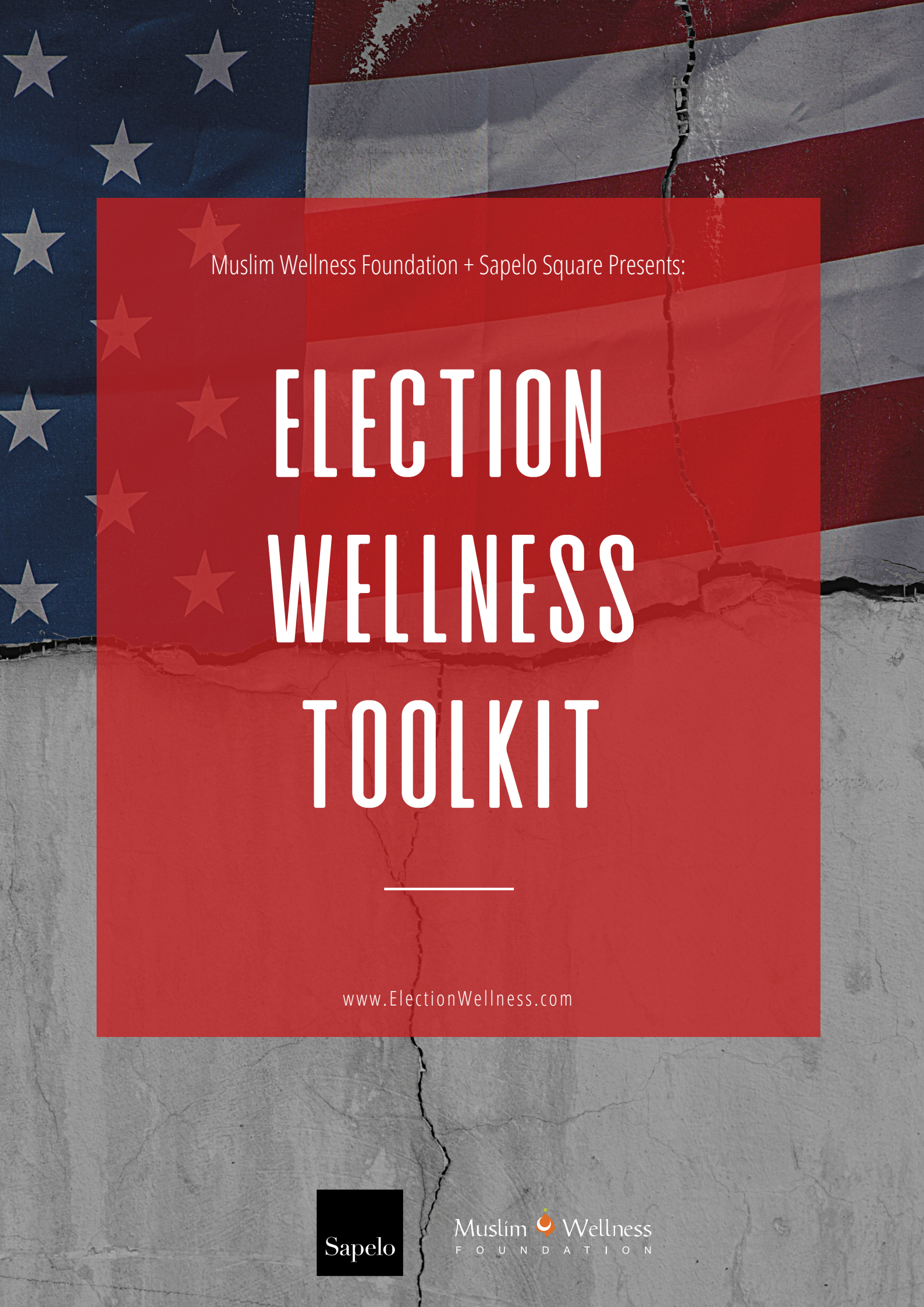

Muslim Wellness Foundation + Sapelo Square Presents:

ELECTION WELLNESS TOOLKIT

www.ElectionWellness.com

Sapelo

Muslim Wellness FOUNDATION

POLITICAL WELLNESS

Political wellness is the ability to accurately and insightfully evaluate the questions of power that impact your life and create appropriate political responses. It encourages engaging in creative and stimulating activities to expand your knowledge and understanding of your political environment. This means coming to an awareness of your political context (who has power and how it is used) based on the pairing of what you know from personal experience with evidence from other informed sources.

www.ElectionWellness.com

POLITICAL

ISSUE: Fake News

There is A LOT of information coming at us everyday. Sometimes the information is blatantly false like the rumors Black people had COVID-19 immunity. Other times the information is manipulated. For example, in the lead up to the 2016 presidential elections fake websites, fake social media accounts representing fake organizations were created to take advantage of real Black skepticism of the political system to dissuade the Black people from voting. American Muslims as a whole were also targets of misinformation campaigns.

During 2016 election season the fake IG account Blackstagram_ had over 300K followers and the fake IG account Muslim_voice had over 75K followers.
—New Knowledge Report for Senate Intelligence Committee

In October 2020, Twitter suspended accounts for claiming to be Black Trump supporters but were actually engaging in "digital blackface" (fake accounts pretending to be Black people).

CONCERN:

"How do I know what I'm seeing in my Facebook feed, WhatsApp messages, Google search, etc. is accurate?"

SUGGESTIONS:

Take it back to the old school — way back. One way to think about this is how we think of hadith - how do we know a hadith is accurate? There are two basic things we check - the isnad (who related the hadith and what was their reputation) and the matn (the content of the hadith does not contradict well-known Islamic ideas). So when it comes to information:

1. **Consider your sources**: who is sharing the information?
2. **Consider the content**: does the information make sense?
3. **Consider your role**: check the information is true before sharing.
4. **Consider only a few**: select the folks you trust that you want to get information from and stick listening to them during this election season.
5. **Consider a break**: step away from the media fray consistently so you don't get so overwhelmed.

POLITICAL

QUESTION FOR REFLECTION:

Much of the time the best information comes from those closest to us who are closest to the issues so: Who are the folks, friends, families, teachers, that you usually feel confident are sharing accurate information?

MORE INFORMATION:

The Black Press and Disinformation on Facebook; State of Black America 2019: Votes, Russians and Reparations; How to Spot Fake News;. Fake Black Twitter Accounts for Trump

In 2016 200,000 voters were illegally purged from voter rolls in Ohio. This policy which allegedly was enacted to prevent voter fraud, predominantly impacted voters of color.

ISSUE: Voter Suppression

From the closure of over 1600 polling places nationwide, to the removal of street mailboxes by the US Postal Service to Trump rallying his supporters to go to polling places and "watch very carefully" (a thinly veiled call for voter intimidation) the ability to vote and have that vote counted is even under more of a threat than usual.

What is Voter Suppression?

Any effort, either legal or illegal, by way of laws, administrative rules, and/or tactics that prevents eligible voters from registering to vote or voting —Demand the Vote.

POLITICAL

CONCERN:

So how do I vote safely?

SUGGESTIONS:

Have a voting plan

1. Confirm Your Registration
2. Choose how you will vote - mail-in ballot? Drop box? In-person?
3. Confirm deadlines - when are mail-in ballots due? Confirm locations - where is the drop box or polling place?
4. If you have problems voting or questions call the national, non-partisan Election Protection hotline: English: 1-866-OUR-VOTE (1-866-687-8683), Español: 1-888-VE-Y-VOTA (1-888-839-8682), Arabic: 1-844-YALLA-US (1-844-925-5287), Bengali, Cantonese, Hindi, Urdu, Korean, Mandarin, Tagalog, or Vietnamese: 1-888-274-8683

   If you have voted and want to do more: you can help family, friends, neighbors and others vote and support non-partisan efforts to protect voters.

QUESTION FOR REFLECTION:

Why is voting important to me, regardless of the outcome? What do I need to do to feel safe voting?

MORE INFORMATION ON VOTING (by state):

https://www.aclu.org/voter/

POLITICAL

ISSUE: Who Won the Election?

The transfer power from the outgoing US president to the incoming US president usually goes on without a hitch (even Gore ultimately accepted defeat in 2000). However, all indications show that should the current president lose he will not accept defeat - or at least not without a fight. The US political system is far from perfect and while many of us want to see fundamental changes to it, that should be led by the people, not an individual in power.

> *"This is not a drill, and there is no reason to believe Trump will go quietly if he is defeated. There is every reason, however, to believe he and his allies will incite hysteria and even violence. Those who assume otherwise haven't been paying attention."*
>
> *—Mehdi Hassan*

CONCERN:

What will a contested election mean for me, my family? Community?

SUGGESTION:

Stay Calm. Stay Ready.

1. **Prepare yourself mentally for a contested election.** Due to the Coronavirus pandemic many are choosing mail-in voting and as a result, we will not know who won on election night as most of us are used to. **Know that's OK because all votes must be counted.** Know too that suggestions that this delay is the result of election fraud is meant to confuse and cause anxiety.
2. **Be prepared to tell it like it is.** If there is an attempt to illegally hold onto the presidency, call it what it is, illegal, a coup, unjust etc., to avoid normalizing the abnormal.
3. **Be prepared to use your voice to speak out or walk out.** Have the numbers and emails of your local and state-level elected officials on hand to voice any concerns. Connect with your local community organizations to join community-led post-election responses.

QUESTION FOR REFLECTION:

What will a contested election mean for me, my family? Community?

MORE INFORMATION:

Deconstructed: What if Trump won't go?; 10 Things You Need to Know to Stop a Coup; People's Strike Pledge; Hold The Line: A Guide to Defending Democracy

ABOUT US

Muslim Wellness FOUNDATION

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.

www.muslimwellness.com
Email: info@muslimwellness.com
Follow on Twitter & IG: @MWFNational and FB: Muslim Wellness

Sapelo

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.

www.sapelosquare.com
Email: info@sapelosquare.com
Follow on FB, Twitter & IG: @SapeloSquare

ACCESS COMPLETE TOOLKIT AT: ELECTIONWELLNESS.COM