A green plant with several leaves is positioned on the left side of the image, resting on a white surface. Below the plant is a small white sign with the words 'FEEL GOOD' written in a simple, hand-drawn font. The sign is placed on a white background that also features some faint, partially visible text from a document or book. The overall scene is bright and clean, with a focus on the plant and the sign.

EMPOWERING THE SILENCED DURING THE PANDEMIC: BUILDING RESILIENCE FOR A BETTER TOMORROW

NURAZZURA MOHAMAD DIAH

Department of Sociology and Anthropology, AHAS KIRKHS
International Islamic University Malaysia (IIUM)

nurazzura@iium.edu.my

1st International Virtual Summit on Medical Sociology & Public Health
2 December, 2021



PART 01

Introduction



Who are the silenced?

PEOPLE CLOSEST TO US

Family members, friends, spouse,
children

WORK RELATIONSHIPS

Boss, peers, co-workers



OTHER PEOPLE

Bankers, clients, suppliers, cashiers



Why the silenced?





The silenced narratives

I quit uni. There's too much stress at home. I can't focus reading or completing my assignments. **I'm different now** - anxious, weak, demotivated. I'm not sure if my friends & the lecturers understand.

I lost my job. I got bills and loans to pay. I feel sorry that my wife need to pay a lot of things now. Honestly, **I feel incompetent** as a husband.

Laila*
Student

Aminah*
Mother

Ali*
Executive

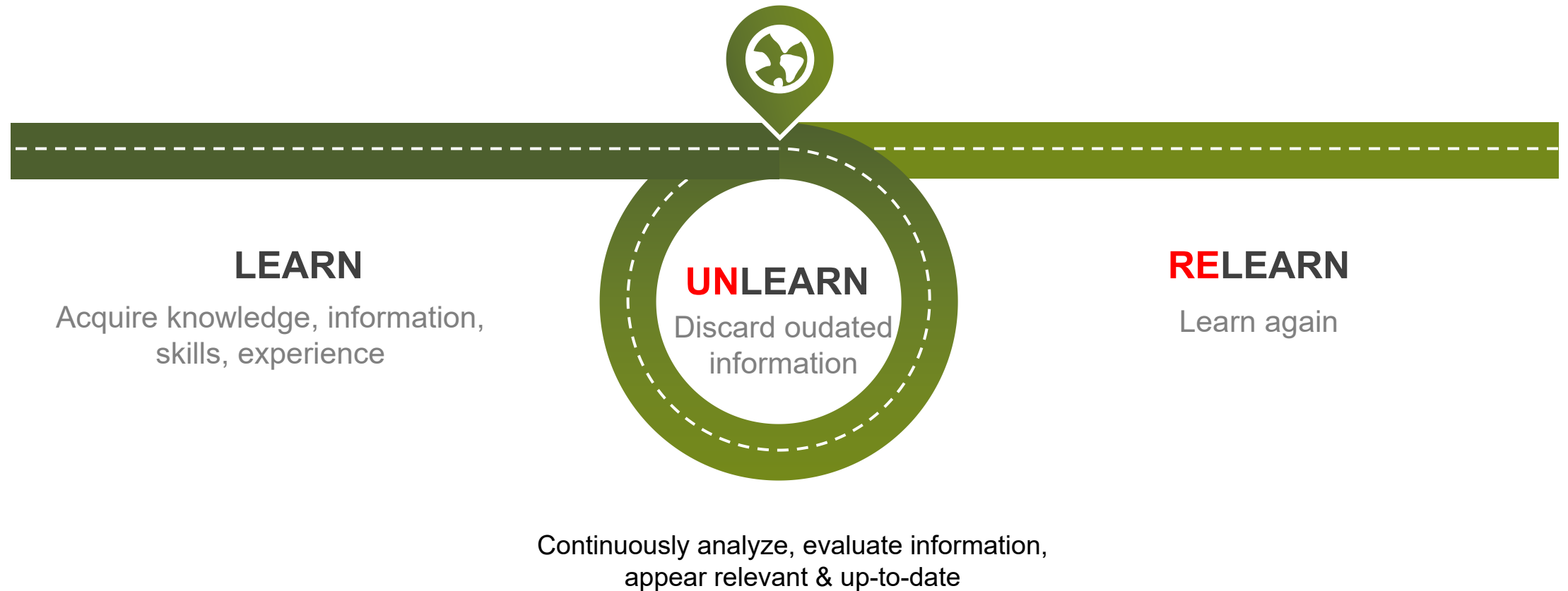
Fatimah*
Daughter

I've changed and my husband are not aware of that! I'm exhausted. Too many things on my plate - my work, meetings, the kids online classes, kitchen, etc. etc.

I can't grasp subjects in school easily. I don't go to school at least for a week because **I don't have enough money** to buy menstrual pads. My parents have to spend more every month to buy pads for me and my sister.



Empowering the silenced is a process





PART 02

Taking Action



What can we do?



To empower the silenced, we must continually look for ways to make them feel more valuable and important.

Listen & Learn



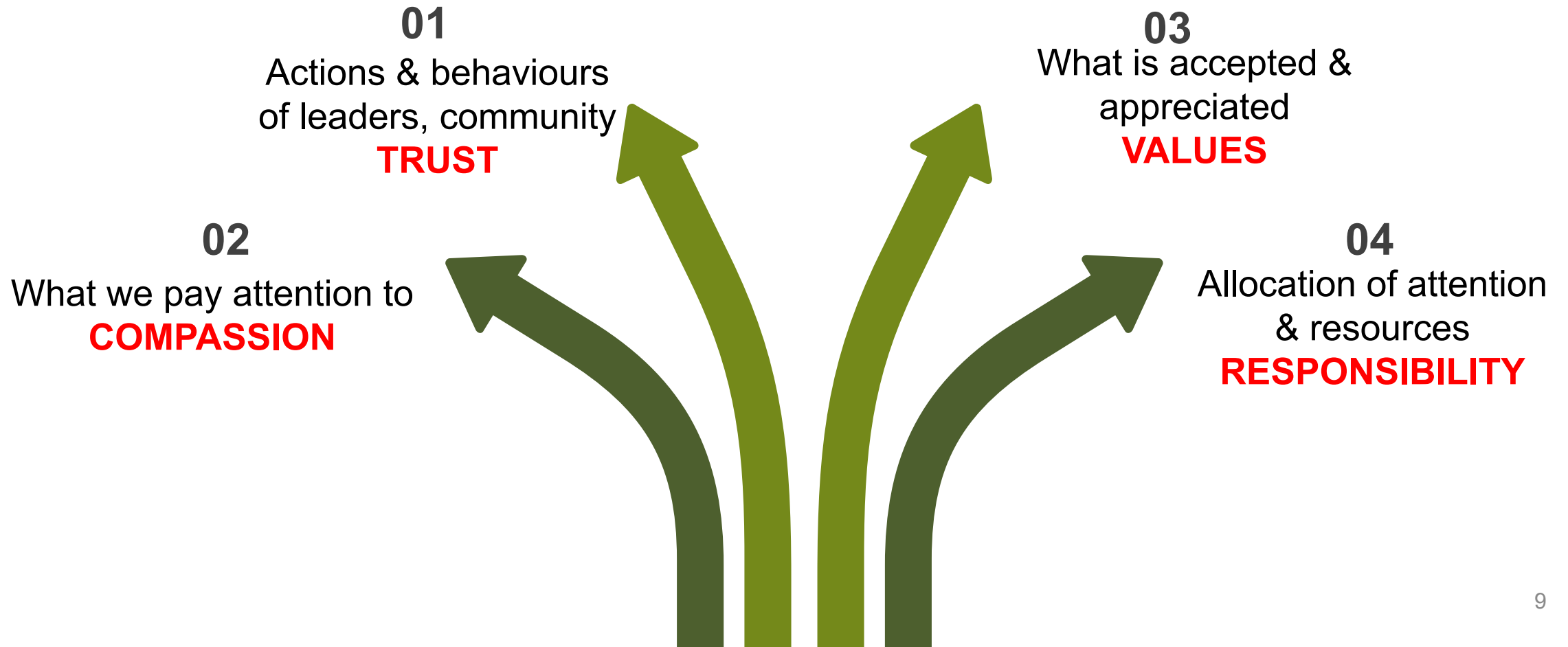
Be empathetic



Engage with them



WE create the culture





Raise A White Flag
If You Need Help
#benderaputih

#newmalaysiaherald
#benarmalaysia
#caringbenar
#dapurhasnah
#acdforautism

For more enquiries:
email to: contact@newmalaysiaherald.com
whatsapp to: +60146277067 or +60166060520



Raise a white flag if you need help
Don't be shy 🤔
Fear is real, but so is love

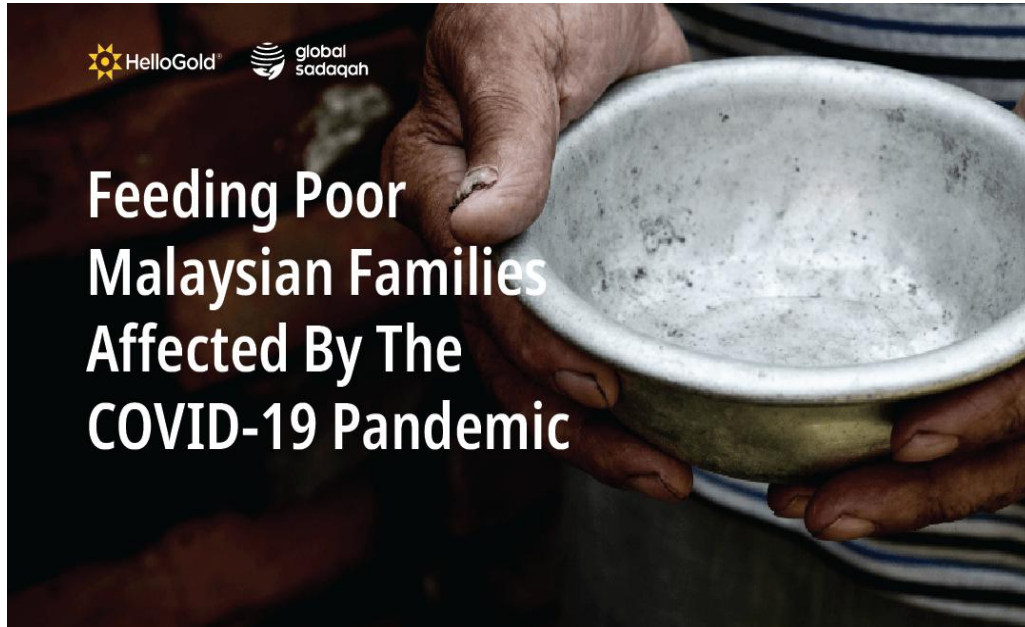



MR.DOLLAR™

**Kibarkan Bendera,
Kami Bantu Segera**



#KibarBenderaPutih #KitaJagaKita
#KamiSediaMembantu #MRDOLLAR



HelloGold® global sadaqah

**Feeding Poor
Malaysian Families
Affected By The
COVID-19 Pandemic**

Zenerations Malaysia presents...

Period Poverty Fundraiser

Z MALAYSIA

SERUM
Supplies to Empower Rural, Urban-poor and Marginalised Communities

In collaboration with SERUM

Accepting donations from
25th September to 9th October 2021



Pemerkasa initiatives for women entrepreneurs

> Pemerkasa-Nita microcredit scheme

RM50mil

Encouraging female entrepreneurs to venture into business

> Social Security Organisation (Socso) self-employment scheme

RM10mil

70% matching grants for female entrepreneurs and self-employed women

> SME e-commerce campaign and Shop Malaysia Online

RM30mil

Collaboration with e-commerce platforms to empower female entrepreneurs and move to online marketplaces





PART 03

Conclusion



Some reflections



OPEN UP

- ✓ Brings a stop to any problems to a certain level
- ✓ Maintain a positive well-being
- ✓ Listen to voices of difference



EMOTIONAL DISTRESS

- ✓ Puts lots of pressure on children, adolescents, families



SYNERGISTIC COLLABORATIVE

- ✓ Partnership
- ✓ Focus on people's development



THERE'S HOPE

- ✓ Take action
- ✓ Be grateful
- ✓ Ready to grow



Take-home points

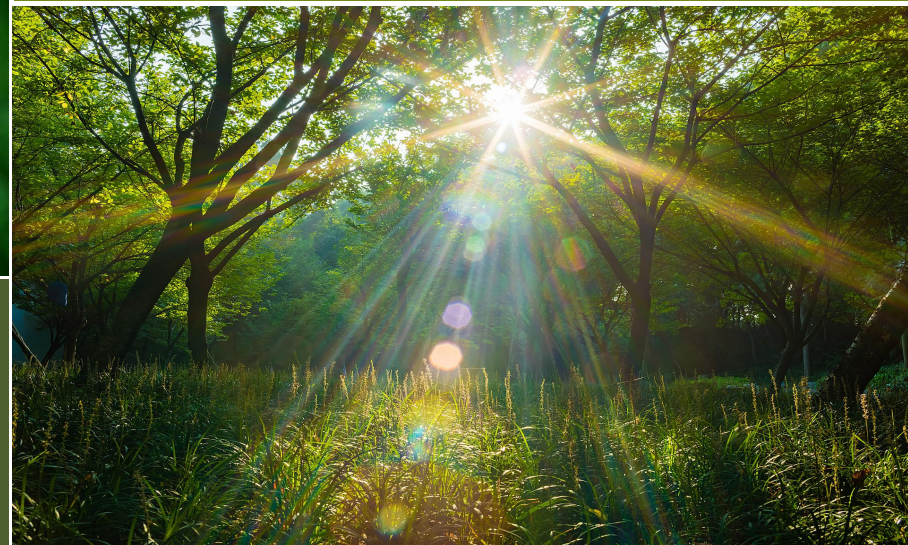


DONT' ABDICATE TO EMPOWER THE SILENCED

Collective/Partnered efforts, solve problems, caring, etc.

DIVERSIFIED YOUR EFFORTS

Restructure how we think, overcome obstacles, self-awareness, questioning the questions we ask, etc.





**THANK YOU
FOR
LISTENING**