



TIPS *for*
TARBIYYAH

Challenges of MUSLIM TEENS





Doubts about religion

With secular ideologies, atheism, and different worldviews being widely promoted, many Muslim teens develop doubts about Islam. Without proper Islamic education and guidance, they may question fundamental aspects of their faith.

Many teens struggle with questions about Islam due to secular ideologies and misinformation. The Qur'an encourages us to seek knowledge from authentic and reliable scholars:

"So ask those who have knowledge if you do not know". (Surah An-Nahl 16:43)

The Prophet ﷺ said:

"When Allah intends good for someone,
He gives him understanding of the religion."
(Bukhari & Muslim)





Identity crisis

Many Muslim teens in the West struggle with an identity crisis as they try to balance their Islamic beliefs with the cultural expectations of Western society. This internal conflict often leads to confusion, self-doubt, and feelings of alienation.

Consequences of Identity Crisis

- ✗ Detachment from religion
weakness of faith
- ✗ Mental and emotional struggles
- ✗ Adopting harmful behaviours
- ✗ Hatred towards religion

Solutions for overcoming

- ✓ Surrounding oneself with good company
- ✓ Seeking knowledge through reliable Ulama
- ✓ Parents should listen without judgment and guide with wisdom
- ✓ Finding Ulama who uphold the correct values of Islam and can be role models for them
- ✓ Seeing Islam as a source of strength rather than weakness





Islamophobia & Discrimination

Negative portrayals of Islam in the media, bullying in schools, and general societal prejudice can make Muslim teens feel alienated and hesitant to openly practice their faith.

"Indeed, those who have said, 'Our Lord is Allah' and then remained steadfast – the angels will descend upon them, saying, 'Do not fear and do not grieve but receive good tidings of Paradise, which you were promised'. (Surah Fussilat 41:30)

The Prophet ﷺ said:

"A time will come when holding onto your religion will be like holding onto hot coal." (Tirmidhi 2260)





Mental Health & Well-being

The combination of these struggles can lead to anxiety, depression, and loneliness. Unfortunately, mental health issues are often ignored in some Muslim communities, making it harder for teens to seek support.

Allah gives reassurance:

"Unquestionably, by the remembrance of Allah hearts find peace". (Surah Ar-Ra'd 13:28)

The Prophet ﷺ said: "Strange is the affair of the believer! Everything that happens to him is good. If something good befalls him, he is grateful, and that is good for him. If something bad happens to him, he is patient, and that is good for him."

(Muslim 2999)





Peer Pressure & Social Norms

Western social norms encourage behaviors that contradict Islamic teachings, such as dating, clubbing, and casual relationships. Muslim teens often feel pressured to conform or risk being socially excluded.

"And if you obey most of those upon the earth, they will mislead you from the way of Allah"
(Surah Al-An'am 6:116)

The Prophet ﷺ said: "Whoever imitates a people is one of them." (Abu Dawood 4031)





Social Media Influence

Social media promotes materialism, unrealistic beauty standards, and haram lifestyles, influencing Muslim teens to adopt behaviors that contradict Islamic teachings. It also exposes them to inappropriate content and peer validation culture.

Allah also says: "Indeed, the hearing, the sight, and the heart—
about all those [one] will be questioned."
(Surah Al-Isra 17:36)

"Part of the perfection of one's Islam is his leaving that which
does not concern him."
(Tirmidhi 2317)

Regarding seeking validation online: The Prophet ﷺ said:
"Whoever seeks knowledge in order to compete with the
scholars, or to argue with the foolish, or to turn people's
attention toward himself, Allah will enter him into Hellfire."
(Ibn Majah 253, Tirmidhi 2654)





Haram Relationships

Dating is normalized in Western culture, and many Muslim teens engage in haram relationships due to peer pressure, loneliness, or lack of understanding of Islamic rulings. These relationships can distance them from Allah and create long-term emotional damage.

"Tell the believing men to lower their gaze and guard their chastity... And tell the believing women to lower their gaze and guard their chastity."
(Surah An-Nur 24:30-31)

The Prophet ﷺ said: "No man is alone with a woman but the third of them is Shaytan." (Tirmidhi 1171)





Immodesty & Immorality

With easy access to explicit content online and hypersexualized media, many Muslim teens struggle with temptations such as pornography, masturbation, and illicit relationships. Without proper guidance, these habits can lead to spiritual, psychological, and emotional harm.

"And do not approach unlawful sexual intercourse. Indeed, it is an immorality and an evil way."
(Surah Al-Isra 17:32)

The Prophet ﷺ said:
"Whoever guarantees me what is between his legs (private parts) and what is between his jaws (tongue), I will guarantee him Paradise." (Bukhari 6474)





Music & Its Influence

Music is deeply embedded in Western culture, and many songs promote themes of immorality, vulgarity, and heedlessness. Continuous exposure to such content can distract Muslim teens from spirituality and increase attachment to Dunya (worldly desires).

"And of the people is he who buys idle talk (music) to mislead others from the way of Allah"
(Surah Luqman 31:6)

The Prophet ﷺ said: "There will be people of my Ummah who will make permissible fornication, wearing silk (for men), drinking alcohol, and musical instruments" (Bukhari 5590)





Navigating LGBTQ+ Topics

In Western societies, discussions around gender identity and sexual orientation are widespread, and Muslim teens may find themselves facing questions about their beliefs. Islam upholds the belief that marriage is between a man and a woman and encourages modesty and moral conduct. While being respectful to others, Muslim youth are encouraged to stay firm in their faith and seek guidance from trusted scholars and family members when navigating these discussions.

"Do you approach men with desire instead of women?
Rather, you are a transgressing people."
(Surah Al-A'raf 7:81)

The Prophet ﷺ said: "Indeed, the thing I fear most for my Ummah is the deed of the people of Lut." (Tirmidhi 1457)





Modesty & Dress Code Struggles

Muslim girls who wear the hijab or dress modestly often face discrimination, while boys may struggle with societal expectations that conflict with Islamic guidelines on appearance and behaviour.

Allah commands: "O Prophet, tell your wives and your daughters and the women of the believers to bring down over themselves part of their outer garments. That is more suitable that they will be known and not be abused." (Surah Al-Ahzab 33:59)

"Modesty is a part of faith." (Bukhari 24, Muslim 35)

The Prophet ﷺ once saw a boy whose head was partly shaved and a part was covered with hair. The prophet ﷺ said "shave it all or leave it all" (Abu Dawud 3663)

The Prophet ﷺ forbade the practice of Qaz'a. Ubaidullah asked what Qaz'a was? So he said "When the head of a child is shaved and hair is left here and there, and Ubaidullah pointed towards his forelock and the sides of his head" (Bukhari/Muslim)





Family vs. Society Expectations

Teens often feel caught between the expectations of their Muslim families and the individualistic culture of the West. This can lead to conflicts, misunderstandings, and even rebellion against religious or cultural values.

Allah says:

"And We have enjoined upon man [care] for his parents. His mother carried him, [increasing her] in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the [final] destination." (Surah Luqman 31:14)

The Prophet ﷺ said: "He is not from us who does not have mercy upon our young, nor knows the honour of our elders."

(Tirmidhi 1919, Abu Dawood 4943, Ahmad 7073)





Gender fluidity

Modern Western ideologies promote gender fluidity, encouraging teens to question their biological gender. This conflicts with Islamic teachings on the natural roles of men and women, creating confusion and identity struggles among Muslim youth.

Islam teaches that Allah created men and women with defined roles.

"And He created the two sexes, the male and the female." (Surah An-Najm 53:45)

The Prophet ﷺ cursed men who imitate women and women who imitate men. (Bukhari 5885)





Vapes, Drugs & Intoxicants

Vaping, smoking, and shisha are heavily promoted among teens as “cool” and “harmless,” but they pose serious health risks and can lead to addiction. Many Muslim teens fall into these habits due to peer influence.

Muslim teens face pressure to experiment, often without understanding the consequences.

"And do not throw yourselves into destruction with your own hands" (Surah Al-Baqarah 2:195)



Deprived of the Company of the Pious

Being surrounded by pious and righteous people helps in maintaining faith. Unfortunately, many Muslim teens lack access to good company, Islamic gatherings, and mentorship from scholars, making it harder to stay connected to Deen.

Allah says:

"O you who have believed, fear Allah and be with those who are true."

(Surah At-Tawbah 9:119)

"A man is upon the religion of his friend, so let him look at whom he befriends."

(Tirmidhi 2378)

Hadhrat Mufti Shafi Saheb (Rahimahullah) mentions that the only way of achieving Taqwa is to frequent the company of those who are good both in their actions and true in their words (Mariful Quran)





How Can We Support Muslim Teens?

- ✓ Islamic Education – Strengthening their understanding of faith helps teens resist negative influences.
- ✓ Parental Support – Open communication and guidance. Parents should listen without judgment and guide with wisdom
- ✓ Righteous Friendships – Encouraging good company to remain steadfast upon faith and good morals.
- ✓ Youth-Friendly Islamic Spaces – Children should be encouraged to partake in youth programmes, lectures, lessons of the Quran and Hadith, activities catered for Muslim youth etc.
- ✓ Dua & Patience – Constantly asking Allah for protection of your children's Imaan and if any obstacles appear, endure patience.