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Protecting Myself

An Islamic Guide to Safety, Wellbeing and Behaviour

By Maulana Muhammad Ibrahim

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***By* Maulana Muhammad Ibrahim**

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ABT PUBLICATIONS
9 Cornwall Place • Bradford • BD8 7JT • United Kingdom

W: www.alifbaatuition.org
E: alifbaatuition@gmail.com
T: 0800 002 5287

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

In the name of Allăh, the most Gracious, the most Merciful

اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلٰى نَبِيِّنَا مُحَمَّد
وَالْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِيْن

0 Allăh, send peace & blessings upon our Prophet, Muhammad and praise belongs to Allăh, the Lord of all the worlds

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Abbreviations:

ﷻ - 'Jal-la Jală-lu-hu' -

May His (Allăh) Glory be Glorified

ﷺ - 'Sal-lal-lăhu alai-hi wa-sal-lam' -

Peace & Blessings Upon Him

ؓ - 'Radhi Allahu Anhu'

May Allah Be Pleased With Him

Introduction

This booklet has been created to support a young children in understanding the importance of personal safety, wellbeing, responsible behaviour, and Islamic values in daily life.

The purpose of this work is not only to address a specific incident, but more importantly to provide education, reflection, and personal development so that the child builds awareness of how their actions can affect themselves and others.

In both safeguarding principles and Islamic teaching, a child's wellbeing is a trust. Islam teaches that the human body is an Amanah (trust) from Allah ﷻ, and therefore it must be protected from harm, negligence, or misuse. Likewise, in educational settings, schools and Madaris are committed to safeguarding pupils by promoting safe behaviour, emotional awareness, and responsible decision-making.

This booklet combines:

- Core safeguarding principles used in UK education
- Guidance on self-awareness and safe behaviour
- Reflection activities to encourage understanding
- Islamic teachings from the Quran, Sunnah, and the lives of the righteous predecessors

Each section includes short explanations, relevant examples, and simple activities designed to help the child think carefully about their actions, develop self-control, and understand the consequences of unsafe behaviour.

The aim is to support the child in:

- Developing responsibility for their own safety
- Understanding the importance of avoiding harm to themselves and others
- Building awareness of wellbeing and emotional regulation
- Strengthening Islamic character and good conduct (Akhlaq)

We hope this booklet serves as a positive learning experience that encourages reflection, maturity, and personal growth.

Maulana Muhammad Ibrahim
Founder - Alif Baa Tuition
12th April 2026 / 24th Shawwaal 1447

Safeguarding Principles – Keeping Myself Safe

Safeguarding means making sure that I am safe, protected, and looked after. My parents, teachers, and Madrasah all have a responsibility to keep me safe. But as I grow older, I also have a responsibility to keep myself safe.

Being safe is not only about avoiding big dangers. It also includes small actions. Sometimes, something may feel like a joke or just something to do out of boredom, but it can still cause harm. That is why I must always think before I act.

In Islam, my body and my life are an Amanah (trust) from Allah ﷻ. This means I do not own my body to do whatever I want with it. I must take care of it and protect it. Just like I would not damage something valuable that belongs to someone else, I should not harm my own body.

Safeguarding means:

- Following rules that are there to protect me
- Listening to adults who guide me
- Avoiding anything that could cause harm
- Speaking up if something feels unsafe

If I am unsure about something, I should ask myself:

- Is this safe?
- Could this hurt me or someone else?
- Would a responsible adult be happy with this?

If the answer is no, I should not do it!

I should also remember that Allah ﷻ sees everything I do. Even if no one else is watching, I should still do what is right.

Read and reflect on the following Hadeeth:

The Prophet ﷺ said:

"There should be neither harming nor doing harm in return." (Ibn Majah)

This means a Muslim should never harm themselves or others.

The Sahabahs (companions) understood from this teaching that even small harm is not allowed. They became very careful in their actions. They would avoid anything that could cause injury, even by mistake.

Lesson: I learn that:

- Even small harm is not acceptable
- I must think before I act
- Being safe is part of being a good Muslim

Brainstorm Activities 🧠

1. Think & Reflect

Answer these in your own words:

- What does safeguarding mean?

- Why is your body an Amanah from Allah ﷻ?

- Name 2 things you should do to keep yourself safe

2. Spot the Safe Choice

Circle the safe option:

a) You find an object or something that is not safe

- Use it to play
- Give it to a teacher

b) You feel unsure about something

- Keep quiet
- Ask an adult

3. Real-Life Scenario

You see someone doing something unsafe in class.

👉 What should you do?

Write 2-3 sentences explaining your answer.

4. Personal Rule

Write one rule you promise to follow to keep yourself safe:

👉 "I will always _____

_____"

Self-Harm Awareness – Understanding and Avoiding Harm

Self-harm means hurting my own body on purpose, even if it seems small. Sometimes people do this out of boredom, curiosity, or without thinking properly.

Even if I do not mean serious harm, hurting my body is still wrong.

My body is a gift from Allah ﷻ. He created me perfectly, and I must respect and protect my body. Islam teaches me that I am not allowed to harm myself.

Sometimes I might think:

- "It's just a small thing"
- "It won't matter"

But small harm can:

- Damage my skin
- Lead to infection
- Become a bad habit
- Cause others to copy me and get hurt

That is why I must always stop and think before doing anything that could harm me.

If I feel bored, I should choose something safe instead. If I feel unsure, I should speak to a trusted adult.

Read and reflect on the following Hadeeth and story:

The Prophet ﷺ said:

"Your body has a right over you." (Sahih Bukhari)

Abdullah ibn Umar ؓ and Following the Sunnah

Abdullah ibn Umar ؓ was known for being extremely careful in following the teachings of the Prophet ﷺ. He would avoid anything that could harm him or go against the Sunnah.

Even in small matters, he was careful. He respected his body and his actions because he knew he would be answerable to Allah ﷻ.

Lesson: I learn that:

- I should respect my body at all times
- Even small harm is not okay
- Being careful is part of following Islam

Brainstorm Time 🧠

1. True or False

Write True or False:

- Hurting yourself a little bit is okay
- Your body is a gift from Allah ﷻ
- Small harm can become a bigger problem

2. Why is it Wrong?

Complete the sentence:

Hurting my body is wrong because:

👉 _____

_____

_____

👉 _____

_____

_____

3. What Would You Do?

You feel bored and see something you could use in a harmful way.

👉 What should you do instead?

Write 3 safe things you could do.

4. Talk It Out

Write the name of 2 trusted adults you can speak to:

-
-

Safe Behaviour – Making Good Choices Every Day

Safe behaviour means making good choices that protect me and others. Every day, I make decisions, and those decisions have consequences.

Being safe includes:

- Using things properly
- Not misusing objects
- Following rules
- Thinking before acting

Sometimes, something small like a sharp object can become dangerous if used in the wrong way. That is why I must always be careful.

Before doing anything, I should ask:

- Is this safe?
- Is this the right thing to do?
- Would I want others to copy me?

If something is not safe, I should not do it—even if others are doing it.

I should also remember that my actions affect others. If I do something unsafe, others might copy me and get hurt. That means I am responsible not just for myself, but also for my influence.

Read and reflect on the following Hadeeth and story:

The Prophet ﷺ said:

"Part of the perfection of a person's Islam is leaving that which does not concern him." (Tirmidhi)

Sayyiduna Abdullah ibn Abbas ؓ – A Wise Young Boy

Sayyiduna Abdullah ibn Abbas ؓ was young, but very wise. The Prophet ﷺ made Dua for him to gain knowledge and understanding.

Even as a child, he would think carefully before speaking or acting. He stayed close to what was right and avoided wrong actions.

Lesson: I learn that:

- Age does not stop me from being responsible
- I can make wise and safe choices
- I should be a good example to others

Brainstorm Activities 🧠

Lesson 1

Sayyiduna Abdullah ibn Abbas ؓ – A Wise Young Boy
Sayyiduna Abdullah ibn Abbas ؓ was young but wise. He thought carefully before acting and stayed close to what was right.

👉 What I learn:

- Age does not stop me from being responsible
- I can make wise and safe choices

Activity 1

1. Good or Bad Choice?

- Thinking before acting ➜ _____
- Copying unsafe behaviour ➜ _____

2. Finish the sentence:

- A wise person thinks before _____

Lesson 2: My Actions Affect Others

If I do something unsafe, others may copy me and get hurt.

👉 What I learn:

- I am responsible for my influence
- I should be a good example

Activity 2

1. Scenario

Your friend is doing something unsafe.

👉 What do you do? Write 3 sentences.

2. Be a Leader

Write one way you can be a good example:

Looking After My Wellbeing – Taking Care of Myself

Wellbeing means taking care of my body, mind, and feelings. It means staying safe, healthy, and balanced.

Sometimes I may feel bored. That is normal. But boredom should never lead me to do something harmful.

Instead, I should:

- Play sports or be active
- Read or learn something new
- Spend time with family
- Do something creative

In Islam, time is a blessing from Allah ﷻ. I should use my time in a good way and avoid harmful actions.

Looking after my wellbeing also means asking for help. If I feel confused or unsure, I should talk to a trusted adult. Speaking up helps keep me safe.

I should remember:

- My body is an Amanah
- My actions matter
- I am responsible for myself

Read and reflect on the following Hadeeth and story:

The Prophet ﷺ said:

"A strong believer is better and more beloved to Allah ﷻ than a weak believer..." (Sahih Muslim)

Sayyiduna Umar ibn Khattab ؓ and Responsibility

Sayyiduna Umar ibn Khattab ؓ was a strong and responsible leader. He cared deeply about people and always thought about his actions.

He once said that even if an animal went hungry under his care, he would feel responsible.

This shows how seriously he took responsibility—not just for others, but for everything under his care.

Lesson: I learn that:

- I am responsible for my actions
- I should take care of myself seriously
- I should always try to do what is right

Brainstorm Activities 🧠

Lesson 1: Sayyiduna Umar ibn al-Khattab ﷺ and Responsibility

Sayyiduna Umar ibn Khattab ﷺ took responsibility very seriously. He cared deeply about doing what is right.

👉 What I learn:

- I must take responsibility for myself
- My actions matter

Activity 1

1. Reflection

What does responsibility mean?

👉 Write 2 sentences.

2. Complete the sentence.

- I am responsible for _____

_____

_____

Lesson 2: Using My Time Well

Boredom should not lead to harmful actions. I should use my time in a good way.

👉 What I learn:

- My time is a gift from Allah ﷻ
- I should choose beneficial activities

Activity 2

1. Healthy or Unhealthy

- Playing sports ➜ _____
- Doing something harmful ➜ _____

2. My Plan

Write 3 good things you can do when bored:

1.

2.

3.

Final Commitment

My Promise

I understand that:

- My body is an Amanah from Allah ﷻ
- I must not harm myself or others
- I should make safe choices

I promise to:

- Think before I act. I will ask myself the 3 safety questions (page 10, 17). If any one or all 3 answers are not safe, I will not carry out that action.
- Keep myself safe
- Ask for help when needed

Name: _____

Signature: _____

Date: _____

Checked by: _____ (Staff Member)

Position: _____

Signature: _____

Date: _____

NOTES

NOTES

This workbook has been designed to help young Muslims understand the importance of safety, wellbeing, and responsible behaviour through both Islamic teachings and everyday guidance.

Combining key safeguarding principles with lessons from the Qur'an, Sunnah, and the lives of the Sahabahs, this booklet encourages young pupils to reflect on their actions, make safe choices, and develop strong character.

Through simple explanations, real-life scenarios, and engaging activities, students are guided to understand:

- The importance of protecting themselves and others
- How their actions can influence those around them
- The value of responsibility, self-control, and good behaviour

This resource aims to support personal growth, helping young Muslims become more aware, thoughtful, and responsible in both their learning environment and daily life.

ABOUT THE AUTHOR

Maulana Muhammad Ibrahim started his early years Maktab at Madinatul Uloom, Bradford and moved onto Alimiyah studies at Darul Uloom in Bolton. He graduated in 2007 as a scholar in Islamic Education from JKN, Bradford. He continued his secular education in MYC (Mentoring Young Children) and gained a Degree at the University of Bradford. Since then he has founded Alif Baa Tuition and Sunnah Marriage Service.

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