

Building Boundaries and Expectations: Home Exercise

The Boundaries-and-Expectations Assets (11 to 16) are as follows:

11. **Family Boundaries:** Family has clear rules and consequences and monitors the young person's whereabouts.
12. **School Boundaries:** School provides clear rules and consequences.
13. **Neighborhood Boundaries:** Neighbors take responsibility for monitoring young people's behavior.
14. **Adult Role Models:** Parent(s) and other adults model positive, responsible behavior.
15. **Positive Peer Influence:** Young person's best friends model responsible behavior.
16. **High Expectations:** Both parent(s) and teachers encourage the young person to do well.

Children and teenagers need the positive influence of adults who set limits while encouraging them to be and do their best. The following exercise can help you build the Developmental Assets* in the boundaries-and-expectations category.

What boundaries and expectations have you set?

Although boundaries and expectations for your child change as he or she grows older, your child needs you to consistently enforce the ones you set.

List one or two boundaries or expectations you have for your child today.

Have these changed as your child has grown older? (If your child is very young, at what age do you think this boundary or expectation will change somewhat?)

Who supports you in reinforcing these boundaries and expectations?

Young people do best when messages are consistent at home, at school, and in their neighborhood. Communication is a key to success.

List adults in the neighborhood who know the key rules you have set for your child and willingly enforce them.

If you had trouble listing any neighbors, how might you start a conversation about this with one of them?

What other parents have you shared your rules with? Do they reinforce them when your child is visiting? Do you do the same with their children?

Which parents have shared rules for their children with you? List one instance when you reinforced their rules when their child has been under your supervision.

How or when might you start a conversation with the parents of your child's friends about rules and expectations? (Hint: Show them the list of assets and ask them what they think.)