

# Unpacking Social Norms\_feat. Youth Unite

U1

\*Music\*

0:14

Welcome back to San Diego YOUth REALationships. It's me, Kevin. I am a youth within the Youth Leadership Team, a program in City Heights run by CCS. To learn more about this podcast and the program who runs it, please go back and listen to the first episode. See you in a second.

\*Music\*

U1

0:45

This episode may contain sensitive information. If some stuff comes up for you, here is a 24 hour hotline you can call to talk to someone: (888) 385-4657.

Let me repeat that again. (888) 385-4657.

U1

1:21

Hi, I'm Kevin. Welcome back to another episode of San Diego YOUth REALtionships. On today's episode, we will hear from the Youth Unite group. Youth Unite is a youth-led advocacy coalition with SAY San Diego. In this episode, they talk about where we learn about social norms and how we learn about healthy and unhealthy relationships. As you learn today, you can think about where you learned about relationships and what social norms you agree or disagree with and think should be changed. I hope you enjoy this episode.

\*Music\*

U2

2:10

My name is Daisy and I want- what I want to say about myself is that I love to play video games. Doesn't matter what kind of games. I just like to play whatever interests me. And I'm the oldest sibling. I only have one younger brother and he's only one year apart from me.

U3

2:25

Hi, my name is Gabriel. I'm from Honduras and I'm a professional surfer from Bushland.

U4

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My name is Vinay. I'm the youngest child out of all my siblings.

U5

2:35

My name is Jesus. I love to go out and go for a walk. And I'm the oldest brother out of four siblings.

\*Music\*

U6

2:50

What is Youth Unite?

U4

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It is a program that helps at getting us to do activities that-

U2

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We also have community events that we go to, either being at Memorial Park or being at other parks around the neighborhood.

U6

3:05

Where do you meet usually?

U4

3:09

We meet at the Logan Heights Library and we get pizza every time we meet on Tuesdays

U2

3:17

And we get an incentive to come as well. We only have to meet twice a Tuesday. So in the beginning and towards the end of the month,

U4

3:24

We earn field trips and earn gift cards. \$30 gift card.

U6

3:29

What are some things you do out in the community?

U4

3:31

We'll clean up the park or we'll just, like, help out at events.

U2

3:38

We try to spread awareness about the um, youth smoking, vaping, and drinking alcohol.

\*Music\*

U4

3:49

What a healthy relationship means to me is... a relationship is kind of like 50/50. Like, you have to put in together to get some, like, progress out of it at the end. What do you guys think of, um, in that relationship?

U5

4:08

Well, I think that a healthy relationship, as you said, should be equal 50/50. But at the same time, I feel like each person on their side has to work on, you know, like they got to work on themselves also, like learning how to calm down or learning how to like, have patience, you know, so you won't be stressing over each other and getting into arguments all the time. So, I feel like a good relationship is communicating, telling each other what you don't like or what you think is making you uncomfortable.

U3

4:49

But what about if we talk to them and we talk on a mean way and they don't like how we talk about it?

U4

4:56

Can you repeat that question?

U3

4:57

I mean, what about if I talk to you and I talk like, disrespectful to you? How will you feel about it?

U4

5:04

I will. How I would feel about someone not talking to me, respectful. I would feel very upset. And it just wouldn't help the problem of us trying to fix whatever we need to fix because it's just going to escalate things.

U5

5:20

I would feel broken. I would be-

U3

5:22

You would feel broken? You want to elaborate on that?

U45

5:25

Yeah. I'll be crying my heart out every single night.

U4

5:28

But you can't just do that because then the person is going to be doing that every time because they see that you're weak.

U2

5:35

Well, being vulnerable doesn't automatically mean you're weak. It just kind of means that you're just letting out everything you're feeling at that moment.

U5

5:40

Yes. What if the person-

U3

4:08

There's a difference between being vulnerable and being exposed.

U5

5:45

What if the person's going through a lot?

U3

5:48

I have a question. So when you- when I talk to somebody respectfully and say he's another guy, if he cries, why some people are going to say that he's weak and weep and mens don't cry?

U34

6:03

Well, it's not that he's weak. It's just that he said that every time that he'll get, like, talk to disrespectful.

U5

6:10

I wasn't saying me. \*Laughs\*

U4

6:12

Well, just in general that they'll cry every time.

U6

6:15

Why?

U4

6:16

Because men are usually supposed to be the tough ones in like the world and stuff. And society.

U3

6:26

It's because- .Sorry for interrupting. It's because people depend so much, like, they expect for. So they expect men to do so much until the point where it's like, you know, they can't take shit anymore until they cry and they cry. And that's when they started like, Oh, you know what? He's a bitch or something. Like, you know, like he's like, he's crying, you know, he's. He's weak and this isn't that. So they take it like men can cry too, you know, sometimes it's like men don't want to cry because, I don't know, they're scared to be judged or something, you know? Or like, maybe they just don't want to hear it.

U4

6:58

Well, yeah, because I don't find nothing wrong with, like, men crying. It's okay. It's. We're all humans. Like, we all have emotions.

U2

7:09

And then it. And then it becomes negative when you just keep all that emotion inside of you. And it's bad, especially for young men, because they're at a point where they're still growing and they're still developing. So if you're telling them that they can't show any emotion, there's going to get to a point in their lives where they're just going to let everything out that they've been feeling and that's not okay. Because then all you're doing is just condensing the emotion to a point where you're just going to keep all that... the only emotion you could let out is anger. And that affects everybody.

U5

7:29

Yeah.

U4

7:39

I think, because it's like we see like our male figures in our family, how they're always tough and how they always solve the problems. And if like, something happened. Like, they'll always take care of it. So like it's just very something that doesn't really happen because, you know,

U3

7:56

Yeah, I get you.

U3

7:58

And I will say it's bad because why people, judge because men want to show their emotions and they don't want to feel kind of judged because they show who they are.

U6

8:18

Do you think that's a problem that can be changed or it's just always going to be that way?

U5

8:21

It can be changed, but it can stay that way. It just depends on people, the haters.

U2

8:27

Well, it's also- it also depends on our youth who want to make that change, who like if they ever decide to have families, to not have the same type of like the same type of um, like, mindset as before. Things change. We all have our own different opinions. So we might decide we don't want to raise our kids the same way. Or we might decide that we want things to be different.

U5

8:52

What do you think about it?

U4

8:4

I think it's okay for men to cry. There's nothing wrong with that. But I feel like since it's not like, it could be changed, like, to a like, a normal thing.

U3

9:07

So, if people think that, how can we figure like a option for people to open their eyes and make it feel like mens can cry?

U5

9:20

I'm not sure, honestly. People are weird. Everybody has their own opinion.

\*Music\*

U4

9:38

Why do men have to be like the. Um, how do I say it? Like the alpha of the like, relationship? Like, why do they always have to, like, say, this this and that? And then, like, what about the woman?

U2

9:56

You know, I mean, think about how our society is structured and how a lot of the media also impacts that. Like, you ever think about how you watch a TV show or you watch a movie and it's usually like a lot of the stuff that can that gets portrayed, that does something to a person when they see that, because they'll just think they'll normalize it. They'll believe that, Oh, this is perfectly fine because my family's like this or, or, my person, my partner's like this and this is fine. Everything's okay. And they don't have second doubts about it.

U3

10:27

I don't know. I mean, because people have their own opinion and when they have that strict opinion, we can not just change it to one day to another. So it'll be good to like, talk to people and make you understand that women and people are the same and there's no nothing that will change that because everybody is a human being. Everybody have bones and skins and have the right to talk they truth.

\*Music\*

U2

11:01

So, what are your guys's perspective on different relationships that are important to you? Like, what can you say about youth not being taught about relationships at a young age that affect them the older they get?

U3

11:15

My perspective, I would say, is a bad like a bad time to tell them, especially when they're like, in high school. They have to know that that is about that because they can have a relationship that is good or bad for their life. And if they're in high school, they want to go to college or they want to go to the university and they need to have good relationships so they can make true their dreams.

U5

11:40

I feel like my opinion on that... I feel like parents should tell their children what it is to what it is to be or have a bad or good relationship so they can be ready and prepare themselves for the future just in case. If anything comes up to the point where they see a bad relationship. They can know oh you know, this is not good for me and I need to step out of this.

U4

12:07

Yeah, I agree. But. But sometimes the parents can't always teach them about like, what healthy and unhealthy is because they might be unhealthy themselves and they might not realize it. So, I feel like schools should teach about like, boundaries and about healthy and unhealthy relationship more because there might be something on that's not healthy. And then for all we know, the children might think that it's okay for all this stuff. To be happening when it's not okay.

U2

12:41

What I can say about youth not being taught about relationships at a young age is that I believe that there is a point where you should be learning about relationships as like, the older you get, you're going to meet different types of people and you're always going to and you never know what's going to come at you. You're never going to know what's healthy or unhealthy, especially like if you're what, a middle schooler or a high schooler because you're barely growing up, you're barely getting to know different people. So maybe there might get to a point where you have different relationships with people and you don't even know if they're healthy or unhealthy or that you just kind of normalize the the unhealthy-ness of a relationship because of the fact that you've seen it or because you never learned much about it, either from your own family or from your school.

U3

13:29

What about like, I see people that had a lot of relationship and other people that have like less relationships. So which one is best for the future?

U2

13:38

For that you always want to have um. You always want to have different relationships with other people. It doesn't always have to be romantic. It can always be friendship, platonic. It's just that you want to be able to have a connection with another person, but you have to know when that connection is either healthy or unhealthy because you don't want to be with somebody and they're hurting you instead of trying to move, trying to help you go forward. Or if you are that person, aren't in a very good like... if you are that person are not in a very healthy space, then that's kind of a sign that you too should not be talking with each other because that's just insinuating more of the unhealthy-ness of your both of your guys's relationship.

U4

14:22

Yeah. And you can always, like take a break or like, take some time for yourself to like, learn. And then maybe at the end of the day, if you guys like to fix stuff or keep it apart, then-

U2

14:37

Relationships don't have to be complicated. It's just pretty much forming a connection with another person. It's only how far you decide to take that connection will be the judgment of the choice, will be the judgment of how your relationship will be going forward.

\*Music\*

U3

15:01

If we have a bad relationship with somebody that is really important to us, like a really special person, how it will be one way we can like change that bad relationship to a good relationship?

U4

15:14

You have to take it slow.

U2

15:16

Don't try to rush things in it and always like, and try to get help for both you and that person to see what is wrong there and to see what can be changed about both of your guys's relationships. Like, if

you if you care about somebody, you want to make sure that you and that person are going to be in a good space instead of getting very negative or toxic towards each other.

U5

15:39

So how did you guys learn about healthy and unhealthy relationships?

U3

15:45

Well, my experience, I learned good relationship because I hang out with people with a group of friends. Some of them do have bad decisions and they get in trouble with school or with their parents. And some of them have like it really good feature. They have straight A's. They never get in trouble and people really believe in them.

U4

16:04

How I've learned is because I've spent like a lot of time to myself. And then when I finally came out to realization, like for my past, I really realized how different my life is now than how it was because of how toxic it was. And then, like now I can see like, what healthy and unhealthy is from the way people are and just in general,

U3

16:31

What are different influences from society that impact these different relationships?

U2

16:35

Like, you could say that for um, you could say that for a lot of like, um. You could say that like, for the music industry. If you've seen a lot of, like, music, a lot of music videos from back in the day, you could tell how a lot of the time a relationship is portrayed, some of the words being used and like it kind of becomes normalized. Or even the media that you see, like the media from different cultures or from your own family that you that they have grown up with and how that's kind of like just stuck with them. And they don't they probably won't see that as like anything negative. But like when you, when you yourself look at it and you have a little bit more of a different understanding from your parents, you'll probably see a lot of the stuff that they've seen that's considered to be normal or healthy as pretty unhealthy or not even normal at all. But it was just kind of portrayed as that because that was just how it was during different eras and how they experienced.

U3

17:37

How common is to see healthy and unhealthy relationship on your life?

U5

17:43

Can you please repeat that question?

U3

17:45

How common it is for you to see unhealthy and healthy relationships that are being played in the media?

U5

17:54

I'm not sure.

U3

17:56

For example, when you see TV, have you seen movies that people have like, a good relationship and with a bunch of the time that that people have started to have a bad relationship and not the same communication that they used to have?

U5

18:09

Yes.

U2

18:10

Wanna elaborate more on that?

U5

18:37

I don't know how to. \*Laugh\*

U2

18:14

Well, like think about a, think about a show, a movie or something that you've watched with a parent or that your parents have made you seen or that you yourself have seen that has made you think, like especially like in um, in a, like in a movie, think about every time the main lead, the relationship. How does that usually go by? Is it healthy? Is it unhealthy, is it abusive, or is it even all three or in between?

U5

18:37

In between and between unhealthy and healthy. Because those two have, you know, arguments and all that. Those still have like, little situations that.

U2

18:48

Conflicts to resolve.

U5

18:48

Yeah, like conflicts, you know, So I would say like. Happy, but sometimes unhappy. You know.

U2

18:56

I could say I've kind of seen a bit of both. Like, sometimes there'll be a good relationship, but there will be a little bit of conflict. But it's not like conflict to the point where both people are just yelling at each other and there's just no agreement there. But there are there are relationships where it does make you question like, is this really healthy? Is that really just normal for these two people to just be in this relationship and think that it's okay for the other to do this to the other person, to make them feel this way?

U5

19:25

Do you think we learn about relationships from media?

U4

19:28

I feel like we do because like how they were talking about movies and the music videos that can really have like a big influence in a lot of like kids when they see something that one person does and then they are curious to try it themselves.

U2

19:49

And especially because, like when you're young, you don't really understand a lot of things. You pretty much are at the point where you're questioning a lot that's going on in your life, or you'll just kind of see you'll normalize a lot of the stuff that you see as like, oh, if my if I if I see this, then this should be normal and that there's nothing wrong with this because this is very popular or it's because it's just so much in our culture or in our media that it should there should be nothing wrong with it. But even the things that we don't might not think about can be unhealthy as a lot of the time. They can be the result of a lot of unhealthy relationships when we don't think about it.

\*Music\*

U43

20:33

Speaking about topics that we don't really talk about, which are some topics that we should talk on a school or public space that we don't? Which are some things I will learn. It's like people some people are racist by how where do you are? For example, I've been bullied on on my school because they know I'm from Honduras and they say Honduras is a really poor place to live. And that Honduras place that you will get robbed really easily and you don't get help us like San Diego or Arizona or L.A. I feel that impact our relationship, on my relationship because if I want to have a good relationship, I need to be with somebody that will accept the way I am and will not judge me just because I'm from Honduras or I'm not the same, or I don't have the same right at him.

U4

21:27

I agree.

U3

21:28

Will you elaborate on why you agree?

U4

21:31

Because yeah, like we're all human. And no matter what, we all are the same. And it's just, it's not okay for people to be judging other people when we're all the same.

U3

21:43

And so what will you ask your parents or any adults that you trust to talk to you about your life or day life?

U2

21:50

And to not sugarcoat it, for them to be straight out with you and actually go in deep with you because you should always try to be vulnerable with the other person when you're talking about especially when it comes to relationships as they are a normal thing in a person's life. And we're all going to experience different types of relationships and we should at least be able to know what's a healthy and unhealthy relationship or even abusive, because as the older you get, the more and more you get access to other people and you're going to get access to other people's opinions, you're going to get access to other people's personalities. You're going to get access to all different types of people. But you'll never, but if you never have the talk with somebody who you trust or like a figure in your life who can tell you more about this, who's kind of experienced it, and all you're really going off of is only of your own experience, and it's always nice to get a second opinion.

U3

22:43

Why would you say it's always helpful to get a second opinion and don't just stay with the first one?

U2

22:50

Because um, a lot of the times we as people are very biased and will always just go by what we have. But another person might give a different perspective on an issue, or they might give a different perspective on a topic that you might have not even yourself been able to think of, been able to think about, or you didn't think about it before.

U3

23:09

Do you think somebody that gave you a second opinion is a good relationship for you?

U2

23:13

I feel like they are, because they're going to be- they're going to give you- they're not just going to tell you, they're not going to just be a yes men to you and they're not just going to only agree with your opinion. You always want to have somebody who will have- who will- who can counter your opinion, but also back it up and give you something else to think about, because though it's always nice to go by what we have, it's always nice to also hear from those we trust. You always want to hear from somebody who you trust very well because when you do, you're also hearing from them the love that they're sharing to you, because that person, if they really did love you, they would tell you more about the subject, tell it to you out of love instead of just letting you go through it and suffering through it all when they had something else to bring to the conversation.

U3

24:01

Yeah.

\*Music\*

U2

24:06

How did you learn to set boundaries with your relationships? Either one of you

U3

24:09

What is b-boundaries?

U2

24:12

Um, well, there's different types of boundaries. Like there could be like a simple boundary. Could just be that um the, like with the parent, a simple boundary can just be, Hey, Mom, I want you to close the door for me. You're already setting that for your mom so that when the next time she comes into your room, she just doesn't leave the door wide open. That's a boundary you could set. Or like, if you're not comfortable around another person, you can just tell them, Hey, can you move a little bit? I'm not very comfortable with you being around my space.

U3

24:42

Do you ever explain that to somebody? Do you ever do that boundaries on your life? Somebody?

U3

24:49

I have. I do try to set boundaries, but like, sometimes you don't, you don't even notice when you're setting a boundary to somebody like. If somebody just puts your hand on your on your leg, you probably wouldn't even notice that you would feel uncomfortable about that unless you would have told them or like unless you yourself would have realized that, hey, I need to set a boundary for this because I don't want to keep feeling this.

U3

25:13

Do you think people that like respect you, respect that that boundary that you made, that you said to them, do you think if they respect their boundaries, it's a good type of relationship for you or is like still a bad relationship?

U2

25:30

If someone respects your boundaries I believe that that would be a good and healthy relationship because they're respecting your opinion and they're respecting you yourself as a person. Because though you can say yes to something at first, if you the second time around, you might not feel comfortable with the same action. But it's always good to know, like with your friends or your family, what they're comfortable and uncomfortable with because we all have different comfortability with what we find comfortable, uncomfortable, what we like, what we don't like, and we all express it very differently. You don't ever want to express that uncomfortability in a very negative way.

U3

26:09

If you have a bad relationship and you said a boundary to them and that boundary is really serious for you because that person is important for your life. You want them on your life, but they don't

respect that boundaries. How do you think you can make them respect that boundary? Well, my opinion I would say that if that person is really important for my life, I would do like a really hard work, a really hard work to them, understand and my boundaries so we can have the same um, type of relationship and we don't like have that space with each other. Like sometimes we don't talk each other, sometimes we don't like each other. So, I will say on my personal opinion, I will say that we have to talk to them and we got to speak it to them about what do we feel and why we don't like them to be in disrespect to our boundaries. If you really talk to them, what do we feel?

U4

27:10

I agree because there is like a certain limit of like, a person can take if they're not listening to like what I'm asking them, then it's like, I can't just keep asking and asking for them because it's going in one ear and going out the other. So, I'm going to have to start like, stepping my foot and start saying like, Oh, like you don't want to respect me? Well, there needs to be like something done. Like if you don't want to respect me, then I don't feel comfortable being with you.

U3

27:44

What about if that relationship is like 50/50? They respect some boundaries, but they don't respect other boundaries. Is that a good relationship or a bad relationship?

U2

27:53

Well, it's depending on what type of boundaries we're talking about, because there could be serious boundaries that can get broken and that can harm you. And then there's boundaries that minuscule that you wouldn't really see as like a thing that you would get super upset over. That's also something to take into consideration. How did any of y'all learn to set boundaries? If any of you all have any boundaries, either with friends, family members?

U3

28:21

I learned to set my boundaries by talking to people. For example, if I hate that people, for example, when I surfing and somebody just get on the way and I can just like stop what I'm doing, I go and talk to them and I can at first I ask them, respectfully, if they're okay if they have any, if they get hurt on any way? And then I talk to them, I say to them that I feel bad because I- I might hurt him. So, if they can please respect my my space and if they can be blamed or on their side or they can just try to don't get in in the middle of my surfing because it's really important to, like, respect people and to people respect your boundaries.

U4

29:09

How I learned to set my boundaries is, um, like he said, like asking them, talking to them about the way I feel and then about how they can help respect me and how I can help respect them.

U3

29:26

What do you think about people that they have like a really good understanding on relationship and they try to help other people with their relationship? For example, what do you think if you and your friend have a bad relationship and now and I am a really good like an expert of relationship and like, can I try to help you? Will you say I'm a good relationship or I'm a bad influence for you?

U4

29:54

Well, you, you as a person, or doing me, like a good favor by helping me. So I think it's a healthy, um good- I don't know. \*Laughs\*

U2

30:07

And it's not only that, you're just that you just got this information and just kept it to yourself. You're also trying to help the other person that you care for. And that you're trying to teach. To give them more information about this because they probably wouldn't even. They probably might have not even known about some of this stuff if it wasn't for you kind of telling them and helping them be a little bit more informed on that.

U3

30:26

Do you think it's important to adults, talk to young people about set some boundaries to people that they might disrespect they choice, or how do they feel? For example, if I was a little kid and some people will bully me. Do you think it will be okay if an adult talks to me and tell me what is a boundary is and how can I set it so people so that bully can stop? Do you think that is a good relationship?

U2

30:55

Yeah, because yeah, I do believe that that's a good relationship with- because the parent is giving is helping their child. But not even that. It's also teaching them for as they get older because you're going to be different types of people and some have different types. You're always going to meet different people with different personalities and different lifestyles. So some people might be used to certain things, some might not be. And if you set- if you learn that, learn about boundaries at a very young, very young age, you're going to be able to learn how to adapt to that as the older you get. So you won't be easily startled when something comes your way, especially something very serious.

U3

31:36

Do you think it's more important to adults, talk to young kids about good and bad relationship or to talk about boundaries?

U2

31:46

I think it's both, because when you're talking to both about to both. When you talk about both subjects to your child, you're not just um, telling- you're not just giving them information. You're pretty much giving them life lessons that they could use as the older they get and for and for how it will reflect on them as they become adults. Because we're all going to go through things in life and you never know what's going to, what road bumps are going to come for you.

U3

32:19

My final thought on what I would like young people to get- to get out of this podcast will be to like identify their life, identify who they want to be, and identify which kind of people do you want, do they want in their life so they can have a good relationship and they can follow their dreams with the people that were with them on the first step that they make.

U2

32:45

For me, what I would want anyone who's listening to get out of this conversation is to think about the healthy and unhealthy relationships that we have in our systems and our either our education, our medical, or any system that you can think of. And how it really affects us, affects all of us as human beings and how we can change that.

U4

33:06

What I would like to let anybody who's listening know is to never be afraid to speak up for help.

U5

33:11

What I want people to know is that it's okay. You just try to make the situation better instead of creating a situation that you don't want to be in. It can always- there's always a way to make a situation better. And it takes two people to make that situation better, either by talking it out or coming up to an agreement. It doesn't matter how the person or either relationship- each relationship has their way of doing it. And that's how it's always been. I don't know if it's going to stay like that, but I hope you enjoyed this podcast.

\*Music\*

U1

34:07

Hi, it's Kevin. I hoped you enjoyed listening in how these San Diego youth learn about healthy relationships, boundaries, and how to determine if a relationship is healthy. Remember, if you want more information or resources, you can check out CCS\_Prevents on Instagram or the CCS website. Hopefully you have a chance to reflect on where you learned about relationships, and we encourage

you to think about what you learn about relationships through your life, what social norms you agree or disagree with, and what you think should be changed. If there are any adults still listening in, we hope that you heard these youth share how impactful your relationships are and the examples you set for what a healthy relationship is. See you next time.

\*Music ends\*