

# 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.”<sup>1,3</sup>

**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 consent<sup>2</sup>

**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.”<sup>6</sup>

**It includes two key components:**

1. Power imbalance
2. Repeated behavior<sup>6</sup>

## TYPICAL HAZING BEHAVIORS<sup>5</sup>



Humiliation, roast nights, or wearing embarrassing clothing



Being taken to & left at an unknown location



Sleep deprivation and being woken up in the night



Greeting others in a specific manner

Expecting items to always be in one's possession



Threats, implied threats, verbal abuse, & assigning demerits



Water intoxication or forced ingestion of substances



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 Society<sup>1</sup>

### 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.

## HAZING

## BULLYING

Sometimes aggressive behavior

Not always intended to cause harm

Not always repeated over time

Interpersonal violence

Imbalance of power

Aggressive behavior

Intended to cause harm

Repeated over time

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

- In the School Building
- In the neighborhood
- Playground
- Bus
- Online<sup>6</sup>

### 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 BEHAVIORS<sup>6</sup>



### VERBAL

Spreading rumors

Teasing, taunting, name-calling



Threatening to cause harm

Purposefully excluding someone



### SOCIAL

Publicly embarrassing someone



Making rude hand gestures



### PHYSICAL

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.<sup>4</sup>



### INFORMATION SOURCES

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**WANT MORE INFO?  
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