

# THE CONFIDENCE PROJECT

## FOR BJJ GYMS

The SlapBump Confidence Project allows BJJ gyms to support a meaningful social initiative while staying **fully in control** of their time, capacity, and environment.

### WHAT IS THIS

- A referral-based initiative, coordinated by SlapBump
- Selected children are offered 1 month of kids classes at no cost
- No obligation for the gym or family beyond the free month



### WHAT THIS IS NOT

- Not behavioural therapy
- Not a placement program
- Not a dumping ground for “problem kids”

**PLEASE READ:** *The Confidence Project Terms & Conditions Disclaimer*

## WHAT'S EXPECTED

- Treat the child like any normal student
- Set your own monthly limit (e.g. 1-3 children per month)
- Retain full discretion, participation is always optional



## WHY PARTICIPATE



- Genuine community impact aligned with BJJ values
- Positive visibility as a SlapBump Confidence Project Partner
- Many families continue training after the free month, often bringing siblings or parents

**SlapBump's role is purely to connect and coordinate.**

All waivers, policies, and training standards remain those of the gym.

**REGISTER YOUR GYM'S INTEREST**

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# HOW IT WORKS

## STAGES OF THE CONFIDENCE PROJECT

**STEP 1**

### A CHILD IS IDENTIFIED AS A GOOD FIT

A school, parent, or guardian identifies a child who may benefit from confidence-building, structured physical activity, and positive discipline.

This may include children who:

- Lack confidence or self-belief
- Struggle with emotional regulation
- Are experiencing social challenges
- Would benefit from a structured, respectful sport environment

There is no labelling, diagnosis, or requirement to categorise the child in any way.

**STEP 2**

### PARENTS CHOOSE TO OPT IN

Participation in the SlapBump Confidence Project is always voluntary.

Parents or guardians:

- Review the information about the project
- Decide whether it feels right for their child
- Opt in to explore the opportunity

SlapBump does not place children into gyms, the decision always starts with the parent.

**STEP 3**

### SLAPBUMP CONNECTS THE FAMILY TO A LOCAL BJJ GYM

Once a parent opts in:

- SlapBump identifies a participating BJJ gym near the child
- An introduction is made between the parent and the gym
- The gym confirms availability within its set monthly limit

Gyms always retain the right to accept or decline any referral.

**STEP 4****THE CHILD TRAINS FOR ONE FREE MONTH**

If the gym confirms availability:

- The child is invited to attend normal kids classes at the gym
- The free training period is 1 month
- All waivers, policies, and safety procedures are those of the gym

During this time:

- The child is treated like any other student
- No special labels or expectations are applied

**STEP 5****NO OBLIGATION — PARENTS DECIDE WHAT HAPPENS NEXT**

At the end of the free month:

- There is no obligation to continue training
- Parents and the gym decide independently whether to proceed
- Any ongoing membership or training is handled directly with the gym

SlapBump does not influence or manage post-trial decisions.

**STEP 6****COMMUNITY IMPACT & ONGOING SUPPORT**

Participating gyms are recognised as SlapBump Confidence Project Partners, highlighting their contribution to the community.

Over time, the project aims to:

- Expand access to confidence-building sport
- Strengthen relationships between gyms, schools, and families
- Create more positive development pathways for children

**KEY PRINCIPLES THAT GUIDE THE PROJECT**

Positive development, not punishment

Voluntary, parent-led participation

Local gyms, local impact

Clear boundaries and shared responsibility