WHO CAN HELP?

File a complaint with the Department of Justice:
Email: education@usdoj.gov
Phone: 1-877-292-3804

Report the incident to the Sikh Coalition
Phone: 212-655-3095 x 86
Email: stopbullying@sikhcoalition.org
Website: www.sikhcoalition.org

ADDITIONAL RESOURCES:

Anti-bullying resources in Punjabi & English:
www.sikhcoalition.org/know-your-rights/school-bullying

Stop Bullying
www.stopbullying.gov

Resources for Kids
www.khalsakids.org

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

THE SIKH COALITION
the voice of a people

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

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
  - Spreading rumors, being left out from groups or teams
- When a child repeatedly picks on another child who is seen as weaker and more vulnerable.
- It can continue if no action is taken and is often hidden from adults.
- Bullying is harmful. It should not be brushed aside as a "normal" part of growing up.

DID YOU KNOW?

- Over 60% of Sikh students who wear turbans/patkas have experienced bullying.
- In 85% of bullying cases, no intervention or effort was made by a school official.
- 1 out of 10 students drop out or change schools because of repeated bullying.

IS YOUR CHILD BEING BULLIED?

It’s not always easy to tell if your child is being bullied. Children often do not want to talk about what is happening to them.

POSSIBLE SIGNS OF BULLYING:

- Bruises or injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Comes home from school hungry because they did not eat lunch
- Grades are declining and/or has no desire to go to school
- Sudden loss of friends or desire to be alone
- Sudden disinterest in school activities and social events
- Experiencing feelings of helplessness and/or decreased self-esteem

WHY KIDS DON’T ASK FOR HELP:

- They are afraid of backlash from the bully.
- They are afraid that adults will judge them or punish them for being weak.
- They feel that no one cares.

IF YOUR CHILD IS BEING BULLIED...

TALK. Discuss your child’s experiences at school. Ask them if anyone gets bullied.

TAKE IT SERIOUSLY. You may only have one chance to step in and help. Remind your child that it is never okay to be bullied, and it is not their fault.

CONTACT THE SCHOOL. Make an appointment with your child’s teacher. If the bullying continues, talk to the principal.

FILE A COMPLAINT. If the bullying continues, file a complaint with the Department of Justice:
  - Email: education@usdoj.gov
  - Phone: 1-877-292-3804

Also contact the Sikh Coalition at:
  - Email: stopbullying@sikhcoalition.org
  - Phone: 212-655-3095 x 86

BE A ROLE MODEL. Teach your child nonviolent solutions like walking away from the bully. Do not bully your child or bully others in front of them.

BUILD CONFIDENCE. Sign your child up for activities outside of school such as team sports, music groups, or social clubs so that he/she can make friends.