

# **Recommendation 2:**

**It is recommended that a list of topics with support materials be developed and provided to mothers to support them in having open and transparent discussions with their sons.**

# Recommendation 2 topics:

- A. Importance of Prayers (Session 1)
- B. Developing closeness with Khilafat (Session 2)
- C. Watching of Friday Sermons (Session 2)
- D. Purdah (Session 3)**
- E. Modesty (Session 3)**
- F. Helping in the home (Session 4)
- G. Respecting women (Session 4)
- H. Role in Society as Ahmadi boys/men (Session 5)

We aim to cover the topics during this year and link these with the developmental ages of boys Insha'Allah.



# **Purdah and Modesty**

## Allah Ta'ala says in the Holy Quran:

قُلْ لِلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا فُرُوجَهُمْ ذَٰلِكَ أَزْكَىٰ لَهُمْ إِنَّ اللَّهَ خَبِيرٌ بِمَا يَصْنَعُونَ ﴿٣١﴾

*“Say to the believing men that they restrain their eyes and guard their private parts. That is purer for them. Surely, Allah is well aware of what they do.”* ([The Holy Qur'an 24:31](#))

# Today we will discuss the importance of Purdah and Modesty for our sons

❖ What does Purdah and Modesty mean?

❖ Purdah and Modesty in the Quran, Hadith and in the words of the Promised Messiah AS

❖ How do we help our sons to understand the importance and need of Modesty?

❖ Strategies for instilling Modesty in our sons

❖ Huzoor (aba) words on Purdah for men

❖ Questions our sons may ask and how to answer them.

# What does Purdah and Modesty mean?

The word purdah comes from Urdu and Persian and literally means 'curtain' or 'veil'.

A curtain is normally used for climate control, privacy, creating a barrier and/or securing ones home.

Whereas, one of the meanings of modesty stated in the dictionary are: propriety in dress, speech, or conduct

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# Purdah and Modesty in Hadith

*The Holy Prophet (saw) said:  
“Modesty is a part of faith.”*

*(Muslim Kitabul iman baab Shu’aib ul  
Iman wa Afzaluha Hadith number 59)*

*Hazrat Abu Umamah (ra) relates  
that the Holy Prophet (SAW) said:  
“When a believers glance  
(involuntarily) falls upon the beauty  
of a woman and he does Ghadd-  
Basar (lowers his eyes), Allah  
blesses him with the ability to enjoy  
such worship that is extremely  
sweet and blissful” (Masnad  
Ahmad)*



# How do we help our sons to understand the importance and need of Purdah?

On 13th January 2017, Hazrat Khalīfatul-Masīh V (May Allāh be his Helper) reminded us in the Friday Sermon that, 'The first thing to be remembered in this regard is that if we wish to remain firm in our faith, it will be necessary for us to act upon all the commandments of the Almighty God and His prophet. The Holy Prophet said that modesty is part of Faith. Therefore, to wear a modest dress and observe purdah are necessary if we intend to protect our faith. Hence, every Ahmadi boy and girl, man and woman, should try to raise the level of their piety and purdah and protect themselves from immorality in society. ([Al Islam](#))

# Huzoor (aba) words on Purdah for men (1/2)

His Holiness spoke in detail on the importance of chastity as mentioned in chapter 23, verse 6 of the Holy Quran which stipulates that a sign of a true believer is that he or she are they “who guard their chastity.”

Explaining this teaching, Hazrat Mirza Masroor Ahmad said:

“To guard one’s chastity does not only mean that a person should avoid sexual relations outside of marriage, rather the Promised Messiah (peace be upon him) has taught us that it means that a believer should always keep his eyes and ears pure from anything that is indecent or immoral.”

Huzoor (aba) further said

“By telling men to lower their gaze, Islam actually teaches self-control because normally it is through sight that a man’s emotions and desires are stirred... Remember, that modesty is an essential character trait of an Ahmadi Muslim youth and so you must avoid all things that violate the Islamic injunction of chastity.” ([Al Islam](#))

# Huzoor (aba) words on Purdah for men (2/2)

In his message to Khuddam and Atfal ul Ahmadiyya India, Huzoor (aba) said

“It is also obligatory on men to safeguard their piety and modesty. They have been commanded to observe Ghadd-e-Basr (lowering of gaze) and should keep their gaze lowered and hearts and mind safeguarded against impure thoughts and bad intentions. Each Islamic principle is based on wisdom and strong reasoning. Through Ghadd-e-Basr, Islam teaches control of the self. Thus, you should remember that piety is an important characteristic trait of a Khadim which can lead one to attain spiritual heights.” ([Guidance for Youth](#))

# How do we help our sons to understand the importance and need of Modesty?

In the current age, society has attempted to disassociate immodesty with immorality, and encourages it in the name of freedom and self-expression. This has led to media leaning on these topics more and more and bringing these mature ideas to a younger audience. These ideas go against the fundamental grain of Islam and it is important our sons recognise this.

The Promised Messiah (AS) stated: "Every righteous person who wants to keep his heart pure should not let his eyes wander unrestrained like animals; rather, it is imperative for him to develop the habit of Ghadd-e-Basar in his social life. It is this blessed habit that would convert his natural impulses into a high moral quality." ([Hijab – the Veil](#))

This statement, along with the Quranic quote and Hadith mentioned on previous slides provide only the slightest insight into the importance of modesty that is expected of an Ahmadi Muslim, and the sooner this is instilled within a child, the more readily they will be able to guard themselves from societal pressures.

# What else defines Modesty?

## Modesty is:

- The means by which morals and ethics in society are maintained and pursued an attitude of humility that seeks to please God.
- Restraint and self-control, dignity in dress, speech, and actions, knowing that God is aware of what you do and shying away from that which Allah Ta'ala forbids.

## Therefore we should avoid:

- Indulging in gossip, slander and backbiting
- Raising one's voice in anger, which can lead to verbal and physical abuse
- Pride and arrogance
- Overstepping boundaries of purdah in social settings

# Instilling Modesty from an early age

In a Virtual Muluqat with Khuddam, Huzoor said the following about the Tarbiyyat of Children:

“The fact of the matter is that Allah Almighty states that when a child is born his Tarbiyyat (moral training) should start straight away. That is why it is a custom in Islam and also the Sunna of the Holy Prophet SAW that we act upon what he used to say and that is that when a child is born, the Azaan is called in his right ear and the Takbeer is called in his left ear. This is done so that the name of Allah is the first thing the child hears. This is done so that he may become firm in the unity of God. So Allah almighty has said that the Tarbiyyat of a child should start from ones early childhood since day one, do not think that the child is young and that he will not understand...” ([Virtual Muluqat, Sept 2020](#))

Therefore the concept of Modesty must be instilled into our sons from an early age as part of their Tarbiyyat.

# Strategies for instilling Modesty in our sons

## Strategy 1: Ensuring modest language

- Remember that children learn the most from their parents – if parents exhibit modesty in their manner, speech and action in front of their children, even when watching TV.
- Encourage your children to avoid foul language, remain humble through success and avoid crass conversations/ jokes
- If immodest conversations come up in school, instil confidence in them to change the subject or to

walk away

## Strategy 2: Ensuring modest gaze

- Keep computer usage supervised/ in a family room – this is so you are able to monitor their internet usage without being over-intrusive
- Teach them to lower their gaze in case something inappropriate comes on the TV – if you do it they will follow
- From an early age, discourage them from staring at people as it is immodest and rude

## Strategy 3: Ensuring modest Habits

- Change nappies frequently and in private
- Ensure that they are wearing underwear as soon as they are out of nappies
- Ensure they are in the habit of being completely clean after answering the call of nature
- As soon as they are of Salat age, ensure they are in the habit of wearing trousers and long shirt to ensure backs are not exposed when in Sajdah

## Strategy 4: Ensuring modesty for safeguarding purposes

- Sleepovers should be discouraged – especially at someone's house
- Children should not feel obliged to cuddle and kiss extended family – this will teach them to observe boundaries
- Do not let them remain naked in the house, even at a young age
- Do not let them play unsupervised/ in-private

# Potential Questions our sons may ask – and how to answer them (1/2)

**Is it true that men can go to the mosque as long as they are covered from the waist to below the knee?**

**Men only need to keep their eyes down/lower their gaze to observe modesty?**



# Potential Questions our sons may ask – and how to answer them (1/2)

**Is it true that men can go to the mosque as long as they are covered from the waist to below the knee?**

**This question arose at the time of the Holy Prophet SAW, when some believers were so poor that they only could afford a single piece of cloth. The Holy Prophet SAW allowed for these people to offer Salat as long as they were covered from the navel (waist) down to the kneecap. This is therefore considered as the absolute bare minimum that can be worn for prayer, only in exceptional situations. This allowance in fact emphasises the importance of Salat, such that no matter your circumstance, as long as this bare minimum is available you should Pray.**

**Men only need to keep their eyes down/ lower their gaze to observe modesty?**

**As lowering the gaze is an injunction of the Holy Quran, it must be obeyed in order to ensure all other forms of modesty are followed. Lowering the gaze would prevent incitement of emotions, watching unsuitable material and chatting on social media. As mentioned in this presentation, modesty also includes speech, thoughts, dress and actions. A Hadith relates that the Holy Prophet (saw) said: “Indecency makes the perpetrator unsightly and modesty and bashfulness gives a modest person inner and outer beauty and makes him beautiful.”**  
**([Tirmidhi](#))**

# Potential Questions our sons may ask – and how to answer them (2/2)

Does posting gym session, beach holiday etc pictures online break my purdah?

Does Purdah mean I shouldn't make friends with female classmates?

# Potential Questions our sons may ask – and how to answer them (2/2)

**Does posting gym session, beach holiday etc pictures online break my purdah?**

Modesty of action is as important as modesty of the eyes. Alongside the fact that photos like this can break Purdah by starting conversation on social media with the opposite sex, such photos can also be showing off, which is a form of immodesty. The Holy Prophet (SAW) said of this trait: “Whoever has a mustard seed’s weight of pride (arrogance) in his heart, shall not be admitted into Paradise. And whoever has a mustard seed’s weight of faith in his heart, shall not be admitted into the Fire”([Tirmidhi](#)). Therefore posting such photos online should be avoided.

**Does Purdah mean I shouldn’t make friends with female classmates?**

In general this should be avoided. Statistics show that a survey of 1450 members of the Match.com dating site revealed that 62 percent of respondents admitted that the platonic friendship “crossed the line and became romantic or sexual”. There is no doubt that a certain number of individuals can maintain a platonic friendship without committing adultery or fornication. However, Islam does not make rules for the minority. The Prophet Muhammad (SAW) has said: “Beware! A man is not alone with a woman, except that the third among them is Satan” . The Promised Messiah<sup>(as)</sup> writes, “A fair-minded person will appreciate that the free mixing of men and women and their going about together would expose them to the risk of succumbing to the flare of their emotions... To avoid such untoward situations from arising, the Law-Giver of Islam has forbidden all such acts as might prove to be a temptation for anyone” ([Al Islam](#))

# Useful resources to help instil the concept of Purdah and Modesty in our Sons.

- ❖ 'Hijab' - The Veil, is a wonderful resource. It is a compilation of selected addresses delivered by Syedna Hazrat Mirza Masroor Ahmad, Khalīfatul-Masīh V (may Allah be his Helper), in which he has beautifully explained the Islamic teachings about *hijab* (*purdah*) in a very effective and convincing manner.
  - Hijab: <https://www.alislam.org/book/hijab/>
- ❖ In his book, 'Ways of the Seekers' Khalifa Thani (ra) has stated beautiful steps on children's and spiritual education and training (pp:57-67).
  - Ways of the Seekers: <https://www.alislam.org/library/books/Way-of-Seekers.pdf>

We would like to conclude with these questions:

**How do I inculcate Purdah and modesty in my son?**

**How can I ensure that my son is confident to observe Purdah and modesty in the practical world?**

**How can I help my son become a model Ahmadi Muslim?**