



Elephant in The Room Q & A

Onentem
Flash Dose
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****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK (8255)</p>

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: A lot of the time the responses to minorities I am a part of, when people find out I am a part of them, they turn away in disgust. How can I go about telling people I am a part of these groups without making them dislike who I am?

A: We are so sorry to hear that you have experienced this. It can be an uncomfortable and unsettling feeling to have others look down on you for any part of your identity. Negative stereotypes about minority groups are sometimes in place because society wants to limit the rights of a certain group of people, or because individuals are taught that others' differing identities are wrong. While we can work together to challenge others' internalized negative stereotypes about minority groups and deepen other's understanding of the experiences of minority groups, your safety and comfort is the most important. If you find yourself feeling unsafe after disclosing your identities to others, we encourage you to reach out and connect with others who make you feel safe. This could be friends, community members who share your identities, or organizations. If you'd like to talk more about this, or any other questions you might have, feel free to reach out to a BLOOM365 Advocate for free, non-judgmental, confidential support by calling/texting 888-606-4673, or visit us online and chat at bloom365.org. We are here for you!