

More Information

The information on bullying and bullying prevention in this pamphlet is provided by UNITED SIKHS.

If you feel that you or someone you know is a victim of bullying:

- call a school Bullying Hotline or visit a Bullying Website like www.stopbullying.gov;
- speak to School Counselor(s), Teacher(s), the Principal, or any other trusted member of the school staff; and inform your parents
- contact UNITED SIKHS at law-usa@unitedsikhs.org, or 1-646-688-3525

Additional Resources:

Department of Health and Human Services:

<http://stopbullyingnow.hrsa.gov/adults/catalog-of-resources.aspx>

Anti Defamation League:

http://www.adl.org/education/no_bullying.asp

Cyber-Bullying Research Center:

<http://www.cyberbullying.us/>

Department of Education:

<http://www.findyouthinfo.gov/>

Please contact UNITED SIKHS at law-usa@unitedsikhs.com or 1-646-688-3525 for more information or visit us on the web at www.unitedsikhs.org.

UNITED SIKHS

Know Your Rights: Bullying



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Recognize the Human Race as One

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KNOW YOUR RIGHTS

What is Bullying?

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. Examples of Bullying include: name calling, teasing, threatening, pushing, cyber bullying, harassing, intimidating, stealing/taking possessions, and injuring.

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, cultural, gender, and sexual identity development.

Prevalence of Bullying among Sikhs

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.]

Warning Signs of Bullying

Those being bullied often display: unexplainable injuries such as cuts or bruises, ripped, torn, wet, bloody, or dirty cloths, loss of interest in school, a decline in grades, feelings of not being safe and fear of going to school, depression, anxiety, and suffer from loss of sleep among other symptoms.

Effects of Bullying

The effects of bullying include feelings of anger and bitterness, difficulty trusting people, fear of change and avoidance of new social settings, tendency of being a loner, perception that he or she is an easy target, repeated bullying incidences, loss of interest in school, self-esteem problems, lack of confidence, lack of faith in religious identity.

Long Term Effects of Bullying

- Negative psychological consequences affecting the self-esteem & social functioning of both the victim AND the bully.
- Chronic mental illnesses, including anxiety, depression and/or schizophrenia.
- Significant psychiatric consequences, including sleep disturbances, enuresis, bodily pains, and/or suicide attempts.

If you are being bullied, BREAK THE SILENCE!

Tell an adult: it is very important to 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): two is better than one – 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. Remember, two is better than one.

Do not just ignore it: We can all help stop bullying if we talk about. 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...

If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you.

It is best to treat others the way you would like to be treated.

You should show the bully that you think what they're doing is not right. Encourage the person being bullied to tell an adult they can trust.