

Would you know hazing if you saw it?



Hazing isn't defined by intention. It's defined by impact.

If someone is expected to participate in an activity to join or remain part of a group that:

- causes humiliation
- creates unnecessary risk of physical or emotion harm
- pressures someone to participate
- isolates or degrades members of teammates
- would be uncomfortable to tell a parent, coach, or advisor about

... it may be hazing.

ASK YOURSELF:

Thinking of questionable activities, would people still participate if membership wasn't on the line?

Be the leader who builds belonging—not hazing.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Would you know hazing if you saw it?



Hazing isn't defined by intention. It's defined by impact.

If someone is expected to participate in an activity to join or remain part of a group that:

- causes humiliation
- creates unnecessary risk of physical or emotion harm
- pressures someone to participate
- isolates or degrades members of teammates
- would be uncomfortable to tell a parent, coach, or advisor about

... it may be hazing.

ASK YOURSELF:

Thinking of questionable activities, would people still participate if membership wasn't on the line?

Be the leader who builds belonging—not hazing.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Hazing myths. Real facts.



Myth:

“Everyone chooses to participate.”

“It’s tradition.”

“We all went through it.”

“No one gets hurt.”

“It’s just team bonding.”

Fact:

Pressure to belong makes saying no much harder than it seems.

Healthy traditions build pride without harming people.

Repeating harm doesn’t make it leadership.

Hazing can cause physical injuries, mental health impacts, academic problems and sometimes death.

The strongest teams build trust—not fear.

ASK YOURSELF:

How do your organization or team traditions reflect your values?

Leadership creates traditions people are proud to remember.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Hazing myths. Real facts.



Myth:

“Everyone chooses to participate.”

“It’s tradition.”

“We all went through it.”

“No one gets hurt.”

“It’s just team bonding.”

Fact:

Pressure to belong makes saying no much harder than it seems.

Healthy traditions build pride without harming people.

Repeating harm doesn’t make it leadership.

Hazing can cause physical injuries, mental health impacts, academic problems and sometimes death.

The strongest teams build trust—not fear.

ASK YOURSELF:

How do your organization or team traditions reflect your values?

Leadership creates traditions people are proud to remember.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

You're more influential than you think.

i

Imagine someone says:

"We've always done it this way."

What could you say?

"Can we accomplish the same goal another way?"

"How does this help new members belong?"

"Would we post this publicly?"

"Would we feel comfortable if families watched?"

One conversation can change a culture.

ASK YOURSELF:

If you had a conversation with a friend who was experiencing hazing, what would you say?

Leadership starts with one person willing to speak up.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

You're more influential than you think.

i

Imagine someone says:

"We've always done it this way."

What could you say?

"Can we accomplish the same goal another way?"

"How does this help new members belong?"

"Would we post this publicly?"

"Would we feel comfortable if families watched?"

One conversation can change a culture.

ASK YOURSELF:

If you had a conversation with a friend who was experiencing hazing, what would you say?

Leadership starts with one person willing to speak up.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Real friendship doesn't require humiliation.



Friendship > Hazing

The people who become your lifelong friends shouldn't expect you to embarrass yourself, risk your safety, or "prove" your commitment.

The strongest organizations, teams, and clubs build connection through shared experiences, mutual respect, and genuine support—not hazing.

Friendship should be something you experience together, not something you earn through harm.

ASK YOURSELF:

What's one experience that helped you build a genuine friendship or stronger team without hazing?

Lead with friendship. Leave a legacy of belonging.



Learn more at NHPW.ORG or your campus
or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Real friendship doesn't require humiliation.



Friendship > Hazing

The people who become your lifelong friends shouldn't expect you to embarrass yourself, risk your safety, or "prove" your commitment.

The strongest organizations, teams, and clubs build connection through shared experiences, mutual respect, and genuine support—not hazing.

Friendship should be something you experience together, not something you earn through harm.

ASK YOURSELF:

What's one experience that helped you build a genuine friendship or stronger team without hazing?

Lead with friendship. Leave a legacy of belonging.



Learn more at NHPW.ORG or your campus
or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Take the pledge to be the leader to prevent hazing.



Place your hand over your heart.

Make one commitment.

I will help create a campus where belonging is earned through respect—not hazing.

I PLEDGE: to prevent hazing before it occurs, stop hazing when I see it happening, report it when I know it has transpired, and help empower others to do the same in their organizations, schools and communities.

Join thousands of students choosing leadership over harmful traditions.



ASK YOURSELF:

What helped you feel welcomed when you first joined your team or organization?

Take the pledge.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK

Take the pledge to be the leader to prevent hazing.



Place your hand over your heart.

Make one commitment.

I will help create a campus where belonging is earned through respect—not hazing.

I PLEDGE: to prevent hazing before it occurs, stop hazing when I see it happening, report it when I know it has transpired, and help empower others to do the same in their organizations, schools and communities.

Join thousands of students choosing leadership over harmful traditions.



ASK YOURSELF:

What helped you feel welcomed when you first joined your team or organization?

Take the pledge.



Learn more at NHPW.ORG or your campus or organization hazing prevention resources.

#BeTheLeader

COPYRIGHT © 2026 HAZING PREVENTION NETWORK