

# 10 SIGNS OF HEALTHY & UNHEALTHY GROUPS

## Hazing Prevention Tabling Activities: 10 Signs Edition

Let's plan fun tabling events that connect to the **10 Signs of Healthy & Unhealthy Groups**.

While this is not an exhaustive list of ways to engage this resource, it can be a helpful starting point as you make your plan. Each idea comes with a brief description, a list of supplies, and discussion questions for participants.



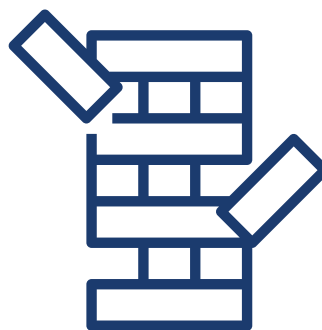
**Download here!**

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### 10 SIGNS JENGA

#### Supplies:

- 10 signs one-pagers (can be used on the Jenga pieces)
- Tape
- Candy
- Jenga set
- Information about your campus anti-hazing policy
- Information about how to report hazing on campus



#### Instructions:

Individuals at the table can set up Jenga, where all of the Jenga pieces have one of the 10 signs of healthy groups or 10 signs of unhealthy groups taped to it or written on it. As players take their turns drawing pieces with the signs listed, someone staffing the table/activity can explain the sign and share how it connects to hazing prevention and the importance of building healthy groups. At the end, the player can answer one of the following questions to win a prize (ex: candy).

#### Potential Discussion Questions (from toolkit):

1. How can you build authentic relationships within groups? (Think about the 10 Signs of Healthy Groups)
2. What healthy signs might someone look for when considering joining a group or team?
3. How might the 10 Signs of an Unhealthy Relationship show up as hazing behaviors or red flags of hazing?
4. What unhealthy signs are often masked as 'group bonding' or 'tradition' in an organization? Why?

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## GUT CHECK JENGA

### Supplies:

- [10 Signs one-pagers](#) to reference
- Paper to label the Jenga pieces (1-6)
- A marker/pen
- Tape
- Access to the [10 Signs Toolkit](#), with the gut check scenarios (p. 15)
- Candy
- Jenga set
- Information about your campus anti-hazing policy
- Information about how to report hazing on campus



### Instructions:

Individuals will give all players a brief overview (1-2 minutes) to the 10 Signs of Healthy and Unhealthy Groups. Individuals at the table can set up Jenga, where some of the pieces have papers numbered 1 through 12 attached, representing each of the gut check scenarios (6 healthy and 6 unhealthy scenarios). As the players draw the pieces, they can test their knowledge on the associated sign (ex: if a person drew the sheet with the number “2” on it, they would read and answer the second gut check scenario). See below for prompts to help guide participants through answering the gut-check scenarios. At the end, the player can answer one of the following questions to win a prize (candy).

### Gut Check Scenario Guidance:

- Read through the scenarios and discuss which healthy and unhealthy signs may be showing up.
- Identify whether the scenario has examples of healthy group activities, unhealthy group activities, and which examples include hazing behaviors.
- Brainstorm other examples of healthy group activities that groups and leaders can implement to shift away from the unhealthy behaviors that may include hazing.

### Discussion Questions (from toolkit):

1. How can you build authentic relationships within groups? (Think about the 10 Signs of Healthy Groups)
2. What healthy signs might someone look for when considering joining a group or team?
3. How might the 10 Signs of Unhealthy Groups show up as hazing behaviors or red flags of hazing?
4. What unhealthy signs are often masked as 'group bonding' or 'tradition' in an organization? Why?



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## 10 Signs Matching Game

### Supplies:

- Descriptions for the healthy and unhealthy signs (12-14 point font)
- Printed labels for the healthy and unhealthy signs (18-20 point font)
- Candy
- Information about your campus anti-hazing policy
- Information about how to report hazing on campus



Individuals at the table ask players to match each of the healthy and unhealthy signs to their description. The person at the table can correct any mismatched signs and explain them. To set this up, cut out printed descriptions of each sign (12-14 point font), and cut out the names of each sign (18-20 point font) for the players to match with. If you did not want to have physical paper, you could also create a 10 Signs set on *Quizlet*, and have participants play the “matching game.” Players get candy and promotional materials for participating.

### Discussion Questions

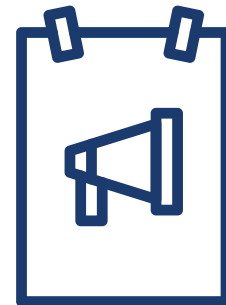
- Which signs do you see on your team/in your group/in your student organization?
- Which healthy signs do you look for when you join a group?
- How can the unhealthy signs connect to hazing in groups/teams/organizations?

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## Additional Tabling Materials

Other items or information to consider having at the table:

- Food, candy, giveaways, etc.
- 10 signs one-pagers (healthy signs, unhealthy signs)
- QR codes with link to 10 Signs of Healthy & Unhealthy Groups: Toolkit
- Downloadable files or printouts with the gut-check scenarios
- QR codes with link to the StopHazing website as a resource
- Information about the definition of hazing and the Spectrum of Hazing™



## Need more resources?

Scan here to download or go to  
[www.stophazing.org/resources](http://www.stophazing.org/resources)