

It takes  **HEART** to grow
Celebrating ten years of heart



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Ten Year Growth Report

Below is a timeline of our important milestones and accomplishments, embedded in the larger landscape of the parallel movements and moments that informed our work in the last 10 years.



1 2001–PRESENT:
Anti-Muslim sentiment rises



2 2012–2013:
Re-authorization of VAWA (Violence Against Women Act)



3 2013–2015:
Amplification of Title IX on college campuses

SPRING 2011: FIRST YEAR-LONG COLLEGE PROGRAM

HEART launches its first ever, year-long sexual health and anti-sexual assault advocacy peer educator training. This year-long training was the first capacity building program with established organizations as our partners in this work—Advocates for Youth, The Center for Urban Research & Learning at Loyola University, and Rape Victim Advocates.

- 5** core, salaried staff members in 4 different states
- 40** publications and videos, reaching more than 100,000 people
- 1** HEART campus chapter was incorporated
- 22** trainers and dozens of interns nationally
- 10K** people from across the country have participated in our workshops and trainings
- 20** campuses across the U.S. hosted HEART programming
- 3** HEART-led, national, peer-reviewed studies that have deepened our understanding of the sexual health of Muslims
- 100+** survivors of sexual violence received advocacy services from HEART
- 1K** professionals from college campuses and organizations received training from HEART

Ten years ago, HEART was a local, volunteer-run effort in Chicago created as a direct response to the lack of Muslim-led initiatives in the fields of reproductive justice and anti-sexual violence advocacy. Now, with ongoing programming coast to coast, we have grown into a national movement, led by diverse Muslim women. We work to equip Muslims with the resources, language, and choice they need to nurture their sexual health and confront sexual violence. As our organization grew, so did other critical movements around us, informing and deepening our understanding of intersectional approaches to sexual health and anti-sexual violence advocacy. With each current event or policy change, we responded, innovated, and grew in our thought leadership. Truly, HEART has transformed the conversation and has facilitated a much needed change: more Muslims are equipped with the knowledge they need to make safe, informed decisions, and more Muslims have the necessary tools to become agents of change in their communities to work to end sexual violence. We have accomplished a lot in the last decade, and our growing movement is only getting stronger. In the past 10 years of HEART, here are just a few of our accomplishments:

For the last 10 years, HEART has examined the numerous intersections that Muslims navigate: race, class, faith, religious practice, Islamophobia, xenophobia, immigration, and anti-blackness. HEART has shown how those intersections can be extreme barriers to accessing safe, affordable reproductive health and sexual violence prevention services and information. With your continued support, we begin our next 10 years working towards a bold vision: a world where all people, including Muslims, are free from sexual violence and thrive in the communities they live, work, and pray in. Looking ahead to the next 10 years we hope to:

- Build a larger, stronger base so Muslim voices in the fields of reproductive justice and sexual violence prevention are heard, valued, and uplifted
- Create opportunities in our communities to address the systemic causes of sexual violence by affecting change at institutional & policy levels
- Develop partnerships, combining best practices in mental & public health, racial justice, gender justice, disability justice, and Islamic scholarship
- Expand our reach to include all diverse Muslim communities in the United States
- Deepen our understanding of the unique needs of Muslim communities through leading national research studies

This moment in time is unique for HEART and for the reproductive justice and gender-based violence justice movements growing within American Muslim communities. We invite you to join us in this critical work.

With Gratitude,

Nadiah Mohajir

Nadiah Mohajir
HEART Founder & Executive Director

OUR BOARD

- Wajilha Akhtar-Khaleel, Co-Chair
- Shirley Ma, Co-Chair
- Mahdia Lynn, Vice Co-Chair
- Saira Rasheed, Treasurer
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OUR SUPPORTERS

- AAUW
- Advocates for Youth
- Afzal Family Foundation
- Brown Family Foundation
- Chicago Foundation for Women
- CURL at Loyola University
- El Hibri Foundation
- Hurma Project
- Interfaith Youth Core
- KARAMAH
- LUSH Cosmetics
- McCormick Foundation
- Move to End Violence
- The National Football League
- NoVo Foundation
- Radical Imagination Family Foundation
- Raliance
- Third Wave Fund
- US Department of Justice
- Office on Violence Against Women
- As well as many generous individual donors

OUR STAFF

- Nadiah Mohajir, Founder & Executive Director
- Sameera Qureshi, Director of Education & Training
- Sahar Pirzada, Programs & Outreach Manager
- Aisha Ismail, Development & Operations Manager
- Navila Rashid, Programs & Communications Manager

2011 - 2013: EXPANDING BEYOND CHICAGO

HEART programming starts piloting in other cities, beginning in San Fernando Valley, California. This lays important foundations for a national virtual team that is also rooted locally in their respective communities.



4 2014–PRESENT:
Multiple prominent Muslim leaders accused of sexual misconduct and violence

2013 - 2014: LAUNCH OF VIRTUAL RESOURCE CENTER

HEART launches its virtual resource center (VRC) with the release of its first two publications, blog, and first cohort of peer educators trained to respond with RAHMA. The VRC now features 26 publications and 15 videos which have reached over 100,000 people.

2014 - 2016: HEART SUPPORTS JANE DOE 1 IN PROMINENT SEXUAL ASSAULT CASE

HEART publicly supported Jane Doe, who came forward with allegations of sexual assault against a prominent imam in Chicago. The HEART team spent hundreds of hours providing survivor advocacy, referrals to law enforcement, lawyers, and social services. In 2015 the imam was arrested and in August 2016, pled guilty to all counts of sexual assault. Because this case was reported in the New York Times, sexual violence in Muslim communities quickly became a national conversation.

2016 - 2019: HEART TEAM EXPANDS

HEART receives increased funding and visibility, which enables the team to expand. Now, the national HEART team includes 5 staff and 22 trainers: dynamic, accomplished individuals with expertise in fields of reproductive justice, mental health, sexual violence prevention, public health, and trauma.

2015 - PRESENT: RESEARCH

HEART leads national studies in collaboration with researchers from University of Illinois at Chicago, Center for Urban Research and Learning at Loyola University, and the Muslim American Women's Policy Forum. There is a lack of community-informed research on sexual health in Muslim communities, so we are proud to partner with these organizations to focus on research on sexual health and sexual violence.



6 2017–PRESENT:
Amplification of the #MeToo movement

2017 - 2019: VIRTUAL COMMUNITY & MEDIA ENGAGEMENT GROWS

Our online and media visibility grows exponentially and we are featured in Teen Vogue, NPR Weekend Edition, and Fusion TV's "Sex Right Now." This gives us the opportunity to gain greater public awareness, amplify health education efforts, and reach more people.

2018: HEART STAFF RECOGNIZED FOR CONTRIBUTIONS

HEART Staffers Nadiah Mohajir, Sahar Pirzada, and Sameera Qureshi receive awards and recognition for their pioneering work and impact in Muslim communities from both mainstream and Muslim groups.

2019: BUILDING CAPACITY THROUGH NATIONAL CONVENINGS

We hosted our first two national convenings, bringing together more than 70 diverse students and professionals from across the country for in-depth trainings. Participants spent two days resource mapping and learning about how to build more victim-centric spaces for Muslim survivors on college campuses.



7 2019:
Abortion Ban



5 2016
The 2016 Election