



Annotated Bibliography: Muslim Youth in Canada Study

Produced by the Institute for Religious and Socio-Political Studies
For the Muslim Association of Canada

2019

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I-RSS is a non-profit research institute with a mission to engage with intellectuals to produce unique and relevant research and fill the gap within North American academic communities. I-RSS produces policy analysis and provides recommendations around issues concerning Muslims to governments and Islamic organizations.

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ABOUT THE FUNDING ORGANIZATION:

The Muslim Association of Canada (MAC) is a Canadian, independent, national, faith-based, charitable organization, that provides spaces, services and programs for holistic education and personal development for Canadian Muslims.

MAC focuses on building communities and strengthening neighbourhoods nation-wide, through services and collaborations with groups from different religious, ethnic, and racial backgrounds. Over the past two decades MAC has grown to be the largest grass-roots Muslim organization with a national reach rooted in strong local chapters in 14 cities across Canada. With 15 community centers, 7 full-time schools, 20 weekend schools, 4 child care centers, MAC serves around 40,000 community members weekly.

Editor's Note:

This annotated bibliography was produced by the Institute for Religious and Socio-Political Studies (I-RSS) on behalf of the Muslim Association of Canada (MAC) for the purposes of informing the development of a national study on the challenges faced by Muslim youth in Canada and pathways to cultivating resilience. This annotated bibliography has been made available to the public and other researchers as a contribution to the discourse on the topic and as a foundation for others endeavouring to study in this field. Of course, the study itself, its findings and associated policy papers (available on the I-RSS website and in other publications) are also now key resources for others collaborating to develop original, sound research on the topic.

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Ahmad, A. (2017). Canadian Values and the Muslim World. *International Journal*, 72(2), 255-268.

The rise of anti-Muslim hatred presents a direct challenge to the Muslims living in Canada. This article argues that Canada may be influenced by the United States and Europe in the way they treat Muslims in their countries. The comparative lens this paper offers between the Muslims in Canada and the Muslims in Europe and their challenges in the two different places, provides a more analytic approach to researching of the challenges faced by Muslim youths.

Ahmed, S. (2009). Religiosity and Presence of Character Strengths in American Muslim Youth. *Journal of Muslim Mental Health*, 4(2), 104-123.

This paper looks at the character strength and religiosity among American Muslim youth. Through the recruitment of 97 of Muslim youth from an organization like the Muslim Student Association and Muslim American Students, the author was able to discuss the challenges the students found as Muslims in the American society. The paper shed light on issues like lack of family support, incidents of discrimination, and peer pressure the participants experienced and their effects on their religious identification. The significance of this paper is that it emphasizes the self-reported views of religiosity and commitment, looking beyond the biological, psychological, and emotional development of the Muslim American youth.

Ahmed, S., & Ezzeddine, M. (2009). Challenges and Opportunities Facing American Muslim Youth. *Journal of Muslim Mental Health*, 4(2), 159-174.

This article directly addresses the challenges faced by the youth in the United States. It delves into the issues of disintegration between the youth and the Muslim community and the pressures coming from within and outside the community the youth belong to. In addition, it focused on the Youth Development research to promote Youth Positive Development techniques, thoroughly discussing five protective factors that decrease the chance of the engagement in risky behaviors by youth. Moreover, it provides an exhaustive list of recommendations to the government, educational institutions, and community agencies to improve the quality of day-to-day life for the Muslim to foster a healthy environment for positive development. These recommendations answer one

of the main questions for the current paper, addressing the potential solutions to the problems facing the Muslim Youths in Canada.

Ahmed, S., Patel, S., & Hashem, H. (2015). *State of American Muslim Youth*.

This report focuses on the means needed to improve the personal and social development of American Muslim Youth. The report categorizes the Muslim Youth into four different subgroups, Young Muslim Women, African-American Muslim Youth, Convert Muslim Youth, and Refugee Muslim Youth, thus increasing the efficiency of their need-based and challenges assessment. Furthermore, the report focused on the risk factors of the Muslim youth were and are faced with, based on their subgroup. The emphasis on the intersectionality of the salient multiple identities of young Muslims is beneficial to the current paper, for it provides the authors with an encompassing outlook on the challenges faced by Muslim Youth, providing a more coherent idea of how to approach the potential participants of this study to conduct the appropriate methods.

Ahmed, S., & Reddy, L. A. (2007). Understanding the Mental Health Needs of American Muslims: Recommendations and Considerations for Practice. *Journal of Multicultural Counseling and development*, 35(4), 207-218.

According to the literature of the current paper, Muslim youth in Canada and in the United States reported that counseling and mental health concerns are a couple of the main challenges they face within their communities and in the mainstream community. This paper offers a professional understanding of the mental health needs of the American Muslims, claiming that American Muslims are underserved in the mental health field. Additionally, it specifies advice to the non-Muslim mental health practitioners who deal with Muslim clients to deliver them with the most adequate and appropriate treatment. Highlighting the Muslims' struggle with mental health, due to the increasing stigma and discrimination, feeds into the current paper's scope of the challenges faced by Muslim youth. Since mental health is of vital concern to the healthy development of youth in general, this paper becomes vital to the current research.

Arnold, M. E. (2017). Supporting Adolescent Exploration and Commitment: Identity Formation, Thriving, and Positive Youth Development. *Journal of Youth Development, 12*(4), 1-15.

Arnold (2017) aimed at explaining the links between identity formation, adolescence thriving, and Positive Youth Development to further explore the connected implications for youth development program practice. The Positive Youth Development framework is dominant in the field concerned with youth and their identity development. Having a theoretical approach to the development of identity in adolescents, in general, provides an in-depth look at the process, and therefore facilitates the construction of programs and initiatives to support the youth and further include them within the communities to nurture their positive development.

Bullock, K., & Nesbitt-Larking, P. (2013). Becoming “Holistically Indigenous”: Young Muslims and Political Participation in Canada. *Journal of Muslim Minority Affairs, 33*(2), 185-207.

This article studies the political identities of 20 Canadian Muslim youth, by looking at their own definitions of the concept and their level of involvement in the political realm of the Canadian society. Moreover, it looks at the challenges these young Canadian Muslims face, when engaging in politics or the justice system. In this day, the Muslim identity is highly politicized due to the negative media coverage; hence, the focus on the political segment of the Muslim Youth’s identity is of high significance to the current research in order to create the suitable and inclusive program catering to their needs.

The Environics Institute for Survey Research. (April 2016). *Survey of Muslims in Canada 2016*. Retrieved from <https://www.environicsinstitute.org/projects/project-details/survey-of-muslims-in-canada-2016>

This report looks at how is it like being a Muslim in Canada through the perspectives of 600 individuals, who agreed to had agreed to participate and answer the survey. The report investigates how accepted do the Muslims feel, the influence of Canadian society on their religious identity and practices, their levels of attachment to Canada,

and how the experiences of the Muslims across Canada can vary depending on where they are. The scope this report gives is immensely diverse, for it looks at the location, context, and other influencing factors in a relatively large sample. The usage of this report would be of a great addition to our literature, for it provides the current research with different challenges faced by Muslims, as they are reported by themselves.

Hamdan, A. (2007). A Case Study of a Muslim Client: Incorporating Religious Beliefs and Practices. *Journal of Multicultural Counseling and Development*, 35(2), 92-100.

This paper looks at how therapy sessions can incorporate Islamic beliefs, while treating practicing Muslim clients to enhance the efficiency and effectiveness of the therapy methods, making them more relatable to the client's belief system. As mentioned earlier in previous articles, mental health and therapy are main concerns when it comes to the Muslim Youth living in the United States and Canada. The author's focus on the therapy recommendations provides a distinct, yet comprehensive, scope on counseling from the non-Muslim practitioners' perspectives, thus providing a new lens to be added to the current research to help facilitate a solution to one of the dominant challenges facing the Muslim youth.

Hamdani, D. H. (1999). Canadian Muslims on the Eve of the Twenty-First Century. *Journal of Muslim Minority Affairs*, 19(2), 197-209.

Islam is considered one of the top five religions found within the Canadian society. With increasing numbers and being one of the prominent minorities, Muslims gain a higher profile in society, thus increasing the number of challenges they face. This study looks on how the increasing contributions of Islam and Muslims in Canada influence the structure and the dynamics of the Canadian society overall. This paper also gives recommendations to the Muslim community to grow further and to establish credibility, despite the growing discrimination, with the greater community. The scope of the paper and the recommendations given are highly relatable to the current paper, for they give insight on the potential of further growth and defeating the obstacles.

Inspirit Foundation. (2016). *Young Muslims in Canada A Story of Challenges, High Expectations and Hope*. Retrieved from https://inspiritfoundation.org/wp-content/uploads/2017/03/young_muslims_in_canada_youth_study_-_final2.pdf

This report is built off the Survey of Muslims in Canada 2016. The reports further delve into the lived experiences of 300 young Muslims living in Canada. The report discussed the challenges described by the participants. The report also sheds light on the expectations of the Muslims, born and raised, in Canada. Having a report on the challenges of Muslims in Canada in their expectations widens the horizons of the current paper by adding varying perspectives, thus enhancing the overall results.

Maira, S. (2004). Youth Culture, Citizenship and Globalization: South Asian Muslim Youth in the United States after September 11th. *Comparative Studies of South Asia, Africa and the Middle East*, 24(1), 219-231.

After 9/11, the number of Islamophobic incidents increased against Muslims in the West. The discrimination Muslims faced affected their perceptions and understandings of certain concepts and ideas changed. The author looked at how the U.S. immigrant policies implemented after 9/11 affected the South Asian Muslim immigrant's understanding of race, nationality, and citizenship. The former concepts mentioned are key elements to personality development, especially for the newcomers who are going through drastic changes and instability; therefore, it is important to discuss and study them for the current paper to include a deeper understanding of the youth.

McLeod, J. D., Uemura, R., & Rohrman, S. (2012). Adolescent Mental Health, Behavior Problems, and Academic Achievement. *Journal of Health and Social Behavior*, 53(4), 482-497.

This article looks at adolescent mental health, behavior problems, and academic achievement. The findings of this article suggest that youth struggling with mental health issues are more likely to face problems in school. Using the labeling theory, the author looks at the social consequences of mental health problems and the stigma associated with it. The academic approach to stigma and labeling is relevant to the current paper, since the stigma within the Muslim communities regarding mental

health is on the rise it is negatively affecting the development of the youth and further adding to their challenges.

National Council of Canadian Muslims. (2017). *High School Students Town Hall*.

Retrieved from

https://www.nccm.ca/wp-content/uploads/2018/09/edited_Muslim-student-townhall-report-final.pdf.

This report focuses on the experiences of Muslim students in Ontario classrooms. Through thorough focus groups and interviews with high school students from across Ontario, the facilitators were able to conclude the common challenges faced by these youth in their schools' settings, like racism, miscommunication due to lack of knowledge, and accommodation for their religious practices. In addition, they were able to conclude some recommendations, given by the students themselves, for the Muslim communities to improve the day-to-day lives of the youth in schools. This report directly feeds into the current paper's scope of looking at the challenges of Muslim youth in Canada, becoming a pivotal source for the literature.

Nebhan Aydin, Y. (2017). Muslims as Victims of Security Dilemma in the West. *Journal of Muslim Minority Affairs*, 37(3), 245-266.

Nation-states tend to take exhaustive measures to protect their economy and political stability, complicating the situations for Muslims living in the West with the rise of Islamophobia. Since Muslims are viewed negatively in the media and are associated with terrorists, they become the target of hate crimes and the anti-Islamic rhetoric has been on the rise in general. Such stress coming from the media and from the mainstream society creates problems for the Muslim individuals in society, especially the vulnerable ones like the youth, who are in their developmental phase. It is important to consider the government measurements and their means to maintain stability, when looking at the challenges facing the youth, since the political and economic environments surrounding the individual are keys to their development.

Rippy, A. E., & Newman, E. (2008). Adaptation of a Scale of Race-Related Stress for Use with Muslim Americans. *Journal of Muslim Mental Health*, 3(1), 53-68.

This article investigated the race-related stress experienced by Muslim Americans. Using a 33-item scale with three measuring domains, the authors were able to discover a link between the degree of marginalization and increased stress, anxiety, and depression among Arab Americans. Moreover, it looked at the effects of exposure to a racist environment, stigma, and bicultural identification. As discussed earlier, mental health is one of the major challenges facing Muslims living in the United States and Canada; hence, it is important to look at the stress that is specifically caused by the racial differences and discrimination.

Rousseau, C., & Jamil, U. (2010). Muslim Families' Understanding of, and Reaction to, the War on Terror'. *American Journal of Orthopsychiatry*, 80(4), 601-609.

This article serves to document the parent-child transition of the comprehension and emotional reaction to the War on Terror campaign and mentality among the South Asian Muslim families in Montreal, Canada. This paper further emphasizes on the central roles that the different social institutions play in the individual's life. This paper influences the current paper, for it emphasizes on the parent-child relationship and the effect on the perception on identity and belonging and the challenges that accompany that. The comprehension and interpretation of the politics that govern the country in which the individuals live is of crucial importance to add to the literature.

Suleiman, I. O. (2017). Internalized Islamophobia: Exploring the Faith and Identity Crisis of American Muslim youth. *Islamophobia Studies Journal*, 4(1).

This report explores the faith and identity crisis of American Muslim youth. The report states that religious discrimination is negatively associated with national identity. Youth are considered to be the most vulnerable sector of society susceptible to developing a colonized mindset and are more likely to internalize the racism they experience on a daily basis, which all lead to their inability to construct an identity. Looking at how youth may internalize Islamophobia is another perspective that can be used by the current paper to further delve into the challenges faced by the youth and how the community can help them overcome them.

Ungar, M., Brown, M., Liebenberg, L., Cheung, M., & Levine, K. (2008). Distinguishing Differences in Pathways to Resilience Among Canadian Youth. *Canadian Journal of Community Mental Health, 27*(1), 1-13.

The authors of this article attempt to distinguish the different ways Canadian youth are resilient to challenges they face. Through open-ended interviews with 19 Canadian youth from various backgrounds the authors were able to identify some of the tensions they faced as they were navigating life; however, despite these tensions, the authors found that the youth were always able to find a positive way to surpass the challenges. Discovering the resilience of the Canadian youth cohort, which is a cohort that includes Muslim youths, is highly significant to the current study because it addresses the ways in which the youth are actually defeating their problems and also allows the authors of the current study to further aid the resilience of the youth.

Unlu, A., & Sahin, I. (2016). Religiosity and Youth Substance Use in a Muslim Context. *Journal of ethnicity in substance abuse, 15*(3), 287-309.

Many people assume that Muslim youth are faced with the substance use issue; but according to this article, substance use is particularly prevalent in the Muslim community, specifically among youth. Furthermore, this article examines the influence of religiosity on the substance use levels among youth in Turkey, concluding that youth surrounded by a religious environment (family and friends) were less likely to engage in substance use than those in a less religious environment. This paper emphasizes on peer pressure and environmental influences on the individual, thus relating to the current paper's scope of research that focuses on the kinds of challenges faced by the Muslim youth; further, becoming of value to the literature.

Zine, J. (2006). Unveiled Sentiments: Gendered Islamophobia and Experiences of Veiling Among Muslim Girls in a Canadian Islamic School. *Equity & Excellence in Education, 39*(3), 239-252.

Zine investigates the ethno-religious oppression encountered by Muslim girls in Toronto, Canada. The author looks at how the participants deal with the "dual" oppression, coming from the external community-- Islamophobia-- and the Muslim

community-- the patriarchy. The girls emphasized that the issues they faced from the Muslim community are as challenging as the ones from the mainstream society, if not more challenging. This ethnography provides an extensive view of another perspective on the challenges facing the Muslim youth. Investigating the challenges imposed by the Muslim community on the Muslim youth offers an additional lens to be used, when looking at the challenges, yielding overall sufficient results.

Zine, J. (2001). Muslim Youth in Canadian Schools: Education and the Politics of Religious Identity. *Anthropology & Education Quarterly*, 32(4), 399-423.

This ethnographic case study focuses on Muslim students were able to maintain their religious identities within secular (public) schools in Canada. Additionally, it looked at how the religious identification is related to forms of oppression and how is it further complicating the struggles of the Muslim youth. Zine found that the participants used their religious identities as “anchors” for identity stability, saying “the salience of religious identity in diaspora eases the dissonance.” Further, the author identified various challenges that these Muslim youth faced whilst trying to negotiate their identity within the mainstream environment of their schools. It is of crucial importance to look at the school environments the youth are in, since school is a dominant institution, influencing the individuals on various levels. The current research aims at addressing the challenges faced by the Muslim youth in Canada, therefore, looking at the school environment are key to the background and literature.