

# Combating Islamophobia

## Action and Resource List

### → Educate Yourself about Islam and What's Happening

- Email [MuslimActionList@gmail.com](mailto:MuslimActionList@gmail.com) to get an electronic copy of this document
- Check out [Islamfactcheck.org](http://Islamfactcheck.org) (for common false assertions and factual responses)
- Check out the [FAQ](#) at Islamic Network Group (for answers to questions about Islam)
- Attend talks/events to learn more about Islam and Islamophobia including those by the [Muslim Association of Puget Sound \(MAPS\)](#) and [Neighbors in Faith](#)
- Visit a mosque: contact [outreach@mapsredmond.org](mailto:outreach@mapsredmond.org) to arrange date/time for visit to Muslim Association of Puget Sound (MAPS) in Redmond, WA
- Learn about the Islamophobia network:
  - Report called “Fear, Inc.”: [islamophobicnetwork.com](http://islamophobicnetwork.com)
  - Report called “Confronting Fear”: [islamophobia.org](http://islamophobia.org)
- Join the [Network Against Islamophobia](#) to stop Islamophobia and racism
- Check out Southern Poverty Law Center's guide to anti-Muslim Extremists [here](#)
- Learn about the hate attacks in our country: [hatehurts.net](http://hatehurts.net)

### → Meet Muslims and help others get to know Islam/Muslims

- Get to know your Muslim neighbors, colleagues, and fellow citizens
- Host interfaith gatherings and introduce your Muslim friends to non-Muslim friends
- Host a talk/event on Islam (get speakers from [CAIR-WA](#), [MAPS](#), [ING](#))
- Learn about American Muslims through studies like this [one](#), or this [Pew Research Center study](#) on American Muslims, or the study on [mosques](#)

### → Be an Active Ally and look for opportunities to provide support/assistance

- Publicly and vocally welcome Muslims as your neighbors
- Show up with signs of support when you hear of mosque protesters, hate crimes, etc.
- Speak out when you hear someone being harassed/attacked or hateful rhetoric used
- Denounce and call out Islamophobia by name, along with racism, homophobia, etc.
- Offer to accompany Muslim women or others who may be afraid right now
- Listen to Muslim youth who may need understanding/counseling on these issues
- Find, publicize and attend interfaith and other educational events – bring friends

### → \*\*\* Use the Power of Your Pen and Voice \*\*\*

- Speak publicly and vocally through mainstream media – it's the most effective way to change hearts and minds! *Write an op-ed or letter to the editor* about the lives and contributions of American Muslims you know and the need for us to unite on our shared American values of religious freedom, tolerance and diversity. You can find messaging, data points, and other help here: [cairseattle.org/allies](http://cairseattle.org/allies)
- Use personal conversations, group discussions, blogs, and social media to also share stories about the lives and contributions of American Muslims, to personalize and humanize Muslims for our fellow Americans and overcome fear and falsehoods

- Speak out when you hear hateful rhetoric or conspiracy theories being spread about minorities, because hate speech leads to hate crimes
- Stand up for those being physically or verbally attacked or dehumanized in person or on social media – don't leave it to the victims to respond

### ➔ **Look for and Build Solidarity Movements**

- Join a Neighborhood Action Committee: [www.neighborhoodaction.info](http://www.neighborhoodaction.info)
- Build solidarity movements within your own circle of friends and network of colleagues, and brainstorm ways to help
- Find and sign statements of solidarity, relevant petitions, etc.
- Have your church, synagogue, temple, company, or other entity post/display a Muslim solidarity sign or message (in newsletters, reader boards, etc.)
- Get and wear a “Hate Has No Place Here” button ([www.hatehasnoplacehere.com](http://www.hatehasnoplacehere.com)) or wear a simple safety pin as a symbol of solidarity (more info [here](#))

### ➔ **Respond in Positive, Constructive Ways to Negative Actions**

- Use tragedies/attacks as a way to bring people together, stand in solidarity, and educate the community
- Take action in response to destructive and dangerous behavior by individuals, politicians, and commentators by organizing and speaking out

### ➔ **Donate your Time and Money to Worthwhile Causes**

- Email [MAPS-AMEN@mapsredmond.org](mailto:MAPS-AMEN@mapsredmond.org) to volunteer with the MAPS-AMEN (American Muslim Empowerment Network), a new initiative to respond to the challenges of our times, led by Executive Director Aneelah Afzali. And donate to support the work of MAPS-AMEN [here](#) or on [mapsredmond.org](http://mapsredmond.org)
- Volunteer with and/or contribute to the [Council on American Islamic Relations](#), [Network Against Islamophobia](#), [Muslim Legal Fund of America](#), [Neighbors in Faith](#), etc.
- Join or contribute to other organizations working to fight hate and discrimination, like the [Southern Poverty Law Center](#), [American Civil Liberties Union \(ACLU\)](#), [National Association for the Advancement of Colored People \(NAACP\)](#)
- Volunteer to participate in interfaith service activities, like those organized by [MAPS-Muslim Community Resource Center](#)

### ➔ **Get (and Stay) Involved Politically**

- Contact your political leaders to insist they use every opportunity to publicly and vocally speak about the lives and contributions of American Muslims and our shared American values, and to specifically denounce Islamophobia along with other hate
- Urge your representatives to support the “No Religious Registry” acts by Rep. Suzan DelBene in the House of Representatives and Senator Cory Booker in the Senate
- Sign up with [Faith Action Network](#) to learn of opportunities for political involvement