

# Wellness InSTALLments

September 2015 — Volume 3, Issue 3

This month's author: Alethia Kielbasa

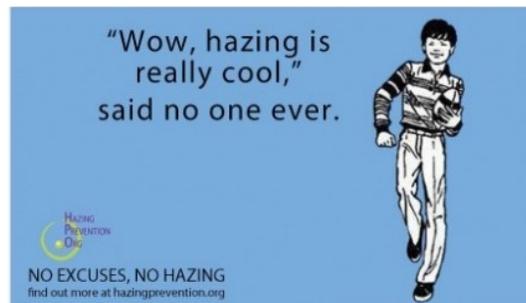


## It's a Tradition, Right?

**"It's not hazing; it is a right of passage—a tradition."** This is an example of just one misguided rationalization that makes hazing so prominent (and dangerous) on college campuses. In a national study (Allan-Madden, 2008) of student hazing, more than half the students did not see hazing as a problem. It has become a cultural norm on campuses; a common practice among groups. So what exactly 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 is not only a concern for sororities and fraternities, but occurs across a wide range of student groups. Athletics, intramurals, performing arts, academic clubs, and honor societies experience hazing. Hazing is an activity imposed on a person who wants to join a group. It involves activities that have been rationalized so they are now deemed part of "tradition." Promoting bonding and group unity is a common justification for hazing practices. However, the majority of students surveyed did not report feeling part of the group as a result of hazing.



## Facts About Hazing

1. More than half of college students involved in clubs, teams, and organizations experience hazing.
2. It is still considered hazing even if the individual gives consent. Hazing, with or without consent of the individual, is illegal and against the University Student Code of Conduct.
3. Hazing can result in legal repercussions as well as the organization involved in hazing losing recognition from the University and their National Organization.
4. Hazing is often justified in numerous ways, including displacement or diffusion of responsibility, distortion of the consequences and even by blaming the victim.
5. A gap exists between student experiences of hazing and their willingness to label it as such. Take this into consideration: Is there secrecy around the activity? Is there pressure to participate? Would you be comfortable telling your parents? If the answer is no, then chances are its hazing.



## How To Report Hazing

Don't just assume someone else will speak up. Be the first! Step up and report hazing because when it comes to hazing, if nobody steps up, a culture of hazing develops. Here are some different ways that you can anonymously report a hazing incident at FGCU:

1. **Online Reporting Form:** [www.fgcu.edu/HazingForm/](http://www.fgcu.edu/HazingForm/)
2. **Silent Witness Program:** Call 239-590-1906
3. **Email:** [ReportHazing@fgcu.edu](mailto:ReportHazing@fgcu.edu)

### Upcoming Events

#### 9th - Healthy Hump Day

Highs and Lows  
11-2pm; Outside P&W  
3Cs: Drugopoly  
7-8pm; Eagle 5th Floor

#### 16th - Healthy Hump Day

MyPlate: Build a Balanced Meal  
11-2pm; Outside P&W  
3Cs: College Chef  
7-8pm; Palmetto 4th Floor

#### 23rd - Healthy Hump Day

Hazing: What's the Big Deal?  
11-2pm; Outside P&W  
3Cs: Sleep Jeopardy  
7-8pm; Everglades 5th Floor

#### 30th - Healthy Hump Day

The Best Sleep You've Ever Had  
11-2pm; Outside P&W  
3Cs: Relationships: What's Right For Me?  
7-8pm; Everglades 5th Floor

### National Hazing Prevention Week

September 22-29

#### 22nd - Kick-Off Event!

Guest Speaker Lianne Kowiak  
2pm-3:30; Cohen Center 247

#### 23rd - Step UP! Hazing Edition

2pm-3:30; Cohen Center 214  
Stop by for an interactive program about hazing prevention and enjoy **FREE FOOD!**

#### 29th - Main Event!

Speaker: Michelle Guobadia  
6:30pm & 8:00pm  
Cohen Center Ballroom

Please see our online calendar for a full, updated schedule

### Question of the Month

What is one possible repercussion of hazing?

Email P&W at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for: \$10 of Eagle Dollars!



**PEERS CARE**  
Educate. Engage. Empower.

