



# Sigma Nu Fraternity

EXCELLING WITH HONOR

## Little h Big H Discussion Guide

There is no shortage of excuses that try to justify hazing. Proponents of hazing behaviors have argued that hazing promotes a sense of unity and accomplishment while ignoring the documented proof that the overwhelming majority of students do not cite these as an outcome of their hazing experience (Allan & Madden, 2008).

The terms big “H” and little “h” hazing have been used to define different levels of severity when it comes to hazing. Big “H” hazing is often used to describe acts of hazing that cause physical or immediate harm. Some may define big “H” hazing as the type of hazing that ends up in the news. Little “h” hazing describes acts that some may perceive do not cause harm or their harm is not immediately noticed. Examples of little “h” hazing could include, requiring errands, embarrassing outfits, or treating individuals as if they have a lesser status in an organization. While on face value these may not seem harmful, we know they have a detriment on the ability to build a lifelong connection.

Both little “h” and big “H” hazing have a detriment on the ability to build lifelong connections, have no place in our organizations, and are illegal. To learn more about your state’s anti-hazing law and your duty to report visit <https://stophazing.org/policy/state-laws/>.

### Use the following discussion questions to process the poster’s message.

- *What are your initial thoughts regarding the poster’s message?*
- *What are examples of subtle hazing?*
  - Examples may include social isolation, name-calling, expecting certain items to be in one’s possession at all times, being forced to run errands, etc.
- *How can we report hazing on our campus?*
- *How can we report hazing within our organization?*
- *What is Sigma Nu Fraternity’s definition of hazing?*
  - See Section II of the [Risk Reduction Policy](#)
- *What is our university’s definition of hazing?*
- *How do they differ from one another? How are they similar?*

### Conclusion

Steps toward reduced harm and risks are steps in the right direction. Remember, your General Fraternity staff is ready to help. If you have concerns about what is going on with your chapter’s candidate education program, the General Fraternity stands ready to provide support to ensure the new member experience remains an effective journey towards Knighthood.

### Resources

- National Anti-Hazing Hotline: 1-888-NOT-HAZE or [www.fraternallaw.com/help-us-stop-hazing](http://www.fraternallaw.com/help-us-stop-hazing)
- [Sigma Nu Incident Report Form](#)
- [Sigma Nu Anti-Hazing Initiative and Resources](#)

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