



Elephant in The Room Q & A

Barry Goldwater High School Spring 2021

****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 9AM-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 that person never goes away

A: If someone is repeatedly calling or texting another person's phone or is constantly "checking up" on the other person, this could be a red flag for a potentially unhealthy or abusive relationship. The Office on Violence Against Women (OVW) defines stalking as someone engaging in a course of conduct directed at a specific person which causes this person to fear for their own or others' safety and to experience emotional distress. Harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If you or someone you know is experiencing these things, we highly encourage you to talk to a trusted adult about what's going on. For free, confidential support, you can reach a BLOOM365 Advocate at the number above.

Q: How do I join bloom?

A: We are so happy that you want to join BLOOM365! We encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available in your workbook, or at www.bloom365.org. To get involved or for more information, please email bhag2030@bloom365.org or reach out over Instagram (@bloom365pac). We also are offering a Virtual Summer Peer Advocate Crew Academy. This will take place July 19th-22nd. You can register to this event using this link: <https://www.eventbrite.virtual-event-peer-advocate-academy>

Q: if i have anger issues and like its hard for me to accept stuff my girlfriend does should i not be in the relationship? lik i just dont know how to not be jealous

A: First off, thank you for sharing this with us! It is great that you are able to recognize those feelings of anger and jealousy. We want you to know that jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. Jealousy becomes unhealthy or abusive when it causes us to become possessive, obsessive or controlling. We should consider whether the relationships we have currently are built on trust and respect. If we don't have a trustworthy partner, that could lead us to be jealous. The first step is recognizing our jealous tendencies and addressing them with our partner so that they know how we feel. Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy. You can also communicate with your partner using "I statements". For example, "I feel _____ when _____, could we please _____." It's important to note that YOU are the expert in your relationship, which means that YOU know what would be best for both you and your partner. If you'd like to talk more about this, feel free to reach out to us at the number above for free, confidential support.

Q: Why do people who are being abused not try to escape or take matters into their own hands.

A: It's important to recognize that leaving an abusive relationship can be extremely difficult for a survivor. There are a lot of reasons why someone who is experiencing abuse in a relationship may not

leave. They might have hope that the person will change, they truly love the person (most VISIBLE red flags don't occur until about 6 months into a relationship, when there is most likely already love and connection established), or maybe they don't even recognize that what is happening in that relationship is abuse. They also could have fear that if they do leave, their partner will hurt them or someone they love, they don't know where they could go for help, or maybe they're being pressured by their friends or family to stay in that relationship.

Even in healthy relationships, it can be difficult to Draw the Line and end the relationship. However, even if we remove all the barriers or reasons why someone might not leave the relationship, the Power and Control of the perpetrator is still present, which is one of the biggest barriers that can even impact survivors after they leave the relationship. If you have any additional questions or would like to talk through this with an advocate, feel free to reach out to us at the number listed above!

Q: Why do people say "I love you" if they don't mean it?

A: It's difficult for us to pinpoint exactly why people say things that they don't mean. At BLOOM365, we encourage honesty and open communication, especially when it comes to talking about love and how we feel in our relationships. If you'd like to talk more about this or a specific situation, feel free to reach out to our helpline at the number listed above.

Q: How'd you describe being happy or feeling happy?

A: Happiness can look and feel different for each individual person. Happiness can look or feel like being safe, positive, secure, at peace, excited, and so many other things. If you'd like to talk about this more in depth, feel free to reach out to an advocate at the number listed above!

Q: the elephant is the problem or the thing everyone is putting back to not talk about.

A: You are absolutely right! The elephant in the room is a problem, question, or topic that exists, in plain sight, but nobody wants to talk about it because it's uncomfortable. We offer "Elephant in the Room" cards to provide a safe and confidential space for asking questions, sharing thoughts and reaching out for help. These cards are completely anonymous, and the BLOOM365 Advocates will respond to your questions and post them to the BLOOM365 website. If you would like to talk directly with an advocate, please feel free to reach out at the number listed above.

Q: be nice

A: Thank you for this reminder! We agree, it's important to be nice to people. You never know what others are going through.

Q: i can relate to the topic ive been abused by a past partner

A: Thank you for sharing your story with us. We want you to know that you are not alone, and what you have experienced was not your fault. If you'd like to talk to an advocate for support or resources, feel free to reach out at the number above. We are here for you.

Q: We shouldn't be trying to Make men more feminine You are saying that It would be the norms for the boys to have trucks and for girls to have dolls it is because women are naturally the care givers and men are naturally more hands on and when I say usually I mean as a whole you are trying to fill it in our heads that gender norms are bad you aren't directly saying it though but the way you are presenting it is enough to tell me you are trying to change these young minds opinion. I am not a freshman and I have taken this class before you weren't this focused on "gender norms" last year. I do agree with the types of things like certain careers like women shouldn't be in careers that can mean the life or death of somebody like a fire fighter or police officer because like it or not over all women aren't as strong as men so With careers like police officers if a women cop is against a fully grown man criminal she can get seriously hurt or have to call back up causing more people to be in a situation then originally needed if it had been a man in the first place. There are some gender norms that should be kept in place like those life or death jobs or jobs that require serious strength another career people are pushing women to join is the military in the training process women do a portion of what men do but in cases it causes infertility. I want to know your opinions and what you believe so That I can counter them. Thank you

A: Thank you for taking the time to share your feedback with us! We recognize that talking about gender stereotypes and norms can stir up a lot of opinions and emotions. Gender norms are a system of beliefs and stereotypes that tell people how they should act, look, think, and talk based on their gender. When these gender norms are too rigid or too strict, they create an imbalance of power in our relationships and in society, and don't allow us to have the freedom to act, look, think and talk how WE want to. We should be able to freely be whoever we want to be without fear of consequences, whether we are masculine or feminine or fall in the norms or exceptions. The reason we discuss these gender norms isn't to shame anyone for falling into those norms, but to give everyone the opportunity to explore who they are without the pressure to fit into those stereotypical roles.

We believe it is important to create a conversation about gender norms so that we can create a safe space where all people are able to fully express themselves regardless of if they fit the norm or not. According to the CDC, promoting healthy, respectful, and nonviolent relationships and communities can help reduce the occurrence of intimate partner violence. We are open to your input and suggestions on how you would change our curriculum to better support all youth in building safe, healthy relationships of all kinds.

Q: I would just like to know what I would have to do to one day join your team :)

A: We are so excited that you want to stay involved and join our team! We encourage you to fill out the Lead Peer Advocate application here. We also have some volunteer opportunities available, depending on your age, background and experience! For more information, feel free to reach out to us at the number listed above!

Q: do people really get help when you come and talk or see growth on people or have come and help you guys ?

A: We have definitely seen people grow after seeking help from our services in the past! It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! It is much more likely that this person will be successful in changing their behavior if the problem is addressed early on. However, it's important to note that this is a decision that the person has to make for themselves. The first step is recognizing the problematic behavior and deciding they want to change. Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make.

Q: how do you deal with being trans in school terms. My peers dont know and its hard

A: We want you to know that you are not alone, and we are glad that you reached out for support. It's important to remember that you don't have to educate your peers on anything and you don't have to explain yourself, BUT if you do want to offer some perspective, you could share any information with them that you feel comfortable with, or anything that you think would help them understand you more. For example, you could remind your peers of your chosen name or pronouns if they mix them up, and simply explain that it fits you more. You don't necessarily have to go into detail about your identity (unless you want to!). You are the expert in your life, and we encourage you to navigate what information you share with your peers based on what is most comfortable and safe for you. If you'd like to talk more about this in depth, we encourage you to reach out to our Peer Support Helpline at the number listed above. We also encourage you to attend our weekly LGBTQ+ Peer Support Group! The group meets on Thursday's from 4-5pm MST. Feel free to message us for the link!

Q: why are people like this

A: Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. Sometimes people witness abuse growing up and start to believe this is what is normal (taught abusive behavior). Other potential root causes for why someone may abuse another person are those other "root causes" we explored in doses 3 and 4: Rigid beliefs in unhealthy gender norms, social acceptance, oppression, etc. While these root causes increase one's risk for perpetuating abuse in their own relationships, it's important to recognize that everyone still has a choice in whether they are going to treat someone with equity and agency or power and control. If you'd like to talk more about this or anything else, feel free to reach out to a BLOOM365 Advocate at the number listed above.

Q: My mom told me not to wear a crewneck because she doesn't want people to think I'm gay.

A: We are sorry that you've experienced this from your mom. It can be challenging when the people close to us project their judgments and opinions on to us, especially when it comes to our appearance or how we express ourselves. At BLOOM365, we believe everyone deserves to be treated with respect and we encourage you to wear the clothing that you are comfortable and happiest wearing. If you would like to talk more about your situation, feel free to reach out to our Peer Support Helpline at the number listed above. We are here for you!

Q: I am having stress at home having to move and dealing with school and personal anxiety and stress, sadness and depression. I already am taking antidepressants but I want a better way to get better because it's eating me from the inside and it's hard to go on.

A: The stress from school and daily activities can definitely add up and become difficult to manage, and we want you to know that you are not alone. Although this is not exactly our area of expertise, there are some great resources available that you might find it beneficial to reach out to, including Teen Lifeline and the Suicide Prevention Line. Practicing self-care and finding things that we can use to cope are beneficial ways we can manage our depression or stress. Self-care can include doing a lot of different things, such as taking a nap, getting some exercise or fresh air, spending time with people we love, listening to music, or even putting on one of your favorite movies! If you are feeling depressed or overwhelmed, we want you to know that you are not alone. You can reach a BLOOM365 Advocate at the number above to talk more about this or any other topic. We are here for you!