Muslim Wellness Foundation + Sapelo Square

ELECTION WELLNESS TOOLKIT

www.ElectionWellness.com

ELECTION WELLNESS TOOLKIT

POLITICAL WELLNESS

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POLITICAL WELLNESS

Political wellness is the ability to accurately and insightfully evaluate the questions of power that impact your life and make informed decisions.

ELECTION WELLNESS TOOLKIT - POLITICAL

VOTER SUPPRESSION

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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 under more of a threat than usual.

COMMUNITY CONCERN: VOTER SUPPRESSION

"HOW DO I VOTE SAFELY?"

VOTER SUPPRESSION

HAVE A VOTING PLAN

QUICK TIP

ELECTION WELLNESS TOOLKIT - POLITICAL

VOTER SUPPRESSION

CONFIRM YOUR REGISTRATION

Are you registered to vote?

CHOOSE HOW YOU WILL VOTE

Mail-in ballot?

Designated drop box?

In person (early voting or on Election Day)?

CONFIRM DEADLINES & LOCATIONS

When are mail-in ballots due?

Where is the drop box or polling place?

QUICK TIP

VOTER SUPPRESSION

PROBLEMS VOTING OR QUESTIONS?

Call the national, non-partisan Election Protection hotline:

English: 1-866-OUR-VOTE (1-866-687-8683)

Espanol: 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

QUICK TIP

VOTER SUPPRESSION

IF YOU HAVE VOTED...

And want to do more - you can help family, friends, neighbors and others vote

Support non-partisan efforts to protect voters

QUICK TIP

VOTER SUPPRESSION

REFLECTION QUESTION

Why is voting important to me, regardless of the outcome?

What do I need to do to feel safe voting?

CONTESTED ELECTION

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 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.

COMMUNITY CONCERN: CONTESTED ELECTION

"WHAT WILL A CONTESTED ELECTION MEAN FOR ME, MY FAMILY? COMMUNITY?"

CONTESTED ELECTION?

Stay **Calm** and Stay **Ready**.

QUICK TIP

CONTESTED ELECTION?

PREPARE YOURSELF MENTALLY FOR A CONTESTED ELECTION

The pandemic means many are choosing mail-in voting and as a result, **we will not know who won on election night and that's OK because all votes must be counted.** Know that any suggestions that this delay is the result of election fraud is meant to confuse and cause anxiety.

QUICK TIP

ELECTION WELLNESS TOOLKIT - POLITICAL

CONTESTED ELECTION?

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, undemocratic, etc. to avoid normalizing the abnormal.

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.

QUICK TIP

CONTESTED ELECTION

REFLECTION QUESTION

What do I need to know and who do I need to be connected to now?

ELECTION WELLNESS TOOLKIT - POLITICAL

ISSUE:

FAKE NEWS

There is A LOT of information coming at us everyday. Sometimes the information is blatantly false, like the rumors the coronavirus came from 5G towers. Other times, the information is intentionally manipulated. For example, in the lead up to the 2016 presidential elections, fake websites, fake social media accounts representing fake organizations were to mislead voters.

COMMUNITY CONCERN: FAKE NEWS

"HOW DO I KNOW WHAT I'M SEEING...IN MY FACEBOOK FEED...WHATSAPP MESSAGE..GOOGLE SEARCH, ETC. IS ACCURATE?"

Fake News

TREAT THE NEWS LIKE HADITH

CONSIDER YOUR SOURCES

Who is sharing the information?

CONSIDER THE CONTENT

Does the information make sense?

CONSIDER YOUR ROLE

Confirm information before sharing

QUICK TIP

Fake News

CONSIDER ONLY A FEW

Identify the people trust for information from and stick listening to them during this election season

CONSIDER A BREAK

Step away from the media fray consistently so you don't get so overwhelmed

QUICK TIP

FAKE NEWS

REFLECTION QUESTION

Who are the folks, friends, families, teachers, that you usually feel confident are sharing accurate information?

ABOUT US

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 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.

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