



Partners in Prevention: Supporting Meaningful Belonging



Getting involved helps students build friendships, leadership skills, confidence, and community. At UCF, we believe belonging should never come at the expense of someone’s safety, dignity, well-being, or values. By staying connected, asking questions, and encouraging supportive involvement, students, families, and supporters all play a role in preventing hazing and helping Knights thrive.

WHAT FAMILIES SHOULD KNOW ABOUT HAZING

- Consent **does not** make hazing acceptable.
- Hazing is not always obvious. It is often hidden behind phrases like: “It’s tradition;” “Everyone before me did it;” “This is how we build commitment;” and/or “I want to prove myself.”
- Hazing can be emotional, psychological, physical, sexual, or substance related.
- Hazing can involve students, alumni, advisors, or others, not just current members.

THERE ARE NO BOUNDARIES

Hazing can occur in many settings, including:

- Academic or honor societies
- Athletics and club sports
- Fraternities and sororities
- Performing arts groups
- Registered student organizations



Policy UCF-03.005: Hazing Prohibition, Prevention, and Reporting, the University of Central Florida’s comprehensive hazing policy went into effect in September 2025.

THINGS YOU MIGHT NOTICE

Most student organizations and involvement experiences help students build friendships, leadership skills, confidence, and community. The signs below are not proof that hazing is happening, but they may be opportunities to check in with compassion, support, and open conversation.

Academic & Financial

- Declining academic motivation or performance
- Missed classes or disengagement from responsibilities
- Unexplained expenses, fines, clothing purchases, or travel costs
- Difficulty balancing commitments and personal well-being

Emotional & Behavioral Changes

- Increased stress, anxiety, or fearfulness
- Mood changes, irritability, or withdrawal
- Hesitation to talk about group activities or commitments
- Changes in communication patterns with family or longtime friends

Physical

- Chronic exhaustion or lack of sleep (e.g., dark eye circles)
- Unexplained injuries, headaches, bruises, or illness
- Sudden changes in eating habits or overall wellness
- Concerns related to alcohol or substance use

Social & Digital Media

- Concerning social media posts, photos, or behaviors
- Fear of disappointing group members
- Isolation from support systems outside the organization
- Language suggesting “earning” belonging through suffering or pressure

A SHARED COMMITMENT TO PREVENTION

By staying engaged, asking caring questions, and reinforcing healthy definitions of belonging, families and supporters help us create safer, stronger communities for all Knights. Together, we can help ensure students find connection, leadership, and community through experiences rooted in dignity, respect, wellbeing, and care.





WHAT TO DO AND HOW TO HELP

- Check in with care and curiosity.
- Listen openly and without judgment.
- Encourage students to speak up if something feels wrong.
- Help connect them to supportive campus resources.
- If something does not feel right, say something. Speaking up and showing support can make a real difference.



Approach conversations with understanding and compassion, not accusations.

CONVERSATION STARTERS

As a Knight Supporter, one of the most important things you can do is create space for honest conversations. Students are more likely to open up when they feel supported, listened to, and not judged. Here are some questions to ask to begin a caring, open dialogue.

- You've seemed a little more stressed and tired lately. How are you really doing?
- Tell me more about the people you've been spending time with lately. Do you feel like you can fully be yourself around them?
- I know finding your people in college matters. Do you feel like this group is building you up in healthy ways?
- What's the culture of the organization like behind the scenes? Does it feel supportive, or does it sometimes feel like there's pressure to fit in?
- Have there been moments where something didn't sit right with you, even if you couldn't fully explain why?
- Do you ever feel like you have to choose between keeping people happy and staying true to yourself?
- I want you to know you never have to earn belonging by being humiliated, put at risk, or pushed past your comfort zone.
- If something ever crossed a line, would you feel comfortable talking to me or another trusted person about it?
- You are super busy with the group lately. Are you getting enough sleep, rest, and time to just breathe?
- What would happen if someone in the organization said "no" to something? Do you think people would respect that?
- Do you feel cared for by this group, or do you feel tested by them?
- I trust your instincts. If something feels off, you don't have to talk yourself out of that feeling.



Earning belonging should never involve pressure, **humiliation, fear, secrecy, intimidation, or harm. If something feels off, trust that feeling and encourage them to speak up.**

REPORTING AND RESOURCES

Hazing is serious. If you believe your student may be experiencing hazing, we encourage you to speak up. Reporting concerns is about safety, support, and helping students get connected to the resources they need. **Students do not need to have all of the answers before seeking support.**

- If someone is in immediate danger or needs urgent assistance, **call 911** if someone is in immediate danger or needs urgent assistance.
- Submit a **Hazing Reporting Form** at cm.maxient.com/reportingform.php?UnivofCentralFlorida&layout_id=93.
- **UCF Police Department** (non-emergency): 407-823-5555
- **UCF IntegrityLine** (anonymous reporting): 1-855-877-6049 or make a report online at <https://ucf.integrityline.com>
- **UCF Victim Services** provides confidential advocacy and support to members of the UCF community impacted by hazing and related concerns. Call a confidential victim specialist at 407-823-1200 or text 407-823-6868. Visit <https://victimservices.ucf.edu> to learn more.
- UCF's **Hazing Prevention and Education** website includes resources for parents and supporters. Visit antihazings.sswb.ucf.edu to learn more.