

Developing Boundaries For Your Teen

*A boundary details where you end and someone else begins.
Boundaries lead to a sense of ownership.*

Boundaries protect family members and your home from being violated.

Respect is probably the greatest issue that has to happen in your home.

To gain respect, a parent needs to be respectful of their teen.

A boundary allows you as a parent to be who you are and creates a zone of comfort.

A boundary says, "We will not live this way".

Rules are the necessary parameters set up to support boundaries.

Rules shouldn't exist solely to restrain freedom or take away privileges, but exist to support your boundaries.

Parents who set boundaries model for their children to say "No" to wrong influences.

Boundaries reinforced by rules and backed up by consequences help keep a child moved along the right path.

Consequences serve two purposes. They move a child down the path they need to go. They keep them from going where they shouldn't go.

Wisdom comes from O.R.E; Observation - Reflection - Experience.

Examples of Boundaries

My Personal Space - *I decide who touches me and who doesn't*

My Time

I decide to whom or to what I will give my time... it is not decided by someone else

My Words

I know how I would like to speak to others, and how I would like others to speak to me

My Truth

I have freedom to tell the truth instead of hiding behind a falsehood, I would like others to be truthful with me as well

My Distance - *I choose where I go and how long I will be there*

My Emotional Freedom

I am not responsible for what others think, I won't accept my teen "dumping" on me

Discussion Questions

1. Defining Boundaries – organizing the arena of relationships in your home
 - a. How did your children respond the last time you set a boundary with them?
 - b. Why do you believe they responded in that way?
 - c. How could you have handled it differently?
2. Shifting Boundaries – moving from controlling their behaviour to teaching them the fruit of self control
 - a. Can you give an example of a time your child showed irritation because you did or said something that might have seemed like a throwback to the discipline from their young years?
 - b. Identify a boundary that has shifted as your teen matures. For instance, what in your home was once allowed that is no longer allowed or vice versa?
 - c. On a scale of one to ten (ten being great) how do you feel you are doing in preparing your child to leave home and function in the world in a healthy way? Explain.

Scripture References: Gal 5:22-3; Prov 16:9; Heb 13:5;