Aikido Victoria
(Aiki-Kai) Inc.
Part of the National Aikido Association of Australia
The first, and largest, Aikido association in Australia
Offically recognised by the Aikido World Headquarters

CHILD SAFETY
A Guide for Teens

Aikido Victoria's Commitment to Child Safety

Every person in the Aikido Victoria community has a responsibility to understand their role in ensuring the safety and wellbeing of all children and young people in our care.

Aikido Victoria is committed to promoting and protecting the rights of children and preventing abuse from occurring by fostering a culture where children feel safe and empowered.

We also seek to ensure the cultural safety of First Nations children, children from culturally and/or linguistically diverse backgrounds and children with a disability.

Three Important Messages

Aikido should be fun, safe and enjoyable.

You should never feel uncomfortable around others in Aikido, particularly adults.

If you don't feel safe or comfortable, it's **OK to speak up**.

We want you to tell an adult that you trust – whether that's your Mum, Dad, guardian, carer, your family, instructor, assistant instructor, children's instructor, Ruihong (our Child Safe Officer), or another member of Aikido Victoria.

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Aikido Victoria's Commitment to You

We will do our best to make sure that you are protected from harm.

We will try to make sure that **you are never alone** with officials, adult instructors, assistant instructors, children's instructors, other students, other parents, guardians or carers, spectators or volunteers where you can't be seen by other adults.

We will ensure there are sufficient instructors and assistant instructors to conduct the class.

We will ensure that adult students, other parents, guardians or carers, volunteers, instructors, assistant instructors, children's instructors or officials **operate within their role**.

What Does This Mean:

No one is permitted to look after you or visit you at your home unless they have the written permission from your Parent(s) or Guardian.

No one is permitted to friend you on social media, take photos or footage of you for social media (like Facebook, Instagram, Tiktok, YouTube or any other platform) unless they are doing this through official Aikido Victoria communication channels. This can only be done during state events where we would have collected a digital consent form before the event.

No one in Aikido Victoria is permitted to transport you anywhere, including to and from training, your home, or public transport, unless they have written permission from your parent(s), guardian or carer beforehand.

If you feel like something's not right, it's **OK to speak up!**

We will report any incidents of abuse or neglect towards teens involved in Aikido.

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Your Responsibilities at Aikido

When you are involved in Aikido, you also have some responsibilities. These include:

- Letting an Aikido Victoria student/parent/guardian know if you
- are unhappy or you don't feel safe.
- Treating other students and adults with respect.
- Following the rules when participating in Aikido classes.
- Remembering that there are others involved in Aikido classes. You are certainly free to choose your own friends. However, don't stop other teens or younger kids from enjoying and participating in classes.
- Listening to others and respecting their opinions.
- Look after books, materials, tools and any equipment used in Aikido classes.
- If asked, assist with folding the instructor's hakama.
- Assist in opening, setting up, cleaning, or closing of the dojo.

Your Rights

All teens involved in Aikido should:

- Feel comfortable.
- Feel safe.
- Have the right to contact your friends, parents/guardians or others if you feel unsafe, uncomfortable or distressed at any time when you are involved in Aikido classes.
- Be provided with clear directions and given the chance to positively change your behaviour if Aikido Victoria officials, instructors, assistant instructors, children's instructors or volunteers believe that you have broken any rules or policies or you have misbehaved.
- NOT be subject to feedback during training that could be considered cruel, frightening, humiliating or like you are being put down either verbally or physically; and
- Contribute suggestions or feedback about aikido training.

What to do if you have concerns:

If at any stage you feel uncomfortable, unsafe or worried, you should let your parent/guardian or a trusted adult in Aikido Victoria know what has happened – they all want to support you.

All you need to do is tell someone about what happened, and they will do their best to make sure that you feel safe and protected from harm.

If you don't know who else to talk to, contact the Child Safe Officer: Ruihong Lu on email: childsafe@aikidomelbourne.org.au or on the phone: 0423623111