

# **COUGS DON'T HAZE**

Learn more about Hazing Prevention at WSU  
[communitystandards.wsu.edu/hazing-prevention](https://communitystandards.wsu.edu/hazing-prevention)

# WHAT IS HAZING?

Hazing includes any act committed as part of joining a group that causes, or is likely to cause, bodily danger or physical harm, or psychological or emotional harm, regardless of the person's willingness to participate.

# IMPACTS OF HAZING

- Sleep problems, including insomnia
- Difficulty forming relationships or trusting others
- Depression, anxiety, self-harm
- Problems in relationships with friends, significant others, and family
- Post-traumatic stress syndrome
- Lower grades and poor performance in classes
- Loss of interest in being part of organizations
- Illness or hospitalization (due to psychological or physical illness/injury)
- Death

# IS IT HAZING?

## **Ask yourself:**

- Would I feel uncomfortable with this activity if my family were watching?
- Does this activity violate any WSU or organizational standards or codes of conduct?
- Is this activity illegal?
- Does this activity cause participants emotional, physical, or mental distress?

# SPECTRUM OF HAZING

LOW SEVERITY

HIGH SEVERITY

## INTIMIDATION

Social isolation

Using demeaning names for initiates and demanding titles (Ms., Mr.) for existing members

Assigning meaningless or impossible tasks

Requiring new members to carry specific items at all times

Deceptions

Behaviors and/or activities that reinforce power differentials

## HARASSMENT

Verbal abuse, yelling

Threats or implied threats

Sleep deprivation

Requiring “pranks” such as stealing or harassing another organization

Skit nights with degrading or humiliating acts

Requiring new members to perform services for existing members (cleaning, errands)

## VIOLENCE

Physical abuse

Sexual abuse

Forced consumption of alcohol, drugs, and/or disgusting substances

Abductions, or limiting someone’s ability to leave a situation or place

Bondage

Total or partial nudity

HIGH FREQUENCY

LOW FREQUENCY

*\*Adapted from The Spectrum of Hazing Behaviors from stophazing.org*

# HELP STOP HAZING

*Join the Action Team for Hazing Prevention  
and help share a campus culture of respect,  
connection, and safety.*

- Meet monthly
- Create campus awareness for hazing prevention
- Help build support for reporting
- Apply Now:



# REPORT HAZING



- WSU Center for Community Standards
- WSU Compliance and Civil Rights - - select 'Hazing' drop down
- WSU Police or local law enforcement
- A local/national chapter of the organization conducting the hazing