

AUTUMN 26 – 1.1

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The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

It has been wonderful to welcome our young people across the Trust back into school over the past week.

For some children, coming back into school can be a challenging. Some children struggle with the routine, and others struggle with appropriate friendships.

This half term we will be looking at how we as parents and teachers can encourage positive influences and friendships and teach our children how to make appropriate choices.

WHAT IS HAZING?

Hazing involving teenagers often incorporates forced or coerced drug and alcohol use as a dangerous rite of passage to gain entry into sports teams, school clubs, or peer groups

Risks and Dynamics

- Peer Pressure: Adolescents experience strong social desires to fit in, making them vulnerable to dangerous demands from older or dominant group members.
- Impaired Judgment: Coerced consumption of alcohol or illicit substances leads to lowered inhibitions, increasing compliance with even riskier or harmful behavior.
- Physical Harm: Teen bodies process intoxicants differently, and forced binge drinking or drug use drastically raises the risk of overdose, neuroinflammation, and physical trauma.

Long-Term Effects

- Self-Medication: Teens who experience physical or psychological trauma from hazing frequently turn to substances like marijuana, prescription pills, or alcohol to cope with anxiety, depression, or PTSD.
- Substance Use Disorders: Early exposure and forced initiation can trigger long-term chemical dependency and severe mental health challenges later in life.

IS IT HAZING?

ANSWER THE **SAFE?** QUESTIONS:

SECRETS

Are there penalties for disclosing group "secrets"?

ACTIVITIES

Are activities causing you emotional or physical distress?

FAMILY

Would you feel uncomfortable if your family were watching?

EMPLOYMENT

Could pictures of this activity keep you from getting a job?

NEED HELP? Talk with someone you trust about your concerns.

* **YES** to even one **SAFE?** question could indicate hazing.

See something? Say something!

 gordie.org





How to Identify Hazing

What to watch and listen for to know when someone is being hazed

What is hazing?

Hazing is 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.^{1,2}



HUMILIATION, ROAST NIGHTS, OR WEARING EMBARRASSING CLOTHING



BEING TAKEN TO & LEFT AT AN UNKNOWN LOCATION



SLEEP DEPRIVATION AND BEING WOKEN UP IN THE NIGHT

EXPECTING ITEMS TO ALWAYS BE IN ONE'S POSSESSION



THREATS, IMPLIED THREATS, VERBAL ABUSE & ASSIGNING DEMERITS



WATER INTOXICATION OR FORCED INGESTION



DRINKING LARGE AMOUNTS (BOTH ALCOHOLIC & NA)



WATCHING OR PERFORMING LIVE SEX ACTS

MAKING PRANK CALLS OR HARASSING OTHERS



What are the signs?

Below are *some* "red flags" to look for may indicate that a person has experienced hazing.



CHRONIC FATIGUE



UNUSUAL PHOTOS POSTED ON SOCIAL MEDIA



DISRUPTED PATTERNS OF BEHAVIOR OR COMMUNICATION

SKIPPING CLASSES, CHANGE IN GRADES, NOT COMING HOME, NOT EATING MEALS AS USUAL, CHANGE IN PERSONAL HYGIENE, ONLY ASSOCIATING WITH CERTAIN PEOPLE.



DESCRIBING HAZING ACTIVITIES, BUT REFERRING TO THEM AS "TRADITIONS" OR "INITIATIONS."



CONCERN EXPRESSED FROM OTHERS



SYMPTOMS OF DEPRESSION

HOW TO PROTECT YOUR CHILD

You can protect your child from hazing by talking openly about boundaries, recognizing warning signs early, and knowing the policies of their school or group.

Talk Openly

Define hazing: Teach your child what hazing looks like, including forced tasks, humiliation, or dangerous initiation rituals.

Discuss consent: Make it clear that no group has the right to force them into uncomfortable or harmful acts.

Build trust: Tell your child they can call you anytime without judgment if they feel unsafe or stuck in a bad situation.

Take Action

- **Know the rules:** Read the anti-hazing policies of your child's school, university, or sports organization.
- **Report concerns:** Contact school staff or leaders immediately if you suspect hazing is happening.