

Thoughts on Bullying by Sam Harrington.

Bullying has no morals; it can affect young, old, rich, poor, weak or fit. But what it definitely is – is horrible for the person being bullied.

The old way of bullying was pushing, punching or saying nasty things but modern bullying has escalated. The level of face to face physical violence has increased, while access to the internet and mobile phone technology has allowed the bully a greater degree of anonymity.

A person may receive nasty texts or malicious phone calls which they are unable to trace back to the person who phoned them. Use of internet sites, like Facebook, Bebo, Myspace and MSN, allows people to leave comments which then filter through to others. Nasty rumours can quickly be spread which leave the victim feeling humiliated.

Within the boundaries of judo, bullying is frowned upon and will not be tolerated.

- The bullying can come in the form of picking out people who you can throw around easily to make you look good. This is not nice for the person involved and can be very dangerous.
- ‘Taking the Mickey out of someone’ because of the way they do their throws or because they have forgotten the name of a throw are also classed as a form of bullying.
- Threatening to do or to use any judo outside of the dojo will result in the guilty party being told to leave the judo club.
- All of the above applies to both children and adults.

Because children sometimes find it hard to ‘tell on’ the people upsetting them, Blackwater Judo Club has set up the ‘Children’s Voice’. If junior judoka have any problems, big or small, they can let Aaron Vincent or Leanne Taylor know and they will make sure things are sorted out very quickly. In the case of an adult having problems there are plenty of good listeners within our club.

Through the concept of judo hopefully bullies will realise that they are the weak ones and a victim who speaks out is the better, stronger person.