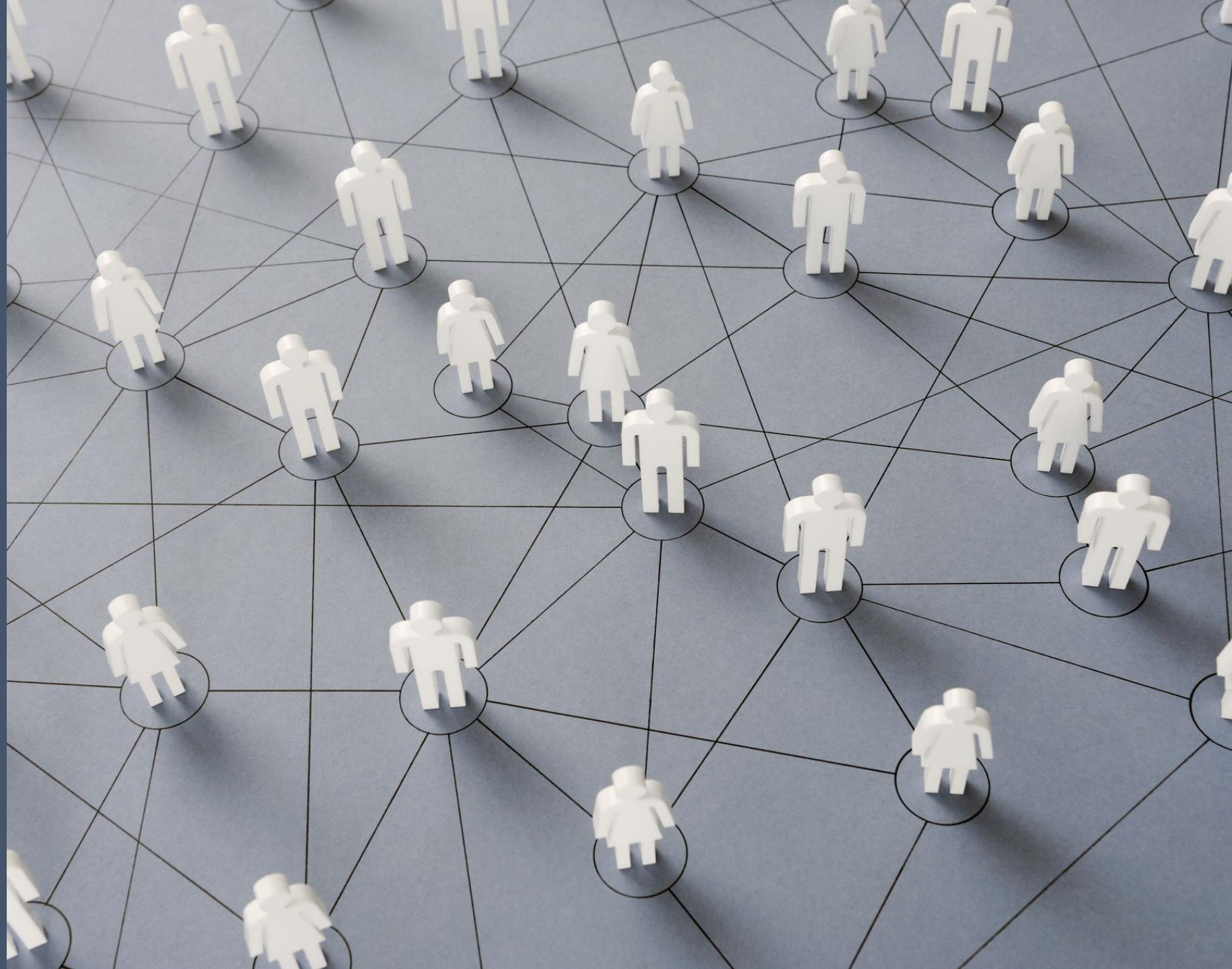


# Social Media and Peer Pressure

Umoore Talibaat  
Quarter 1 Topic  
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# Section 1 – Social Media



Social Media can lead to benefits and harms; hence, our Lajna and Nasirat should use it with caution. In this book, Lajna Markazia (Central) has compiled the instructions that I have given on this topic at various occasions. All of you should try to act on it. May Allah enable you to do this. Ameen.

Mirza Masroor Ahmad Khalifatul Masih V

Reference for this presentation: Book compilation of guidance and beautiful exhortations from Friday sermons, addresses, messages and question and answer sessions from the beginning of Fifth Khilafat till 2017

# Excessive use of TV and Internet leads to Neglect of Worship



“Evils of these days include television and the Internet. You can observe this in most homes that the eldest to the youngest are not offering Fajr Salat on time as they were either watching TV or were online on the Internet until late, watching some program and, as a result, they could not wake up on time. In fact, such people do not even realize that they have to get up for Salat in the morning. Both the Internet and TV and similar useless things not only cause you to miss your Salat once or twice, but those who fall victim to this behavior get into this habit of watching programs until late at night or sitting on the Internet. Then it becomes difficult to get up for the prayer in the morning and [such people] may not even wake up [at a reasonable time]. Some people eventually fail to give any importance to Salat.”

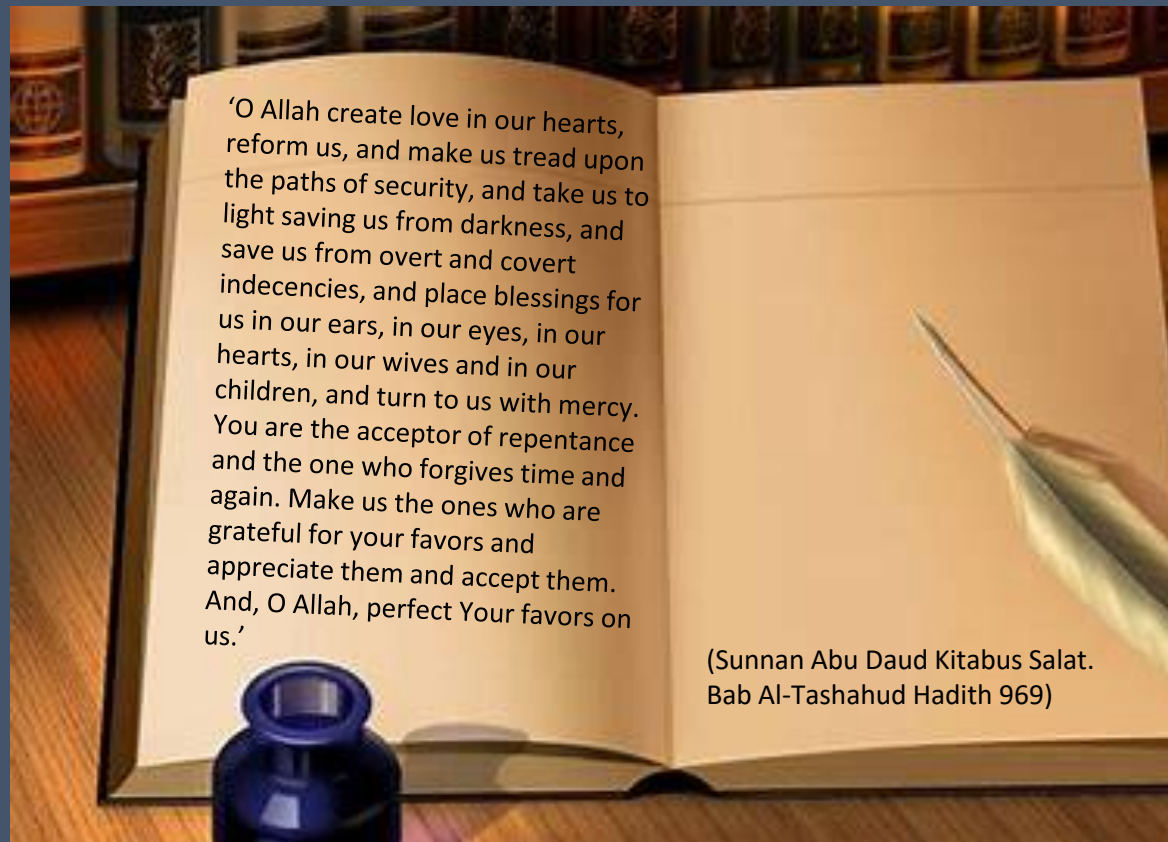
# Excessive use of TV and Internet leads to Neglect of Worship

Salat is a fundamental obligation; its observance is necessary in all circumstances, even in war, difficulty and sickness. It must be offered even if a person has to offer Salat sitting, lying down, or in the case of war or travel offer it as qasr (reduced form). But it must be offered. In ordinary circumstances, men are directed to offer it in congregation and women are also directed to offer it on time. However, Satan diverts a person away from Salat for the sake of a single worldly program. Additionally, Internet is such that it continues to engage one in the various programs and applications using a phone or iPad. At first, good programs are watched on these. Its attraction is such that, at first good programs are watched, then all kinds of filthy and destructive immoral programs are watched, which destroy morality. There is restlessness in many homes because the rights of wives are not taken care of and children's rights are not fulfilled because men are busy watching vulgar programs on TV and Internet during the night. Consequently, the children of these homes are colored in the same hue, and they watch the same. Hence, an Ahmadi house should try to stay clear of all these ills.



# Excessive use of TV and Internet leads to Neglect of Worship

Thus, this is the prayer to restrain from wrong worldly entertainment:



# Excessive use of TV and Internet leads to Neglect of Worship



“If parents wake up children for Fajr, they will learn the importance of Salat and they will be saved from frivolous activities. Those who are in the habit of staying up late to watch TV or browse the Internet, at least on the weekends when they have to wake up for Fajr, they will be forced to adopt the habit of going to bed early, and they will not waste their time. Especially those children, who are approaching adulthood, will develop a moderate approach to worldly activities. There are occasions when the use of such devices is needed, there are good things to view as well as information to be gained, I do not stop such use but I promote moderation. It is extremely foolish to acquire these things at the risk of not offering Salat.”

# A Believer Shuns all that is Vain

## Need to Raise the Standards of Modesty

“As I had mentioned earlier, the latest inventions such as TV and Internet have redefined the historically established standards of modesty. Even after showing blatant immodesty, they say it is not so. The standard of modesty of an Ahmadi is not how it is shown on TV and the Internet. This is not modesty: rather, it is people being embroiled in lust and passion. Immodesty and indecency have also changed the standards of modesty in some apparently decent Ahmadi household. In the name of progress, such [vulgar] things are discussed and such [vulgar] actions are taken, which are not permissible for any decent human, even if they are husband and wife. Some matters are such that when they are done in front of others, not only are they unwarrantable, they become a sin. If Ahmadi families do not clean their homes of such vulgarities, then they have not honored their pledge, which they had made at the hand of the Imam of this age, and they have wasted their belief”



# Vulgarity in the Name of Adornment



“As I said, the attire is increasingly becoming an indecent attire. They advertise these [indecent clothes] through large billboards, advertisements on TV, advertisements on the Internet and even in newspapers. If a decent man happens to come across such advertisements, he lowers his gaze out of embarrassment, and he should lower his gaze. All this is done in the name of the modern society and broad mindedness. As I said, the clothing trends have become immodest. There is advertisement for indecency in the name of beauty.”

# Chatting on Social Media and Immodesty through Pictures of Women

Increasing mutual connection and exchange of pictures of females is against our moral values and should be absolutely avoided by Ahmadi youth, girls and children. Huzoor-e-Anwar (aba) warned regarding this important issue:



“These days a new method of introduction has been created on the computer and the Internet called Facebook. Though it is not that new, but it was introduced in the last few years. I had previously discouraged you from this practice. I had said in my sermons that it encourages immodesty. It shatters the boundaries among people, boundaries from one another, boundaries around secrets. It exposes secrets and invites indecency...”

# Purdah-saves one from overt and covert Fahsha (foul deeds)

“The beautiful teaching of the Holy Qur’an does not just forbid women from looking [at the other gender] or avoiding eye contact, rather it commands both men and women to lower their gaze. A lowered gaze precludes open mixing [of men and women] and watching lewd films. The commandment also says not to socialize with people who pursue such interests in the name of freedom, who relate their stories and try to incite others to their ways. Men and women should not chat on Skype and Facebook and look at each other and should not make these a means of connecting with each other. God states that these are all open and hidden foul things and they result in one getting carried away with emotions, losing one’s sense and judgement and eventually incurring God’s displeasure by disobeying His commandment.”



# Case Study: Molly Russell – what happened

- Molly Russell aged 14 committed suicide in 2017 as a result of ‘an act of self-harm whilst suffering from depression and the negative effects of online content’ rules a coroner.
- Content on social media sites and Pinterest, is ‘likely’ to have contributed to her death, ruled Adam Walker, a senior coroner.
- In the last 6 months of her life, Molly saved or shared 2,100 depression, suicide or self-harm posts on Instagram
- Molly only spent 12 days (out of her last 6 months) not engaging with the site on these topics
- Walker said that it was ‘likely that the materials used by Molly, already suffering from a depressive illness and vulnerable due to her age, affected her mental health in a negative way, and contributed to her death in a more than minimal way’.

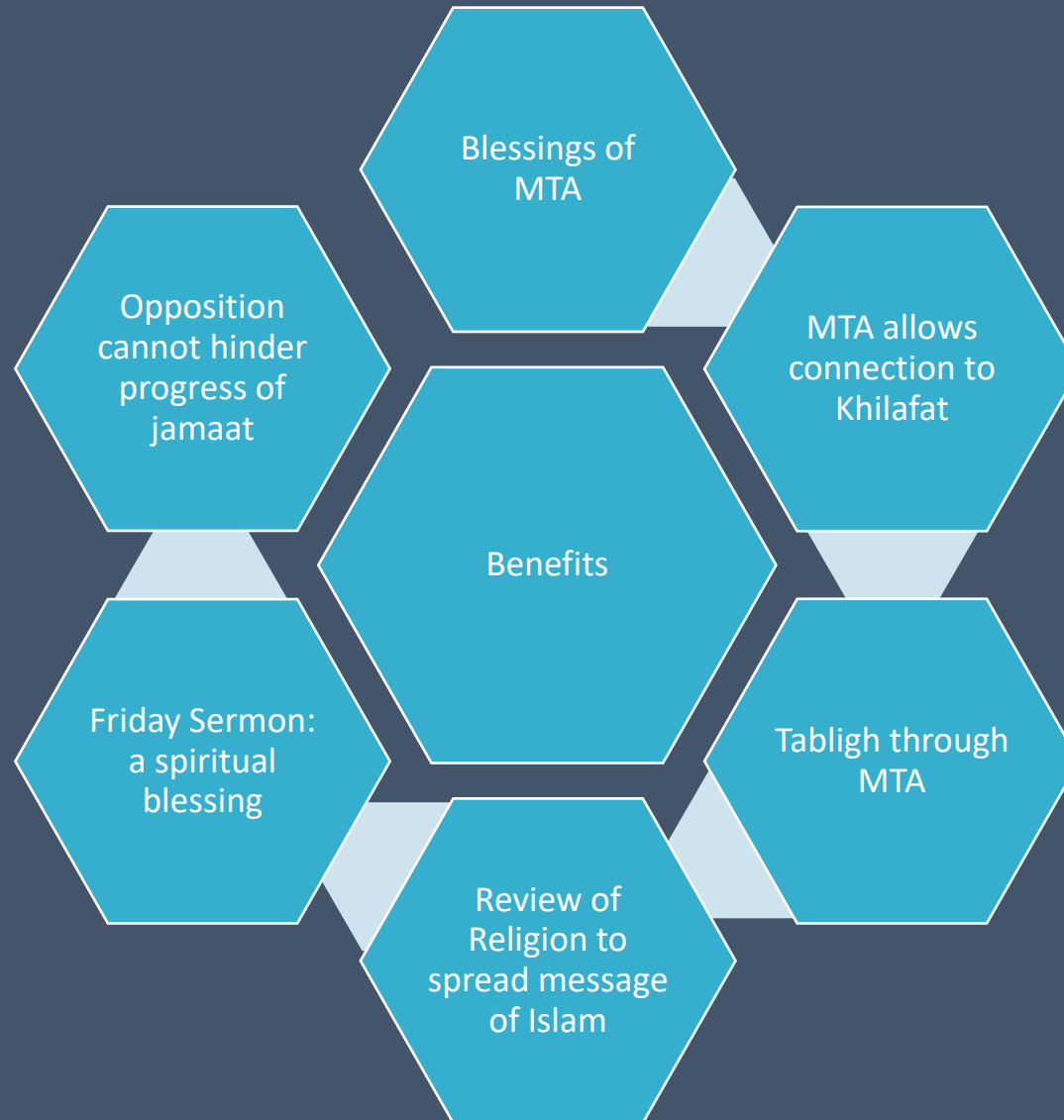
# Case Study: Molly Russell – The cause

- Visual based social media platforms such as Instagram and Pinterest are known for featuring glossy aspirational images, where often idealised and edited photos are uploaded.
- Last year, a worker at Facebook revealed that the websites algorithms are intentionally designed to lead people into psychological rabbit holes.
- Instagram's internal research has suggested that it could have a negative impact on teenage girls wellbeing
- A former Meta AI researcher and research fellow at Harvard University acknowledged that algorithms push content and decide what children see and hear everyday.
- In Molly's case, depression-related content was emailed to her by Pinterest, and Instagram suggested accounts to follow that referred to suicide and self-harm.
- Molly had been able to 'binge' harmful videos, images and clips 'some of which were selected and provided without Molly requesting them'.

# Case Study: Molly Russell – Discussion

- Has anyone experienced having content pushed to them on social media (any topic....doesn't matter what subject)?
- What can you do to protect yourself from being targeted by AI algorithms?

# Benefits of Social Media



# Tabligh through Social Media – Friday Sermons

“The most important need of the times is that you should regularly listen to the Friday sermon which is broadcast each Friday. Then, you should also watch such programs that I attend, for example addresses to non-Muslims, my speeches at Jalsa, or other occasions. Inshallah, watching such programs will be beneficial for you”

“...Therefore, through MTA you should make every possible effort to regularly listen to my Sermons wherever you may be, whether through the TV, Computer, Laptop or mobile phone. In this era no one can justifiably make the excuse that they were unable to receive the message or teachings, as through the media and other means everything is now easily and readily available to us at the click of a button. And so, in terms of the Sermons they can also be accessed easily in many different ways to watch these programs for this reason.”



# Tabligh through Social Media – Alislam.org as an important tool



“There is one more thing that I want to mention. I wanted to mention this at the end of the Jalsa in Qadian. With Allah’s grace we have a new resource on our website, alislam. Rohani Khazain’ which are the books by the Promised Messiah (as) have been added to a search engine. If you want to find something and you enter a word, for example, Allah or Jesus the Messiah or Muhammad (saw) then, wherever this word has been used in the volumes of ‘Ruhani Khaza’in will display in the form of name and reference. Then, you can see the pages that were the actual pages of the book through searching the Internet or on Alislam. This is a great accomplishment and was a difficult task. With the grace of Allah, a team of our youth has accomplished this.” He then said: “Thus, they accomplished a huge task. The ones using this may not appreciate it. These young men did a lot of work by reading each book, finding each word in the book, then making an index, and then making a program for the index and the pages. May Allah reward them and may the world reap benefit from it. Those who want to object, will keep objecting against the books of the Promised Messiah (as). However, if you see, this is a treasure which can be a source of reformation for this world. Those who do not care, even make fun of the verses of the Holy Quran. May Allah the Exalted give wisdom and understanding to the world.”

# Tabligh through Social Media – MTA

In all parts of the world people are joining the fold of Ahmadiyyat having recognized its truth by watching MTA. For example, recently a man from an extremely tiny and remote island near France wrote that somehow, he had come across MTA and my sermon was being broadcast. In the sermon I spoke about the death of Jesus Christ (as) and after listening to it the man said he was quite certain it was the correct teaching. He then went on the Internet to research the Jama'at and watched our programs on YouTube. And after doing so he said he was sure of the truth of Ahmadiyyat. And so, with the Grace of Allah he did Bai'at. There are also many Ahmadi women who join our Jama'at and are extremely strong in their faith.”



Address at Annual Ijtema Lajna Ima'illah UK 25 October 2015 Published AlFazl International 25 March 2016

# Discussion

What techniques can you use to ensure you are listening to MTA and using Alislam regularly?

Would you like to write articles and blogs to spread the word of Islam and Ahmadiyyat?  
If so, then contact the Lajna Press and Media team

# Peer Pressure



What is Peer Pressure?

Peer pressure is when you adopt the values of social norms by having the influences of your peers and society

# True or False?

Peer pressure can lead to lack of confidence/self esteem

Peer pressure is controllable

Peer pressure can lead to habits

Peer pressure only affects teens

# 3 different types of peer pressure



Direct peer pressure: when people tell you what to do, makes us feel as though we have no other choice



Indirect peer pressure: influences in your life that you see and hear, the least obvious form of peer pressure



Individual peer pressure: put pressure on ourselves to feel part of a group

# Who can be affected by peer pressure?

- School children
- Teenagers
- Adults
- Professionals (employee, co-workers, boss)
- Family members
- Friends
- Neighbours
- .....everyone

# Is peer pressure good or bad?

## Negative peer pressure

Can influence you into:

- Drugs, alcohol, skipping school, stealing
- Dress a certain way
- Impress certain people
- Do things you know are morally wrong
- Bullying

## Positive peer pressure

Can influence you into:

- Adoption of good habits and giving up of bad habits.
- Character development.
- Improvement in attendance and performance.
- Improvement in self confidence and independence.
- Improved social relationships.
- Positive decision making.
- Getting a higher mark
- Strive for a goal
- Do the right thing
- Eat healthy
- Get a job
- Keep you out of trouble



# How to say 'No'

Explain why it  
is a bad idea

Make a joke

Make an  
excuse

Suggest a  
different  
activity

Ignore the  
suggestion

Leave the  
situation

'thanks, but  
no thanks'

The power of  
numbers

Just say 'No'

# Examples of peer pressure and guidance from Huzoor (aba)

“.....the misuse of some current technological inventions is one of the satanic attacks. Hence, every Ahmadi girl should endeavor to protect herself from it. Always think that you are an Ahmadi and in order to remain an Ahmadi, you should refrain from these profanities. Always remember that we have believed in the truthfulness of Ahmadiyyat, considered the Promised Messiah (as) to be truthful and have entered his Bai'at, considering him to be the absolute truth. Hence, we should try to refrain from all such things which Allah the Almighty has prohibited. Only then will we be able to partake of the blessings promised by Almighty Allah to the Promised Messiah (as).”

Address at the Annual Ijtema Lajna Ima'illah UK 04 November 2007 at Baitul Futuh Mosque, London

Published AlFazl International 09 December 2016

# Examples of peer pressure and guidance from Huzoor (aba)

“Sometimes, after reaching a certain age some young girls feel that religion may be imposing certain restrictions on them. I have said do not watch certain television channels and websites that are obscene and frivolous. At times, under the influence of others, questions are raised as to what is the harm in watching these and that ‘we do not repeat the acts that are shown on TV channels.’ Always remember that after watching these two, four or six times, the same actions start manifesting.

# Discussion

What advice would you give to someone suffering with negative peer pressure?

Have you ever had experience of positive peer pressure and how did it lead you to improve yourself?