

## You could support your Muslim friends by:

Taking an interest –  
ask why they are  
fasting

Not making it  
awkward by  
apologising for  
eating around them –  
they expect that you  
will continue to do so



Don't try and tempt them by  
offering them food

Doing good deeds  
each day of the  
month of Ramadan

Donating to charity

Try fasting yourself,  
even just for a few  
hours, to show  
solidarity

'RESPECT'

Yourself  
Others  
Your School

"A good friend not only cares about your relationship with them but also your relationship with Allah" – Saad Tasleem

'RESPECT'

Yourself  
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