A panel with a top border and a highlighted heading, starting 4pt above the foot.

Heading inside the panel

The panel moved to this page whole, so its border bar, the heading's highlight and the heading's text all sit together.

A panel with 20pt of top padding and a first child that has no margin, starting 18pt above the foot.

The first paragraph starts inside its own highlight, not above it.

The second paragraph follows.

A padded wrapper inside a padded panel, starting 10pt above the foot.

Text in the inner wrapper, inside its highlight.