

## Relationships and Boundaries Video Transcript

Person 4

Relationships can be complex and they are different for everyone.

There is my family

Person 3

My chosen family

Person 1 and Person 5

My friends...

Person 3

My romantic relationships...

Person 2

The people at work and school...

Person 4

And every relationship has a different dynamic

Person 4

Relationships are always changing and can be affected by someone's identity, life experiences, and beliefs...or something totally different.

Person 2

It takes energy and time to maintain our relationships. The key to relationships is checking in with yourself about your needs and the needs of those around you by listening and respecting boundaries.

A boundary can be a limit or guideline for what we feel comfortable and safe with, while interacting with others.

Person 4

Power imbalances in relationships can impact how safe we feel when it comes to setting boundaries. Many people have power in the campus setting because they are employers. Others can give a passing or a failing grade. There are resources on our campuses that can support us if we feel unsafe, or have any questions about this.

Person 3

When we have trust and feel safe in a relationship, it's easier to communicate our boundaries. We express our boundaries through verbal and non-verbal cues, and body language. Leaving a situation could also be a way of setting a boundary.

Person 2

We can show that we care when we ask about a boundary, rather than assuming what works for us is okay for others!

Person 1

Part of respecting boundaries is valuing the other person's beliefs, as long as they do not cause harm.

Person 1

So remember,

- Acknowledge your needs
- Trust that gut feeling
- Know that its ok to set boundaries
- If you can, make your boundary known and be assertive
- Remember it takes practice!

All

Let's ask each other about our boundaries, build healthier relationships and take care of one another in our community.