

## How to support Young Pirates during Ramadan

**We are aware that a number of our Young Pirates and Crewmates will be keeping Ramadan in the coming weeks and we want to ensure that everyone feels welcomed and supported.**

How to support a YP keeping Ramadan:

- We can't assume who will or won't be fasting - but take any opportunity you have to positively share about Ramadan. For example, by showing friendly curiosity about ways children may be celebrating with their family or wishing a child or their family a good Ramadan by saying "Ramadan Mubarak" (Blessed Ramadan).
- Give friendly support to any child who is trying to honour their fast but is finding it difficult. It's not up to us to force them to break or hold their fast, but if any child is particularly worried and upset trying to hold it, please inform a session leader.
- Allow fasting children to opt out of physical games or give them additional brain breaks.

### Key terms

Ramadan is the 9th month of the Islamic calendar and denotes the festival

Iftar is the breaking of the fast each day, at around sundown usually after prayers

Eid-al-fitr is the celebration at the end of Ramadan

### Find out more about Ramadan

The focus can become about being tired and hungry but Ramadan is a really important and special festival. If you are not familiar with the practices you could find out more. Here are some resources and ideas:

- A simple guide to [Ramadan and Eid](#)
- The BBC Asian network has a [fun podcast](#) for anyone with questions
- Some area host community iftars or allow you to donate to iftar dinners for families in need
- You can see the [Ramadan lights](#) in the West End!
- Check out this [blog](#) about what it's like to be a Muslim teacher during Ramadan

