

UNDERSTANDING BULLYING AND HAZING IN SPORTS

BULLYING: Any unwanted aggressive behavior that involves an observed or perceived imbalance of power and is repeated multiple times. This includes physical, verbal or social harm or distress that occurs in person or through technology.

- 20% of high school students have been bullied on school property
- 16% of high school students have been bullied through technology
- Of those students who have been bullied:
 - 18% were verbally bullied
 - 8% were physically bullied
 - 5% were physically threatened
 - 18% were the subject of rumors
 - 6% were purposefully excluded from activities

HAZING: Any potentially humiliating or dangerous activity expected of someone to belong to a group, regardless of his or her willingness to participate. Hazing is a form of bullying and is conducted by a group for a seemingly short period of time.

- 74% of college athletes experience at least one form of hazing
 - 47% were done so by being forced to participate in drinking games
- 48% of high school students who belong to groups were subjected to hazing
 - 25% experienced their first hazing activity before age 13
 - 43% were subjected to humiliating activities
 - 30% were forced to perform potentially illegal activities
- Dangerous hazing activities are as prevalent in high school (22%) as in college (21%)



SIGNS THAT SOMEONE IS BEING BULLIED AND HAZED

- Unexplained injuries
- Loss of personal items
- Sudden loss of friends
- Difficulty sleeping
- Frequent headaches
- Complaints of stomach discomfort
- Faking illness or injuries
- Depression
- Loss of self-esteem and self-confidence
- Increase in stress levels
- Post traumatic stress disorder



SIGNS THAT SOMEONE IS BULLYING OR HAZING OTHERS

- Frequently getting into verbal or physical fights
- Having unexplained money or belongings
- Increasing aggression
- Having friends who are antagonistic
- Being overly concerned with popularity



IF YOU'RE BEING HAZED OR BULLIED

If you or someone you know is being bullied or hazed, seek out a trusted adult, such as an athletic trainer. Your athletic trainer can offer support and help connect you to a counselor or person of authority.