

Forms of Bullying

Bullying is when one person intimidates, upsets or excludes another person with the intention of being hurtful. Children and adults can be bullied but it is particularly common among children.

Types of bullying

- name-calling
- teasing
- saying untrue things about the person.
- pushing,
- hitting or kicking,
- serious physical violence.
- Cyber-bullying on the internet, using email, instant messaging or social networking sites to intimidate

Types of bullying in judo

- Poking fun
- inappropriate language towards others;
- comments on sexual preferences
- Name calling without hurtful intent
- Use of a nickname when told not to
- Verbal rudeness to authority

How do address bullying on the mat?

Give the bully a verbal warning and tell them that if they are seen doing it again then further action will be taken. Address the whole club that bullying is not tolerated on the mat in order to make the bully see what they have done and give them an option to change their behaviour. If it continues then let the bully's parents know what is happening and give the bully a yellow card.

If it happens again after that then a meeting should be held with the working party about what should be done. If still it continues then a red card should be issued.