



National Hazing Prevention Week 2019

Being a Big Is: Conversation Starter

Having and being a Big Brother is a tradition within our organizations. Your Big Brother is there to serve as a guide and mentor through your membership experience. A person to help answer your questions, provide a listening ear, and make memories with. When we think of the Big/Little relationship, a healthy relationship comes to mind. However, that is not always the case. Unhealthy Big/Little relationships can manifest themselves without even realizing it. For example, only allowing your Little to hang out with you and your friends or only hanging out at social events is not what the Big/Little relationship is about. Being a Big Brother is about friendship, being a role model, a mentor, offering help when needed, and setting the example of what it means to be a member of our organization. You and your chapter have the tools and opportunities to make being a Big Brother a positive, healthy, and long-lasting relationship.

During National Hazing Prevention Week, we shed light on the fact that hazing is still happening on college campuses across the country. We know that 55% of college students involved in student organizations and sports teams experience hazing. Alcohol consumption, humiliation, isolation, sleep- deprivation and forced calisthenics are just a few of the hazing practices still seen on campuses. Sometimes, this can involve your big. But if being a big is about mentorship, friendship and providing guidance, then why are we not advocates for our new member's safety? Let's change the conversation from harm to helping, let's talk about our positive experiences through our big/little experience.

Discussion Questions:

- When you think of having a Big Brother, what characteristics come to mind?
- When you think of being a Big Brother, what characteristics come to mind?
- In what ways can a Big be a positive member of an Associate Member's experience?
- What activities can you and your Big Brother do together that is healthy and positive?
- In what ways can a Big be a negative member of an Associate Member's experience?
- In what ways does your chapter not always foster a healthy Big/Little relationship?
- In what ways does your chapter foster a healthy positive Big/Little relationship?

Reflection Questions:

- How has your Big Brother been a positive of your experience as a member?
- What can we do as a chapter to build a positive chapter Big/Little experience that reflects our organization's values?

Setting Expectations:

- What do we expect of those who are serving as a Big Brother?
- What will we not tolerate as a chapter when it comes to the Big/Little relationships?

You and your chapter can make the Big/Little experience help everyone feel a deeper, more meaningful connection to our organization.



Resources:

HazingPrevention.Org

StopHazing.Org

Anti-Hazing Coalition

1-888-NOT-HAZE (1-888-668-4293). available 24 hours a day.

Sources:

https://www.stophazing.org/wp-content/uploads/2014/06/hazing_in_view_web1.pdf