



Creating Healthy Roommate Boundaries

Conversation Guide

Setting boundaries and having conversations to create a healthy roommate relationship is important to the Delta Gamma member experience. College and life can be difficult, so practicing compassion and supporting one another so you can continue to develop the best qualities of character and Do Good is what sisterhood is all about.

BEST PRACTICES

Understand each other's needs and living requirements to prevent future miscommunication

Having a scheduled and candid discussion about each other's living preferences and needs is essential in creating a healthy co-living environment.

Develop a mutual list of expectations or a roommate agreement for the academic year

Thoroughly discuss and create a list of expectations for you and your roommate(s) to hold each other accountable. Put them on display in your space as a daily reminder. Below are some examples to consider:

- Personal hygiene or room cleanliness.
- Use of shared spaces, closets, storage, etc.
- Policy on hosting guests in your space.
- Do you need quiet hours for studying or work?

Discuss safety and individual well-being

If you are comfortable doing so, share each other's emergency contact information (parent, partner, family member) and when it is appropriate for you to contact them. Some examples include:

- If your roommate seems unwell physically or mentally and you feel concerned.
- If there is a severe change in habits that lead to negative outcomes.
- If there is a health or well-being crisis.

Utilize an escalation plan in case of an emergency situation or incident

When any roommates' health and well-being are at risk or you no longer have the capacity to handle the situation, you should:

- Contact Emergency Services or Campus Crisis Response.
- Contact your roommate's emergency contact and alert them of the situation.
- Share the incident confidentially with your ATC and Chapter President.
- Does the situation need to be escalated to your Regional Director or Member Services at Executive Offices?

Other discussions that may be helpful to creating a safe and healthy co-living environment

It may be helpful to have additional knowledge of each other in order to support each other's overall well-being.

- Does your roommate(s) have any life-threatening allergies?
- Not touching or using each other's personal items without consent.
- Safely storing and not sharing prescription medication.
- Do you have emergency services contact information readily available?