

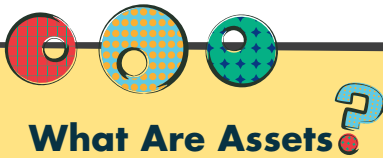


Ideas for Educators

42 Ready-to-Use Newsletters for School Success

11. FAMILY BOUNDARIES

Family has clear rules and consequences and monitors the young person’s whereabouts.



What Are Assets?

Assets are 40 values, experiences, and qualities that help kids succeed.

Family boundaries is one of six boundaries-and-expectations assets.

46% of youth surveyed have this asset in their lives.*

*Based on Search Institute surveys of 148,189 6th- to 12th-grade youth throughout the United States in 2003.

- Get parents involved in classroom rules.
- Make rules simple and clear and consequences appropriate and enforceable.
- Draw on what the community expects of its youth and reflect that in your rules.
- Always seek common ground between family and your classroom.

Reinforcing External Boundaries

Let’s talk pie-in-the-sky for a moment: in an ideal world, school and community would work perfectly hand-in-hand. Your school and your families who attend it would be on the same page with regards to boundaries, rules, and expectations for the students.

In reality, there are often moments of butting heads and opposing needs, differing expectations and rules for behavior, and varying consequences for infractions. But why not start a conversation about some basic overlaps between family boundaries and school life?

Get parents involved in supporting school boundaries. Hold individual and group conversations about the rules of the school. Stress that the school acts as a support for family boundaries, but doesn’t dictate family choices. Work with families and the community to reinforce boundaries that apply to students in and out of the classroom. Finding places where families and schools can come together and present a united front for the students is invaluable to both the community and the individual.



Reinforcing Internal Boundaries

Are you present in your home after school is over or are you still tending to school matters? Are you present with your friends and family in your time away from school, or has planning, e-mailing, and grading seeped into your private life? Are you home when you’re at home?

Your family and friends can help you assess the strengths and weaknesses of your work life. Ask your partner, roommate, or some other close friend to answer these questions about you:

- ⦿ Who and what do you speak most positively about in terms of work?
- ⦿ Who and what seems to tax you the most in this work?
- ⦿ When do you come home the happiest?
- ⦿ When do you come home the most frustrated?
- ⦿ How well do you leave work at work?



Imagine what these answers will be. How will their responses inform your decisions at and about work? What will you try to limit? What will you try to increase? Who will you create intentional time with? What conflicts will you peacefully resolve?

Once these conversations have happened, you will be closer to establishing a liberating and on-going principle:

- ⦿ I'm at work when I'm at work.
- ⦿ I'm at home when I'm at home.