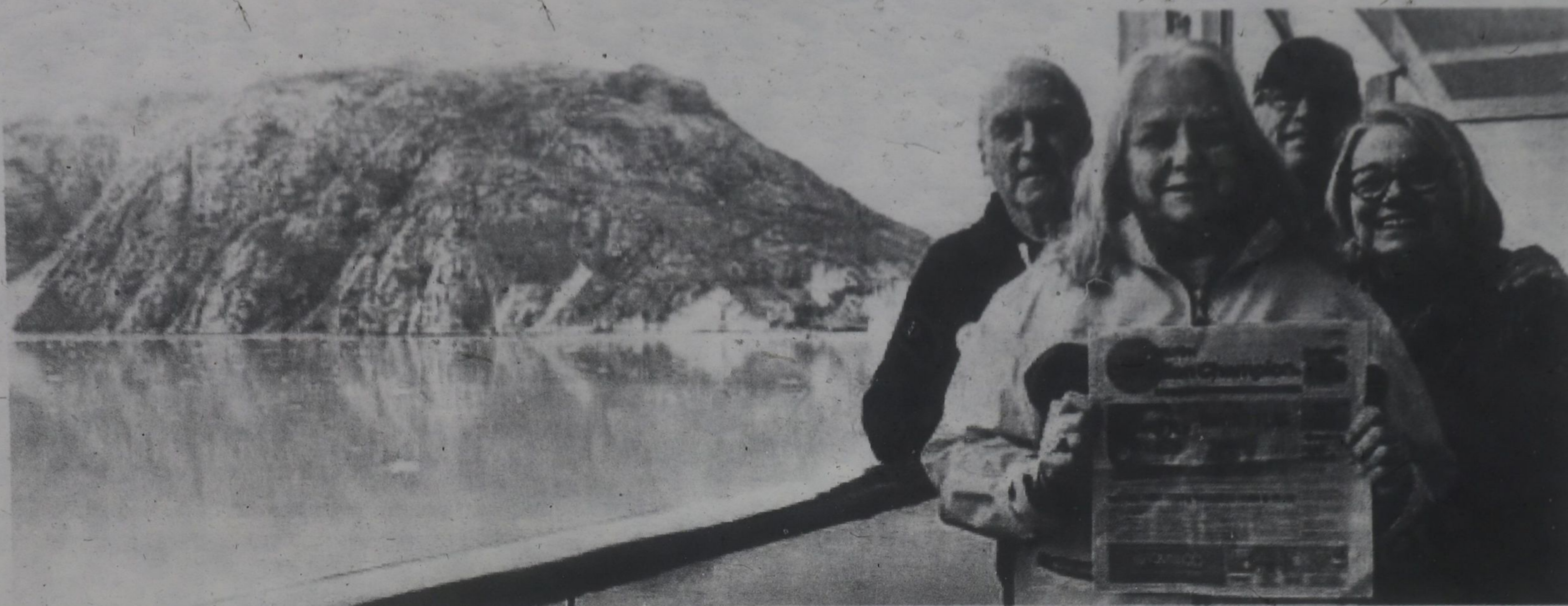


CHAMPION TRACKS



Linda Belford photo

Dick and Linda Belford and Jean and Joe Gregoris visit Glacier Bay, Alaska. Going on vacation? Be sure to pack a copy of your Milton Champion and send us a photo with it to sleblanc@metroland.com. Please include destination information and everyone's name left to right.

OPINION

MODESTY IS PREDOMINANTLY A 'MEN' PROBLEM

BUT 'WE' CAN CHANGE THAT, WRITES MAQBOOL SHEIKH



MAQBOOL SHEIKH
Column

Ever notice the headlines around #MeToo and sexual assault allegations predominantly feature men as the accused or convicted (some cases confessions)? Why is

that? Lack of modesty.

The word "modesty" comes from the Latin word modestus which means "keeping within measure" and means behaviour, manner, or appearance intended to avoid impropriety or indecency. Being modest refers to your behaviour; being humble refers to your ego and not flaunting your achievements.

Islam is only one of many religions that connect modesty to faith with specific garments. Many Mormons, Amish, Orthodox Jews and Christians promote modest

appearance, among men and women, to various degrees.

What we often times forget though is the focus on modesty is not so much on physical garments, but modesty of the mind.

In Islam the primary responsibility and emphasis on modesty actually starts with men as the Quran (Islamic Holy book) addresses men first. The Quran commands men to not stare at women and to not be promiscuous. The Quran 24:31 obliges men to observe modesty: "Say to the believing

men that they restrain their eyes and guard their private parts.

That is purer for them. Surely, Allah is well aware of what they do."

We learn from this verse that men are commanded to reform themselves first and exclusively.

This is clearly a 'men issue' as demonstrated time and again with the likes of Harvey Weinstein to more recently Tony Clement and the St. Michael's all boys' school sexual assault scandal.

The Prophet Muham-

mad's directives to men, "Be chaste yourselves, and women will be chaste as well," again putting the primary burden of modesty on men.

Let's be very clear understanding two facts as outlined by @MuslimIQ - Qasim Rashid. First, a woman's attire, alcohol intake, marital status, and education level do not contribute to sexual abuse - abusive men do. Second, sexual abuse doesn't happen in a vacuum. Every level of society - social norms, media, and Government - is complicit in promoting the rape and hazing culture that perpetuates sexual abuse.'

Since all levels of society

are involved we need to take a hard look and re-analyze what we consider 'normal' and all this begins with our thoughts. All actions start with thought. Modest thoughts lead to modest behaviour.

Men need to stop obsessing over women, power, control and focus thoughts with modesty and worry about reforming ourselves first.

We owe it to ourselves and the world to become the best versions of ourselves.

Maqbool Sheikh is a Director of Advocacy and Public Relations with the Ahmadiyya Muslim Jama'at Canada. Follow him at @thecndnmuslim.

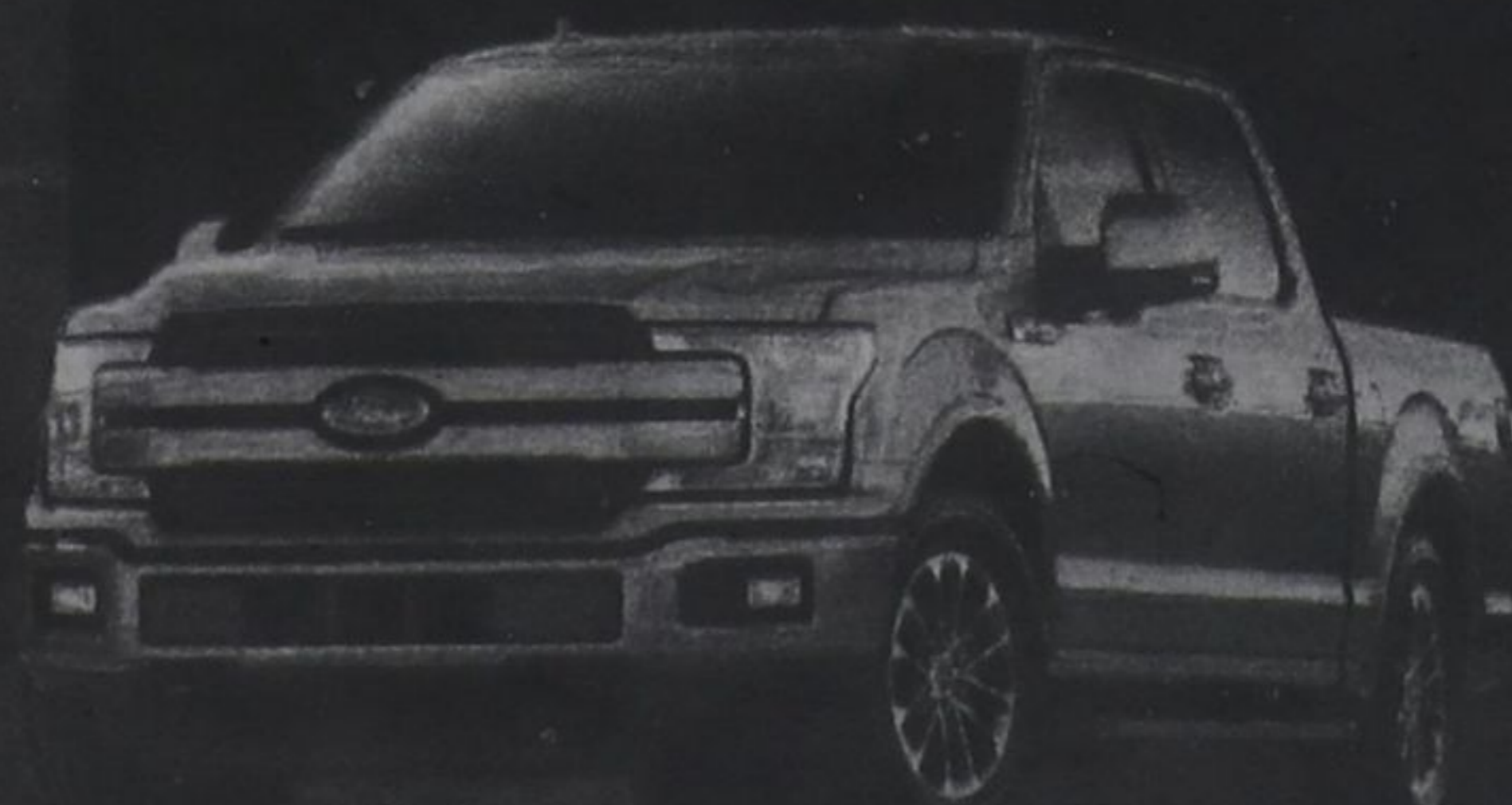
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