

KNOW YOUR RIGHTS: BULLYING



UNITED
SIKHS

Recognize the Human Race as One

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Did You Know?

- **Bullying** is intentional and repeated harm to another person through physical, verbal, or electronic means. Threatening, assaulting, or making a person feel dominated or inferior all constitute acts of bullying.
- **Bias-based bullying** develops when bullying behavior and bias motivation intersect. Though signs are visible earlier, it occurs mainly among preadolescent and adolescent youth who are struggling with their racial, ethnic, religious, cultural, gender, and sexual identity development.
- Sikh youth are often bullied. [**More than 50% of Sikh students** have been **subjected to ridicule** by classmates.]
- Sometimes **teachers don't do anything about it**. [About 30% of Sikh students who report incidents to faculty members are ignored.]

Sometimes bullies attack Sikh children who wear turbans. [**Close to 40% of Sikh students wearing turbans** to school have been **the target of persecution** involving bodily assault.]



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- If you are being bullied, **BREAK THE SILENCE!**
 - **Tell an adult** you trust. Teachers, principals, parents, and lunchroom helpers can all help to stop bullying.
 - **Don't give the bully a chance:** don't go into hiding or skip class, but try to take a different route & avoid the bully.
 - **Get a buddy and be a buddy:** try to make a plan to walk with a friend when you think you might meet the bully.
 - **Tell a friend:** Sometimes talking to another person helps.
 - **Do not just ignore it:** We can all help stop bullying if we talk about it. If you ignore it you send the message to the bully that it's ok.
 - **Be open minded!** Learn about different cultures, traditions, religious beliefs and ethnicities. Show respect for others and yourself.
 - If you see someone being bullied, **you should always try to stop it.** If you do nothing, you're saying that bullying is okay with you. Encourage the person being bullied to tell an adult they can trust.
 - Have you or someone you know been a victim of bullying? If so, contact UNITED SIKHS at law-usa@unitedsikhs.org, or call 1-646-688-3525.

Resources: www.stopbullying.gov; www.unitedsikhs.org

Additional Resources: <http://stopbullyingnow.hrsa.gov/adults/catalog-of-resources.aspx> (Department of Health and Human Services) ; http://www.adl.org/education/no_bullying.asp (Anti-Defamation League) ; <http://www.cyberbullying.us/> (Cyber-Bullying Research Center) ; <http://www.findyouthinfo.gov/> (Department of Education)