

Healthy Connection

NATIONAL HAZING PREVENTION WEEK 2024 CONVERSATION STARTER

All members deserve a sisterhood where healthy connection is the priority, not the exception. By putting one another's well-being first, we can ensure that hazing is not part of the equation in our organization. For National Hazing Prevention Week (NHPW), this year's educational poster and conversation starter focuses on the value of treating members with the dignity and respect they deserve through building healthy connection and eliminating unhealthy behavior, like hazing, from our sisterhood.

In this document, questions to ask and points to make verbatim are in **bold**. Notes and instructions for facilitators are in *italics*.

CHAPTER DISCUSSION

Members may believe that hazing others or participating in hazing activity themselves can lead to stronger bonds, greater trust among members and a higher sense of belonging or worth in the organization. But research has shown that hazing has the opposite effect. When hazing occurs in a group, it creates division and a lack of unity. Groups that develop new traditions, practices or rituals based on the organization's mission have greater success because of their shared value for mutual respect and inclusion in the process.

How does Alpha Chi Omega define hazing?

Alpha Chi Omega defines hazing as any reckless or intentional act that produces physical, mental or emotional pain, discomfort, humiliation, embarrassment or ridicule — regardless of a person's willingness to participate — and is required or expected of a member and not related to the Fraternity's mission. Alpha Chi Omega also categorizes hazing as a form of domestic violence because of its cyclical characteristics.

Any action that has potential to cause degradation or abuse to another member can be considered hazing, whether it was presented as optional or required for a member. Hazing threatens the health and safety of members because of its intimidating and harassing nature and increases the potential risk for lasting consequences.

What creates unhealthy connection?

Allow members time to respond.

Imbalanced power dynamics are at the core of unhealthy connections in a group. Whether it be new member classes, officers, individual members, within chapter families (big/little) or even alumnae members, unhealthy hierarchy between these relationships can create an environment that fosters excessive loyalty and solidarity within the organization.

[StopHazing](#) uses [One Love's 10 signs of an unhealthy relationship](#) to distinguish the components that lead to unhealthy connection in a group environment. These signs are: 1) intensity, 2) manipulation, 3) sabotage, 4) guilting, 5) possessiveness, 6) deflecting responsibility, 7) isolation, 8) belittling, 9) volatility and 10) betrayal. These attitudes and behaviors may be an early indicator that a member's safety and wellbeing is in jeopardy. If left unchecked, these actions could put yourself or another member at risk of harm which could be considered hazing.

What does "healthy connection" mean to you?

Allow members time to respond. Answers may include: friendship, trust, support, sisterhood, transparency, honesty, etc.

Adapted from [One Love's 10 signs of a healthy relationship](#) framework, [StopHazing](#) identifies the key factors that contribute to healthy connection within a group. These signs are: 1) comfortable pace, 2) honesty, 3) respect, 4) kindness, 5) healthy conflict, 6) trust, 7) independence, 8) equity, 9) taking responsibility and 10) fun! Together, these 10 signs represent components needed to bond in positive ways and create healthy connections to promote belonging, inclusivity and well-being of members.

What does treating members with dignity and respect look like?

Allow members time to respond.

Dignity is the foundation of respect, and treating others well involves both acknowledging their dignity and respecting their character. All members deserve dignity and respect, regardless of their academic class, leadership position or status in the organization.

Examples of treating members with dignity are: seeing members as more than just a number, honoring their lived experiences, being transparent about our membership experience during recruitment and holding members accountable for their actions.

Examples of treating members with respect include: being open and accepting of their values, beliefs and opinions; providing flexibility for work schedules; honoring prospective members' academic work/life balance; sharing event details in advance; and clearly communicating rules, expectations and responsibilities.

How can we build healthy connections in our chapter that are free of hazing?

- Host casual hangouts (lunch/dinner plans, coffee breaks, etc.)
- Create optional study hours in the library or chapter facility
- Lead a new member or chapter retreat
- Plan member class meet-ups (potlucks, movie nights, game day watch parties, book club, etc.)
- Attend an athletic event together
- Organize a group workout or exercise class
- Host a resume workshop
- Promote leadership roles and committee work within the chapter
- Coordinate a philanthropy event

CONCLUSION

Healthy sisterhood is a choice! We owe it to ourselves and our members to create a sisterhood built on mutual dignity and respect for one another. If you have concerns about unhealthy activities, events or traditions occurring in your chapter or in your community, be an upstander and seek out help and support. There are resources available to you to report hazing and prevent harm before it occurs:

- Call 911 immediately if someone is injured, involved in illegal activity or in danger of life-threatening harm.
- [The Greek Anti-Hazing Hotline](#) is an 24/7 anonymous telephone line for anyone to report a suspected or recent hazing incident to 888-NOT-HAZE (888-668-4293).
- [Hazing Prevention Network](#) provides an online hazing report form to submit hazing concerns anonymously. The more details you can provide regarding the conduct, the better it can be investigated.
- Contact your campus fraternity/sorority life office, student conduct or campus security to report hazing practices involving an organization, sports team, student group or individual in your community.
- Contact Alpha Chi Omega headquarters at 317-579-5050 or [email us](#) to report hazing within our organization.

REFERENCES:

- [Association of Fraternity/Sorority Advisors: Building Healthy Groups to Prevent Campus Hazing](#)
- [One Love: 10 Signs of Healthy Relationships](#)
- [One Love: 10 Signs of Unhealthy Relationships](#)

- [Stop Hazing: List of Group Activities](#)
- [Stop Hazing: 10 Signs of Healthy & Unhealthy Groups](#)

