

# **Sport Hazing: Awareness, Prevention and Intervention Training**

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## **About this Website**

### **Rationale**

Sport is a juggernaut of a social institution putting a spotlight on societal issues and modeling a standard of behavior. As goes sport, so goes society. It is said that sport builds character. Yet, there are so many contrary examples. Rather, sport is like a ship that goes where it is steered, whether that be to the moral high ground or the rocky shoals of tragedy. When sport stays on course, society benefits. Hence, the critical role of advocacy. If sport in society is to be the best it can be it will require advocates who are alert to problems and are willing to act on behalf of athletes' rights and responsible organizational practices. When important issues in sport are subject to reasoned public discourse all stakeholders benefit.

While specifically focused on hazing, this training program also applies to bullying, harassment, discrimination and other forms of interpersonal violence operating systematically within sports teams and organizations.

### **Goals**

- 1-Increase awareness of hazing in sport, and the problems associated with hazing
- 2-Improve understanding of the forces that drive hazing and make it resistant to change
- 3-Cultivate a sense of responsibility in all sports stakeholders & encourage accountability by organizations
- 4-Remedy hazing problems by engaging all stakeholders in prevention and intervention

These goals are served by a purpose-built, web-based, multi-media instructional program to train psychologists, sports medicine specialists and other health professionals to educate, advocate and take action on behalf of athletes, coaches

and other sport stakeholders, and to consult with sports programs and community organizations.

If hazing prevention and intervention programs are to be successful, this will require broad-based grass roots efforts. For this reason, the content provided is written to be accessible to the educated sport stakeholder who is motivated to better understand and prevent hazing. Stakeholders include athletes themselves, coaches, officials, team and sport administrators, sports medicine specialists, and parents.

All are encouraged to make use of this content within the limits of their knowledge and role in the sport enterprise – and to seek the assistance of a sport psychologist or other health professional when needed.

## **Content**

The following content is available to any user for any educational purpose, at no cost. It includes the following:

### **Video:**

This includes commentary on hazing by coaches and sport psychologists. It is a stand-alone video (about 8 min.) suitable for independent viewing, as a guide to discussion, or in conjunction with a live presentation.

*A transcript of this video can be found at the Theory, Research & Practice button.*

### **PowerPoint Program:**

The PowerPoint is intended as a guide to a formal presentation. It includes a Supplement with additional content about organizational dynamics, and is designed for situations where organizational involvement would appear to be an important part of a remedy.

*A series of notations for this PowerPoint can be found at the Theory, Research & Practice button.*

### **General Readings:**

There are a series of readings on hazing, advocacy and sensible sport practices, prepared by *SportPsych Works*, a regular publication of the *Society for Sport*,

***Exercise & Performance Psychology.*** These are prepared by sport psychologists for a general audience and do not presume prior knowledge or training.

These readings are suitable as handouts in conjunction with a formal presentation.

Moral and Character Development. ***SportPsych Works***, May, 2015, Volume 3, Issue 1

Positive Interaction in Youth Sport, ***SportPsych Works***, August 2016, Volume 4, Issue 2

Hazing in Sport. ***SportPsych Works***, June 2017, Volume 5, Issue 2.

Sport Advocacy. ***SportPsych Works***, December 2017, Volume 5, Issue 4.

### **Theory, Research & Practice:**

This is an expanded version of an article previously published in the professional journal, *Sport, Exercise, and Performance Psychology*. It presents theory and research on hazing and interpersonal violence in sport, provides a broad view of the landscape of advocacy, examines hazing in detail, presents a case study and encourages action by psychologists.

While written with for the psychologist and health care professional, it is accessible to the motivated and educated reader who wishes to be better informed.

Reference citation: Heil, J. (2016). Sport advocacy; Challenge, controversy, ethics and action. *Sport, Exercise, and Performance Psychology*, 5(4), 281-295.

<http://dx.doi.org/10.1037/spy0000078>. Available at:

<http://psycnet.apa.org/index.cfm?fa=browsePA.volumes&jcode=spy..>

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