

THE DIFFERENCES BETWEEN

HAZING & BULLYING

Hazing: "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."^{1,3}

It includes three key components:

1. It occurs in a group context
2. Humiliating, degrading, or endangering behavior
3. It can happen regardless of an individual's willingness to participate; regardless of consent²

Bullying: "Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time."⁶

It includes two key components:

1. Power imbalance
2. Repeated behavior⁶

TYPICAL HAZING BEHAVIORS⁵

- Humiliation, roast nights, or wearing embarrassing clothing
- Expecting items to always be in one's possession
- Being taken to & left at an unknown location
- Threats, implied threats, verbal abuse, & assigning demerits
- Sleep deprivation and being woken up in the night
- Water intoxication or forced ingestion of substances
- Greeting others in a specific manner
- Making prank calls or harassing others

Hazing happens at colleges and universities AND middle and high schools. Some common places are:

- Varsity Athletic Team
- Social Fraternity or Sorority
- Club Sports
- Performing Arts Organization
- Academic Club
- Honor Society¹

REMEMBER!

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



Bullying happens mostly in elementary, middle, and high schools. Some common places are:

- In the School Building
- In the neighborhood
- Playground
- Bus
- Online⁶

HELPFUL TIP!

A simple way to distinguish hazing from bullying is that hazing typically occurs for the expressed purpose of inclusion whereas people who bully are typically seeking to exclude and marginalize another person

TYPICAL BULLYING BEHAVIORS⁶

- VERBAL:** Spreading rumors, Teasing, taunting, name-calling
- SOCIAL:** Purposefully excluding someone, Publicly embarrassing someone
- PHYSICAL:** Making rude hand gestures, Hitting, kicking, pushing, tripping, pinching, spitting

WAYS TO BUILD HEALTHY GROUPS & TEAMS

- Participate in community service projects together
- Identify common times for new and returning members to hang out (e.g., group meals, studying, working out)
- Visit a challenge course led by professionals to work on communication and leadership skills
- Utilize campus resources to promote scholarship
- Strengthen problem solving skills through team building activities
- Work on personal development through activities like vision boards, goal setting, etc.⁴



WANT MORE INFO? GO TO STOPHAZING.ORG



INFORMATION SOURCES
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 2. Allan, E., Payne, J., & Kerschner, D. (2015). "We Don't Haze" A Companion Prevention Brief For General Audiences. https://stophazing.org/wp-content/uploads/2020/12/We_Dont_Haze_Companion_Brief_General.pdf
 3. Hoover, N. (1999). National survey of sports teams: Initiation rites in athletics for NCAA sports teams. Retrieved February 9, 2006, from Alfred University Website: http://www.alfred.edu/sports_hazing/
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