



Minutes of Meeting 10/8/14

Present:

Board Officers – Lauren Miller, Carolyn Wilkinson, Kristen Bisio and Heidi Coyne.

Membership Present: list on file.

Meeting was called to order by President Lauren Miller at 7 pm. Introduction of October's presenter: Belen Godwin from Blueskies Wellness, Inc.

October is bullying prevention month. Blueskies Wellness, Inc. is a 501(c) 3 non-profit mental health agency.

Belen Godwin presented Methuen SEPAC members with a presentation on Bullying.

Bullying: How parents can help:

What is it?

- Use of aggression to hurt another.
- Physical
- Verbal

Behavior is often repetitive.

3 types of bullies:

- Physical
- Verbal
- Relational

4 common traits: Targets of bullies:

- They are vulnerable
- They have few or no friends.
- They are not assertive.

- They have low self-esteem and lack self-confidence.

Q & A

SEPAC agenda items:

Craft fair is Saturday, Nov. 15 from 10-2 pm at the Nevins Library in the Great Hall.

- More vendors this year.

Meeting adjourned at 9 pm.