

National Hazing Prevention Week

Being a Big Is: Conversation Starter

National Hazing Prevention Week, September 23-27, is an opportunity to have conversations within our chapters about creating positive environments for all our members. 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, these experiences can involve your big sister.

We asked collegiate and alumnae women, “What is your big sister to you?” Here are a few things we learned:

- “She is a loyal friend and absolute inspiration!”
- “Words cannot express how much I love and value her guidance and friendship!”
- “One of the bravest and kindest there is.”
- “An incredibly resilient, brilliant, fierce woman who continues to make the world a better place every day.”
- “My best friend, my mentor, one of the best things that have ever happened to me.”

But if being a big is about mentorship, friendship and providing guidance, then why are we not always advocates for our new members’ safety? Let’s change the conversation from harm to helping. Let’s talk about the positive experiences we have had as a big or little sister and how we can continue to create lasting friendships that empower our members to be the best versions of themselves.

Discussion Questions:

- When you think of having a big sister, what characteristics come to mind?
- When you think of being a big sister, what characteristics come to mind?
- In what ways can a big sister be a positive contributor to the new member experience?
- What are some safe and fun activities that a big and little could do together?
- In what ways can a big detract from her little’s new member experience?

Reflection Questions:

- How has your big sister been a positive influence on your experience as a member of Alpha Chi Omega?
- What can we do as a chapter to build a positive relationship between bigs and littles that reflects the values of Alpha Chi Omega?

Setting Expectations:

- What do we expect of those who are serving as a big sister?
- What will we not tolerate as a chapter when it comes to unhealthy behaviors in a big/little relationship?

As a chapter, we can commit to preventing hazing on our campus. Let's focus on a big/little experience that helps our members feel a deeper and more meaningful connection to our organization.

Resources:

Visit the VP new member education page in the Resource Center on the Alpha Chi Omega website for:

- Big Sister Training Guide
- 50 Hazing Alternatives
- New Member Education Red Flags

[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