

March Asset of the Month

BOUNDARIES & EXPECTATIONS

Young people need clear rules, consistent consequences for breaking rules and encouragement to do their best.

1. Family Boundaries – Family has clear rules and consequences and monitors the young person’s whereabouts.
2. School Boundaries – School provides clear rules and consequences.
3. Neighborhood Boundaries – Neighbors take responsibility for monitoring young people’s behavior.
4. Adult Role Models – Parent(s) and other adults model positive, responsible behavior.
5. High Expectations- Both parent(s) and teachers encourage the young person to do well.

PRACTICAL TIPS TO TEACH BOUNDARIES & EXPECTATIONS TO YOUR CHILDREN AND TO YOUR NEIGHBORHOOD CHILDREN

- ◆ Hold family meetings in which children have input into decisions.
 - ◆ Discuss expectations and responsibilities of each member in a positive manner.
 - ◆ Decide on the most important family rules together and clearly define the consequences of rule breaking.
 - ◆ Celebrate and encourage each member’s improvements or accomplishments.
- ◆ Know the whereabouts of your child. Set and enforce curfews.
- ◆ Meet your child’s friends and their parents.
- ◆ If you see a neighbor’s child misbehaving, tell the neighbor.
- ◆ Model helping, caring and pro-social behavior for your child.
- ◆ Volunteer to be a chaperone for school activities and trips.
- ◆ At a neighborhood meeting, focus on a “Boundaries & Expectations” asset and brainstorm some ways to provide and monitor fun activities for the kids.
- ◆ Model an attitude of cooperation, not confrontation.
- ◆ Talk to your kids about avoiding risky behaviors including substance abuse, violence and early sexual activity.
- ◆ Be visible in your neighborhood: walk, ride a bike, sit outside in the front lawn, talk to your neighbors.
- ◆ Ask a child about his/her favorite subjects and extracurricular activities. Get to know your neighborhood children.
- ◆ When a young person meets or exceeds your expectations, praise them and then praise them again.
- ◆ Write an encouraging note to your child and place it in his or her lunch kit. For a teenager, leave a note taped to the bathroom mirror or a place where you know they will see it early in the day.