

# 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](#)**

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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