

Tips for Teams and Athletic Coaches to Eliminate and Prevent Hazing

STRATEGIES FOR ELIMINATING AND PREVENTING HAZING INCLUDE:

- Adult supervision with clear, explicit, and consistently enforced rules and expectations for the team;
- Clear communication between coaches and administrators to enforce anti-hazing policies;
- Establishing positive team-building activities and exercises that involve trust, including welcoming, introductory activities and mentoring for students new to the team, between students and adults;
- Education for adults and students on the dangers of hazing, and how to recognize and report hazing;
- Comprehensive leadership training on Title IX; how to establish a culture of change; how to prevent hazing, and promote healthy, respectful, and trustful interactions between students;
- Bystander intervention training;
- Clearly defined roles and responsibilities of school-based and athletics adults;
- Support for victims (and their families); and
- Conduct periodic climate surveys to assess efficacy of anti-hazing policies and procedures.

SUPPORTING STUDENTS WITH IDENTIFYING HAZING BEHAVIOR

Hazingprevention.org lists seven questions that students can ask to determine if something is hazing or not:

- Would I feel comfortable participating in this activity if my parents/guardians were watching?
- Would we get in trouble if a school administrator walked by and saw us?
- Am I being asked to keep these activities a secret?
- Am I doing anything illegal?
- 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?
- Am I going to be able to get a job if I have to put a criminal arrest on my application?¹

ADDITIONAL SUGGESTED RESOURCES:

- Hazingprevention.org
 - *2018 Resource and Planning Guide: High School Edition*
- Hazing.cornell.edu
 - Alternatives to hazing to promote group bonding (<https://hazing.cornell.edu/sites/hazing/files/pdfs/alternatives-to-hazing.pdf>)
 - Hazing framework (<https://hazing.cornell.edu/sites/hazing/files/pdfs/hazing-framework.pdf>)
 - Bystander campaign (<https://health.cornell.edu/initiatives/campaigns-materials/intervene-bystander-campaign>)
- National Federation of State High School Associations (<https://www.nfhs.org/hazing.aspx>)
- Stophazing.org

¹ What Hazing Looks Like. (n.d.). Retrieved from <https://hazingprevention.org/home/hazing/facts-what-hazing-looks-like/>