

## How to Help a Friend

If you are concerned someone you know is being hazed, you can make a difference. The demands of hazing often isolate students from their friends who are not in the group. Having a friend who is outside of the group provide support can help the person who is being hazed think more clearly about what options are available.

### What your friend may be feeling

People respond to hazing in different ways. Anger, confusion, betrayal, fear, resentment, embarrassment, humiliation, hopelessness, helplessness, anxiety, and depression are all normal feelings. Self-blame can also occur and is fueled by hazers who tell new members that they will let others down if they leave or tell anyone what is going on.

Physical consequences can include exhaustion, headache, hangover, illness, and injury.

Your friend may want the hazing to stop, but fear consequences such as social rejection, backlash, or increased/more severe hazing for other group members. Or, they may feel they've invested too much already to walk away.

### How to talk with a friend

- Express your concern.
- Describe what you have observed (e.g., lack of sleep, changes in your friend's mood, energy level, ability to do work).
- Ask your friend what they have had to do as part of joining the group. If the person describes experiencing behaviors that sound like hazing, underscore that hazing is not ok and that they don't have to go along with it.
- If you suspect that your friend is being hazed but won't say so, ask if there are things going on that they aren't supposed to talk about. If that is the case, it's very likely that the person is being hazed.
- Let your friend know that it's okay to withdraw from an organization at any point and there are lots of communities and groups to join on campus that don't haze.
- Offer to support the person in getting care, and ask how you can be helpful.
- Let your friend know what resources are available for support and reporting.



*Knowing what to say can make it easier to start a conversation.*

### Some helpful resources

#### For support ...

- **Cornell Health:** services to support the physical and emotional well-being of any student; [health.cornell.edu](http://health.cornell.edu); 607-255-5155
- **EARS:** peer counseling by phone or in person; referral to resources; 607-255-3277 (EARS)
- **Let's Talk:** walk-in consultation with a Cornell Health counselor; [health.cornell.edu/LetsTalk](http://health.cornell.edu/LetsTalk)
- **Victim Advocacy Program:** assistance to victims of harmful, threatening, or violent incidents; [health.cornell.edu/VA](http://health.cornell.edu/VA); 607-255-1212

#### To report hazing ...

You or your friend can make report in two ways:

- **Make an online hazing report** through [hazing.cornell.edu](http://hazing.cornell.edu).
- **Make a phone report** to a university staff member. You can remain anonymous when calling in a report.

#### *Discuss concerns about any group:*

- Cornell University Police: 607-255-1111
- Dean of Students: 607-254-8598
- Judicial Administrator: 607-255-8832
- University Ombudsman: 607-255-4321

#### *Discuss concerns about a specific group:*

- Athletics & Physical Education: 607-255-8832
- Campus Activities (for concerns about a student organization): 607-255-4169
- Sorority & Fraternity Life: 607-255-2310

*This information is provided by the Skorton Center for Health Initiatives at Cornell Health. [health.cornell.edu/skortoncenter](http://health.cornell.edu/skortoncenter), 607-255-4782.*

3/18

