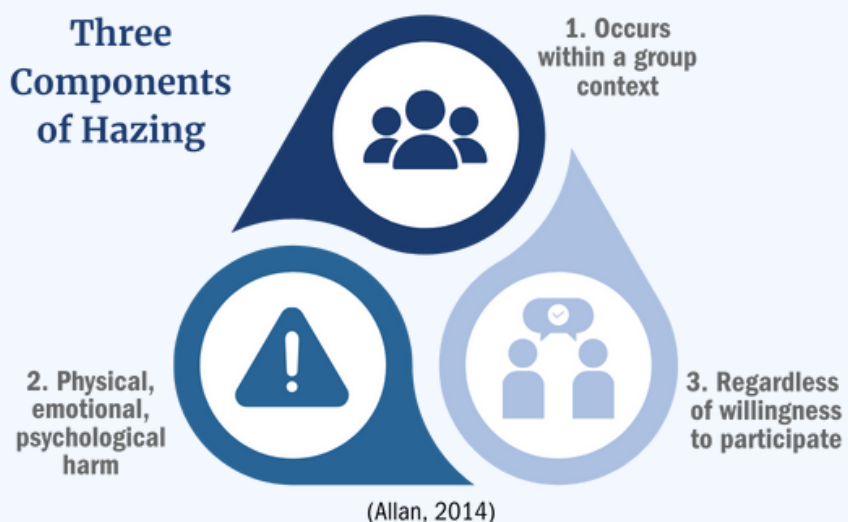


Start Here: What is Hazing?

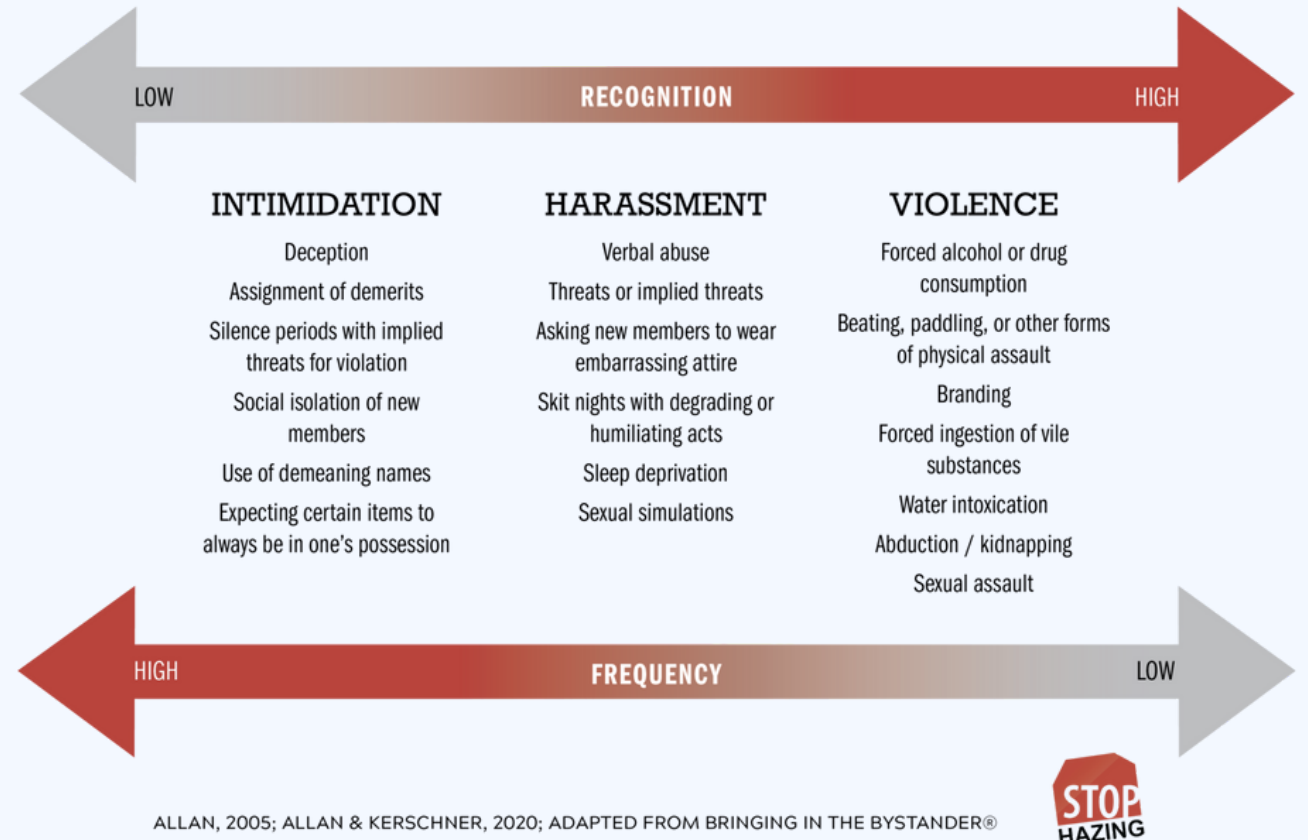
Hazing is any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them, regardless of a person's willingness to participate.

Citation: (Allan & Madden, 2008)

Three Components of Hazing



THE SPECTRUM OF HAZING™



Hazing can take many different forms, spanning a wide range of behaviors that meet the definition of hazing. Because of this, it often goes unnoticed or unreported. The Spectrum of Hazing is a valuable tool to help individuals identify behaviors that may be humiliating, harassing, or violent.

Could the activity meet the definition of hazing?

if, YES

if, NO

Step away from the situation if it's safe to do so.

If you witness hazing or suspect it's happening or going to be, you can safely interrupt the behavior before anyone gets hurt by using bystander intervention strategies like shifting the focus, shifting attitudes, and safely confronting the situation.

Document what happened (who, what, when, where, etc.).

Report it.

This could be to your campus, your organization, or both:

- Dean of Students/Student Conduct
- Student Activities Office
- Fraternity and Sorority Life Office
- Campus Police
- Inter/national Headquarters

Tips for Reporting:

- Be specific with details (dates, times, organization/team, activities, names, etc.)
- The more information you share, the easier it is to initiate an investigation and carry it out.

Seek support and access resources from places like:

- Campus Counseling or Wellness Centers
- Trusted staff/faculty
- Friends and family

Continue participating at your comfort level but be cognizant of unhealthy behaviors or activities. Be ready to use bystander intervention and leadership skills to intervene, disrupt, or shift potentially unhealthy or harmful behaviors.

Note: Not all unhealthy signs are necessarily hazing, but they can be warning signs to watch out for.

Watch for red flags of hazing in the future.

Stand up to hazing and take action if you see or suspect hazing.

Use Bystander Intervention skills to intervene when you observe or hear about hazing or other unhealthy behaviors and take steps to prevent it.

Remember the slogan: "Speak Up, Stand Up."

Here's a Resource to Help:

[Bystander Intervention for Hazing Prevention Guide](#)

Promote healthy groups and dynamics that create safe, inclusive environments for all.

Educate your peers about hazing prevention.

Helpful Resources:

["What is Hazing?" Infographic](#)

[Student Action Guide for Hazing Prevention](#)

Encourage others to speak out or advocate for hazing prevention.

Advocacy can look like:

- Reporting hazing
- Supporting campus hazing prevention initiatives
- Engaging in leadership development and healthy group and team building