



**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](https://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!**

