

تَحْمَدُ اللهُ الْعَلِيَّ الْعَظِيمَ وَ نُصَلِّي عَلَى رَسُوْلِهِ الْكَرِيْمِ

اعوذ بالله من الشيطان الرجيم

بسم الله الرحمن الرحيم

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Seminar Topics for January 2016

- Effective Communication – Jan 01
- Conflict Resolution – Jan 08
- Anger Management – Jan 15
- Dealing with Peer Pressure and Stress – Jan 22

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Peaceful Families Peaceful Lives – Part 4

Dealing with Peer Pressure and Stress

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Objectives

- To clarify the concept of PEER PRESSURE
- To understand when peer pressure becomes stressful
- To learn how to best deal with the peer pressure and the stress resulting from it
- To learn how to become a constructive part of this society without losing our self-identity, values, beliefs and moral character, and
- To provide an opportunity to share experiences

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وَلَنْ تَرْضَىٰ عَنْكَ الْيَهُودَ وَلَا النَّصَارَىٰ حَتَّىٰ تَتَّبِعَ مِلَّتَهُمْ ۗ قُلْ إِنْ هَدَىٰ اللَّهُ هُوَ الْمُهْتَدَىٰ ۗ وَلَئِنْ أَتَيْتَ أَهْوَاءَهُمْ نَبَذَ الْوَيْدِيَّ مِنْكَ ۗ مَا لَكَ مِنَ اللَّهِ مِنْ شَيْءٍ ۗ وَلَا نُصِيبُ الْبَاقِرَةَ، (البقرة، ١٢٠)

The Jews and the Christians will never be happy with you until you follow their ways. Tell them, "The right way is shown by Allah." And if, after the knowledge you have received, you were to yield to their desires, you shall find neither any friend nor helper to protect you against Allah. (2:120)

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Group Discussion

Please share some of your experiences with Peer Pressure and how it affects you?

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What is Peer Pressure and when does it become stressful?

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Struggles

- Making people understand our beliefs and values, why can't we do certain things.
- Dealing with Islamophobia and negative stereotypes.
- The nagging question about why can't we be like everybody else.
- Struggle to fit in.
- Men have less struggles than women – they don't have to follow the strict dress code.
- Dealing with conflicts between culture and faith.
- So much confusion and so many interpretations of what is right and wrong, acceptable and not acceptable.

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What is Peer Pressure?

It means being influenced by an individual or a group to do something we wouldn't normally do, or stopped from doing something we would like to do in order to be accepted by someone or a group.

Peer pressure can be direct or indirect.

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Peer pressure can show itself in lots of different ways.

- dressing in a certain way
- getting involved in particular activities
- listening to particular music
- decisions about using drugs and alcohol
- decisions about boyfriend/girlfriend
- choice about who we are friends with
- academic performance.

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Three types of people

1. Leaders
2. Followers
3. Leaders who can also be Followers

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Dealing with Peer Pressure

1. Understand yourself better – your values, beliefs, strengths, and weaknesses.

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Dealing with Peer Pressure

2. Be mindful of who you hang out with. Learn to differentiate between friends and foe.

Keep the Right Company

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ (التوبة، ١١٩)

O you who believe! Fear Allah and be with those who are true (in word and deed). (9:119)

The Prophet warned us

الْمَرْءُ عَلَى دِينِ خَلِيلِهِ فَلْيَنْظُرْ أَخْدُكُمْ مَنِ يُخَالِلُ

A person follows the path of his friend, so watch out who you makes friends with.

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن تَطِيعُوا الَّذِينَ كَفَرُوا يُرْذِلُوكُمْ عَلَىٰ أَعْقَابِكُمْ فَتَنْقَلِبُوا خَاسِرِينَ (آل عمران، ١٤٩)

Believers! If you yield to the unbelievers, they will drag you back into disbelief and you will become the losers. (3:149)

Dealing with Peer Pressure

3. Hang out with friends who have common values and interests as you.

وَاصْبِرْ نَفْسَكَ مَعَ الَّذِينَ يَدْعُونَ رَبَّهُم بِالْغَدَاةِ وَالْعَشِيِّ يُرِيدُونَ وَجْهَهُ وَلَا تَعْدُ عَيْنَاكَ عَنْهُمْ تُرِيدُ زِينَةَ الْحَيَاةِ الدُّنْيَا وَلَا تُطِعْ مَنْ أَغْفَلْنَا قَلْبَهُ عَن ذِكْرِنَا وَاتَّبَعَ هَوَاهُ وَكَانَ أَمْرُهُ فُرُطًا (الكهف، ١٨)

And keep yourself patiently with those who worship their Lord by day and night to seek His pleasure. Do not let your eyes look beyond them to seek the worldly pleasures. Do not obey those who have chosen to follow their own desires beyond all limits. (18:28)

وإِذَا رَأَيْتَ الَّذِينَ يَخُوضُونَ فِي آيَاتِنَا فَأَعْرِضْ عَنْهُمْ حَتَّىٰ يَخُوضُوا فِي حَدِيثٍ غَيْرِهِ وَإِمَّا يُبْسِتُكَ الشَّيْطَانُ فَلَا تَقْعُدْ بَعْدَ الذِّكْرِىٰ مَعَ الْقَوْمِ الظَّالِمِينَ ه وََمَا عَلَى الَّذِينَ يَتَّقُونَ مِنْ جَسَائِمٍ مِّنْ شَيْءٍ وَلَكِنْ ذَكَرُوا لَعَلَّهُمْ يَتَّقُونَ ه وَذَرِ الَّذِينَ اتَّخَذُوا دِينَهُمْ لَعِبًا هَلْهَوْا وَعَرَّضُوا الْحَيَاةَ الدُّنْيَا وَكَذَّبُوا بِآيَاتِنَا فَمَا كَسَبَتْ... (الانعام، ٦٨-٧٠)

When you see people engaging in false discussion and mockery of Our signs, turn away from them till they turn to a different topic. If Shaitan makes you forget, then, after remembrance, sit not in the company of those who do wrong. On their account no responsibility falls on the righteous except to remind them that they may (learn to) fear Allah. Leave alone those who take their religion to be mere play and amusement, and are deceived by the life of this world. But proclaim (to them) this (truth): that every soul delivers itself to ruin by its own acts... (6:68-70)

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Dealing with Peer Pressure

4. Feel comfortable in saying 'NO'

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5. Stay firm in your beliefs, values and lifestyle, and don't judge or put down others.

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أَدْعُ إِلَىٰ سَبِيلِ رَبِّكَ بِالْحُكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ وَجَادِلْهُمْ بِالَّتِي هِيَ أَحْسَنُ إِنَّ رَبَّكَ هُوَ أَعْلَمُ بِمَن ضَلَّ عَن سَبِيلِهِ وَهُوَ أَعْلَمُ بِالْمُهْتَدِينَ (النحل، ١٢٥)

Call to the path of your Lord through wisdom and good advice and argue with them in the best manner. Allah knows well about those who stray from His path and those who seek guidance. (16:125)

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Dealing with Peer Pressure

6. What to do when you can't handle it and become stressed?

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Questions?

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