

HAZING: IT'S NOT TEAM BONDING. IT'S HARM.

HAZING IS...

Any act meant to humiliate, degrade, or harm someone joining a team. It's often disguised as tradition or a rite of passage. But the truth is, **hazing is abuse.**



HAZING IS NEVER:

- ❌ Team building – it creates fear, not trust
- ❌ Something to ignore – report it immediately
- ❌ A joke or “just fun” – people can be seriously hurt
- ❌ Acceptable if “everyone does it” – wrong is still wrong in a group setting
- ❌ Something you “have to do” – you never have to be abused
- ❌ A way to prove loyalty or earn respect – you don't need to suffer to belong

INSTEAD OF HAZING, USE TEAM-BUILDING ACTIVITIES

- Laser tag or escape rooms
- Team dinners or cooking competitions
- Outdoor team hikes or sport activities
- Team fundraisers
- Team movie or game nights
- Attend local sporting events
- Team craft or karaoke nights
- Volunteering together

HAZING CAN LOOK LIKE:

Occur often, but go unnoticed

- Name-calling
- Forced to sing in public
- Wearing embarrassing clothing
- Acting as a servant
- Eating unhealthy substances
- Shaving body parts
- Forced alcohol consumption
- Forced nudity
- Physical assault

Occur less often, but easily recognized

IT CAUSES REAL DAMAGE:

- ▶ **Mental health issues** like anxiety and depression
- ▶ **Social problems** like isolation and trust issues between teammates
- ▶ **Physical injuries or worse** – people have been hospitalized or died

NEED MORE INFORMATION?

Find more information on hazing and safe sport resources at sportmanitoba.ca/safesport



STRONG TEAMS DON'T HAZE.

They support each other.

Be a leader, choose team-building activities, create a successful team.

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