

Simple Ways to Use Your Voice

Below are practical ways to speak out against hazing and start meaningful conversations within your organization/community.

“If This Were My Brother or Sister” Scenario Discussions

Small-group discussions using real-life situations, such as:

- Sleep deprivation
- Forced secrecy
- Alcohol pressure

Ask the group:

“If this were my biological brother or sister, would this be okay?”

Letters to Future Brothers and Sisters

Current members write a short letter to future new members promising:

- Safety
- Respect
- Support

Seal the letters and keep them. Read them aloud at the start of each new member process.

Annual Accountability Check-In

Choose one day each year when the chapter:

- Reviews the new member program
- Removes any practices that feel coercive or unclear
- Reaffirms how members can report concerns

Document any changes and share them with alumni/ae advisors.

“Look Out for One Another” Pledge

Have members sign or verbally affirm a simple pledge:

“I will speak up, step in, and take care of my people.”

No paperwork required—just shared commitment.

Check-In Circle

At a meeting, go around the room and have each person answer:



"One way I can better look out for others this semester is ____."

Keep it short and honest.

Kindness Notes

Have members write one short anonymous note to someone in the chapter thanking them for being supportive, welcoming, or trustworthy.

Phone-Free Meal

Host a simple meal where phones stay off the table to emphasize presence, connection, and conversation.

Leadership Commitment

Chapter leaders briefly say:

"If you ever feel unsafe, pressured, or unsure, come to us. We will listen."

Visibility and consistency matter.

Brotherhood and Sisterhood Mean Care

Ask every member to say one sentence (or write it down):

"Brotherhood/sisterhood looks like ____ when someone is struggling."

No discussion, just listening.

"Look Out for My Brothers and Sisters" Circle

Go around once and complete the sentence:

"One way I can better look out for my brothers and sisters this term is ____."

Keep responses brief and sincere.

Values Through Action

Ask the group:

"What's one thing we will never do because we care about our brothers and sisters?"

Document the response and revisit it later in the semester.

End With Action

Close the conversation by naming **one concrete thing** the chapter will do differently this semester to better protect and support its members.