

# BACK OFF, BULLIES!



Jessica Boisclair Daily Times

**TOP:** Sensei Mike Cellucci from Northeast Family Martial Arts demonstrates the "Stop, Back Off" stance against his sister Savannah (smiling with Mike in photo above) on Friday at Tiogue Elementary, where he was the main attraction in an anti-bullying presentation and lots of questions and answers (left).



# SENSEI MIKE CELLUCCI HELPS WIPE OUT BULLYING AT TIOGUE ELEMENTARY

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COVENTRY— Sensei Mike Cellucci from the Northeast Family Martial Arts studio taught the students at Tiogue Elementary School how to focus their eyes, mind and body during an anti-bullying presentation Friday morning.

Along with his sister Savannah, a seventh-grader who is currently training to receive her second degree black belt, Cellucci showed the students how to be respectful to parents and teachers.

“When you focus your eyes, you have to make sure you’re looking at your teacher and not looking off,” he said. “Focusing our minds, listen when people are talking and

listen to what they are saying; focus your body: make sure we aren’t jittery, or losing our posture, and make sure your sitting and standing up nice and tall.”

He explained to the student-filled gymnasium that there were three main categories of bullying he was going to tell them about: physical, verbal and mental bullying, and

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# Sensei shares anti-bullying tips

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exclusion bullying.

The best way to prevent bullying is to use the H.E.L.P. principles.

H stands for "having a plan to avoid bullies," he said.

By understanding the E principle, "elevate your awareness," Cellucci told the students they would be able to stay away from a bully.

"Another way is, we try to use common sense before self defense," he said. "If a bully is threatening to hurt you, you want to walk away from the situation, but it's not a good idea to turn your back toward a bully."

He explained to the students that they should, L, "learn to ask for help." He said there are right ways and wrong ways to ask for help in a bully situation.

"If you have a bully and you yell for a teacher, that's the wrong way to ask for help," he said. "The best way to help for help is to ask privately. Ask a teacher if you can come up to their desk and tell them."

Even if the bullying already occurred either earlier in the day or the previous day, he told the students to still report it to their teachers.

Cellucci said he teaches his martial arts students how to handle certain situations by using P, "protect your body/ protect your mind."

"Sometimes a bully might do something mean to you and you might get hurt," he said. "It's okay to be upset but



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**Sensei Mike shows Tiogue Elementary how yelling and shouting might not be the best way to call attention to yourself if you're being bullied.**

you need to make sure you don't get too upset because the bully wants a reaction. If they say they don't like you or your clothes, it doesn't matter what they think."

He explained to the students that sometimes bullying may become physical and students need to know how to approach it the right way.

"If I stand there with my hands up and my fists closed it looks like I want to fight

and that's the last thing we want to do," he said.

To demonstrate the best stance, he had the students stand up and mirror his moves.

By moving his right leg back, it put him farther away from his opponent. Also, he told the students to put their hands up, with palms towards the bully, and yell "stop, back off!" to scare their bully away.