

Bullying

Bullying can come in different forms:

- Physical
- Verbal
- Cyber

Examples of these are

- being called names
- being put down or humiliated
- being teased
- being pushed or pulled about
- having money and other possessions taken or messed about with
- having rumours spread about you
- being ignored and left out
- being hit, kicked or physically hurt
- being threatened or intimidated

These things can happen at school or at home, but they can also happen online or on social networks. Cyber bullying has become one of the most common forms of bullying among teenagers, due to the increase of internet use. Statistics show that 69% of teenagers experience bullying before their 18th birthday. This shocking statistic proves that we need to prevent this happening wherever we can.

Bullying at judo is unacceptable and will not be tolerated. Someone may joke about the way someone throws their partner, or if they forgotten the name of the move they are performing. The offender may see this as harmless comments; however the victim may take offense to their criticism.

If I witnessed an episode of bullying at judo, as a judoka I would report it to the black belt/instructor, for them to deal with as they see fit. As an instructor I would separate the people involved and swap their partners to prevent it happening again. If it does continue, I would move them to the side, instruct the rest of the group to get on with a move, then talk to them both, understanding why it has occurred and warn the bully of the consequences if it continues anymore. I would rejoin them with the group and keep a close eye on both parties. If after a verbal warning it does continue, I will remove the bully from the mat for the rest of the session. Repetition of this during other sessions would lead to the removal of the person from the club.