

## **Union of Saints**

### **Educational Resource**

#### **Sexual Boundary Violations in Social and Relational Settings**

Healthy relationships depend on respect, dignity, and appropriate boundaries. One behavior that can undermine safety in a social environment is the discussion of explicit sexual experiences in front of individuals who did not consent to participate in that conversation.

When a person describes sexual encounters with others in a mixed social setting, particularly in front of a woman or in front of individuals who may feel uncomfortable, this can constitute a **sexual boundary violation**.

A sexual boundary violation occurs when a person introduces sexual content, sexual stories, or explicit experiences into a conversation where others have not agreed to engage in sexual discussion. These situations can create discomfort, humiliation, or a hostile social environment.

Several relational concerns may be present in these circumstances.

#### **Sexual Boundary Violation**

Introducing sexual details or sexual experiences into a conversation where another person has not consented to hearing or participating in that discussion.

#### **Humiliation or Degradation**

If the discussion is intended to embarrass, provoke jealousy, or make another person feel inferior, the behavior may function as relational humiliation.

#### **Triangulation**

Triangulation occurs when a person introduces another individual into a relational dynamic in order to create insecurity, competition, or emotional distress. Describing sexual relationships with others in front of someone who may be affected by that information can be an example of triangulation.

#### **Objectification**

Discussing individuals primarily as sexual experiences or conquests reduces them to objects rather than recognizing them as full human beings deserving of dignity and respect.

#### **Sexual Harassment**

In workplaces, professional environments, or institutional settings, repeated or explicit sexual conversation that creates discomfort may rise to the level of sexual harassment.

Healthy communities protect individuals from humiliation and coercion. Conversations involving sexual experiences should only occur in spaces where all participants have willingly agreed to engage in that topic.

Individuals are entitled to maintain boundaries regarding sexual content, and it is appropriate to remove oneself from conversations that violate those boundaries.

The Union of Saints encourages respectful communication, personal dignity, and the protection of emotional and relational safety within all community interactions.

— D. Cowdrey