

Muslim Wellness Foundation + Sapelo Square Presents:

# ELECTION WELLNESS TOOLKIT

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[www.ElectionWellness.com](http://www.ElectionWellness.com)

Sapelo

Muslim Wellness  
FOUNDATION



# ENVIRONMENTAL WELLNESS



WE'RE  
IN THIS  
TOGETHER

Environmental wellness promotes physical and emotional safety in all of your surroundings. Environmental wellness includes self-awareness of how you impact and are impacted by the environments in which you live, work, learn and play. It includes a commitment to do your part to ensure these areas are safe, life-affirming and supportive of personal and community well-being.

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# ENVIRONMENTAL



## ISSUE: PERSONAL & COMMUNITY SAFETY AND SELF DEFENSE

Vigilante white supremacist violence is a very real threat this election season. This summer we saw white supremacists murder protesters at racial justice demonstrations and just recently white supremacist groups targeted elected officials for their political views. For our everyday lives this means an increased threat of daily harassment and violence to our persons and institutions.



“We assert that in those areas where the government is either unable or unwilling to protect the lives and property of our people, that our people are within our rights to protect themselves by whatever means necessary.”

—Malcolm X/El Hajj Malik El-Shabazz

## CONCERN:

How do I protect myself, my family and my community?

## SUGGESTIONS:

- **Evaluate the security of your home and your ‘hood:**
  - Scan your home security - does everything function (locks, alarms, etc)?
  - Scan your neighborhood - are there places that are particularly vulnerable (ex. a corner where the street light is out) that you might want to take out of your daily route?
- **Build a Phone Tree:** Create list of people you call and who call you in the event of an emergency or information needs to be shared quickly.
- **Don't Go It Alone:** unless you are certain about the security of your surroundings or it is unavoidable, don't travel alone.
- **Don't Engage:** if someone threatens you verbally do your best to ignore and remove yourself to a safer location.



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## SUGGESTIONS CONTINUED:

- **Learn self-defense:**

- This can include martial arts or other physical techniques to protect yourself from bodily attack.
- *A note on armed self-defense.* There is a tradition of armed self-defense in Black communities as Ida B. Wells famously said: "A Winchester rifle should have a place of honor in every Black home, and it should be used for that protection which the law refuses to give." Personal safety is very personal and so everyone must make their own choices for themselves and in consultation with their households. This includes being educated on *and* in compliance with all current local laws and guidelines regarding firearms as well as training on their proper use and storage.

## REFLECTION QUESTION:

What and who do I need to feel safe in my surroundings?

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## MORE INFORMATION:

- [Self Defense Starter Kit with Rana and Maryam](#)
- [How to Build a Phone Tree](#)
- [47 Safety Tips for Muslim Women](#)
- [Gun Laws by State](#)
- [Blacks Need to Organize for Self-Defense](#)
- [Our Fist is Black: Martial Arts, Black Arts and Black Power in the 1960s and 1970s](#)
- [Where Did All that Power Go?: Black Muslims in the Movement for Community Control and Police Accountability](#)





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## ISSUE: GOVERNMENT REPRESSION

There were nationwide protests against police violence and for racial justice this summer. Despite the constitutionally protected right to assembly, protesters were met with tear gas, pepper balls and other forms of violence from law enforcement. In Portland, OR protestors were confronted by armed federal officers whose tactics included taking people off the streets in unmarked cars -- reminiscent of "secret police." The justification for this use of force were claims that protestors were lawless and violent mobs despite the fact experts say only about 5% of over 10,000 demonstrations this summer had protestors engaging in violence.

## CONCERN:

How can I protect myself and my community against government repression? How do I protect and preserve my safety and rights when the government will not?



## SUGGESTIONS:

- **Stay Informed** - Find a trustworthy source of news and keep up to date on what's going on in your area. Stay especially informed about protests in your area and how the local law enforcement is handling it.
- **Stay Connected** - Confirm whereabouts with loved ones; activate your phone trees and networks. Confirm the names and numbers of people and organizations that you can call for others and can call on your behalf in the case of an arrest or detention.
- **Check Your Supplies** - do you have enough food, toiletries, medical supplies, gas etc. in case of a government lock-down?
- **Don't Attend a Protest or Demonstration Alone** - Go with someone that has your emergency contacts in case you are injured or arrested and you can't call family.

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## REFLECTION QUESTION:

Do government actions against its citizens cause me to feel hopeless?

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## MORE INFORMATION:

- [We Must Pay Attention to Secret Police](#)
- [Resources on Election 2020 from the Rise Together Fund](#)
- [US Crisis Monitor](#)
- [Radiolab: What If?](#)





# ABOUT US



Muslim Wellness Foundation (MWF) is a nonprofit 501(c)3 organization dedicated to promoting healing and emotional well-being in the American Muslim community through dialogue, education and training.

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**Follow on Twitter & IG: @MWFNational and FB: Muslim Wellness**



Sapelo Square is an online resource and award-winning publication on Black Muslims in the United States that creates new understandings of who they are, what they have done, and why that matters.

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