



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



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

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