

# THE CONFIDENCE PROJECT

## FOR PARENTS

The SlapBump Confidence Project is a community-led initiative that gives children the opportunity to experience Brazilian Jiu-Jitsu (BJJ) in a safe, structured, and supportive environment.

The goal is to help children build confidence, discipline, and resilience through sport in a positive and voluntary way.

### WHAT IS THIS

- An opportunity for your child to try Brazilian Jiu-Jitsu at a local gym
- One free month of kids classes, with no obligation to continue
- Training in a normal kids class alongside other children
- A parent-led decision, supported by SlapBump and local gyms
- A chance to explore a sport known for building confidence and self-control



### WHAT THIS IS NOT

- Not punishment
- Not therapy or counselling
- Not a diagnosis or label on your child
- Not a requirement to continue training after the free month
- Not a program run or supervised by SlapBump



# WHAT'S EXPECTED

- Decide whether the project is right for your child
- Communicate directly with the gym regarding schedules and requirements
- Sign the gym's standard waivers and follow their policies
- Ensure your child is medically fit to participate
- Arrange transport and attendance



## PARTICIPATION IS ALWAYS YOUR CHOICE.

### WHY PARTICIPATE



- A low-pressure way for your child to try a confidence-building sport
- No financial commitment during the free month
- Support from experienced coaches in a structured environment
- Many children continue training because they enjoy it, not because they are required to
- A positive alternative to doing nothing or trying to manage challenges alone

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

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

### CONTACT FOR MORE INFORMATION

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

# 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