



NEW YORK STATE SENATOR

Jack M. Martins

## Senator Martins & East Coast Mma & Fitness Present ‘Bully-Proof Your Child’ on September 27th in Hicksville

JACK M. MARTINS September 23, 2014

| ISSUE: **CHILDREN**

To help combat bullying and raise awareness about this growing problem, Senator Jack M. Martins (R-Mineola) and East Coast MMA & Fitness are holding a seminar this Saturday, September 27th from 1:30 pm to 3 pm at East Coast MMA & Fitness (25 Woodbury Road, Hicksville).

The free program, entitled “Bully-Proof Your Child,” is designed to raise awareness about bullying, discuss the problem, and offer proactive steps to prevent bullying and how to help someone who is being bullied. It is not a martial arts seminar.

One in three students is affected by bullying or cyberbullying nationwide, according to the U.S. Department of Health and Human Services. Bullying can have far-reaching effects, affecting children’s mental and physical health and well-being. In this digital age, cyberbullying has intensified the problem as social media and text messages have unfortunately added to a bully’s arsenal. In the most severe and tragic circumstances, bullying has even led to suicide.

The seminar is free and open to all parents, students and community members. To reserve a spot or for more information, call Senator Martins’ office at 516-746-5924 or East Coast

MMA & Fitness at 516-728-6582.