

# How to Accomplish Great **FEATs** !

For Student-Athletes and Staff involved in Hazing Prevention.

**F**rame it – define the issues and the goals:

- ☐ Acknowledge desire to belong/bond/be part of the team- define excellent teamwork as the goal!
- ☐ Identify common language and shared resources to define the problem-what activities constitute hazing?
- ☐ Identify your team and campus traditions and how they were started -- support the positive, healthy traditions and seek alternatives if necessary.
- ☐ Identify positive team bonding activities.
- ☐ Review/revise written policy- include it in the S-A handbook.

**E**ngage with Peers and Allies – encourage buy-in and ownership from all:

- ☐ Connect with CHAMPS/Life Skills Advisor or other Allies who support well-being-(SWA, Athletic Trainers).
- ☐ Include discussions in SAAC and Captains meetings.
- ☐ Seek Commitment from teammates for “honor and integrity”-honor pledge; code of conduct.
- ☐ Support/schedule regular “check-ups” throughout the year –survey, team reports.

**A**dvocate – speak up about concerns and needs:

- ☐ Learn how to work with the system in place (what avenues do you have to effectively make your voice heard?—SAAC? Captains Meetings?)
- ☐ Meet with departmental Powerbrokers and request support for system review and change.
- ☐ Seek all coaches support, utilizing Allies and AD support.
- ☐ Seek mandatory team/athletics department education- recommend outside presenter/facilitator.
- ☐ Demonstrate support for written policies; share teammates’ commitments.
- ☐ Request funding support.

**T**eam up with the rest of campus in a collaborative model:

- ☐ Work within coalitions of peer educators—(Health Advocates, BACCHUS, etc).
- ☐ Assure student-athlete/athletics representation on campus wellness coalitions.
- ☐ Meet with Dean/VP of Student-affairs, Director of student organizations, Director of residence life, Wellness office.
- ☐ Participate in orientation and other programming opportunities.
- ☐ Utilize campus media to promote the positive – write articles, editorials, ads.

**Persistence Pays Off!**