



Elephant in The Room Q & A

Ombudsman East 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>BLOOM365 Helpline</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Helpline 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>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>

***Trigger 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: How do you know if you're in love? Also how does a girl know if she actually likes the guy? What's the feeling of love?

A: Love can look and feel different for many different people! However, at BLOOM365, we believe that love encompasses many of the words seen in the center of the Blooming flower, such as kindness, peace, encouragement, negotiation, and so many other great things! In the 7-Doses, we explore the rights and responsibilities each person has within their relationships. Strong, healthy relationships involve a balance of power, as well as freedom, individuality, safety, and boundaries. If someone loves you, you might feel more than one of these elements present in the relationship! If you'd like to talk more about your specific situation or any other questions you might have, feel free to reach out to our Helpline at the number listed above for free, confidential support.

Q: How to keep a good relationship with someone * abuse at the workplace? Abuse in management

A: We aren't fully sure if we understand your question, but we'll try to answer as much of it as possible. No one deserves to be abused in any way or in any setting including the workplace. You can always refer to the [red flag checklist](#) to see if you identify some that are actually occurring at the workplace. If the person who is causing the workplace violence/abuse is willing to see their behavior as abusive, they can make the choice to change that behavior. We encourage you to utilize the [Blooming and Wilting Flowers](#) to determine if your relationship(s) are built on agency and equity or power and control. Maintaining a healthy relationship can be easier if we consider all the things in the center of the Blooming flower and try to incorporate those things into our relationships. If you'd like to talk more about this, feel free to reach out to our Helpline at the number listed above for free, confidential, non-judgmental support.

Q: How do you consult someone who you know has been raped because you overheard them talk about it but they don't know you or should I not bring it up? It's confusing because they still treat this person like a saint

A: Being raped is a very traumatic event that affects people differently. It could be very hard to talk about this highly traumatic event. However, each person decides when they are ready to talk about it and who they talk about it with. If you would like more information on the effects of sexual violence or to ask any additional questions, you can always reach out to our Helpline by calling/texting **888-606-4673**. We can also provide you some resources that might be helpful in case this person does talk to you about what they've experienced so that you feel prepared for that conversation. **For 24/7 National Support**, you can also reach out to the **National Sexual Assault Hotline 1-800.656.HOPE (4673)**.

Q: Why is it so hard to let someone go even though

A: Although we don't know how the rest of this question was going to end, we will try our best to answer as much of it as possible. When you love someone in any kind of relationship, they usually become very integrated into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. Losing someone you had a good connection with can be very painful. Letting someone go is a process and it may take some time, especially if we have known that person for a really long time or have history with them. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk are all great ways to cope with tough emotions and situations. Giving yourself time to process feelings and emotions is important. If you are having a hard time coping with any situation you can always reach out to an Advocate at the number above for free, confidential support and a listening ear.

Q: I want to learn further more on being a better me because I feel like I am the toxic one

A: We really appreciate you reaching out to learn more about this. Identifying our potential negative actions and attitudes are some of the first steps towards positive change. Change is a process that requires awareness and it may take some time but it can be done. You are the expert in your own life, so only you can make that decision to act out of agency and equity rather than power and control. Toxic/wilting attitudes may come from different experiences or beliefs, but we all have the choice to treat others with respect. You are not alone, we are here for you. If you would like to talk more about this, please feel free to reach us by call or text at: **1-888-606-HOPE (4673)**.

Q: I remember last year someone (ex-friend) said he loved me and I rejected. For that he told my sister and dad that I was bi which I wasn't comfy with and told me to kill myself

A: First off, we are sorry to hear that you have experienced these things, and we want you to know that none of it is your fault. Thank you for being brave enough to share this with us and for reaching out for help. You have the right to set boundaries and to say no at any point. You also deserve to be treated with respect, even when you say no. It's unfair that he shared that information with your family, and we recognize that coming out can be an intense moment for many people. We recognize that coming out is not easy, and being forced out can be even harder. You aren't alone if you're feeling worried, anxious, or afraid. If you would like to talk more about this please feel free to reach us by call or text at: **1-888-606-HOPE (4673)**. We are here for you!

Q: Who do I talk to when I wanna kill myself? #SuicideAwareness Sep.

A: If you are having thoughts of wanting to kill yourself, you can reach out 24/7 to the National Suicide Prevention Lifeline by calling 800-273-8255 or chatting at <https://suicidepreventionlifeline.org/chat>. Para ayuda en Español: Nacional de Prevención del Suicidio, 1-888-628-9454. If you are in need of immediate help within Arizona please call EMPACT at (480) 784-1500 or 1-866-205-5229. If you are a teenager within Arizona and in crisis, please call Teen Lifeline at (602) 248-TEEN (8336) or 1-800-248-TEEN. There are many options for help, please reach out if you need support. You are not alone!

Q: How do I tell my parents I'm pregnant?

A: We encourage you to do this in a way that you feel most comfortable and safe. If you'd like to talk about your specific situation, we encourage you to reach out to a BLOOM365 Advocate to provide a bit more information so we can better support you. For free, confidential, non-judgmental support, please reach out to our Helpline Mon-Fri from 3-9pm by calling or texting 888-606-4673 or chatting us at bloom365.org.