

# 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 outside the group who provides support can help a person being hazed think more clearly about what options are available.

People respond to hazing in different ways. However, normal feelings are anger, confusion, betrayal, fear, resentment, embarrassment, humiliation, hopelessness, helplessness, anxiety, and depression.

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 to walk away.



Visit [hazing.sewanee.edu](https://hazing.sewanee.edu)  
for more information.

*Adapted from the Skorton Center for Health Initiatives at Cornell Health.*