

## PARENT NEWSLETTER *Lesson #2*

*RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!*

### PARENT CONNECTION

Abuse requires the predator to break down a kid's boundaries in order to get closer to him. A child who doesn't know what he is worth and doesn't know that he is allowed to set a boundary is an easier target. Teaching kids about setting a boundary even if you may not be accepted is a really important lesson to help build resilience against falling victim to abuse.

We know that having healthy boundaries is not easy for everyone. It is however, so important to work on in order to create healthy adults. Teenagers begin to develop their own sense of identity and this is completely normal and age appropriate. Adolescence is a time for questioning and exploring who they want to be. It can be tough to watch especially when it goes against our own values or family systems but, keep in mind that your child is an individual and needs guidance not a mold to fit into.

Allowing your child to have their own sense of identity and respecting that teaches him/her that he/she is valuable and deserving of respect. Isn't that a message we all need?

### EDUCATED PARENTS ARE EMPOWERED PARENTS

Today we learned about Boundaries, Fitting in and feeling Accepted.

We learned what a safe vs. unsafe relationship might look like. We talked about how in a safe relationship there can be healthy boundaries. This means the relationship is productive and supportive. We talked about how in an unsafe relationship there can be an imbalance of power where one person may be controlled or manipulated by another person. It's where boundaries are not respected. We all have a need to be accepted and to fit in and sometimes this may cause us to compromise our values or comfort level.

We learned that boundaries can be physical and they can also be internal. A physical boundary would be asking someone to move back a bit and give you some space because it feels like they are way too close and it's making you uncomfortable. Internal boundaries have to do with knowing what thoughts, feelings, sensations and behaviors belong to me and what thoughts, feelings, sensations and behaviors belong to the other. We learned that setting a boundary may not always go over well and others may not like it but, how important it still is for our own well being.

