



# Elephant in The Room Q & A

Sunrise Mountain HS  
Fall 2021

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

**A:** Thank you for leaving a card for us! We hope your day gets better. If you need support or just someone to listen, feel free to reach out to our Helpline at the number listed above. We are here for you!

**Q: My friend was raped and has been shamed & blamed for it by their mom. We go to school with some of the rapists, and I don't know what to do.**

**A:** We are so sorry that your friend experienced that, and also that their mom blamed them for it. What happened is not your friend's fault, and both you and your friend are deserving of support and respect. It's really great that you want to help support your friend through this. It's also important to remember that your friend knows their needs best, and it can be very helpful to ask them what the best way you can support them is. It might also be helpful to offer some resources to your friend for coping and ways to ask for help. There is a 24/7 National Hotline for survivors of sexual assault-- call 800.656.4673 or live chat [here](#). You can also share our Helpline information with your friend, where they can ask us any questions they may have and we can share additional resources with them. If you, your friend, or anyone else feel unsafe, especially at school, we encourage you to reach out to a trusted adult about the situation. If you'd like to talk more about this, please contact our Helpline for free, confidential, non-judgmental support.

**Q: How do you know if they want or need a break of that relationship?**

**A:** The best way to know what your partner wants or needs is to ask! Communication is an essential part of healthy relationships. If you're not sure how your partner is feeling, or if they might need a break, we encourage you to have a conversation with your partner so that you're both clear on where the relationship stands. These conversations can be tough, but with practice and empathy they can become easier. If you'd like to talk more about this topic, or to practice having this type of conversation, feel free to reach out to our Helpline for free, non-judgmental, confidential support.

**Q: My dad is a manipulator. My parents are divorced and my mom and step dad are helping me but it's still difficult to deal with, I've never had a good relationship with him and I keep thinking it's going to get better but it isn't really**

**A:** Thank you for sharing this with us. It is amazing to hear that your mom and step-dad are there to support you in this difficult time. There is nothing wrong with having hope that things could get better. That sounds like a really tough situation, and we want you to know that you are not alone. We are here to support you at BLOOM365-- please contact us at the number listed above if you'd like additional support.

**Q: My family struggles with grieving my brother, often neglecting basic needs like food, clothes, or cleaning the house with consistency. It's better now though. I struggled with his passing when in middle school I was forced to attend school when I was completely devastated and broken inside, not doing assignments and felt the loneliest I've ever felt.**

**A:** Thank you so much for feeling comfortable enough to tell us about this. We are glad to hear that things are getting better. Grief can affect people in so many different ways. And when people around us are not dealing with the same struggles and grieving like we are, that can feel really isolating too. Know that BLOOM365 is here for emotional support, even if that just means you want to talk about this some more and have someone listen to you. Talking about our grief can be really healing. Feel free to reach out to our Helpline at **1-888-606-HOPE (4673)**. The line is open Monday-Friday, 3PM-9PM.

**Q: Martin Luther had it right when he said I have a dream. In this world we should all matter, without any in between. How do you know what to say when you're told "it'll just go away" How do you know what's okay when you're told all the time to "just go pray?" Depression is real. Not just a phase.**

**A:** This message is very powerful and we appreciate you sharing. Depression is definitely real and not just a phase that people go through. It can be hard to express these emotions, especially if you are constantly told to get over those feelings. We want you to know that you are not alone, and we are here to support you. Please reach out to our Helpline at the number listed above for free, confidential, non-judgmental support.

**Q: Is sexual abuse and sexual assault the same thing and why?**

**A:** When we use the term sexual abuse, that typically means that the sexual violence has happened to a minor. Sexual assault is a term used to describe when a person is forced, coerced, or manipulated into any unwanted sexual activity.

**Q: Did you know that the song who let the dogs out is about males catcalling females?**

**A:** Yes! This is an example of how the media tends to normalize interpersonal violence. That's not to say we think that we should get rid of all media like that, but it is important to critically think about the media we consume.

**Q: How can I stop my friend from committing suicide because of her abusive/sexual parents. She lives in [REDACTED] where I used to live. The police there have seen it happen and do nothing about it. She is abused sexually and physically. I try to help but every time it backfires. She wants to commit badly**

**A:** We are so sorry to hear this and that this is happening to your friend. Situations like this can be difficult especially if your friend lives far away. If the police are of no assistance, there are agencies out there willing to support your friend. Here is a link to some resources that may be to your friends' benefit. There are also ways how you, as their friend, can support them, too. We know this stuff can become intense and we want you to know that we are here to support you as well.

<https://www.nationaldahelpline.org.uk/> 0808 2000 247

<https://www.supportline.org.uk/problems/domestic-violence/>

<https://www.womensaid.org.uk/information-support/>

**Q: How do you know you have to leave/it's too dangerous to stay? What if you don't think it's that bad because he doesn't physically abuse you & people don't really think it's abuse/he hurts you then is nice to you?**

**A:** Sometimes it is difficult to tell when to stay or how dangerous the relationship actually is, especially if it is not something you can physically see happening. But as we discussed, abuse comes in different forms, such as emotional abuse. If your partner is constantly hurting you and then switching to be a nice person, this can be a form of manipulation. One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel respected and equal in this relationship or is my partner holding the power? Another helpful tool to determine if a relationship is abusive is the [red flags checklist](#). Be sure to pay extra attention to the bottom 5 red flags-- if one or more of these is occurring, the situation has a greater chance of becoming dangerous and we strongly encourage you to reach out for support. For free, confidential, non-judgmental support, please reach out to our Helpline by texting/calling 888-606-4673 Mon-Fri 3-9pm or by chat at [bloom365.org](http://bloom365.org). We are here for you!

**Q: How do I accept that I'm not alone, that I have people that love me, and that I'm safe?**

**A:** It is entirely normal to feel alone, and everyone has these moments sometimes. However, accepting that you are not alone might look like reminding yourself that you are not alone and that you do not deserve to feel this way. It might be helpful to be around friends and family in a safe place. You can give yourself a personal mantra that you tell yourself every morning or during moments of loneliness. The mantra can be something simple like, "I am not alone. I am loved, and I am safe." You can repeat the mantra as much as you need to. You can also reach out for help when you are facing these moments. By opening up to someone, it can help you see and feel that you are not alone. We have advocates on our helpline waiting to assist you anonymously, if needed. Call/text 888-606-4673, or chat at [bloom365.org](http://bloom365.org) Mon-Fri from 3-9pm.

**Q: Do you know how to make pie?**

**A:** I don't but I am open to recipes!

**Q: How do you deal with the past trauma when being in a new relationship?**

**A:** The best way to deal with past trauma when being in a new relationship is being able to communicate with your new partner about it. While opening up to someone about your past trauma can be a little bit scary, it can be very helpful for your new partner to know these things. Past trauma can affect what sort of boundaries we hold and what we consider to be okay and not okay in our relationships moving forward. When you communicate with your partner about past trauma, this gives them insight as to what boundaries you would like to have in your relationship. It might also be helpful to do some individual reflection to heal from that past trauma. This might look like practicing more self-care and healthy coping mechanisms when we can, or seeking therapy or counseling services from a professional that can really help you on your healing journey. If you'd like to talk more about ways to heal from past trauma, feel free to reach out to our Helpline for free, confidential, non-judgmental information. We are here for you!

**Q: What if you don't agree with LGBTQ+. SAME!**

**A:** Every single one of us has our own beliefs which are shaped by our own unique lived experiences. This means that we won't all have the same beliefs, and that is okay. At BLOOM365, we believe that everyone is deserving of respect regardless of their sexuality or gender identity, or anything else.

**Q: What do I do if I have a friend that told me that they were "forced" to be my friend?**

**A:** We are sorry to hear that you have a friend like that. It may be a good idea to think about what your deal breakers are when it comes to the people that you choose to be friends with. This can help you decide whether or not you want a friend like that in your life. We encourage you to surround yourself with people who positively affect you and let you know that they enjoy being friends with you.

**Q: I am a victim of catcalling almost daily. How do I stop this? It is most likely meant as a joke, but it is very hurtful and has brought depression on me. What do I do to make it stop?**

**A:** We are very sorry to hear that you are experiencing that. Catcalling is never okay and it falls under sexual violence. If this is happening at school, it might be a good idea to tell a trusted adult on campus about this. This could be a teacher, coach, counselor, or even your school's social worker. They can usually work with students to stop these things while also respecting your wishes on what you would like to be done about it. If you don't feel as though you have a trusted adult you can go to about this, you could try using "I" statements with the people who are catcalling you. "I" statements are brief, non-blameful descriptions of the behavior you find unacceptable, your feelings about the behavior, and the effect of the behavior on you. If you would like to practice using these "I" statements before doing so in person, feel free to call or text our Helpline at the number listed above.

**Q: I think my girlfriend hooked up with my sister. How do I confront her?; Related Q: My girlfriend is cheating on me with my sister**

**A:** This sounds like a tough situation, but we want you to know that we are here for you and you are not alone. We encourage you to communicate with your girlfriend about what's going on and how you're feeling. You can have this conversation in a way that is comfortable for you. Confrontation can be tough, but once you get the answers you're looking for, it might be easier to consider what steps you want to take next with your girlfriend. If you'd like to talk more about this, please text/call our Helpline for free, confidential, non-judgmental support.

**Q: My gf is toxic but she's suicidal over me and very clingy and I love her a lot but I don't want to leave her.**

**A:** We want you to know that you are not alone, and we are glad that you reached out for support. You have the right to set boundaries, and it is not your fault that your girlfriend feels suicidal. However, when anyone makes threats or actually follows through with hurting themselves or others, it is very important to take these threats and actions seriously. Someone threatening to kill you or themselves if you end the relationship is one of the Top 5 Red Flags that increases your risk of being seriously hurt or even killed. In a situation where someone is threatening to or has already hurt themselves or someone else, the best thing to do is call 911. We encourage you to talk to a trusted adult such as a school counselor or social

worker, a parent or teacher, or a BLOOM365 advocate for additional support. This might sound scary, but it might be really helpful in ensuring both you and your girlfriend stay safe. For free, confidential, non-judgmental support, feel free to contact our Helpline at the number listed above. We are here for you!

**Q: What do I do if my sister had a friend who told her “I don’t want to talk anymore?”**

**A:** We are sorry to hear that your sister had a friend say that to her. While you can’t fix this problem for your sister, you can support her by using our LEVEL Response if she wants to talk to you about this. This means that you will: Listen to what she has to say; You will Empathize with her, and say things like “Thank you for sharing with me”; You will Validate her feelings, saying things like, “I’m sorry you’re going through this.” You will Encourage her by saying, “I am here for you and always ready to listen.” And then Link her to resources. This can look like giving her our Helpline information so she has someone else to talk to.

**Q: My friend told me his friend was gonna kill themselves. I asked why and it was cause their friend stopped being friends with them. So I asked and gave tips to help. They never hurt themselves but it was still quite scary to witness and help.**

**A:** Thank you for sharing your story with us. We understand that it can be very scary to be in that position, but it is also so great that you were able to provide help for this person. It’s also great that you and your friend took this person seriously. In a situation where someone is threatening to or has already hurt themselves or someone else, it’s important to take the threats seriously and get help ASAP. Calling 911 or getting the attention of a nearby trusted adult are good options if you’re in this situation. If you’d like to talk more about this, feel free to reach out to our Helpline at the number listed above.

**Q: What do you do when your dad is emotionally abusive to you/your mom when he’s mad? Or when you're drowning in your own insecurities?**

**A:** It can be very difficult to watch someone you know as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to change or “rescue” your family members, but there are some ways you can help if you choose to do so. For one, you can serve as a supportive person in your mom’s life. Let her know that you are there for her. You can also find ways to spend time alone with her doing activities you both enjoy. If you feel comfortable, you can give her the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don’t be discouraged if she is not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let her know you are there for her, and that the hotline is available whenever she is ready to make the call. You can also call the hotline if you need support, as well.

When it comes to insecurities, it can be helpful to focus on the things that we do love about ourselves (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. At BLOOM365, our Helpline is available Mon-Fri from 3-9pm for free, confidential, non-judgmental support for you, too. We also have free counseling services available if you believe you

could benefit from ongoing therapeutic support. To talk more about this, please reach out to our Helpline. We are here for you!

**Q: How do you get away from an abusive relationship when they're important to you?  
Should you push to help someone who really needs it? They would be suffering from an abusive relationship with someone.**

**A:** We recognize that ending any relationship can be difficult, especially if there is abuse or a toxic situation. We want you to know that you are not alone, and we are glad that you reached out for support. You can end a relationship in a way that makes you feel comfortable. If you feel like the situation could become dangerous or even just too uncomfortable for you, you can do a couple of things-- you can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during the 7-Doses and find one that best suits you. This could be spending more time with friends, or dedicating time to a new hobby or skill. We also have free, supportive, non-judgmental individual advocacy or counseling services available at BLOOM365 if you'd like additional support.

We cannot make people get help if they do not want to, but we can do everything in our power to help victims feel supported. Sometimes the people close to us are not ready to accept the help we would like to offer them. The most important thing we can do is let them 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. Each situation is different, so we encourage you to reach out to a BLOOM365 Advocate to talk about the situation. For free, confidential, non-judgmental support, feel free to reach out to our Helpline at the number listed above.