

THE CONFIDENCE PROJECT

FOR SCHOOLS

The SlapBump Confidence Project is a community-led initiative that connects families with local Brazilian Jiu Jitsu gyms to **support children's confidence, discipline, and emotional resilience** through structured sport.

WHAT IS THIS

- A wellbeing-focused opportunity for learners
- A way to share information with parents about a positive extracurricular option
- A parent-led, voluntary initiative
- A referral connection to independent, local BJJ gyms
- A community collaboration supported by SlapBump



WHAT THIS IS NOT



- Not a disciplinary program
- Not a behaviour management or intervention program
- Not therapy or counselling
- Not a learner placement system
- Not a program managed or delivered by schools

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

WHAT'S EXPECTED

- Identify and share information with parents who may be interested
- Allow parents to decide whether to engage
- Share project information in a neutral, supportive manner

Schools are not required to:

- Select or place learners into gyms
- Collect or share learner data
- Monitor attendance or outcomes
- Provide reports or feedback

Important Notes

- Participation is always voluntary and parent-led
- All training, supervision, and waivers are handled directly by the gym and parent
- SlapBump acts only as a connector and coordinator

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.

CONTACT US FOR MORE INFO

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