



# Elephant in The Room Q & A

Arizona Recreation Center for the Handicapped (ARCH)  
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**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

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

**\*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 have relationship with mom. I love my mom. I have homies**

**A:** We are so happy to hear that you have a good relationship with your mom and friends! Relationships of all kinds can be a great support system to have. :)

**Q: Friend. Nice. Good. Beautiful. Feel happy**

**A:** These are such great words to describe our friends! Thank you for sharing these with us. We are all deserving of healthy friendships that make us feel exactly how you described. :)

**Q: Why do people bully others?**

**A:** People bully others for many reasons. These reasons can include being exposed to unhealthy or abusive behaviors, having feelings of insecurity, or believing in negative stereotypes about others. Ultimately, it all boils down to trying to gain or maintain power and control over someone else. Although these reasons may increase a person's risk of becoming a bully, they still can make the choice to treat people in a caring way. If someone is being bullied and we are witnesses to it, or if we are being bullied, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. You can always reach out to our bloom365 advocates at the phone number above if you would like to talk more about this!

**Q: My sister is my guardian, she is my provider. She buy me clothes. She take me to haircut and to dentist. PS Don't let strangers break in.**

**A:** It is so awesome that you have such a caring sister! Having even one supportive person in our lives can make a big difference. Keeping our homes and physical spaces safe is also so important, thank you for sharing that piece of advice with us!

**Q: What if someone cross boundaries in s relationship?**

**A:** If someone crosses boundaries in a relationship, having an honest conversation about how you feel can be a great place to start. This could look like using "I" statements to let the other person know how it made you feel when they crossed your boundaries. However, if the other person is still crossing your boundaries after you have communicated to them, it may be helpful to think about whether or not this is a relationship you want to be in. You deserve to be in relationships where your boundaries are respected. Our advocates are here to help if you or anyone else would like support in situations like these - please feel free to reach out by phone or text at 1-888-606-HOPE (4673).

**Q: My boundary is for people to give me space. I don't like people in my face**

**A:** Boundaries can look different for everyone as they are personal and unique to us. We are glad that you are able to identify the boundaries that work best for you!

**Q: I want to be alone. Give me some space**

**A:** Thank you for sharing your boundary with us!

**Q: Be kind. Treat people the way you want to be treated. Love**

**A:** Thank you for sharing this awesome advice with us! :)

**Q: Boyfriend, girlfriend, love.**

**A:** These are wonderful words that can represent the different aspects of a romantic relationship. Thank you for sharing with us!

**Q: Getting yelled at by my boyfriend. It's up and down all the time, it's like a roller coaster. I struggle with it. There been most work on it but it's not getting better.**

**A:** We are really sorry to hear that you are going through a hard time with your boyfriend. It sounds like an overwhelming situation. While only you can decide what is best for you as you know your situation best, if things aren't changing after communicating in a healthy way with our partner using "I statements," we may consider whether this relationship is one that we want to continue. You are not alone as you navigate through this. Our bloom365 advocates are here to listen and support you - you can reach out by phone or text at our HelpLine information above.

**Q: How to maintain a healthy romantic relationship?**

**A:** Something that can be helpful in maintaining a healthy relationship is to remember that we receive and give love in different ways. Some people like hugging and kissing to show love, others might appreciate gifts and actions more. It can be helpful for us to learn and understand how we like to receive love, and how we show love to others. Having a partner that shows love in the same way you like to receive love can be an important aspect of a healthy relationship.

**Q: Yes I like to help people. Yes I would like to other people if they help**

**A:** Helping others is a great way to show empathy and kindness. When we all work together to help others, we can make this world a better place! :)

**Q: The difference between relationship, like their true love relationship or your circle. I got sister, mom, and aunt.**

**A:** There are different types of relationships that we can have in our lives. These can be platonic relationships which can include friends or classmates, family relationships like our parents and siblings, or romantic relationships which are usually with a partner. While these relationships may feel and look different from each other, they are all equally important.

**Q: I don't like when other people touch me and I love only some because they are my friend.**

**A:** It's great that you are able to identify your boundaries when it comes to physical touch. Being able to know and communicate our boundaries is an important skill and can be helpful in maintaining healthy relationships to others. Thank you for sharing your boundary with us!

**Q: Sometimes the homeless people on the bus scare me. What can I do to feel less anxious about riding the bus?**

**A:** We are sorry to hear that you are feeling scared when you ride the bus. We're glad that you reached out. If possible, it could be helpful to have someone to ride the bus with you such as a friend or family member. Sometimes having another person with us can help us feel less nervous. You can also reach out to the bus driver if you are ever feeling concerned about your safety. If you would like to talk more about this or explore other ways to feel less anxious on the bus, our advocates are here to support you. You can reach out by phone or text at our Helpline at 1-888-606-HOPE (4673).

**Q: What is unhealthy relationship?**

**A:** One useful tool to determine what makes a relationship unhealthy is to look at the blooming and wilting flowers. If we find that a relationship is made up of mostly wilting flowers and is built off of power & control, it may be unhealthy and we may want to consider if this is a relationship we want to be in. If you would like to talk more about this, our advocates are here to listen. You can find us at the HelpLine information above.

**Q: If someone touch you sexy like staff member or friend just please remove yourself because that boundary is stressing you out**

**A:** We want you to know that it is never the fault of the victim if they are being touched inappropriately or harassed. We strongly encourage anyone who is experiencing this to reach out to a trusted adult. This could be a family member, an adult in our schools or community, or an advocate. There are people here to listen and support including our bloom365 advocates. You can find information for our advocates as well as advocates for the National Sexual Assault Hotline in the table above. You are not alone!

**Q: A good man**

**A:** Having a good man can be important to some people when it comes to relationships. What a good man or partner is can differ from person to person. It can be helpful to take some time to think about what green flags are important to you when it comes to who you want to be in a relationship with. The blooming and wilting flowers can be a great tool to help with this!

**Q: I feel uncomfortable when I'm outside walking and strangers ask me to buy inappropriate things**

**A:** We're so sorry to hear that this is happening to you. It can make us feel unsafe when we are in inappropriate situations with strangers. You are always allowed to have boundaries, say "no", and remove yourself from any situation that makes you uncomfortable. Your safety is important!

**Q: Is there a difference between a working relationship and a personal relationship**

**A:** This is such a great question, we're glad that you asked! There are some differences between a working or professional relationship and a personal one. Working relationships tend to mainly happen in a job, volunteer, or other professional context while personal relationships can include friends or families.

**Q: When someone I hear gossip what can I do, or someone pass judgment what can I do?**

**A:** It can feel awkward to overhear gossip. While it may feel uncomfortable, the best thing to do is to speak up and speak out if we hear gossip or other judgemental things. This can look like telling the person that is gossiping or being judgemental that their behavior isn't kind, asking them to stop and/or redirecting the conversation onto topics that feel more positive. If the gossiping doesn't stop after the previous techniques, it may be helpful to consider limiting the social interactions you have with this person.

**Q: Dealing with my anger? Help me with how to control it**

**A:** Thank you for reaching out about this and sharing your question with us. Sharing our experiences with anger can be very vulnerable. It is important to remember that anger is a natural human emotion and that feeling anger doesn't make anyone a bad person. Anger, like other feelings such as

sadness or happiness, can be tools to help us better understand our experiences. Taking some space from what is angering us, using calming techniques such as deep breathing, and journaling about our feelings can be helpful tools in managing anger in a healthy way. Sometimes we may need additional support in navigating anger. A counselor or another trusted adult can be great support systems. Our advocates are also here to offer support where we can - please feel free to reach out to us by phone or text at our Helpline at 1-888-606-HOPE (4673). You are not alone!

**Q: What does it mean to compromise?**

**A:** To compromise is to figure out what changes everyone involved in a problem can make to reach a solution that honors everyone's needs. What these changes are can look different for everyone and will not look the same all the time. Healthy and open communication with others can help in figuring out what compromise can look like. This includes using "I" statements to clearly share how we're feeling and listening with an open mind to what others have to share. By communicating openly and listening to understand, we can figure out what compromises will work best for the situations we're in.

**Q: How can be a friend with your ex-boyfriends if they still love you?**

**A:** This question is a bit outside of our expertise but we will try our best to answer! Being friends with an ex-boyfriend or girlfriend is a decision that only you can make as you know your relationship with that person best. However, if you find that pursuing a friendship with an ex includes them crossing boundaries or not respecting the end of a relationship, it might be time to reconsider if a friendship with this person is healthy.

**Q: and the difference between relationship like there's true love relationship, relationship in your circle I got sister and mom and art**



**A:** It is so awesome that you have so many different types of relationships in your life! Some of the relationships we can have in our lives are family like siblings and parents, platonic relationships like those we have with friends, or romantic relationships with a boyfriend or girlfriend. All are equally important and bring a lot of joy and support to our lives!

**Q: I need someone to talk about my ankle**

**A:** We're so sorry to hear that you are having concerns about your ankle! If your ankle is bothering you and/or causing you pain, we encourage you to reach out to a family member or other trusted adult who can help you access any medical care you may need. Your physical well being is very important!

**Q: Always ask real nicely and make sure they hear you**

**A:** Thank you for sharing this helpful communication advice! Using kind language and talking in a reasonable volume can be great tools for talking with others.

**Q: Is it respectful to give someone space? Or remove myself and listen to music? Can they take it out on me? People are slamming doors and cussing me out**

**A:** While feeling intense emotions like frustration or anger or sadness is a normal part of being a human, it is not okay to take out our feelings on others. Giving others space when they are feeling intense emotions or taking space and using a coping mechanism like listening to music can be great tools for responding to big emotions. We are sorry to hear that you are experiencing such intense reactions from others. We are glad that you reached out and it sounds like you have found some coping skills that work for you. If you are feeling concerned about what you are experiencing with others, we encourage you to reach out to a bloom365 advocate or other

trusted adult who can support you in navigating this situation. You are not alone!

**Q: My question is what am I supposed to do when someone tells me they need space?**

**A:** It can bring up some sensitive emotions when someone we like to spend time with wants some space. That can be a normal reaction for a lot of people to have. Acknowledging how we feel while also respecting the other person's need for space can be a great way to respond. This can look like saying something like, "thank you for letting me know that you need space. I'll be here when you would like to hang out again" and using coping skills such as coloring, listening to music, or playing your favorite game while that person is taking space.

**Q: What can you say when try to talk to them what can I do**

**A:** Talking with others, especially when it's about a serious topic, can be intimidating. Trying things like writing down what we want to say and practicing could be helpful. It may sound a bit silly but those can be great ways to become more comfortable with communicating with others!

**Q: I ride the city bus and a guy won't stop harassing me**

**A:** We're so sorry to hear that you are being harassed while using public transportation. Your safety and well-being is important. It could be helpful to talk with a trusted person to create a safety plan for when you ride the bus. You can reach out to our advocates at the HelpLine information above for additional resources and support in creating a safety plan. You are not alone!

**Q: 1 rule: stop embarrassing yourself and do not be afraid to say something**

**A:** Speaking up for yourself is such an important skill to practice!

**Q: Guys at the bus stop won't stop bugging me**

**A:** We are so sorry to hear that this is happening to you. You have a right to feel safe in public spaces. Creating a safety plan and support can be a supportive tool. You can create this plan with a trusted friend, adult, or advocate. Our advocates are here to offer resources and support in creating a safety plan. Please feel free to reach out to us at HelpLine number located in the above table.

**Q: I am grateful for what I do have in this life, like friendship. I'm happy my life**

**A:** That is so awesome to hear! Thank you for sharing what you're grateful for with us. :)

**Q: I need some space**

**A:** Thank you for sharing your boundary so clearly with us! Communicating your boundaries and need for space to others helps others to understand and respect your needs.

**Q: How can I communicate with someone who he or she is difficult how can I talk to them they make feel bad**

**A:** It can feel hard to know how to communicate with a person who can be difficult to talk to. Using healthy communication skills such as "I" statements can be a helpful tool. "I" statements can look like saying "I want to talk with you but when you talk to me in a rude way, it makes me feel bad." These types of statements are great for sharing how you feel without putting blame onto the other person. If you find that the conversation isn't able to move forward in a healthy way despite using "I" statements, it might be a good idea to take some space from the conversation and the other person. You deserve to be respected and listened to! If you'd like to talk more about

this, our advocates are always here to listen. Please feel free to reach out to us at our HelpLine information in the table above.