

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 set his or her own boundaries and use empathy to respect the boundaries of others. 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.

Students learned to SET their own boundaries by:

Saying what they need or what needs to stop.

Expecting others to respect the boundaries.

Taking action when necessary.

Students are also encouraged to respect the boundaries of others and SEE a situation from another person's point of view by:

Stopping when asked.

Educating themselves about the needs and wants of the other person.

Enjoying the relationship.

Sincerely,

Your Child's Teacher