

List the different forms that bullying/harassment can take and discuss ways in which you would deal with instances of each in the club.

Who can be bullied and/or harassed?

Likely targets are usually smaller, shy, lack self belief and confidence, acne over/underweight, wear glasses or braces, hair colour, family set up or materialistic reasons such as wrong style trainers or label clothes - not part of the 'in crowd.' Recently on the news, it has been reported that gangs have formed purely on the basis of postcodes, different postcodes = different gangs.

How can bullying or harassment be displayed?

There are different types of bullying that can take place;

- Verbal
- Physical
- Emotional
- Cyber-Bullying
- Threatening Behaviour.

I believe the trauma of this type of attack equates to holistic bullying, because if you are physically beaten, it will affect your emotional well-being - you are also likely to have suffered verbal abuse during the physical attack and possibly threatened prior, during or after. Emotional attacks would result in a deeper, longer, lasting damage as an inferior person would naturally believe negative insults and it would be very hard to re-educate self that you are important.

Cyber-bullying - (email - instant messaging, text messaging, abusive graphics, distorted photographs). 1 in 3 children are believed to have suffered cyber-bullying. The perpetrators are more cruel due to the anonymity. Victims cannot escape this abuse as when being targeted at school and hobby, there is a time when the attack stops. Cyber-bullying intrudes your personal space - your home, bedroom, secure hiding place on a constant basis. The attacker/s are able to spread rumours and the hate mail can be circulated at a fast speed to a very large audience.

Parents of cyber-bullies can be fined £1000 and sent to Special Parenting Classes!

Camera Phones can also be used as a weapon at vulnerable times - e.g. when changing for sport, again, large scale audience or the phone can be seen as holding the 'trophy' images of a physical attack. Victims have no power or control over who sees the disturbing images.

Why do they bully and harass?

There are many varied reasons for bullying and harassment - listed below are a few examples;

- *Difficult situation at home, family set-up - by venting their unhappiness and anger onto others releases their tension.*
- *To be part of a group, rather than be bullied, be a bully.*
- *Jealousy of achievement/talent, someone else's lifestyle, relationship a peer has with parent/coach/peers.*
- *Crying for attention, unsure how to request to be noticed therefore negative attention is better than no attention.*
- *Think they are superior i.e. higher grade.*

What are the signs of a harassed/bullied child?

- *Less eager to attend clubs, school, hobbies.*
- *Money/possessions missing with no solid explanation.*
- *Bedwetting, unable to sleep, nightmares.*
- *Poor social development.*
- *Agitated behaviour - shows no interest.*
- *Decline in behaviour - 'out of character.'*
- *Physical markings - bruising, grazes, cuts.*
- *Self-harming.*
- *Suffer from depression or low self-esteem.*
- *Unable to show true potential.*

How can we help?

Equip the child/adult with the following tools;

Assertiveness

Control

Self-Defence Techniques - 1-1 Tutorials

Stress Release - Relaxing Methods

We are role models to everyone in the dojo - our behaviour, interaction, language and coaching must always be respectful, positive, and of a high standard for which we expect EVERY Judoka - senior, junior or spectators to repeat to each other.

If you are approached by someone who would like to talk about being bullied or harassed;

- *The initial reaction should be one of genuine praise for confiding in you.*
- *Check your own feelings.*
- *Keep calm and have an open mind.*
- *Be approachable and available.*
- *Retire to a private area/room, ensuring adults can still see you.*
- *LISTEN.*
- *Show respect and support.*
- *When able, make notes of conversation and pass to Senior Sensei or Child Protection Officer.*

NEVER PROMISE NOT TO TELL ANYONE.

As Judokas we can help by teaching how to control anger and frustration. We can reinforce not to fight back - this will result in injury, group beatings, stabbings, shootings, disciplinary actions and legal issues. Reinforce the belief 'He who angers you, wins.' The hero walks tall - walk away. Encourage a buddy system - try to enlist an older/mature assertive Judoka to be there for the victim when they feel vulnerable - but do not put others into dangerous situations - e.g. when getting changed or entering/leaving the dojo.

We have the ability to build self esteem and confidence - give the personal power and a responsibility - allow them to 'teach' others with supervision, make them feel needed. We can help children and adults to manage their emotions and anger - and in a safe and secure environment release built-up tension. We can show even the mighty fall! Allow the victim to work with a higher grade or heavier opponent and realise everyone has strengths and weaknesses.

Harassment and bullying within sport

Participating in sport requires commitment, skill, trust and loyalty. Unfortunately, all these can be damaged by those around;

Intimidation - from coach, parent, club members, other clubs, negative sportsmanship

Verbal - 'You can do better than that,' 'Useless,' 'Wimp,' 'Only gold matters,' 'no pain, no gain.'

Physical - Constant training, pressured to succeed, the need to be the best magnified to extreme.

Emotional - Made to feel weak, never praised, receive constant negative comments from others, made to feel like an outsider.

Threatened behaviour - This can be experienced from all around driven by jealousy, coach's attitude to teaching, authority driven parents who believe 'can only make them stronger.' Favouritism of particular students can also lead to harassment from other parents and children. This can make the individual feel discriminated against because of the constant attention and alienate the student making them feel uneasy to attend due to fear of being chosen and increasing the divide.

In our dojo, we must be consciously aware of each individual and the interaction between them - teaching Judokas need to be shown how to teach in an assertive, non discriminative, positive way. We must all show a mutual respect for all, regardless of age, sex, disability, religion, ability. If a situation should arise - such as abusive

language or arrogant behaviour, we must be firm and eradicate this at the source before others see this as the way to behave.

Our club has an outstanding reputation as welcoming, supportive, friendly with a positive approach to promoting discipline, unity and sportsmanship for all - we cannot allow the destruction of our club's good name to be destroyed by our ignorance to negative behaviour. Therefore, it is all of our duty to maintain the high standard we rightly deserve and act as a team at all times.

Word count; 1125 words