

Bullying Sikh American Children

I have always been very cognizant of my attire and the reaction of 'others' to me. The questions, the stares, the passing whispers, the snickering, the audible taunts from the invisible voice from the crowd and much more, which is something normal for every visible Sikh American child or adult.

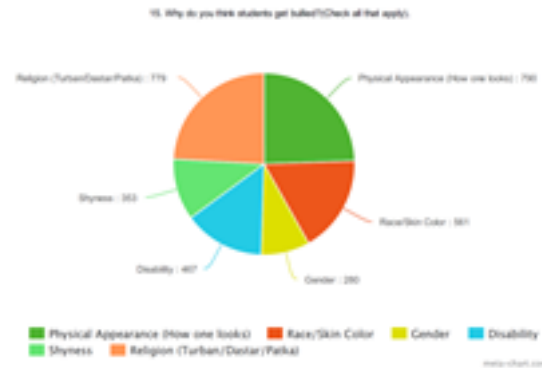
The intent of this book is to introduce the reader to the unique challenges Sikh American children face in their daily lives, both in and out of the school environment. In particular, children in the Sikh American community have been the targets of severe bullying. It is critical to empower students, educators, families and communities with information and tools necessary to prevent bullying of Sikh American children.

As this book was going to press the White House announced a promising national initiative to target bullying of Sikh American children. On October 15, 2015 a public awareness campaign Act To Change was introduced to address bullying in Sikh and Asian American communities. The bullying campaign aims to report, stop, and prevent bullying.

Bullying of Sikh American Children: Topics Include:

1. Challenges for Sikh children
2. The Sikh Faith
3. The Sikh Turban
4. Sikhs in America
5. Christianity, Judaism, Eurocentrism and the Blind spot
6. Post 9-11; Adult to children trickledown effect of bias
7. Media portrayal of Sikhs
8. Current bullying statistics for Sikh American children
9. Psychological trauma - Interviews with mental health professionals
10. Strategies for families
11. Strategies for educators

Survey:



In order to understand the state of bullying in 2015, I designed and conducted a survey to examine the issues and find answers.

The survey was taken by 997 school children across the country, over a four month period during the spring and summer of 2015. The children who took the survey ranged from 5 – 18 years old.

Over 59% of Sikh American children between the ages of 5-18 responded that they were bullied. The bullied children overwhelming felt the reason for being bullied was because of the because of their long hair and turban for both boys and girls. Bullying included exclusion from sport activities.

Bullying for Sikh American boys was more than double than for the Sikh American girls.

Psychological trauma - Interviews with mental health professionals:

In addition to the survey I interviewed several Psychiatrists and Psychologists to determine the impact of bullying on Sikh American children.

Strategies for families:



Eagle Scout Award in April 2013

- What kids can do to stop bullying
- Be involved in Public Speaking
- Be involved in Cub Scouts, Boy Scouts and Girl Scouts
- Be a Mentor in school
- Become a Coach – for soccer, basketball, baseball, golf, etc.
- Join the Student Council
- Become involved in Martial Arts
- Participate in sports in school
- Participate in various other cultural activities
- Parental involvement
- Participate in Interfaith Councils
- Participate in various parades
- Participate in Fund Raising events
- Volunteer at Soup Kitchens

- Community service
- Socialize
- Attend Khalsa School
- Attend Sikh Camps
- Include Sustained Third Sikh Genocide as part of the New Jersey Department of Education - Holocaust Education
- Handling and reporting abuse
- Teaching tools - Cool Sikh Comic(s), Sikh Cartoons and YouTube comedians

Strategies for educators:

- Administrators and Teachers
- California's Curriculum Framework
- Include Sikh Faith in school social studies textbooks
- Boy Scouts of America Sikh Religious Awards workbooks
- Recruitment in US Armed Forces
- Strategies for Reducing Prejudice and Discrimination
- Empathy Training
- Herding syndrome



Co-leading the Pink Panther Breast Cancer team in Philadelphia, May 2015



Fundraising for MS, Mays Landing, NJ 2014



Doing the mile at a High School meet

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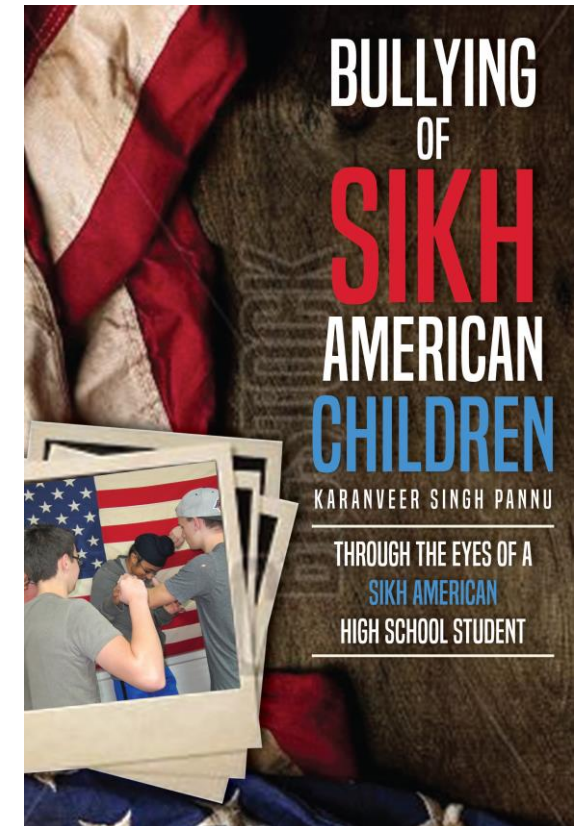
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Bullying of Sikh American Children
Through the eyes of a Sikh American High School student

Karanveer Singh Pannu



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Book available on

www.amazon.com