



**IJF  
DIGITAL  
SAFETY**



**IF YOU  
EXPERIENCE  
ONLINE ABUSE**

**Don't respond**

This often escalates the situation

**Document everything**

Screenshot before blocking

**Report immediately**

[reportabuse.judobase.org/form](http://reportabuse.judobase.org/form)

**Seek support**

Talk to coaches, parents, or trusted adults

**Emergency**

Contact local authorities, if threatened

Contact the IJF  
Safeguarding team:  
[safejudo@ijf.org](mailto:safejudo@ijf.org)



# PROTECTING OUR JUDO COMMUNITY ONLINE

## BEFORE YOU POST - ASK YOURSELF

Would I say this face-to-face?

Could this hurt someone's reputation or wellbeing?

Am I respecting the Judo Moral Code online?



**REMEMBER  
THAT BEHIND  
EVERY  
SCREEN  
THERE IS A  
REAL  
PERSON!**

**TOGETHER,  
WE CAN MAKE JUDO SAFE AND RESPECTFUL  
BOTH ON AND OFF THE TATAMI!**