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.

**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.

**It includes three key components:**
1. Occurs in a group context
2. Humiliating, degrading, or endangering behavior
3. It can happen regardless of individual’s willingness to participate, regardless of consent.

**Typical Hazing Behaviors:**
- Humiliation, roast nights, or wearing embarrassing clothing
- Being taken to & left at an unknown location
- Sleep deprivation and being woken up in the night
- Water intoxication or forced ingestion of substances
- Making prank calls or harassing others
- Greeting others in a specific manner

**Typical Bullying Behaviors:**
- Verbal: Spreading rumors, teasing, taunting, name-calling
- Physical: Making rude hand gestures, hitting, kicking, pushing, tripping, pinching, spitting
- Social: Purposefully excluding someone, publicly embarrassing someone

**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.

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

**Remember!**
- 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

- Bullying happens mostly in elementary, middle, and high schools. Some common places are:
  - In the School Building
  - In the neighborhood
  - Playground
  - Bus
  - Online

**Information Sources**