

## Religious Education

### *Islamic Perspective on how to deal with pornography (Excerpts from talks and articles from Muslim websites):*

There is a need to bring this issue out in the open. Parents and educators alike need to discuss this.

Allah (swt Glory to the Most High) states in the Qur'an, "Say to the believing men that they cast down their looks and guard their private parts; that is purer for them; surely Allah is Aware of what they do." [24: 30]

The first thing that a person with a porn addiction should do is recognize the problem, then turn to Allah in sincere repentance. This involves:

- [a] To desist from the sin
- [b] Feeling remorse for committing the sin,
- [c] Making a firm resolve not to commit it again.

There is no doubt that the viewing of pornography and the act of masturbation are impermissible and major sins in Islam. It is, as Sheikh Nuh Keller says, "Throwing acid" on the roots of one's spiritual development, and its harms manifest both on an individual and societal level.

However, spiritual healing needs to be supplemented with regular therapy, and needs to address issues. Addiction can be caused by trauma (physical and mental abuse, among others) leading to attachment and becomes an anesthetizing tool to deal with painful memories, lack of assertiveness and confidence. Wounds need closure and from there build back self-esteem. Relapse prevention techniques, introducing a deeper understanding of triggers and how to foster a sustainable sense of accountability to Allah and family. In the same way that other types of addiction need regular care, family support, counselling and peer group reinforcement needs to be undertaken. Undertaking enjoyable activities and community programs is also a positive step.

Everyone also needs to be proactive instead of reactive; and undertaking regular prayer and fasting can help to strengthen one's discipline and resolve to keep on the right track.

1. <https://www.seekersguidance.org/answers/general-counsel/does-looking-at-pornography-break-ones-fast/>
2. <https://muslimmatters.org/2017/12/13/confronting-sex-and-porn-addiction-in-muslims/>
3. <https://fightthenewdrug.org/who-are-the-biggest-consumers-of-internet-porn/>

4. <https://www.medicalnewstoday.com/articles/323465.php>

#### **Various references**

1. Muslims need to discuss this issue

<https://www.seekersguidance.org/articles/social-issues/pornography-big-business-amjad-tarsin/>

2. Parents need to discuss this issue with their children

<https://muslimmatters.org/2011/01/12/parenting-v-why-parents-need-to-provide-sexual-education-to-their-kids/>

3. Muslim counselling

<https://purifyyourgaze.com/>

<https://campus.islamiconlineuniversity.com/counseling/counsel.php#>

4. Muslim Peer Group

<https://www.reddit.com/r/MuslimNoFap/>

<https://narratively.com/when-young-muslims-want-to-stop-masturbating-they-turn-to-reddit/>

5. Other references

<https://www.soundvision.com/article/29-tips-for-teens-on-how-to-handle-pornography>

<https://qz.com/india/1038956/a-halal-guide-to-mind-blowing-sex-is-teaching-muslim-women-how-to-set-the-bed-on-fire/>

6. Courses for Muslim counsellors

<https://productivemuslimacademy.com/p/beat-it>