

## Helpful Extras: Background

- Muslim women wear modest clothing, meaning very little skin is showing (for example, no shorts or short dresses).
- Because they wear modest clothing, their entire body is covered except for their hands and face.
- If the girls are wondering why Muslim women wear modest clothing, it is part of the Muslim culture, just like wearing a certain bracelet or necklace may be part of their religious culture.
- Fencing is a sport in which two people fight with small swords based on a series of set rules.
- No one is stabbed or injured with the sword in fencing.
- While the athletes do wear protective gear, they are never in danger because of the swords they are using.
- From the head down, athletes touch a small sensor on their opponents uniform that signals they have won a point.
- Fencing is a sport of graceful and skillful tactics that allow you to carefully beat your opponent, just by a touch on their uniform.
- From an adult perspective, read Ibtihaj's story from her lens here: <https://www.lennyletter.com/story/ibtihaj-muhammad>. This can help mentors better understand Ibtihaj's hurdles, and share them with the girls.

- Ibtihaj was the first Muslim American woman to win a medal at the Olympics. She was also the first woman to wear a hijab while competing in the Olympics for the United States.



### DID YOU KNOW?

- When Ibtihaj was a girl, there were not many dolls were African American and wore a hijab. Ibtihaj used to make hijabs for her dolls so they would look just like her.
- Today, there is a doll that looks just like Ibtihaj! Ibtihaj wants girls to be able to see women that look like them everywhere, so they know they can do anything they set their minds to!