

STOP BULLYING



Join the Sikh Youth of New York!

About Us

The Sikh Youth of New York is a Sikh youth group based in New York City. We were founded in Richmond Hill, NY and work together to address issues affecting Sikh youth. Our main purpose is to develop leadership skills in order to mobilize ourselves and our communities around issues affecting us.

“When you are confronted with terrible hardships, and no one offers you any support... and all the hope has been lost—if you then come to remember the Waheguru, even the hot wind shall not touch you”.

- Sri Guru Granth Sahib

Contact Us

The Sikh Coalition
40 Exchange Place, Suite 728
New York, NY 10005
Email: youth@sikhcoalition.org
Facebook: [Sikh Youth of New York](#)
Website: www.sikhcoalition.org
Phone: [212.655.3095](tel:212.655.3095) x 86

Additional Resources:

www.sikhcoalition.org
www.stopbullying.gov
www.survivingbullies.com



WHAT IS BULLYING?

Bullying covers a range of **harmful behaviors** that deprive youth of their rights. It includes:

- Being called **names**
- Receiving **threats** or intimidation
- Being **teased**
- Being **hit** or **attacked**
- Being the subject of **rumors** or **gossip**
- **Cyber-bullying** (e.g., mean emails or texts)
- Being **ignored** or left out
- Having your belongings **damaged** or **stolen**

Bullying and **harassment** can be motivated by fear, jealousy, ignorance, misunderstanding or power issues.

DID YOU KNOW?

- Over **60%** of **Sikh** students have experienced bullying in New York City public schools.
- **40%** of educators who witnessed bullying in their schools said that a **staff member** was the bully.
- School bullying surveys show that students feel their schools are **not safe** anymore.

“I saw people touching this kid’s turban and forcing him to take it off. Someone also beat up a kid with a turban and took a switch blade on him”.

- 7th Grader, Queens, New York

KNOW YOUR RIGHTS!

- If you are being bullied in school, **email** your complaint to your city’s Department of Education.
- **Principals** must designate at least one staff member to whom reports of bullying can be made. **Know** who this staff member is at your school.
- If you are being bullied **always** write down what happened and keep it for your records. Even if you don’t share your experience, **writing it down is important.**
- All students in public schools and their parents have the right **seek outside help** if a school does not resolve a problem of discrimination, harassment or bullying.

WHAT TO DO IF YOU ARE BULLIED

- **Tell someone** you trust
- Be **confident**
- **Write down** your experience
- **Email** your Department of Education
- Join or start an **anti-bullying group** at your school
- Don’t be a bystander – **report it.**
- Call the **Sikh Youth of New York** (212.655.3095)
- Always remember, **it’s not your fault!**