**Owen’s Thoughts on Bullying**

Bullying is where people hurt people through words or physical actions.

**People can be really mean to people**

**Forms of bullying**

* Name calling
* Teasing
* Punching or kicking
* Telling lies to get attention
* Cyber bullying over the internet

**Forms of bullying at judo**

* Inappropriate language to others
* Comments on sexual preferences
* Name calling without hurtful intent

**How to address bullying.**

Take the bully to one corner and give the bully a warning then carry on, if the bully is still being mean then give him a second warning and carry on. If he still does not stop, stop what you are doing, give the other judokas instructions on what to do with their partners then get the bully over to one corner and tell him to stop one final time. If he continues give him a yellow card warning and send him off the mat so no one has to bother with him for misbehaving.

When the bully returners for the next session and if he is still picking on other judokas then have a Black Belt meeting to discuss what should be done, if appropriate issue a red card warning and kick him out the club