

## WHAT CAN COACHES DO?

Support athletes to make responsible decisions.

Help athletes control their emotions.

Promote team cohesion through healthy activities.

Establish trust and pay attention to athletes' feelings.

Believe athletes that report hazing to you and take appropriate action.

## REFERENCES

- ✓ [www.hazingprevention.org](http://www.hazingprevention.org)
- ✓ [www.stophazing.org](http://www.stophazing.org)
- ✓ [www.babson.edu/student-life](http://www.babson.edu/student-life)



## WHAT CAN PARENTS DO?

- ✓ Teach your children that no one has the right to violate their body.
- ✓ Model behaviors which you want them to imitate.
- ✓ Protect your child by making the organization accountable for the actions of their players and coaches.
- ✓ Support your children when they sense danger or injustice. Discuss actions that they might do.
- ✓ Teach them, at the appropriate age, (middle school) about hazardous hazing.
- ✓ If you are a bystander in any situation, consider your options and explain them to your child.
- ✓ Before your children are in a situation without adult supervision, have discussions about responsibility and consequences - legal and ethical.
- ✓ When relevant, check to see the kinds of adult supervision, rules and laws that are in place for the location that your children will be in.
- ✓ Have complete information about the place where your child may be when under the supervision of others. Make sure you can contact them and vice-versa.
- ✓ Let your child know that, regardless of any stated policy, if there is a true emergency where they are significantly threatened they can reach you by phone.



P.O. Box 460308 Denver, CO 80246  
[uscenterforsafesport.org](http://uscenterforsafesport.org) | 720-531-0344

# UNDERSTANDING HAZING



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## DEFINITION OF HAZING

Any conduct that subjects another person—physically, mentally, emotionally or psychologically—to anything that may endanger, abuse, humiliate, degrade or intimidate the person as a condition of joining or being socially accepted by a group, team or organization.

## WARNING SIGNS FOR PEERS

- ✓ The leaders of the group are very aggressive and intimidating
- ✓ You have heard rumors from your peers about activities that are hazardous
- ✓ Your gut is churning and you sense danger
- ✓ You have been warned by others that the group has a reputation for being extreme
- ✓ You don't want to acknowledge it, but you have witnessed some events which are dangerous or are inconsistent with your own morals and values
- ✓ You feel stuck. You are already involved and do not know how to get out of the group or process

## HAZING BEHAVIORS CAN INCLUDE:

- ✓ Attending a skit night or roast where other members are humiliated
- ✓ Singing or chanting by yourself or with a few select team members in a public situation that is not related to the event, game, or practice
- ✓ Wearing clothing that is embarrassing and not part of the uniform
- ✓ Having personal items stolen from benches, lockers, locker rooms, or changing areas
- ✓ Being yelled, screamed, or cursed at by other team/organization members
- ✓ Acting as a personal servant to other members
- ✓ Depriving yourself of sleep
- ✓ Being tied up, taped, or confined to small spaces
- ✓ Being transported to and dropped off in an unfamiliar location
- ✓ Drinking large amounts of liquid to the point of passing out or getting sick
- ✓ Performing sex acts

## IMPACT ON THOSE BEING HAZED

(source: hazingprevention.org)

- Physical, emotional, and/or mental instability
- Sleep deprivation
- Loss of sense of control and empowerment
- Decline in performance
- Relationships with friends, significant others, and family suffer
- Post-traumatic stress
- Loss of respect for and interest in being part of the organization
- Erosion of trust within the group members
- Illness or hospitalization with additional effects on family and friends

## IMPACT ON THOSE HAZING

(source: hazingprevention.org)

- Decline in performance
- Relationships with friends, significant others, and family suffer
- Loss of connection to the organization
- Media scrutiny
- Damage to one's personal reputation
- Warped sense of leadership
- Feelings of shame and guilt

## IMPACT ON THE TEAM/ORGANIZATION

(source: hazingprevention.org)

Loss of reputation within the sport community, local area and nationally

Loss of recognition for the organization, team or club and/or other privileges revoked

Civil damages may be levied against the organization

Organization's or team's leadership may be held responsible

## WHAT CAN YOU DO AS AN ATHLETE?



Depending on your position in the group (status, degree of power) you can try to influence others to think before they act, and to consider the long-term consequences.



Create connections with your peers, and have a plan of action in case a dangerous situation arises.



Don't be a bystander. Even if you are not participating, you have a responsibility to report any hazing activity to the proper authority. If you are safe to confront the behavior while it is happening then do. If you are not safe to intervene, tell your coach, parent, or a trusted adult when you are safe to do so.