



Elephant in The Room Q & A

DVUSD Virtual Doses
Spring 2020

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

Resources:

For additional resources, please visit 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>
<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK (8255)</p>

Q: Student

A: BLOOM365 Advocate

Q: What if we can't get the help we need to get out of the relationship that you are in?

A: We understand that ending any relationship is not easy, and we recognize that you might be facing additional barriers to taking the necessary steps you need to take to end the relationship during this current state of the world and the COVID-19 pandemic. We want you to know that you are not alone, and we are glad you reached out for support. If you feel that you are in danger within your relationship, we strongly encourage you to talk to a trusted adult in your life about your experiences and concerns.

If you do not feel that you are threatened or endangered, we encourage you to come up with a safety plan to help lower your risk of being hurt by your partner and can help to keep you safe. You can create a safety plan yourself, or you can reach out to a BLOOM365 Advocate or another trusted adult for help doing this. On page 21 in your workbook and on [our website](#) you can find some resources and a safety plan template that can be helpful as you develop your plan. You can consider things such as: Who are the trusted adults in your life who you can talk to or rely on? Who are the friends/peers who you could go to? What are some things you love to do? Where could you go quickly if you needed a safe place to go in an emergency? A BLOOM365 advocate can always help you create a plan. Feel free to text/call the number above for assistance!

Q: What if ur parents are the one with the unhealthy relationship? What could you do then?

A: First off, we want to let you know that you are not alone. If a relative is in an unhealthy relationship, the same steps can be taken as helping a friend. Engaging in a productive conversation with them using the "How to Help a Friend" list in your workbook or on [our website](#) is a good place to start. The red flag checklist in the back of your workbook and 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 in this relationship, it's a good idea to talk to a different trusted adult about your concerns. If you feel unsafe because of your parents' relationship, we encourage you to reach out to a trusted adult or 911 to ensure your safety. It's also important to remember that we can't force anyone to get help or leave a relationship if they don't want to or if they're not ready. There are several barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we don't blame the victim.

If you feel safe and comfortable doing so, you might try sharing tips for healthy relationships with your parents- Such as the communication tool you learned about in Dose 6 ("I-statements"). If you do not feel comfortable talking to your parents about your concerns or seeking help, some ways you may be able to cope with this situation are to engage in self-care. Some self-care activities may include: listening to soothing music, reading, writing in a journal, taking a nap, taking a walk or spending time in nature. These are just a few, but you can find what works for you. We also encourage you to spend time with positive people in your life. Spending time with people and doing the things we love can help us to create lasting memories and positive experiences. When and if you do feel comfortable talking or

reaching out to someone, please know that anonymous support is also available if you contact a BLOOM365 advocate at the number above.

Q: Drugs

A: It is difficult to provide a comprehensive response here, but if you'd like to talk to an advocate to provide additional information so that we can try to answer your questions, we encourage you to reach out to the number listed above. We are here for you!

Q: Is sending nude pictures okay?

A: We are not lawyers and this is not something we are experts on, but we would like to state that Arizona has a specific statute regarding teen sexting: [Arizona Revised Statutes Section 8-309](#). According to this law, it is illegal for someone under 18 years of age to knowingly use a device to view or transmit photographs or videos of someone under 18 years that depicts explicit sexual material (including nude pictures). It is also against the law for someone under 18 years to knowingly possess explicit sexual material involving someone under 18 years, even if the person sent it to the individual. The only time these actions aren't a crime is if the one didn't solicit the material or if one reasonably tried to delete or destroy the material.

Q: How do I build good self esteem without becoming overly self centered?

A: Building good self-esteem means that you are satisfied with yourself as a person and you accept yourself for who you are, regardless of how you compare to others. This is why self-esteem can take a long time to build. While people who are self-centered may also have high self-esteem, as they are not the same thing. While being self-centered, one may feel as if they are better than others. While having healthy self-esteem, one may feel that they **do not** have to stand out in order to earn approval. Here are a few tips that can help with boosting self esteem.

- **Take care of yourself.**
 - Follow good health guidelines that work for you. Try to exercise and maintain a healthy diet.
- **Do things you enjoy.**
 - Start by making a list of things you like to do. Try to do something from that list every day.
- **Spend time with people who make you happy.**
 - Don't waste time on people who don't treat you well.
- **Know that mistakes are lessons, view them as learning opportunities.**
 - Don't ever think you're inferior or less than anybody else. Nobody is perfect. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success. Try new things, set goals.