

# HAZING PREVENTION 101™

## IT'S EVERYONE'S RESPONSIBILITY

### TEAM BUILDING ACTIVITIES

Sometimes, team building activities for new members can turn into hazing – depending on how they are carried out.

#### The activity can turn into hazing if you...

- Only require new members to participate
- Encourage the participants to break school rules or the law
- Require unsafe conditions
- Require humiliating acts as part of the 'fun'



### PLANNING HELPS KEEP EVERYONE SAFE!

New Member Orientation	Team Building	Social Activities	Contests or Competitions
<p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Make it educational and fun.</li> <li>• Model what you want everyone to know about your values and beliefs.</li> </ul> <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Don't "punish" or "ridicule" for wrong answers.</li> <li>• Don't allow the wrong kind of training to affect your goals and values.</li> </ul> <p><b>EXAMPLE</b></p> <p>Invite the Faculty Advisor to lunch with the new members or plan a new member tour of campus landmarks.</p>	<p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Invite all members.</li> <li>• Keep it fair to all.</li> </ul> <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Don't require only new member participation.</li> <li>• Be sure the purpose is to build camaraderie and not divide members.</li> </ul> <p><b>EXAMPLE</b></p> <p>Plan a fundraiser or collaborate on a campus improvement project.</p>	<p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Invite all members.</li> <li>• Provide snacks and refreshments.</li> </ul> <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Don't do anything that could not be live streamed to the world.</li> <li>• Don't risk your group's good reputation.</li> <li>• No alcohol, drugs or harmful activities.</li> </ul> <p><b>EXAMPLE</b></p> <p>Host a game night or dinner and a movie.</p>	<p><b>DO</b></p> <ul style="list-style-type: none"> <li>• Invite all members.</li> <li>• Think safety first.</li> </ul> <p><b>DON'T</b></p> <ul style="list-style-type: none"> <li>• Don't require unsafe races or illegal activities.</li> <li>• Don't include embarrassing tasks or things sexual in nature.</li> </ul> <p><b>EXAMPLE</b></p> <p>Participate in a charity run, campus-sponsored challenge, or a ropes course managed by a professional company.</p>

# TEAM BUILDING ACTIVITIES SUGGESTED BY STUDENTS

We surveyed 250,000 students in Fraternity and Sorority Life, Athletics and Creative and Performing Arts, and they offered back great ideas for team building that do not involve hazing or alcohol.

## Get to Know Each Other

- **Icebreaker Night:** Ask members to name one thing about themselves.
- Play **"two truths and a lie"** or any other "get to know you" type of game.
- **Show and Tell:** Ask members to share their hobbies or demonstrate a special skill.

## Grow as a Group

- Go on a group retreat.
- Plan a weekly group study session.
- Plan a resumé building workshop.
- Plan an event with a guest speaker.
- Host a dinner to practice etiquette and have everyone wear proper business attire.
- Attend educational webinars together (or virtually).
- **Vision Board Night:** Discuss personal goals and keep each other accountable for them.
- **Friendship Circle:** Ask members to go around the circle and openly share anything they're feeling.
- **Go Deep:** Ask members to each share a personal experience that shaped them into who they are.
- **Let it Go:** Establish a weekly judgement-free meeting where all members can participate in open discussions about anything on their minds, personal or group-related.

## Sports & Recreation

- Flag football or kickball
- Water or theme park trip
- Roller skating, bowling, or go-karting
- Indoor skydiving
- Laser tag or paint ball
- Obstacle or ropes course
- Ping-pong or video game tournament
- Escape room challenge
- Karaoke or arcade night
- Workouts, gym night, yoga and meditation
- Kayaking / canoeing

## Philanthropy

- Beach or river clean-ups
- Mud runs
- Charity 5Ks
- Food drives and volunteering
- Car wash to raise money for charity or non-profit
- Make & send cards to children in hospitals or people in nursing homes
- Campus fundraisers
- Help at an animal shelter

## Tap Into Creativity

- Visit museums
- Design and make T-shirts
- Do arts and crafts
- Create posters & banners
- Make friendship bracelets

## The Great Outdoors

- Beach day or camping trip
- Horseback riding
- Visit local parks
- Rock climbing or zip lining
- Kite flying

## Cheap Fun

- Scavenger hunt
- Board games
- Trivia night
- Movie night
- Bingo night
- Create songs & dances together
- Skits
- Charades
- Fun personality quizzes
- Group sleepover

## Delicious & Nutritious

- Plan a picnic
- Potluck dinners
- Baking competitions
- Going out to eat together
- Cookie decorating
- Ice cream socials