

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 his or her boundaries and different ways a boundary can be crossed. Students learned that boundaries are the limits we set to keep ourselves safe and happy, and that boundaries let other people know how we expect to be treated and how to treat others.

Here are some ways you can help your child learn about boundaries:

- Remind your child that some boundaries are physical and that it is never okay to be hit or pushed. Affirm your child's right to speak up if he or she ever feels uncomfortable with how someone else is touching him or her.
- Watch your words with your child. Talk with him or her about the ways that words can cross someone's boundaries and work together to decide what ways your child is okay with others talking to and about him or her.
- Allow your child to set up boundaries around his or her own things. Allow him or her to tell you when and how he or she is comfortable with you touching or interacting with his or her belongings.
- Expect your child to respect your boundaries just as much as you respect his or hers as a way to show your child that all peoples' boundaries are important.

Sincerely,

Your Child's Teacher