



High School

Home Connection

Respect & Relationships

Dear _____,

Today in class we learned that **respect** is showing admiration and honor to someone or something important. The ways we show respect can vary by age, culture and other factors. We also learned that **boundaries** are rules and limits for how we expect others to treat us. We discussed ways that we can treat ourselves with respect by defining our needs/values and setting healthy boundaries with others.

Please encourage your student to practice setting healthy boundaries and at home and report back on how it went.

Please do not hesitate to reach out with any questions or concerns.

Best,
