



**IJF**  
DIGITAL  
SAFETY



# PROTECT YOURSELF ONLINE!

## PRIVACY SETTINGS

Set social media accounts to private  
if under 18

Never share personal information  
(address, phone, location)

Be selective about  
who can message  
you directly

## THINK BEFORE YOU SHARE

Avoid posting when  
emotional or angry

Don't share photos/videos  
of others without permission

Remember:  
screenshots are permanent

## REPORT HARASSMENT

Block abusive  
accounts immediately

Don't engage with trolls

Report:  
<https://reportabuse.judobase.org/form>

Contact:  
[safejudo@ijf.org](mailto:safejudo@ijf.org)

## PROTECT OTHERS

Never share embarrassing content about fellow judoka  
Report harassment you witness, even if it's not directed at you  
Promote positive judo values in your online interactions  
Don't mock defeats or celebrate others' injuries  
Remember that behind every screen is a real person