

# NATIONAL HAZING PREVENTION WEEK

As we prepare for National Hazing Prevention Week (NHPW), we want to share some reminders and helpful tips to help your chapter continue to grow in our Sisterhood!

Because we value our Sisters and the spirit of Sisterhood, you already know that as Alpha Xi Deltas we do not:

- Blindfold new members
- Do activities in badge order
- Make new members sit on the floor
- Force alcohol consumption
- Restrict wearing letters until after Initiation
- Give new members tests
- Force new members to get interviews and signatures
- Hide the date of Initiation
- Give new members nicknames

There are many other positive things you can do to bond as a chapter and grow your Sisterhood. The new *Inspire* member development program has great program options for you and your chapter to do during National Hazing Prevention Week. This is also a great way to accomplish some APR criteria this week! Here are a few suggestions:

**THEY WOULD SAY...:** If someone were to follow you around for two weeks, what would they say you value most? This program has a values in action focus and discusses reconciling your actions with what you would want people to say how you are living out our values. This would be a great program to facilitate during NHPW to showcase values congruency.

**WELCOME TO THE JUNGLE:** This program is a mix of a personality test/communication skills. Knowing how each person thinks and approaches a topic or situation can help the chapter work better together as a team by laying down a foundation of understanding.

**MAKING OUR OWN TEAMBUILDING ACTIVITIES:** This program involves splitting the chapter up into groups and giving them parameters to create their own teambuilding activities—then sharing/doing them. Looking for something short and sweet? The following are teambuilding and Sisterhood programs found within *Inspire* that are shorter. These all focus on getting to know each other and sharing some feel-good Sisterhood vibes.

Yarn Toss

Tap a Sister Who...

Take What You Need

Show Some Appreciation