

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 recognize that it's not okay to hurt others or be hurt. Students learned that if something crosses their boundaries, they might feel nervous, scared, or angry and our bodies tense, shake, or feel queasy. Students also learned that when a boundary is crossed, it is important to pause, think, and speak up for what they need to feel comfortable.

Here are some ways you can help your child establish healthy boundaries:

- Talk with your child about acceptable and unacceptable touching. Keep the conversation age and situationally appropriate. Children should understand that people are in charge of their own bodies and it's not okay to touch anyone in any way that they don't like.
- Encourage your child to speak out for him or herself. For example, have your child practice simple phrases such as: It's my turn. Please, stop. I don't like that.
- Help your child understand the difference between tattling and telling. Talk to your child about situations that require adult interaction (hitting, bullying, risk of physical or emotional harm).
- Be sure your child has trusted adults that he or she can talk to.

Sincerely,

Your Child's Teacher