

Dear Families/Caregivers,

Personal boundaries are important to protect our emotional and physical safety and take care of ourselves.

In this lesson, your child learned to identify people who keep them safe. Students learned that we all need help from others to keep us safe, but there are things that we can do to keep ourselves safe, too. Students learned ways to keep themselves safe from unsafe people.

Here are some ways you can help your child help him or herself stay safe:

- Stay in eyesight of the adults caring for them.
- Don't go places with strangers without asking an adult who cares for them.
- Don't accept items from strangers without the permission of an adult who cares for them.

When out in your community with your child, remind your child of the ways he or she can keep him or herself safe. Work together to identify ways he or she can stay close to you and identify people who are strangers to him or her.

Sincerely,

Your Child's Teacher