

# HomeFront. PROJECT

# Kids

Teach, Empower and Enjoy Your Children.

## Sequence of Success

### Respecting Boundaries

One day a man was at the beach. He saw the big waves breaking outside the bay and enjoyed seeing the smaller waves come to the beach. The man then saw a group of surfers talking to one another on the shore. They looked upset so the man went to see what the problem was.

Upon asking what was the problem, the surfers replied that they were at this beach for a once in a lifetime trip to ride all the biggest waves they could see, but there was a boundary rope they could not get past to get to the biggest waves.

The surfers' frustrations with the boundary increased because they could see no good reason for the boundary to be there and all the biggest and most enticing waves were on the other side.

Hearing the commotion from the angry surfers, an older and more experienced surfer came over to the group and handed one of the surfers a pair of binoculars. The surfer became still and handed it to the next surfer in the group. Each surfer passed the binoculars to the next person until it finally became the man's turn to look through the binoculars. When he did, the man saw dorsal fins. Just outside of the boundary was a feeding ground of many sharks.

The old and experienced surfer collected his binoculars, and while walking away he said, "Don't be too critical of the boundary. It is all that is protecting you from being devoured."



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The man and surfers had a new appreciation for the boundary. It enabled them to enjoy the beach with safety from the sharks just on the other side.

Just like the physical boundaries in the story protected the people at the beach, we can set personal boundaries that protect us in our relationships with others.

The first thing in establishing and keeping your boundaries is recognizing what emotion you are feeling and labeling it.

Next, if something feels strange or off about a situation, trust your instinct.

In healthy friendships and relationships, others should treat you with kindness, respect, and look out for your well-being. Be on the lookout for unacceptable behavior. Accepting the harmful behaviors of others hurts your feelings of self worth.

In addition to setting physical boundaries, set digital boundaries that respect you and your values.

#### Discuss:

- How did the boundary at the beach protect the surfers physically?
- How can the boundaries we set for ourselves protect us?
- What kind of boundaries do you think are important to have for yourself?
- How do you think boundaries can help you in your life?

#### References:

<https://youtu.be/jXoyurPJF0s>

<https://www.verywellfamily.com/boundaries-what-every-teen-needs-to-know-5119428>