



Elephant in The Room Q & A

Trinity High School (DVSSP)

April 2022

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

Resources:

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

BLOOM365 Peer Support Helpline	<p>Text or call a BLOOM365 advocate for free, confidential support.</p> <p>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>
Domestic Violence Services of Southwestern PA (DVSSP)	<p>24/7 Hotline www.peacefromdv.org/hotline</p> <p>WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500</p>
Teen Lifeline	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
National Teen Dating Violence Hotline	<p>Text "LOVEIS" to 22522 24/7</p>
National Domestic Violence Hotline	<p>1-800-799-SAFE (7233)</p>
National Sexual Assault Hotline	<p>1-800.656.HOPE (4673)</p>
Suicide Prevention Lifeline	<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: This is just a question so my gf gets mad at me over the simplest things and how she solves it is ignores me. What can I do to solve this? Is this a bad trait. She also gets mad when I give my friends more attention when she's around and I'm not allowed to hangout with her and my friends at the same time or she'll get mad and leave my house and quits texting me until a lot later.

A: This sounds like a tough situation and we are glad you've reached out for support. Communication is an important part of healthy relationships, and it can be really helpful to talk about our feelings and thoughts within our relationships. Using "I statements" can be a helpful way to express our feelings without placing blame on the other person. For example, saying something like "I feel very sad when we don't talk about why you're mad at me. Can we talk through what's wrong next time instead of not talking about it?" If your gf does not want to try to communicate in a more healthy way, it is up to you if you want to continue this relationship.

We encourage you to utilize the [blooming and wilting flowers](#) to determine if your relationship is more on the healthy or unhealthy side. Another helpful tool is the [red flags checklist](#)—if these things are happening in your relationship, we encourage you to talk to a trusted adult for support and to ensure you remain safe. Feel free to reach out to a BLOOM365 or DVSSP Advocate at the numbers listed above for additional support. We are here for you!

Q: How many teens really understand what abuse is?

A: While it's difficult to find a total number for how many teens understand what abuse is, we do know that [an estimated 1.5 million high school students in the United States report physical abuse by a dating partner every year](#). Because abuse can happen in so many different forms, sometimes it can be hard to tell if something is abusive or not. It can also be challenging to decide if something is abusive/unhealthy or not if our society, the media, our peers, and our family model it or perpetuate it to be healthy or acceptable. These reasons (among many more) are why BLOOM365 exists— to bring awareness to the prevalence and impacts of abuse on young people, while also supporting survivors in their experiences and working with perpetrators to end patterns of interpersonal violence and abuse.

Q: If I warned them not to go into the relationship multiple times and they did, and were harassed, is it a*** to say I was right?**

A: Each individual has the choice to treat others with respect, kindness, and dignity— based in equity and agency, or to treat others in a way that is based on power and control. When individuals experience abuse or harassment, it's important that we place the responsibility to **not** abuse others on the individuals choosing to act that way, rather than blaming the victim for someone else's choices. You are the expert in your own life, so only you can decide if that is right or wrong. If you'd like to talk more about this, feel free to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above.

Q: How do I get out of an abusive relationship?

A: Thank you for trusting us with such a personal question. We want you to know that you are not alone, and we are glad that you reached out for support. Leaving an abusive relationship can be a really hard thing to do. We do not want to scare you, but it is important to note that the most dangerous time in an abusive relationship is when the survivor tries to leave. We strongly encourage you to contact a DVSSP or BLOOM365 advocate so that you can create a safety plan before initiating the breakup or leaving. If you do not fear for your safety, you may try to communicate how you feel using “I statements,” letting them know that you believe this relationship isn’t beneficial for you and you’d like to go your separate ways. If your partner is unwilling to let you leave and/or continues to not take you seriously, we encourage you to reach out to a trusted adult or a DVSSP or BLOOM365 advocate for assistance in safely exiting the relationship. You are not alone as you navigate this decision. We are here for you!

Q: There is this very abusive and toxic girl that is always on my mind and we used to date, but I miss her so much what do I do. I miss her so much

A: Thank you for reaching out and sharing this with us. We’re so sorry to hear that you’re feeling this way. You are the expert in your own life, so only you can decide what choice you want to make. It could be helpful to take some time to think about if you were receiving the type of love you would have liked from this person. If you were not receiving that from her, you can think about whether or not this is someone you want to pursue a relationship with again. In your workbook, you can find a list of your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You deserve to have those in your relationships. If you want to talk more about this, our advocates are here for you. You can find us at the DVSSP and BLOOM365 phone numbers listed above!

Q: I witnessed sexual assault right in front of me. At the time the girl was constantly touching the boy and I didn’t do anything because I didn’t know what to do or understand in the moment what was happening. I’ve talked to the boy that this occurred to and he says he okay though. (I just thought you could talk about how sexual assault can look like) boy to a girl or girl to a boy. Also the girl when i was friends with her said she had strong sexual tendencies + made rape jokes

A: We are sorry you’ve witnessed this, and we are glad that you reached out to us for support. Sometimes it’s hard to tell what is happening in the moment, and we understand that it’s not always easy to intervene in these situations. Sexual assault can happen to anyone and can also be perpetrated by anyone, regardless of gender. For more information on sexual violence statistics, check out the National Sexual Violence Resource Center website [here](#). If you have additional questions or need support, feel free to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above.

Q: I feel that the gender norm activity could be executed better. I understand what is trying to be done but saying it’s normal for women to be weak but an “exception” or unnatural for a woman to be strong isn’t the best

A: Thank you for sharing your feedback with us! You’ve brought up a great point. In the gender norms activity, the idea is to identify the societal norms and exceptions placed on different genders and to

discuss these with our peers. Our intention is never to say that it is an exception for women to be strong, but rather to identify and highlight where these ideas are still prevalent in our societies, peer groups, and other communities and to work toward changing them. We will consider your feedback going forward in our Doses!