

NORTHERN
IRELAND
JUDO



Worried about something? Don't keep it to yourself!

There is someone you can turn to. You could speak to an adult you know and trust such as a parent, a teacher, a coach, the club DLP for safeguarding, a school counsellor, a doctor or nurse.

If there isn't someone you feel that you could talk to, you can contact Childline on 0800 1111. It's a free and private helpline for children and young people who need someone to speak to.

It's private because you don't need to tell them who you are if you don't want to and the Childline number WILL NOT show on the phone bill.

The Club Safeguarding Officer at my club is called

Their Telephone Number is

Key Contacts: Childline: www.childline.org.uk

Russell Brown (NI JUDO Director for Safeguarding): 07751748971

Courtesy Courage Friendship Honesty Honour Modesty Respect Self-Control