



Elephant in The Room Q & A

Peoria Accelerated
Spring 2020

****This document can also be accessed at <https://www.bloom365.org/faqs>**

Resources:

For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)

<p>BLOOM365 Advocacy Line and Support Groups</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Advocacy Line Hours of Operation: Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</p> <p>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit bloom365.org/peersupport for specific dates and times.</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>

Q: Student

A: BLOOM365 Advocate

Q: What should you do if your relationship is with family and you have a history of verbal abuse and if it affects you until this day. How do you fight back without verbally attacking them? What do you do if your family is verbally abusive?

A: Someone trying to take power and control over their family member can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook or on [our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to a trusted adult about what you're experiencing. If you feel that you are in immediate danger, we encourage you to tell a trusted adult or contact 911.

Everyone deserves relationships that are healthy, safe and supportive. If you are in a relationship that is hurting you, especially a relationship with a family member that maybe you can't just end right away, it is important for you to know that the abuse is not your fault. It is also important for you to start thinking of ways to keep yourself safe from the abuse, whether you decide to end the relationship or not. While you can't control the other person's abusive behavior, you can take action to keep yourself as safe as possible. We can help you set up a safety plan and talk about what the next steps could look like. You deserve support, and there are many resources available to help you with your situation. You are not alone. We encourage you to reach out to a trusted adult, and our peer advocates are also available for you at the number listed above for free, confidential support and to offer helpful resources and information.

Q: How can we help more when you notice things like this in a relationship because you can't always control what others do

A: Providing continual support with a friend is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to a friend who is experiencing abuse.

We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do is let our friends know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you'd like to talk more about a specific situation, we encourage you to reach out to an Advocate at the number above.

Q: Can we learn more about the couples who killed the other so we can learn the warning signs

A: Some "red flags" of an unhealthy or potentially abusive relationship can be found in your workbook or on our [website](#). If you recognize any of the red flags, we highly encourage you to reach out to a BLOOM365 advocate or trusted adult. BLOOM365 advocates are always here to

listen and can also provide more clarity if needed. If you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that the person involved could be at risk of getting injured or even killed. If you feel that you could benefit from some support, we encourage you to get involved in one of our weekly support groups- Whether virtually or in-person! If you need additional support or resources, you can also reach out to our Advocacy Line.

Q: Why do I feel not good enough?

A: You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. Knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself. You are more than enough just as you are! We encourage you to reach out to our Advocacy Line for additional support if needed. We are here for you.

Q: Why are guys more powerful than girls in a relationship?

A: Rigid beliefs in unhealthy gender norms contribute to power and control in some relationships, but not all relationships have this power dynamic. Abuse and violence are a choice. If you look at the roots of the two flowers, you'll see that "choice" is in both. This is because we ALL have a choice in how we are going to treat people-- with equality and freedom or with power and control. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above!