-----Guide on how to use this presentation-------
In the notes section for each slide, we have provided talking points. In addition, we provided additional bullets for presentations that may allow for more time. We highly encourage you to include personal stories and highlight facts that may resonate more with your audience.

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Welcome!

My name is ………. and I’m here today to share with you a little bit about Sikhs.

Every person you in these photos is a Sikh.
WHAT RELIGIONS HAVE YOU HEARD OF?

Image from clipartxtras.com
Which religion are we here to learn about today?
Sikhism is the fifth largest world religion. (If the students are 5th grade or older, you can elaborate more on this point by asking them to raise their hands and guess at what the 1st, 2nd, 3rd, and 4th largest world religions are.)
Can you tell me where India is on this world map?
Sikhs first to America over a hundred years ago from a place called Punjab in India and many of them speak the language Punjabi. When they came to America, they mainly settled in California and later New York.
Images:

- **Top Left:** We were the first and most successful farmers in places like Northern California.

- **Top Right:** The Stockton Gurdwara, Sikh house of worship, on the right was the first Sikh house of worship founded in America and welcomed many people, not just Sikhs, to help them when they first moved to this country.

- **Bottom Left:** Dalip Singh Saund, the first ever Asian American congressman who was elected in 1957.

- **Bottom Right:** We helped build the railroads that connect the east and west coast.

**Additional Talking Points**

- The largest peach, raisin, okra, and pistachio farms are owned by Sikh Americans.
Sikh Beliefs

The word Sikh means a student or a learner. A Guru is a special teacher who teaches Sikhs about God.

Sikhs had ten Gurus and their Guru now forever is the Guru Granth Sahib – their sacred scripture.

- Sikhs had ten Gurus that lived from 1469 - 1708

- I’m sure you’ve heard of the word ‘Guru’ before. Let’s break this word down. ‘Gu’ means darkness, and ‘Ru’ means light. (You can ask them to close their eyes and cover them so they only see darkness and then open their eyes and see light to illustrate the point).

- So a Guru is someone that literally brings Sikh from the spiritual darkness to the spiritual light. (Make a connection between students and teachers at school.)

- The Gurus taught us to love God and to serve each other.

- The tenth Guru did not choose a person to be the next Guru, but chose the sacred scripture, the Guru Granth Sahib. It is not just a holy book for the Sikhs but it is treated and respected like a living Guru.
Sikhs believe in 1 God. This is one God for all people, all religions, all languages, all cultures, etc.
Because we believe there is 1 God for everyone, that created everyone and everything, we believe that everyone is equal in the eyes of God. No one is better or worse than anyone else because they are different. Everyone should be loved and treated with respect, no matter who you are.
Raise your hand if your parents or your teachers have ever told you to be honest (they will raise their hands). Yeah, so you guys have heard this before. It’s always good to be honest and truthful in everything that you do – from being at school or being at home with your family or when you have a job.

Sikhs believe is also important to share with others and help everyone. This could be sharing your time by helping someone out, or by donating to charity.
Discussion/Activity: Imagine a firefighter or an EMT. What do they have in common? *uniform*
What do you associate with uniform?

Do they have a practical purpose? What values do you associate with that appearance?

How do you feel when you see a security guard?
Why does a Doctor wear scrubs before they go into surgery?
What commitment / vocation does that uniform represent?
The Sikh identity is like a uniform for the Sikhs.

For Sikhs this uniform
1. Creates a sense of belonging to the Sikh community
2. Has a practical use
3. Helps Sikhs to be recognized
4. Reminds them about the important Sikh beliefs – to remember God, to treat everyone equally, to work honestly, to share with others and to help those in need
Not all Sikhs are initiated, but those that are must keep all the articles of faith at all times, as they are important gifts from the Guru. Many Sikhs who aren’t initiated also keep some of the 5 Ks such as the Kesh and Kara.

Part of the uniform is long, uncut hair and an iron bracelet.

• Kesh is uncut hair. In Sikhism, men and women are not supposed to cut their hair. Kesh is seen as a sign of spirituality and as a gift from God. The Dastaar or turban is used to cover the hair and head, but we will speak about that later.
• There is the kara which is a bracelet (show your own at this point), and I wear this because it reminds me to do good deeds.

If you have time and the audience is old enough (or a child does wear a kirpan), you should explain the additional kakkars.

• The kanga is a wooden comb that reminds Sikhs to always be clean and tidy.
• The Kirpan’s meaning is difficult to convey with translation. Kirpa means kindness and Aan mean righteousness. It resembles a small sword which comes with great responsibility. It is a constant reminder that Sikhs are expected to help others in times of need (point to picture of girl in the slide wearing a kirpan)
• Kashera are long underpants that remind Sikhs to have self-discipline.

Additional References:
Please review the Kirpan Fact Sheet if needed:
Sikhs keep their Kesh, their uncut hair covered with a Dastaar, or turban.

Did you know that 99% of the time that you see someone wearing a turban next to you in the grocery store, on the bus, or at your school, they are Sikh?

Sikhs wear the turban because they WANT to stand out in a crowd. It shows their commitment to their faith.

When you see someone on the street wearing a turban, you know that person is a Sikh. And because they are Sikh, they will help you in case you are ever in need.

(Helpful hint: You can use the analogy of a firefighter/security officer again - in that when you see that uniform, you know that they are there to help you).
These are some of the different types of Sikh turbans that you might see. Sometimes you see the more round style, like the man in the red and white striped turban. Or you can have the more pointed turban like the gentleman on the bottom right.

The boys in the center at the top are wearing the smaller head covering called a patka before they start wearing a turban.

Women can wear turbans, too like the ladies in this picture.

**Make it personal:** Sometimes Sikhs match their turbans to their clothes. (You can include a personal story or joke here).

**Additional talking points:**
When a young Sikh starts wearing the full turban, they may have a a special ceremony called a Dastaar Bandi.
Raise your hand if you know the word for a place where another religion would gather to pray together? (they should respond Church, Mosque, Synagogue, Temple etc.) That’s exactly right!

This is a picture of a Gurdwara in America, a Sikh place to pray, serve others and to gather with the community. Underneath is a picture of the Harmandir Sahib or Golden Temple in India – this is one of the most well known Gurdwaras.

Everyone is welcome to visit a Gurdwara. It doesn’t matter what religion or background you are. You’ll see that large amounts of people usually come to the Gurdwara on the weekends in America.

During Sikh services, we sing and read from the Guru Granth Sahib.

After services, everyone sits on the floor and eats a meal called Langar together.

Why do you think that is based on everything you’ve learned about Sikhism so far? (Some of them should raise their hand at this point and suggest that it might be because Sikhism believes everyone is equal, and that sharing with others is important).
As Sikhs have been in America for over 100 years, you’ll be able to find Sikhs in most States and major cities nationally and in various professions – there may even be Sikhs in your workplace or on your street as your neighbors! Sikhs are very welcoming and hospitable people. We hope this presentation will encourage you to reach out and make friends next time you may recognize a Sikh!

Actor – Waris Ahluwalia. Spike Lee’s Inside Man, Darjeeling Limited, etc.  
Basketball Player – Darshpreet Singh, Trinity University, San Antonio, TX.  
Military – Corporal Simran Preet Singh Lamba  
Scientist – Dr. Narinder Kapany, invented fiber optics
Doctor - Dr. Soram Singh Khalsa
Lawyer - Harsimran Kaur
Politician – Mayor Satyendra Singh of Charlottesville with President Obama
Filmmaker – Rippin Sindher
Farmer – Sikh farmer from California
Pilot – Arpinder Kaur
We have talked about many different things today. Can you help me remember some of the things we’ve learned? (Have them raise their hands, and call on 5 or 6 students.)

We all need to understand that each one of us is unique. Just because some of us may look different, wear different clothes, or speak a different language, doesn’t mean that we can’t appreciate each other for those differences. When we start to appreciate each other, we will respect each other. Can one of you point out the Sikh child in that picture?

Thank you for being such great listeners! At this time, I can answer any questions that you might have. Please raise your hand if you have a question.