



Hazing Prevention Awareness Info  
W&M Hazing Prevention Coalition

## HOW TO RECOGNIZE HAZING

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**Recognize**  
**Prepare**  
**Act**

**WWW.WM.EDU/  
HAZINGPREVENTION/**

### 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. Hazing can take many forms and there is a wide range of behaviors that fit the definition of hazing. For this reason, it can often go unrecognized and unreported.

There are typically three components that define hazing:

1. It occurs in a group context.
2. It involves humiliating, degrading, or endangering behavior.
3. It happens regardless of an individual's willingness to participate.

Source: <https://stophazing.org/issue/>

**MY TRIBE.**  
**MY RESPONSIBILITY**

# IS THIS HAZING?

If you're not sure whether or not something happening to you or to someone else is hazing, ask yourself these questions:

- Does participation in this activity violate my values or those of this organization?
- Is this causing emotional or physical distress or stress to myself or to others?
- Would I feel comfortable participating in this activity if my parents were watching?
- Would we get in trouble if a school/college administrator walked by and saw us?
- Am I being asked to keep these activities a secret?
- Am I doing anything illegal?
- Could pictures of this activity prevent me from Getting a job?

Source: <https://hazingprevention.org/home/hazing/facts-what-hazing-looks-like/>

## SIGNS OF HAZING

Are you worried about a friend? Here are some possible signs of hazing to be aware of:

- Mood change
- Decreased communication
- Avoidance of others
- Secrecy about the group
- Mental/physical exhaustion
- Bruises or pain
- Wanting to leave the group

Source: Gordie Center  
<https://gordie.studenthealth.virginia.edu/digital-tools>  
(Hazing Signs: Worried About a Friend)

## REPORT HAZING

Our goal is to empower all in our community to recognize hazing in its various forms, to know what to do when they see hazing activity or experience it directly, and to feel confident in taking action. If you think you have observed concerning behavior, report it.

