



Nichols College

Hazing: Know It. Recognize It. Stop It.

Creating a community where everyone belongs.

Office of Community Standards | Student Life
2026-2027



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Defining Hazing

Any activity connected to joining, maintaining membership, or gaining status that humiliates, degrades, abuses, or puts well-being at risk.

- It can happen even if someone agrees to participate.
- It does not have to involve physical harm.
- It can happen in person or online.
- Anyone can be hazed or be the hazer.

Hazing is a crime in Massachusetts and Federally through the Stop Campus Hazing Act.



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Belonging Without Harm

College should challenge you, not hurt you.

Joining a team, club, organization, or community should never require you to be harmed, humiliated, or put at risk.

Hazing can occur in athletics, clubs, organizations, friend groups, residence halls, and other student communities.



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What Can Hazing Look Like?

Humiliation: embarrassing clothing, yelling or insults, degrading acts, intentional exclusion or isolation.

Physical/Risky: pressured alcohol consumption, sleep deprivation, excessive exercise, exposure to extreme weather, unusual eating or drinking requirements.

Control/Coercion: running personal errands, giving up phones or belongings, restrictions on who someone can talk to, secrecy, or arbitrary rules.



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“But They Agreed to It...”

Consent does not make hazing okay.

People may participate because they fear being excluded.

Pressure can be significant when membership, playing time, friendships, or social status are involved.

“Everyone before you did it” is not justification.

A tradition can still be hazing.



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Tradition vs. Hazing

Tradition, Hazing, or Depends?

1. First-year team members organize a team dinner.
2. New members must memorize information and are screamed at when they get something wrong.
3. Everyone on the team participates in an early-morning workout.
4. Only new members have to complete an overnight workout.



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Why Hazing Is Serious?

1. Physical injury or medical emergencies
2. Emotional and psychological harm
3. Alcohol poisoning
4. Damaged relationships and sense of belonging
5. Student conduct consequences
6. Team or organization consequences
7. Potential criminal consequences



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Build the Tradition You Want to Leave Behind

Belonging shouldn't have to be earned through harm.

Healthy communities challenge people without humiliating them.

They build trust, respect boundaries, look out for one another, and create traditions people are proud to continue.



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See Something? You Have Options.

In the moment: speak up if it is safe, help someone leave, call for help, contact Public Safety during an emergency, and do not leave someone alone who may need medical attention.

Afterward: tell a trusted staff member, contact Student Life, talk with a coach or advisor, or use the College's reporting process.

Look Out for Each Other!



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Helpful Links and Resources

[Community Standards Hub Page](#)

[Public Incident Report](#) *(not for Title IX and Sexual Misconduct reports)*





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Questions?

Please reach out to Community Standards via email:
community.standards@nichols.edu

Thank You!