by the group.

Islamophobia in Canada



UnMet Friends 2.0

A spoken word poetry by Amal Albaz. Amal's voice is clear and strong. It captures the negotiations that run through her mind as she lives her life as a proud Muslim.

Various news articles

- What happened in the story?
- How is this incident Islamophobic?
- Who are the victims? How were they affected?
- Who was *directly* affected by what happened?
- Who was *indirectly* affected by what happened?

Movies and Entertainment

This examines particularly the messaging sent to viewers who watch "Homeland" on Netflix.

Define Islamophobia as a group.

*Co-construct a definition of Islamophobia
& discuss the consequences*

→ Interpersonal versus structural/systemic Islamophobia



Definition of Islamophobia

- Interpersonal islamophobia is directed by an individual(s) onto a Muslim(s), commonly defined as the fear, suspicion and violent targeting of Muslims by private actors. For example the London Ontario attack that wiped out 3 generations of a Muslim family for simply being Muslim and walking on the street.
- Structural/systemic islamophobia is the fear and suspicion of Muslims on the part of government institutions, that advance policy, programing and advancements of law to the detriment of Muslims.

*Definitions by Khaled Beydoun in American Islamophobia



Definition of Islamophobia**: Islamophobia, at least partially, refers to a system of advantages and disadvantages based on the othering of Muslims from the dominant culture. At a personal level, prejudice and discrimination represent;

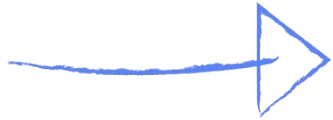
- a) the belief that members of different religio-cultural groupings have different characteristics that are understood hierarchically or placed along a binary of inferior/superior;
- b) the conditioning and stereotypes internalized and replicated by members of the dominant culture/grouping and
- c) actions taken related to these beliefs and conditioning which include the systemic misuse of power by individuals and institutions.

****Definition taken from MAC's Anti-Islamophobia course offered online.**

Consequences of Islamophobia?

- **What are some consequences of Islamophobia?**
- **On a personal level:** How do you think it feels to be subjected to Islamophobia?
 - Hurt; emotionally impacted
 - Afraid; paranoid; threatened; unsafe
 - Unwelcome; alienated
 - Ashamed; low self esteem
- **On a community level:** How do you think Muslim communities are affected by Islamophobia?
 - Higher levels of mental illness; not enough resources to specifically meet the psychological needs of Muslims
 - Trauma
 - Distrust in the non-Muslim community, the authorities (law enforcement or government agents), etc.
 - Houses of worship and homes feel unsafe and under threat

What can you do to create a safe learning environment?



Become an ally to Muslims

- ★ Beware of your implicit bias and your social position
- ★ See the humanity in others
- ★ Take meaningful action

Exit Activity: Make a Commitment



- Revisit the stereotypes that you wrote at the beginning of the workshop.
- If you feel they have been disproved, cross them out.
- On the back of the card, write down one action item you are going to implement - a commitment to stand up to hate, and to fight against Islamophobia
- No action is too small - write down what you think you can realistically achieve

Thank you

