

BREAKING STEREOTYPES

Modest Muslim Women Deserve Accurate Representation

WHAT IS MODESTY?

For Muslims, modesty is rooted in cultural and religious values while promoting self-respect and dignity through clothing, mannerisms, and behavior. It enhances spiritual connection and fosters piety, representing a personal choice that empowers Muslims.

COMMON MISCONCEPTIONS

01

"Muslim women are oppressed by wearing modest Islamic clothing..."

This statement is FALSE. Modesty is a personal choice, not oppression. It empowers women to take ownership of their bodies and challenge societal norms of objectification and beauty standards.

02

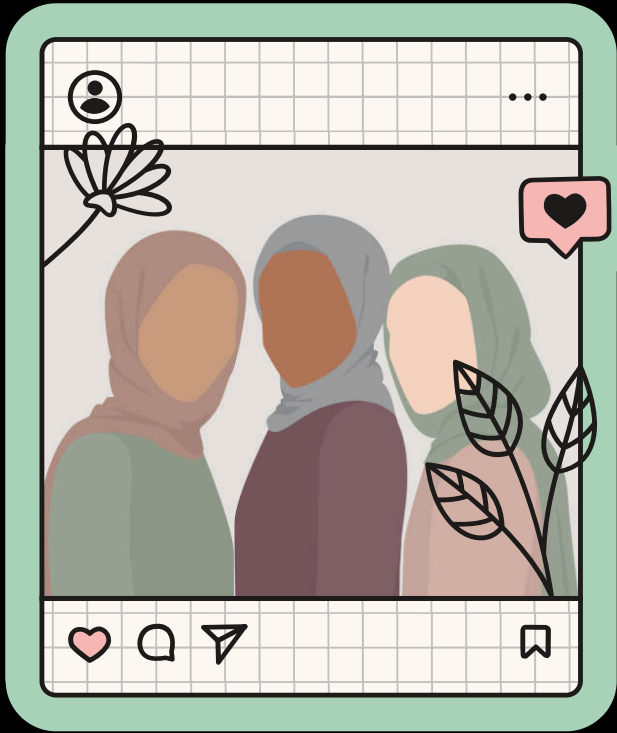
This viewpoint is FALSE. Modesty isn't just for women—it's actually expected of both men and women alike. Islam has never claimed to use modesty as a tool of oppression against women.

"Islamic modest wear is sexist because it targets women specifically..."

03

"Muslim women are forced to dress modestly..."

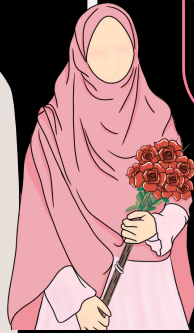
This assumption is FALSE. Muslim women have freedom of choice in their religion. Narrow-minded views on modesty undermine their ability to think and act independently.



"Being bombarded with media that often mentions Muslim women in events like bans of certain modest clothing and whatnot leads people to believe it...and that is terrifying..." -A STUDENT LIKE YOU

70%

Of Muslim women who wear hijab or niqab have experienced discrimination and harassment in public spaces. -Study done by [the Institute for Social Policy and Understanding \(ISPU\)](#)



Western media, political perception of the veil (or hijaab), and influential Western political leaders have been at the forefront of disapproval of Muslim women's modest attire. This has led to the rise of hate crimes, such as "incidences of abuse, both physical and verbal" against modest Muslim women as well as contributing to the rise of prejudice and fueling of Islamophobia.

Bring your attention to the difference in societal treatment by mainstream media when it comes to pop star Billie Eilish and Muslim women concerning their choice of modesty. Why is it that Billie Eilish is commended for her fashionably modest clothing, even recognized for being a "symbol of female empowerment" while Muslim women are labeled as backward or regressive for making the same choices? This double standard demonstrates society's praise for Eilish's modest choice of clothing while simultaneously devaluing Muslim women who choose to do the same.

"It's definitely a struggle sometimes, especially with the lack of media coverage on women that look like me..." -A STUDENT LIKE YOU

WHAT CAN YOU DO?

ADVOCACY AND AWARENESS

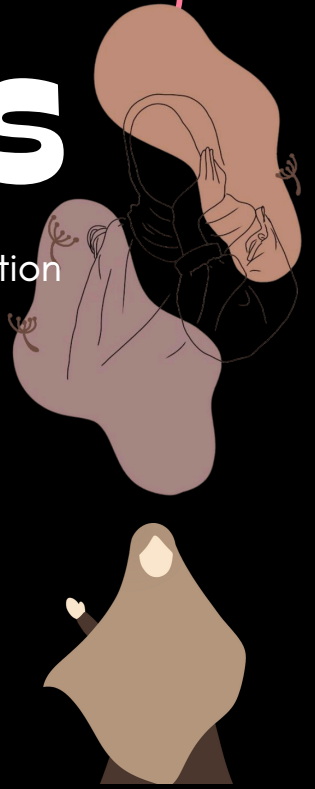
The next time you encounter stereotypes and portrayals of Muslim women in the media, refrain from allowing the media to think for you. To find the truth, take the initiative to question, research, and build connections.

STRENGTH IN NUMBERS

Support organizations that strive to "create 'value based' content to counter negative views of Islam and Muslims..." and "provide a powerful voice for Muslims" is one way to help this cause. A great example is One Path Network.

OUR END GOAL

Address and dismantle damaging narratives surrounding modest Muslim women to build inclusive and diverse societies.



Works Cited

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For my Unit Three multimodal project, I chose City Tech Freshmen as my targeted audience to present my topic of breaking stereotypes about Modest Muslim women in the media. To reach this audience, I created an infographic poster to help engage and catch the attention of my audience.