INGYouth Resource Guide to Bullying in Schools



Student Rights in Schools

- Equal treatment of all students by teachers and administrators
- Personal religious practice:
 - · Clothing, holidays, prayer
- Right to participate and create in religious student groups
- Protection from harm:
 - Physical safety on school premises
 - Harassment and teasing

Identifying Bullying

- Physical Bullying poking, pushing, hitting, kicking, punching
- Verbal Bullying yelling, teasing, name-calling, insulting, threatening to harm
- Social/Indirect Bullying ignoring, excluding, spreading rumors, telling lies, getting others to hurt someone
- Cyberbullying tormenting, threatening, harassing, humiliating, embarrassing, or otherwise targeting using the Internet, interactive and digital technologies, or mobile phones

What to do you if you are teased, harassed or bullied?

- Tell an adult whom you trust about what happened. This person could be a:
 - Parent
 - Teacher
 - School Administrator
 - Coach
 - Spiritual Leader
- If bullying continues, take steps to end it by working with an adult
- Understand that it is not your fault
- Take extra steps to feel good about yourself
- Get the support you need to feel better
 - Talk to the school counselor
- Act like Muhammad Ali and appear as confident as you can

INGYouth Resources

- INGYouth Webpage: https://ing.org/youth
- Answers to Frequently Asked Questions about Islam & Muslims: https://ing.org/youth-faq
- PowerPoint presentations about Islam & Muslims
 - Getting to know American Muslims & their Faith: https://ing.org/youth-gtkam
 - A History of American Muslims: https://ing.org/youth-history
 - Muslim Contributions to Civilization: https://ing.org/youth-contributions
 - Muslim Women Beyond the Stereotypes: https://ing.org/youth-women
- Anti Bullying Support and Resources: https://ing.org/youth-support