

Navigating Social Media  
and Peer Pressure:

*A Guide for  
Muslim Youth*



Written by Shaheen Yousuf  
Illustrated by Amna Aftab

**COPYRIGHT © 2024 BY SHAHEEN YOUSUF  
ALL RIGHTS RESERVED.**

**NO PART OF THIS PUBLICATION MAY BE  
REPRODUCED, DISTRIBUTED, OR  
TRANSMITTED IN ANY FORM OR BY ANY  
MEANS, INCLUDING PHOTOCOPYING,  
RECORDING, OR OTHER ELECTRONIC OR  
MECHANICAL METHODS, WITHOUT THE  
PRIOR WRITTEN PERMISSION OF THE  
AUTHOR, EXCEPT IN THE CASE OF BRIEF  
QUOTATIONS USED IN REVIEWS AND  
CERTAIN OTHER NONCOMMERCIAL USES  
PERMITTED BY COPYRIGHT LAW.**

**FOR PERMISSION REQUESTS, PLEASE  
CONTACT:**

**SHAHEEN YOUSUF  
SHAJAR LEARNING FOUNDATION  
19 TALTALA LANE, KOLKATA 700016  
EMAIL: SHAJARLEARNING@GMAIL.COM**

**THIS MATERIAL IS INTENDED FOR  
EDUCATIONAL AND INFORMATIONAL  
PURPOSES ONLY. WHILE EVERY EFFORT HAS  
BEEN MADE TO ENSURE ACCURACY, THE  
AUTHOR DOES NOT ASSUME ANY LIABILITY  
FOR ERRORS, OMISSIONS, OR ANY  
OUTCOMES RELATED TO THE APPLICATION  
OF THE INFORMATION PROVIDED.**

**PUBLISHED BY:  
SHAJAR LEARNING FOUNDATION  
SHAJARLEARNING.COM**

# Table of Contents

|  |    |
|--|----|
| Introduction   | 03 |
| Chapter 1: The Digital World and Your Islamic Identity | 04 |
| Chapter 2: The Power of Social Media: Use it Wisely    | 06 |
| Chapter 3: Peer Pressure in the Age of Social Media    | 08 |
| Chapter 4: Building Confidence in Who You Are          | 12 |
| Chapter 5: Guarding Your Heart and Mind                | 14 |
| Chapter 6: Positive Influences and Role Models         | 17 |
| Chapter 7: Practical Steps for a Balanced Online Life  | 19 |
| Chapter 8 : Spreading Positivity and Good Deeds Online | 21 |
| Conclusion   | 23 |

# INTRODUCTION

Today's youth face unique challenges in a hyperconnected world where social media and peer pressure influence every aspect of life. For Muslim teenagers, these challenges can sometimes feel overwhelming, as they strive to balance their faith with the demands of a digital lifestyle.

**“Indeed, this Qur'an guides to that which is most suitable and gives good tidings to the believers.”  
– (Surah Al-Isra 17:9)**

*A reminder of the Qur'an as the ultimate guide through the challenges of social dynamics.*

This eBook is designed to help you navigate these challenges, offering guidance rooted in Islamic values and practical advice. By staying grounded in faith, you can confidently face the complexities of social media and peer dynamics, making choices that align with your identity as a Muslim.

C H A P T E R

# 01

# THE DIGITAL WORLD AND YOUR ISLAMIC IDENTITY



## Social Media's Influence on Identity :

Social media can shape how we see ourselves. While it's tempting to compare ourselves to others, remember that Allah (SWT) created us uniquely. Your worth is not tied to likes or followers but to your character and relationship with Allah.

**The Prophet Muhammad (SAW) said: "The best among you are those who have the best manners and character" (Bukhari).**

*Always post, comment, and engage online in ways that reflect your Islamic morals.*

## Understanding Islamic Identity :

Being a Muslim is about more than appearances; it's about embodying the values of Islam, such as honesty, kindness, and modesty. These values should shine both online and offline.



C H A P T E R

02

# THE POWER OF SOCIAL MEDIA: USE IT WISELY

## Mindful Usage Strategies :

- Set time limits for your apps, unfollow accounts that make you feel inadequate, and prioritize meaningful activities.
- Reflect on whether your online habits align with your Islamic goals.



*Excessive scrolling leads to wasted time, and constant comparison may damage your self-esteem.*

**The Prophet (SAW) said: "The two feet of the son of Adam will not move on the Day of Judgment until he is asked about his time and how he spent it."**

## Benefits of Social Media :

Social media can be a source of inspiration, education, and connection. You can follow Islamic scholars, learn new skills, and connect with like-minded peers.





C H A P T E R

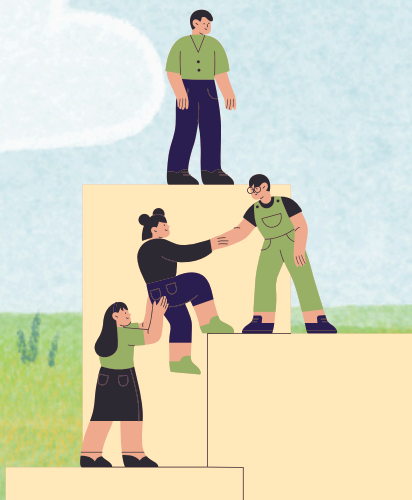
03

# PEER PRESSURE IN THE AGE OF SOCIAL MEDIA

In today's digital world, peer pressure has taken on new forms. It's not just about friends urging you to act a certain way in person but also about feeling pressured by the trends and lifestyles you see online. For Muslim youth, staying grounded in faith while navigating these influences can be challenging but is achievable with the right mindset and tools.

**“Close friends, that Day, will be enemies to each other, except for the righteous.”  
– (Surah Az-Zukhruf 43:67)**

*choose your friends mindfully*



# WHAT PEER PRESSURE LOOKS LIKE

Peer pressure isn't always obvious. It can manifest in subtle ways, such as:

## **FOMO (Fear of Missing Out):**

Seeing friends post about events, activities, or lifestyles that may not align with Islamic values can create a sense of exclusion or inadequacy.



## **Trends That Contradict Islamic Values:**

From clothing styles to popular challenges or discussions, not everything trending aligns with your deen.

## **Unspoken Expectations:**

Feeling the need to behave or present yourself in a way that gains approval or likes, even if it compromises your principles.

Understanding that you don't have to follow the crowd and that your worth comes from Allah is the first step to resisting these pressures





# STORIES OF RESISTANCE

## Prophet Yusuf (AS):

When tempted by the wife of Al-Aziz, Yusuf (AS) resisted despite the consequences. His dedication to purity and trust in Allah saved him from sin and ultimately elevated his status. (Surah Yusuf 12:33)

## Prophet Ibrahim (AS):

Despite immense pressure from his family and community to worship idols, he stood firm in his belief in Allah, even when it meant being cast into a fire. His unwavering trust in Allah led to his miraculous rescue. (Surah Al-Anbiya 21:69)

## Tips to Overcome Peer Pressure

- Strengthen your faith through prayer, Qur'an, and remembrance of Allah.
- Surround yourself with righteous, supportive friends who share your values.
- Politely but firmly say no to actions that contradict Islamic principles.
- Focus on pleasing Allah above seeking approval from others.
- Seek guidance through Dua and support from trusted mentors or family.

C H A P T E R

04

# BUILDING CONFIDENCE IN WHO YOU ARE

Confidence as a Muslim starts with understanding your worth in the sight of Allah and trusting in His plan for you. When your faith is strong, you can face any challenge with clarity and resilience and **Faith is the Foundation**

**The Prophet (SAW) said: "A person is upon the religion of his close friend."**

*Surround yourself with people who uplift you.  
Choose friends who inspire you to be a better Muslim.*

## **Practical Steps to Build Confidence :**

1. Know Your Worth: Reflect on your strengths and talents as gifts from Allah. Use them to benefit others and grow closer to Him.
2. Avoid Comparisons: Social media can make you feel less than others. Remember, your journey is unique, and Allah judges based on sincerity and righteousness.
3. Choose friends who encourage your growth.
4. Take Small Steps: Challenge yourself to step out of your comfort zone. Even small acts of courage build confidence.



C H A P T E R

05

# GUARDING YOUR HEART AND MIND

The heart and mind are central to a Muslim's spiritual well-being. What you consume through your eyes, ears, and thoughts shapes your character and influences your actions. Islam places great importance on protecting these faculties to ensure a pure and focused connection with Allah.

**The Prophet (SAW) said: "There is a piece of flesh in the body, and if it is sound, the whole body is sound. If it is corrupted, the whole body is corrupted. Verily, it is the heart" What you consume online affects your heart.**

*What you consume online affects your heart.*

## Tips to Protect Your Heart and Mind

### Mind Your Media Consumption:

- Avoid content that promotes negativity or indecency.
- Follow positive and inspiring content online.

Positive  
Vibes  
Only



### Take Breaks from Media:

Detox regularly to focus on worship and self-reflection.



## Surround Yourself with Good Companions:

Righteous friends encourage good habits and help you avoid negativity.



## Reflect on the Qur'an:

Recite and ponder over its meanings; it heals and guides.

“Indeed, this Qur'an guides to that which is most suitable.” (Surah Al-Isra 17:9)

## Seek Forgiveness Often:

Repentance keeps the heart clean.

“The one who repents from sin is like the one who did not sin.”

(Ibn Majah)



## Practice Dhikr:

- Regular remembrance of Allah purifies the heart.
- “The one who remembers Allah and the one who does not is like the living and the dead.”

## Set Boundaries:

Say no to situations or content that harm your faith or values.

C H A P T E R

06

# POSITIVE INFLUENCES AND ROLE MODELS

## Being a Role Model

You can inspire others by staying true to your values, sharing beneficial knowledge, and spreading positivity online



*Learn from Prophets and Companions*

**The Qur'an praises Prophet Muhammad (SAW):  
"Indeed, in the Messenger of Allah, you have an  
excellent example." (Surah Al-Ahzab 33:21)**



## Role Models in Islam and Beyond

Look for role models who embody faith and integrity. Whether it's a scholar, athlete, or entrepreneur, find examples of people who balance modern life with strong Islamic values

C H A P T E R

07

# PRACTICAL STEPS FOR A BALANCED ONLINE LIFE

**The Prophet (SAW) said, “The deeds most loved by Allah are those done regularly, even if they are small.”**

*Allocate specific times for worship, study, family, and recreation.*

## Balancing Online and Offline Activities



### 1. Limit Screen Time:

- Set time limits for social media apps and take regular breaks.
- Reflect on the hadith: *“There are two blessings that many people waste: health and free time.”*

### 2. Incorporate Worship:

- Use breaks to perform Salah, read the Qur’an, or make Dhikr.
- “And establish prayer for My remembrance.” (Surah Ta-Ha 20:14).



### 3. Engage in Physical Activities:

- Balance online time with physical activities like exercise or outdoor walks.



C H A P T E R

08

# SPREADING POSITIVITY AND GOOD DEEDS ONLINE

## Practical Dawah Tips

Be mindful of your tone, stay kind, and focus on spreading truth and positivity.



## Success Stories

Many Muslims have used their platforms to inspire and guide others. You can do the same while remaining firm in your faith.

**The Prophet (SAW) said, “Convey from me even if it is one verse.”**

*Post reminders, Qur'anic verses, Hadith, or inspiring quotes*

## Be Mindful of Your Intentions

When sharing online, always check your intention. Are you seeking to please Allah or gain likes and followers?

The Prophet (SAW) said, “Actions are judged by intentions.”

# CONCLUSION

Navigating peer pressure, especially in the age of social media, can feel overwhelming at times, but it is also an opportunity to grow stronger in your faith. By grounding yourself in the teachings of Islam, seeking Allah's guidance, and surrounding yourself with righteous companions, you can rise above the pressures to conform to harmful trends.

Remember, the opinions of others are fleeting, but the approval of Allah is everlasting. Every act of resisting peer pressure for the sake of Allah, no matter how small, is an act of worship and a step closer to Jannah.

**“So remain on a right course as you have been commanded, [you] and those who have turned back with you [to Allah].” (Surah Hud 11:112)**



**Stand firm in your beliefs, take pride in your identity as a Muslim, and always strive for the pleasure of Allah. Peer pressure may challenge you, but with patience, confidence, and trust in Allah, you can overcome it and inspire others to do the same.**

**SHAJARLEARNING.COM**

**SHAJAR\_PARENTING**

**CONTACT NUMBER :**

**+918335063475**

