







How to Make Sense of the Genocide in Palestine

Why This Matters

It's painful to see injustice and suffering. You are not alone in feeling sad, confused, or helpless. But, we know that Allah is the Best of Planners and we take spiritual comfort in this.

Tips to Stay in Control

-  Talk to someone you trust about how you feel or talk to your student peers.
-  Express yourself through writing, art, journaling, or poetry
-  Limit how much graphic content you watch
-  Make dua for those affected and ask Allah for justice and peace
-  Learn about the situation from trustworthy sources
-  Channel your energy into action (e.g., fundraising, awareness campaigns, protesting)

Islamic Reminder

"Do not think Allah is unaware of what the wrongdoers do. He only delays them..." (Qur'an 14:42)

You Are Not Alone

Reach out to your wellbeing team, chaplain, or connect with a teacher. *Your voice, even if small, matters.*