RECOGNIZING **BULLYING AND HAZING** IN SPORTS

BULLYING:

Unwanted aggression that occurs repeatedly and involves a real or perceived power imbalance. This includes physical, verbal or social harm or distress, in person or through technology.

- 20% of high school students have faced bullying on school property
- 16% of high school students have faced bullying through technology
- Among students who faced bullying:
  - 18% faced verbal bullying
  - 8% faced physical bullying
  - 5% faced physical threats
  - 18% had rumors spread about them
  - 6% were deliberately left out of activities

HAZING:

Potentially humiliating or dangerous acts expected for group membership, whether or not a person agrees to take part. Hazing is group bullying carried out over a seemingly brief period of time.

- 74% of college athletes face at least one kind of hazing
  - 47% were forced to take part in drinking games
- 48% of high school students in groups have faced hazing
  - 25% first experienced hazing before age 13
  - 43% were made to do humiliating activities
  - 30% were forced into potentially illegal acts
- Dangerous hazing is similarly common in high school (22%) and college (21%)



SIGNS SOMEONE IS BEING BULLIED AND HAZED

- Injuries with no clear cause
- Missing personal items
- Sudden loss of friendships
- Trouble sleeping
- Repeated headaches
- Reports of stomach discomfort
- Feigned illness or injury
- Depression
- Lower self-esteem and self-confidence
- Rising stress levels
- Post-traumatic stress disorder



SIGNS SOMEONE IS BULLYING OR HAZING OTHERS

- Often involved in verbal or physical fights
- Unexplained money or possessions
- Growing aggression
- Spending time with hostile friends
- Excessive concern about popularity



IF YOU FACE HAZING OR BULLYING

If you or someone you know faces bullying or hazing, talk with a trusted adult, such as an athletic trainer. Your trainer can support you and connect you with a counselor or another authority figure.

Sources: *NATA News*, March 2017; NCAA Sport Science Institute; National Federation of State High School Associations; Inter-association Recommendations for Developing a Plan to Recognize and Refer Student-Athletes With Psychological Concerns at the Secondary School Level: A Consensus Statement.

Infographic supplied by the National Athletic Trainers' Association