DRESS CODE

- You have the right to wear your hijab or kufi at public school, even if there is a dress code or uniform requirement.
- If you do not wish to participate in school activities that would require you to remove your hijab, such as swimming, your school must provide an alternative activity for you.

HOLIDAYS AND PRAYER

- Schools cannot penalize students for missing school on religious holidays. You can request the day off in advance for Eid holidays.
- You are allowed to pray individually or as a group during the school day. CAIR advises you to choose a time to pray that does not coincide with school activities or class time.
- A school isn’t required to provide a designated prayer room but can indicate what areas are available to students for prayer.
- You may be permitted to leave school for Juma’ah (Friday prayer). You must coordinate with school officials if you wish to do this.

KNOW YOUR RIGHTS:

- State law requires your school to protect you from harassment and discrimination:
  - Schools MUST prohibit bullying based on religion, race, and nationality.
  - Schools MUST make their bullying policy public.
  - Schools MUST have a process in place for investigating complaints of bullying. If you tell a teacher or another adult at school that you are getting bullied, they have to do something to help you.

WHAT IS A BULLY?

Someone who purposely tries to hurt others by:
- Making them feel uncomfortable
- Kicking/hitting
- Name-calling
- Spreading nasty rumors

WHAT IS BULLYING?

Bullying is repeated, aggressive behavior intended to hurt another person, physically or emotionally. Bullying can take place in person, through notes left on desks or lockers, text messages, or online via email or social media. It can range from verbal insults to physical violence, and usually occurs over an extended period of time.

PROBLEMS MUSLIM STUDENTS FACE:

- Pulling of headscarf or kufi
- Pressure to convert to another religion
- Insulting comments about Islam made in the classroom or at recess
- Physical abuse

KNOW YOUR RIGHTS: as a Muslim Youth at School

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MUSLIM STUDENTS IN THEIR OWN WORDS

“I wish people at school would understand that even when they joke about calling me a terrorist, I don’t really think it’s funny.”

“My friends make fun of my name. It makes me angry.”

“I wish that people would understand that although my parents raised me Muslim, they didn’t make me wear hijab. It was MY CHOICE.”

Steps you can take:

- Use any ignorance you encounter as an opportunity to educate others about your beliefs. But if someone repeatedly makes offensive comments about Islam, report it.
- Know that your real friends will stand up for you.

Do’s and don’ts if you are bullied:

- DO report to a teacher or other trusted adults at school; your school has a legal duty to protect you.
- DO let your parents know if you are being bullied or know of someone who is being bullied.
- DO NOT feel ashamed or embarrassed. It is not your fault.
- DO NOT retaliate with violence or name-calling; this could result in you being punished and not the bully.

Working with teachers:

- Some Muslim students have reported that teachers treat them differently based on their faith or country of origin.
- If a teacher makes a false statement about Islam, respectfully raise the issue during or after class.
- If any of the following situations occur, report it to your parents and the principal:
  - If a teacher prohibits or punishes you for wearing your hijab or kufi.
  - If a teacher makes fun of your name, country of origin, or religion, even in a joking way.
  - If a teacher suggests that you should convert to a different religion.

Remember:

- Bullying in all forms should never be tolerated by you or your school.
- Do not cut yourself off and think you must handle bullying by yourself. Talk to a parent, a teacher, or another adult you trust. They are your allies.
- Contact CAIR!