What to do if you are bullied:

- **Report** any bullying to your parents, teachers and guidance counselors immediately.
- **Violence is not the answer!** It will only make matters worse.
- **Try to discourage** bullies. If possible, try to talk it out and request them to stop.
- **Write down** what happened, who was involved, and when and where it occurred.
- **Find support** in the classroom, home and community by talking about your experiences.
- **Don’t be a bystander!** If you see someone being bullied, tell a school official right away!

Always remember, bullying is **not** your fault!

Those who meditate on the Fearless One, on the Fearless Waheguru— all their fears are dispelled.
- Guru Ram Das Ji

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**The Sikh Coalition**
New York, NY | Fremont, CA | Washington, DC

[www.sikhcoalition.org](http://www.sikhcoalition.org)

contact@sikhcoalition.org
212.655.3095
What is bullying?  

Bullying includes:
- Threats
- Name-calling, insults and put-downs
- Stealing of money and possessions
- Physical violence and attacks
- Hateful and mean texts or emails
- Being left out from groups or teams

Bullying behavior is unwanted, aggressive and repeated.

Bullying can harm you:
- Physically
- Socially
- Emotionally

Bullying is harmful! It should not be brushed aside as a “normal” part of growing up.

Know your rights:

All students have the right to be free from bullying.

If your school knows that you are being bullied because of your religion, the school must take immediate and appropriate action to investigate or otherwise determine what happened.

The school must communicate with you on the steps that they will take to end the harassment.

The school must follow up with you to make sure that the bullying has stopped.

What happens if the harassment continues?

1. Consider filing a formal complaint with your school district
2. File a complaint with the U.S. Department of Justice’s Civil Rights Division:
   - Email: education@usdoj.gov
   - Phone: (877) 292-3804
3. Contact the Sikh Coalition at:
   - Email: stopbullying@sikhcoallition.org
   - Phone: (212) 655-3095 x 86

Additional Resources:
- The Sikh Coalition: www.khalsakids.org
- Fight Bullying with McGruff the Crime Dog at: www.mcgruff.org

Did you know?

69% of Sikh students in the San Francisco Bay Area have experienced bullying because of their religion.

30% of those students have been hit or involuntarily touched because of their turbans.

(Sources: Statistics taken from a Sikh Coalition survey)

Sikh students have the right to wear patkas and turbans without being bullied.

Did you know?

40% of NYC educators who witnessed bullying in their schools said that a staff member was the bully.

62% of Sikh students in Queens, NY have been bullied.

42% of them have been hit or involuntarily touched because of their turbans.