



Elephant in The Room Q & A

Arcadia High School
Fall 2019

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 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>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: Where can you find bloom365 on social media?

A: You can find us in a few places on social media. Our Instagrams are @bloom365 and @bloom365pac. You can find us on Twitter @uprootabuse and on Facebook at fb.com/uprootabuse.

Q: What does sexual abuse mean?

A: Sexual abuse, as defined in your workbook on page 36, is any unwanted touching on any part of the body, forcing physical contact or sex without consent. Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals.

Q: What was the biggest number of people you had?

A: We do not understand what you are trying to ask. If you would like, you can always text us at the number above and we will be happy to answer your question.

Q: Why people gets sexually assaults you?

A: It is not a person's fault if they get sexually assaulted. Also, we cannot give just one reason why someone decides to sexually assault another person. I encourage you to take a look at the Blooming and Wilting flowers on the back cover to see some of the root solutions and root causes of sexual assault. If you would like to talk to us further, please feel free to contact us. Our contact information is listed above.

Q: I am learning a lot

A: We are glad that you are learning a lot. We envision the future of safe and healthy relationships for all, so we hope by you learning about this, you can help create some of those healthy and safe relationships by engaging in those relationships yourself, by sharing your knowledge, and by standing up for what is right.

Q: You're awesome and I like the color and design on your shirt too!!! :)

A: Thank you! If you would like to get one of yourself, please let us know. You can either talk to the facilitator in the classroom, or you can contact our advocacy line at the number above.

Q: The video was very helpful

A: We are glad that you found the video helpful!

Q: What do you do if you see your mother being abused

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 "rescue" your mother, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in their life. Let them know that you are there for them. You can also find ways to

spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don't be discouraged if they are 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 them know you are there for them, and that the hotline is available whenever they are ready to make the call.

Q: What does it mean if you had a boyfriend who said he would kill himself if I broke up with him?

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. You have the right to end a relationship that you no longer want to be part of, and it is not your fault that this person has suicidal thoughts. However, when anyone makes threats of suicide or hurting themselves or others, it is very important to take these threats 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. The best thing to do in a situation where someone is threatening to hurt themselves or someone else is to call 911, or speak to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate.

Q: You're the best Andrea; Similar Comment: Q: It was very interesting thank you Andrea

A: We are overwhelmed by all of your #blooming feedback! Thank YOU all so much for being open to our facilitators and for allowing us to talk to you about these important topics. If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available on page 10 of your workbook, or at www.bloom365.org. To get involved or for more information, please email kathryn@bloom365.org.

Q: What is the most important thing about BLOOM365?

A: It's difficult to determine which, if any, is the *most* important thing about BLOOM365, as there are so many important components to our work! At BLOOM365, we educate and activate youth advocates and adult allies to prevent the root causes of domestic, sexual and teen dating violence by cultivating safe and healthy relationships for all. Through partnerships with schools, organizations and trained teen peer advocates and adult ally mentors, we collectively address the intersections of sexism, racism, ageism, heterosexism, and ableism, and other forms of oppression with power and control based abuse and violence. We believe that today's youth has the power to uproot abuse for future generations.

Q: Women can do everything that men can do but better

A: BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else.

Q: I understand that boys/girls are equal on what they like

A: We are glad that the 7 Doses helped you understand gender norms and how they play out in our society. BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above.

Q: Why people blaming somebody they did not commit?

A: If you are referring to people making false accusations of rape, we can offer some data from a few different sources: A review of research finds that false reporting is between 2% and 10% (nrscv.org). The common cited figure holds that 5% of rape allegations are found to be false. However, this figure comes from studies done on college students. An estimated 95% of college students do not report their assaults to police (U.S. Justice Department, The Center for Public Integrity). Overall, an estimated 8% to 10% of women are thought to report their rapes to the police (RAINN), which means that we can infer that 90% of rapes go unreported. Only those rapes that are reported in the first place can be considered falsely reported, so that 5% figure only applies to 10% (at most) of rapes that occur. This puts the actual false allegation figure closer to 0.5%. We hope this answers your question, and we encourage you to reach out to our Advocacy Line at the number above if you have any additional questions or would like more information. We are here for you!

Q: I had a boyfriend who said he would cut himself if I left him what would I have done to fix it?

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 end a relationship that you no longer want to be part of, and it is not your fault that this person has suicidal thoughts. However, when anyone makes threats of suicide or hurting themselves or others, it is very important to take these threats 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. The best thing to do in a situation where someone is threatening to hurt themselves or someone else is to call 911, or speak to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate.

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 of course 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 dose 6 and find one that best suits you. This could be spending more time with friends, or dedicating time to a new hobby or skill. If you have any questions or need to talk to someone, please reach out to some of the numbers above. You can always reach out to a BLOOM365 Advocate at 1-888-606-4673.

Q: I want to help someone who is getting bullied and hurt. How would I help?

A: Bullying is one of the signs or symptoms of Power and Control. People bully for many reasons, but it all boils down to trying to gain or maintain power and control over someone else. However, we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly, if you are comfortable and if it is safe to do so, or telling a teacher or trusted adult about what's going on. The most important thing to understand is that we must do SOMETHING. If you'd like to talk more about your individual situation, we encourage you to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support.

