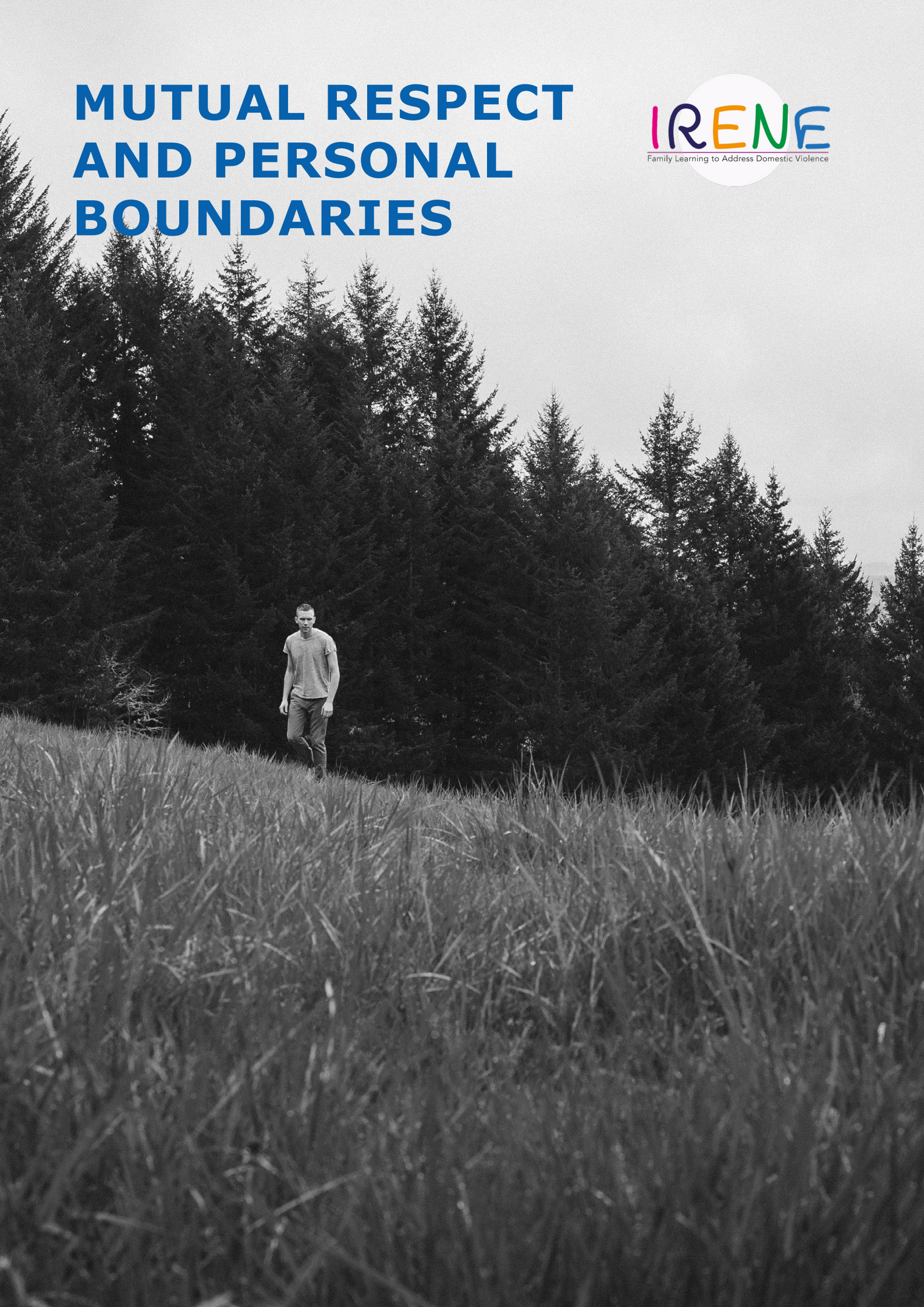


MUTUAL RESPECT AND PERSONAL BOUNDARIES



LEVEL

Advanced level

AGE GROUP

17 – 20 year olds

TOPIC

Mutual respect and personal boundaries

EXPECTED LEARNING OUTCOMES

Knowledge

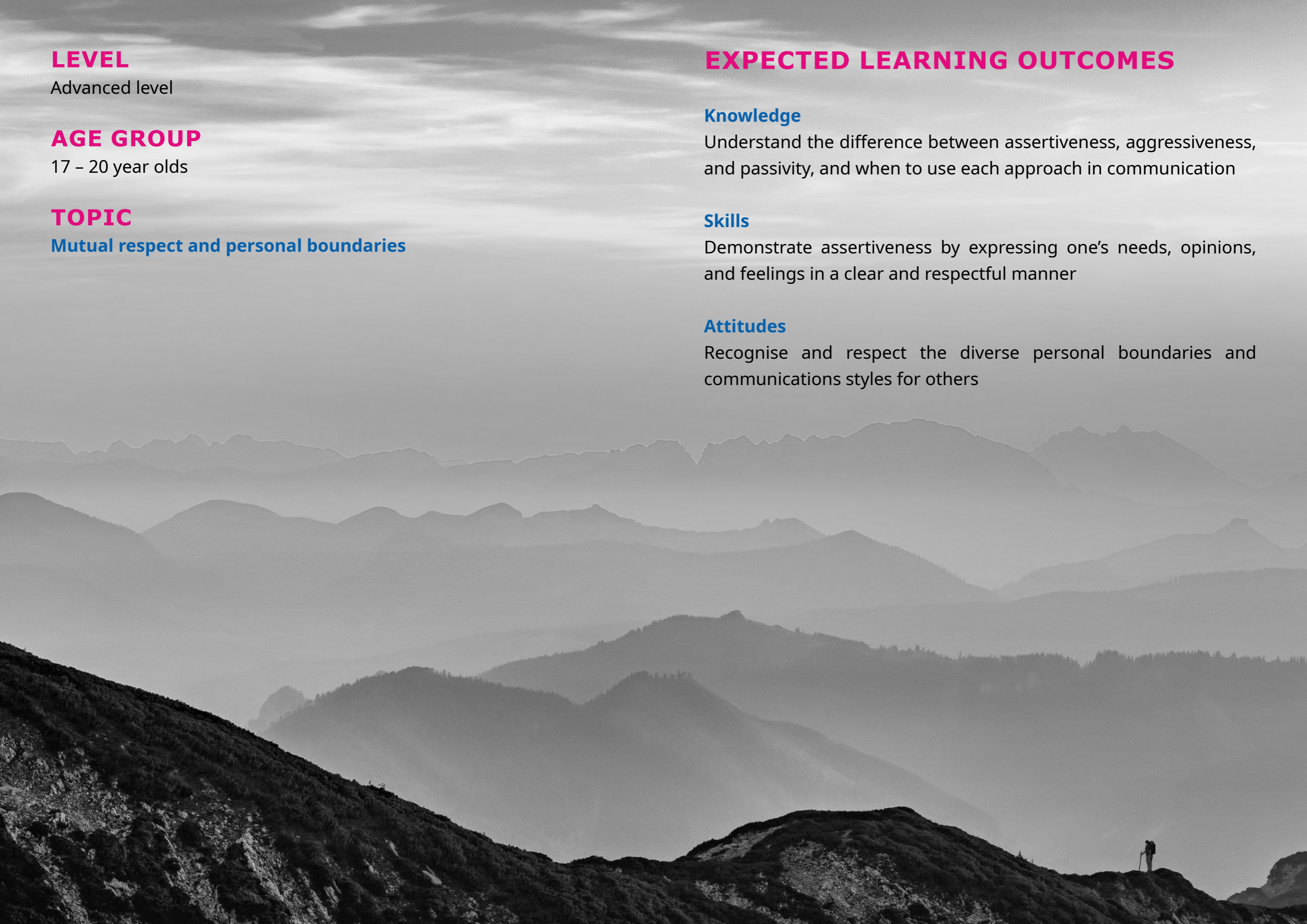
Understand the difference between assertiveness, aggressiveness, and passivity, and when to use each approach in communication

Skills

Demonstrate assertiveness by expressing one's needs, opinions, and feelings in a clear and respectful manner

Attitudes

Recognise and respect the diverse personal boundaries and communications styles for others



EXPLAINER VIDEO

Mutual respect and personal boundaries are very important in all kinds of relationships, especially romantic relationships. Whether you are interacting with family members, friends, co-workers, or acquaintances, understanding how to communicate and respect each other's boundaries is key to building healthy and positive relationships.

Let's begin with personal boundaries. Boundaries are limits that we set for ourselves in our interactions with others. These can be physical, emotional, and mental limits that we use to protect ourselves from harm or discomfort. In any kind of relationship, it is important to communicate your boundaries clearly and to respect the boundaries of others.

Mutual respect plays an important role in relationships of all kinds. When you have a relationship with someone, it is very important to treat each other with kindness and respect, and that means respecting each other's boundaries. If someone expresses a boundary, it is important to respect and accommodate it.

Learning to communicate in a way that supports and respects your own personal boundaries and the boundaries of your friends, partners, and co-workers is important too. It is important to not be overly passive or aggressive when setting your boundaries in conversations. When someone approaches a subject that you are uncomfortable with, try being assertive in communicating your thoughts and feelings in a clear and confident way that respects the boundaries of others.

For example, if someone says or does something that makes you uncomfortable, it is okay to express that in a non-confrontational way. However, it is important to do so with empathy and understanding, and to listen to the other person's perspective as well.

In conclusion, mutual respect and personal boundaries are key to building positive and healthy relationships in all aspects of life. Remember to communicate your own boundaries clearly and respectfully, while also respecting the boundaries of others. Don't be afraid to be assertive in expressing your thoughts and feelings, but do so in a way that shows empathy and understanding.



CHECK-IN QUIZ

Assertiveness is an essential communication skill that allows us to express our needs and opinions while also respecting the needs and opinions of others. When we are assertive, we communicate our boundaries clearly, leading to healthy relationships and mutual respect. However, being assertive can be challenging, especially for young adults who are still learning how to navigate the complexities of relationships and communication. So, take a moment to answer these questions honestly, and you may discover something new about yourself and how you communicate with others.

1. When someone talks to me in a way that makes me feel uncomfortable, I usually:
 - a. Say nothing and try to ignore it
 - b. Try to change the subject
 - c. Tell them that what they said made me feel uncomfortable
2. When someone disagrees with me, I usually:
 - a. Change my opinion to match theirs
 - b. Keep quiet and don't express my own opinion
 - c. Respect their opinion, but also express my own opinion and reasons for it
3. When someone crosses one of my personal boundaries, I usually:
 - a. Let it slide and pretend it didn't happen
 - b. Get angry and confrontational
 - c. Assertively communicate my boundary and how I expect to be treated
4. When I need help or support from someone, I usually:
 - a. Don't ask for help because I don't want to inconvenience anyone

- b. Ask for help, but feel bad about it afterwards
 - c. Ask for help without feeling guilty because I know I have the right to ask for support
5. When someone is being rude or disrespectful to me, I usually:
 - a. Ignore it and hope it will stop on its own
 - b. Get defensive and lash out at them
 - c. Assertively tell them that their behaviour is not acceptable and that I expect to be treated with respect
6. When someone tries to pressure me into doing something I don't want to do, I usually:
 - a. Give in and do it, even if it makes me uncomfortable
 - b. Make up an excuse for why I can't do it
 - c. Assertively tell them that I'm not comfortable doing what they're asking and that I won't do it.

Answer key:

- 1 point for each "c" answer
- 0 points for each "b" answer
- -1 point for each "a" answer

Interpretation:

- **If you scored 5-6 points:** You are assertive and respectful of your personal boundaries. Keep up the good work!
- **If you scored 3-4 points:** It looks like you're working on being more assertive and respecting your personal boundaries. Remember that it's totally normal to have some trouble with this, especially in new or challenging situations. Just keep practicing and know that it's okay to speak up for yourself when you need to!
- **If you scored 0-2 points:** It seems like you might benefit from working on your assertiveness and personal boundaries. Remember, it's okay to stand up for yourself and express your needs and opinions. Keep practicing and be kind to yourself along the way!

ARTICLE: THE POWER OF COMMUNICATION

THE POWER OF COMMUNICATION

As you become older and begin to experience more adult experiences, it is important to build and maintain healthy and safe relationships. Whether it is with friends, family members, or romantic partners, communication is the key to establishing healthy boundaries and mutual respect. Communication is very powerful when it comes to relationships. It allows us to express our thoughts and feelings, and to listen and understand the thoughts and feelings of others. This helps to create trust and respect between people.

When it comes to setting boundaries, communication is key. Boundaries are the lines that we create to protect our physical and emotional wellbeing, and they are essential for healthy relationships. However, it can be difficult to set boundaries with others when communication isn't open and healthy. This means that we cannot communicate our needs and expectations clearly to others.

One way to communicate boundaries effectively is to ensure that we are not being overly passive or aggressive when setting the boundaries. Instead of allowing people to disrespect your boundaries or make you uncomfortable by remaining silent about them, or getting annoyed and angry when setting them with others, try calmly and confidently setting boundaries by using "I" statements. For example, instead of saying "You make me feel uncomfortable", try saying "I feel uncomfortable when...". This is less aggressive and accusatory, and focuses the conversation on you rather than the person you are speaking with. This can help prevent defensiveness and promote better understanding.

Communication also is very important in creating respect in relationships. Mutual respect means valuing the thoughts, feelings and experiences of both people in a relationship, even when they differ. This can be very challenging when these differences are big, but communication can help ease the burden. One way you can communicate with mutual respect is to use active listening. This means paying close attention to what the other person is saying and trying to understand their point of view, even if you disagree with it. It also means to avoid interrupting, using negative body language, judging, and dismissing their thoughts and feelings.

Asking clarifying questions also helps to improve communication. Instead of just assuming that you understand what the other person means, try asking for more information or examples. This can help prevent misunderstandings between people and makes you more understanding of the other person's perspective!

To sum up, communication is the foundation of all types of healthy relationships, and plays an important role in establishing boundaries and mutual respect. By using "I" statements, active listening, and asking questions, you can communicate effectively with others and build relationships that are built on trust and respect. Firmly setting boundaries in a way that avoids aggression also helps to create a caring and healthy relationship that keeps you and others safe and happy. Remember that healthy communication can sometimes take practice, so don't get too bogged down if you make a mistake and keep working at it!

SELF-HELP ACTIVITY

Sometimes it can be very difficult to set boundaries with people that you know and love. This is because we could have a fear of confrontation, are afraid of other people having a negative opinion of us, or causing disagreements with our loved ones and close friends. But setting boundaries that make us feel comfortable and safe are very important in every relationship – no matter how distant. In this activity, you are going to practice setting boundaries by exploring what topics or interactions make you uncomfortable by examining some of your closer relationships. Try to listen to some relaxing music when completing this activity and it can really help to soothe and settle the mind.

To begin this activity, grab a sheet of blank paper and some coloured pencils, markers, or pens.

1. Take a moment to think about your life right now. Jot down some answers to the following questions to help define your personal boundaries:

- What's bothering you or stressing you out at the moment?
- What's something you look forward to each day?
- What's something you don't like doing every day?
- Who or what makes you feel happy and motivated?
- Who or what makes you feel tired or unhappy?
- Who or what makes you feel loved, supported, and appreciated?
- Who or what makes you feel unsafe, unsupported, and unappreciated?

2. Draw a large circle on the piece of paper. Inside the circle, write everything that makes you feel safe and stress-free.

This can be things like taking your dog for a walk, when your friends ask you out places, or when you get assigned some nice work at college/work.

3. On the outside of the circle, write down anything that makes you feel stressed, uncomfortable, or unsafe. These are people or situations that are pushing your boundaries and need further attention.

This can be things like co-workers gossiping at work, your friends asking to borrow money, or being excluded from group activities.

4. Once you have completed your self-reflection, think about ways that you could establish your boundaries identified from things outside of the circle, and ways that you could establish those boundaries in an empathetic but assertive manner.

Try to use "I" statements to set these boundaries and increase your comfort and happiness in your everyday life!

Link to Video:

Art Therapy Activity for Setting Boundaries *by Erica Pang Art:*
<https://www.youtube.com/watch?v=IFrlio1KMyA>



VIDEO LIBRARY

Good boundaries free you *by Sarri Gilman (TEDx)*
<https://www.youtube.com/watch?v=rtsHUeKnkC8>

Tips on how to set healthy boundaries in friendships and relationships from a clinical psychologist *by Headspace*
<https://www.youtube.com/watch?v=Zb9L4XQNwPw>

Phrases that will help you set healthy boundaries *by Michael Pereira*
<https://vm.tiktok.com/ZMYh2sA2p/>



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