

## **NOTE TO HOME**

### **Number Ten: Setting Boundaries**

#### *Points Covered in this Lesson:*

- ✓ Discussed the definition of “high-risk” behavior.
- ✓ Discussed the dangers of drugs, alcohol, and tobacco.
- ✓ Discussed the difference between “right” friends and “wrong” friends.
- ✓ Discussed what it means to be a good friend.
- ✓ Discussed the meaning of “peer pressure.”
- ✓ Discussed that the word “no” can be good, and completed activities that described situations where it was good to say “no.”

#### *Possible Discussion Topics at Home:*

- ✓ Talk about the importance of friendship. Ask who your child’s best friends are, and why.
- ✓ Talk about examples of high-risk behavior. Maybe talk about this in context of current events.
- ✓ Talk about peer pressure. See if you can come up with more examples of peer pressure, both positive and negative.
- ✓ Talk about different ways to say “no” to negative peer pressure. Maybe role-play some different scenarios.

*Dear Parent/Guardian:*

*This is the last of the “Notes to Home” that you will receive. I hope that the “Discussion Topics at Home” have been useful, and have sparked good discussions between you and your child. Thanks for your participation.*