



Elephant in The Room Q & A

Thunderbird High School
Spring 2022

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: 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>
<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>

***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: Not being able to go to movies with a friend, won't spend time with your family but makes you spend time with her family, stalks social media accounts, "if we don't have trust then we don't have anything"

A: These are really great examples of additional red flags that might be happening in an abusive relationship. If you or someone you know is experiencing these things, or any of the red flags on [this checklist](#), we encourage you to reach out to a trusted adult or a BLOOM365 Advocate for support and to ensure the safety of those involved. We are here for you!

Q: You shouldn't make them do something they don't want to do.

A: You are exactly right with this statement. 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 agency and all the rights that we have as individuals. Consent may look different for everyone, and it's important to have conversations about consent with those around us.

Q: Silent treatment– Communication is important and if they don't want to communicate with me about any problems I don't need to be with them

A: It is so helpful to be able to identify our own personal green and red flags within relationships. Communication can be so beneficial to building healthy relationships and can be an important boundary for people. We are glad that you know this about yourself!

Q: How do you know when to take the relationship further?

A: This is a little bit outside of our area of expertise but we will try our best to answer this question! Making the choice to take a relationship to a new level of commitment can be a vulnerable and personal one. Engaging in open and honest communication about these choices with the person we're interested in can be helpful in determining the right time to make those decisions. We encourage you to make choices within your relationships at a pace that feels comfortable and safe for you. We hope this helps! Please feel free to reach out to our advocates if you'd like to talk more about this.

Q: I don't like that the person that you talking to they always calling texting every hour they get or every chance they get

A: It can feel overwhelming and sometimes frustrating when we're talking with someone who has a different style of communication than our own. Sometimes it can be helpful to have a conversation with the other person about the ways we prefer to give and receive communication. This can include asking the other person to text less if that is a preference or boundary you have. If things do not change in the ways we would like after having conversations, we may want to think about whether pursuing a connection with that person is something we want. Our advocates are here to listen and support you if you'd like to talk about this more. You can find us at the HelpLine number listed above.

Q: Is it a red flag if they call you things that you are uncomfortable as a "joke" even tho you tell them you don't like it?

A: While there are red flags that can be universal amongst relationships, red flags can also be unique to us and our own experiences. If someone isn't respecting your boundary after you've stated it multiple times to them or the behavior isn't changing, it might be helpful to think about whether having a connection with this person is something you want to continue. If you'd like to talk more about this situation, our advocates are here to listen. Please feel free to reach out to our HelpLine at the information above.

Q: What if I want to report someone but I was 5 when it happened

A: Thank you for reaching out and trusting us with such a vulnerable situation. Making the choice to report can be a difficult one to make. We want to remind you that you're not alone. We encourage you to share this experience with a trusted adult at your school or in your life as they could help you navigate the process of reporting. There are also advocates available through RAINN that can be a good resource, you can reach out to them by phone at 800-656-HOPE (4673) or by [chat](#). And of course, our advocates are always here to offer any support you may want or need. Please feel free to reach out to us at the information above.

Q: I love men but I can't tell my parents what do I do?

Related Submission: I'm gay but I can't tell my parents what do I do.

A: Thank you for being brave enough to share this with us and reaching out for support. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. There are many positives to coming out to the people around us. It can let people in your life know about an important part of you, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. However, there are also

some risks to coming out, especially if you worry that your friends and family might not be accepting.

The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's [Coming Out Handbook](#). If you'd like to come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or onenten.org. You can also always reach out to a BLOOM365 Advocate at the number above to discuss this situation or chat online at bloom365.org for more support. You are not alone!

Q: Is excessive masturbation bad for you

A: This question is a bit outside of our area of expertise. We encourage you to talk to a trusted adult in your life if you're having these concerns. For information or questions relating to healthy and unhealthy interpersonal relationships, feel free to reach out to a BLOOM365 Advocate.

Q: Nudes?

A: Great question! Since you brought it up, it's important for teens to know that Arizona has a specific statute regarding teen sexting: [Arizona Revised Statutes Section 8-309](#). According to this law, it is illegal for someone under 18 years of age to knowingly use a device to view or transmit photographs or videos of someone under 18 years that depicts explicit sexual material. It is also against the law for someone under 18 years to knowingly possess explicit sexual material involving someone under 18 years, even if the person sent it to the individual. The only time these actions aren't a crime is if the one didn't solicit the material, or if one reasonably tried to delete or destroy the material. We are not lawyers and this is not something we are experts on. If you would like to ask us about anything else relating to healthy and unhealthy relationships, please reach out to us at the HelpLine number above.

Q: How to make the first move?

A: This is a little bit outside of our area of expertise, but we will try our best to answer this question! Communication is an important tool we can use to help start a relationship on good terms. By communicating our desires and reasoning for wanting to start a relationship, it will let the individual consent if they want to engage in the relationship. Consent is so important because no one should ever be forced or coerced to do anything that they do not want to do. Consent is a huge part of agency and all the rights that we have as individuals. We hope this helps!

Q: I don't live in a functioning household... ex: cooking, cleaning, laundry

A: We're really sorry to hear that your home isn't feeling functional. Thank you for sharing this with us. If there are trusted adults or friends in your life, we encourage you to talk with them about what your home is like. Finding coping skills that work for you could be helpful in processing what you're going through. Spending time with those you love and trust and sharing what you're going through with them can make you feel more supported and less alone. You can also try other coping skills like writing in a journal, yoga, joining a new sports team or club, or simply spending time outside can also be helpful. You are not alone! Our advocates are also here to support you. Please feel free to reach out to us at the information above for additional support.

Q: Said by someone close to me after I was sexually assaulted this week... "boys will be boys" - said to me not to long ago

A: Thank you for trusting us with such a vulnerable experience. We are so sorry that you experienced something so traumatic. Assault is never the fault of the survivor. If you would like to talk more or access support, there are resources available and people to offer help. You can reach out to advocates at RAINN by phone at 800-656-HOPE (4673) or by [chat](#). Our bloom365 advocates are also here to support you. You can find us at the information above. We are here for you!

Q: Some people get hurt bad and some people be needing help from other people and you can't go to the next person to ask for help from the next person

A: Tough situations can happen to us sometimes, and it's so important to have trusted friends and/or adults in our lives that we can depend on when help is needed! If you'd like additional support, we encourage you to reach out to a BLOOM365 Advocate or our HelpLine. We are here for you!

Q: How do you join this group? Do you guys go to elementary schools to teach them as well?

A: We're glad to hear that you'd like to join BLOOM365's efforts to prevent and uproot abuse! You can join a group or get more information by emailing: info@bloom365.org. If you're interested in becoming a Lead Peer Advocate, you can fill out the application [HERE](#)! And yes, we do teach our curriculum to some elementary schools in the valley! For more information on our EDUCATE strategy, check out our [website](#).

Q: I personally don't have much abusive dating but I have had many abusive friends that I can kind of relate to this topic

A: We're sorry to hear this about your friendships. Everything we cover in the 7 Doses can be applied to all relationships—romantic, friendship, and family. It can be useful to look at the

[blooming and wilting flowers](#) to help you determine whether any relationship is healthy or unhealthy. If a friendship is built off of power & control and we are not able to make changes by communicating in a healthy way with our friend using “I statements,” we may consider whether this friendship is one that we want to continue. If you would like to talk about this more, feel free to contact our HelpLine number listed above.

Q: I’m addicted to porn

A: Thank you for being brave enough to share this. Although this topic is a bit outside of our area of expertise, we can support you in finding help in a way that is comfortable and safe for you. We encourage you to talk to a trusted adult in your life about these concerns. If you would like to talk to one of our advocates about finding additional resources, please contact the HelpLine at the number listed above.

Q: I would say for LGBTQ+ a barrier might be they might have an open relationship. They can have multiple abusers and can be hard for them to cope

A: This is a good point. Thank you for your input on an additional barrier for the LGBTQ+ community to reach out for help if experiencing abuse.

Q: Where do I go to get my driver’s license? How do I stop my fear to go on a walk during night?

A: This is outside of our area of expertise, but we will try our best to answer this question! The best place to start when getting a driver’s license is viewing [Arizona’s Department of Transportation](#) website. You can also go to a nearby motor vehicle department. If you are under the age of 18, it would be best to [check here](#) for specific information for teen drivers. We encourage you to talk to a trusted adult in your life for additional support relating to getting your drivers license.

For easing your fear of walking at night, it can be helpful to make a plan to be sure that you feel safe. In order to feel safer, it might be helpful to try walking with someone you trust, letting friends or family members know before you head out for a walk, or talking on the phone during your walk. It might also be a good idea to walk in a well-lit, public space, like a park. You can also try out safety apps like Noonlight, Bond, Life360, or if you have an iPhone you can share your location to those that you trust. We hope these suggestions help!

Q: Thank you for your help in seeing signs of abuse

A: You are so welcome! We are glad to help! :) For a digital version of the red flags checklist, check out [this link](#).

Q: Thank you for these lessons!!! You're making a big impact on others!!!

A: You are so welcome! Thank you for the kind compliments!

Q: Thank you guys for your help

A: Of course, we're glad to help!

Q: Do a lot of gender norms root from religion?

A: This is a really good question! Thank you for asking. Gender norms can stem from many aspects of our lives, including religious beliefs.

Q: Thank you for what you're doing. No matter how awkward or uncomfortable, it needs to be talked about. This all helps so much whether people laugh or not. Thank you Have a great weekend!

A: Thank you for sharing such nice words with us! :)

Q: I'm tired of always feeling tired

A: We're so sorry to hear that you're feeling this way. If you want to talk more about this, please feel free to reach out to our advocates at the HelpLine information above. We are here for you!

Q: We weren't even dating and both of them acted like almost all of the red flags and two of the abuse things.

A: Thank you for sharing your experience. It can be useful to look at the blooming and wilting flowers to help you determine whether any relationship or friendship is healthy or unhealthy. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with the other individual using "I statements," we may consider whether this relationship is one that we want to continue. One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? If you would like to talk more about this situation, please feel free to contact a BLOOM365 Advocate at the HelpLine number listed above.

Q: When I was in the 1st grade there was a girl in my class and we sat next to each other and she asked me what would you do if everyone in the world was frozen would you take off your clothes. After that she followed me to the bathroom and locked me in a stall and tried to take my pants off and every time I tried to leave she pulled my pants and wouldn't let me leave so the only way I thought she was going to let me leave was to take off my pants. So this shows that a girl can rape or touch anyone. Not just men

A: We are so sorry that you went through that. Thank you for trusting us with such a vulnerable experience. Sexual assault perpetrators can be of any gender. If you would like to talk more about this or to receive support regarding this experience, there are resources available. You can reach out to advocates at RAINN ([online chat](#) or 800-656-HOPE/4673) or bloom365 advocates at our HelpLine information above. You are not alone!

Q: I overall like the course and how you want to stop unhealthy gender norms but I don't think it was good to read the insecurities even if it was anonymous

A: Thank you for sharing this important feedback with us! We will keep this in mind moving forward.

Q: Short story, society shouldn't put labels on guys & make them feel like they can't express feelings. Totally unknown, the society rules for guys is unfair and its what makes guys not want to speak up because they're supposed to "be a man" when its not true. Society has set many rules on how women can talk & guys should keep quiet. This is helpful because it gives us a chance to openly express feelings without being judged by others. This we can talk & not be embarrassed about how we feel. Society shouldn't be making rules on feelings. Guys & women should be able to openly express their feelings no matter the situation. There shouldn't be set rules on feelings. This is what guys are thinking when they want to express something "would I be weak" "what would my friends think?"

A: Thank you for sharing your thoughts with us! What you've shared are such great examples of unhealthy gender norms and the ways they can impact people. You are so right - everyone should be able to openly express their feelings regardless of gender. When we engage in productive conversations about unhealthy gender norms and their impacts, we can start to break down some of these unhealthy gender stereotypes to work together for justice and equity.

Q: How do I make tea?

A: If you're referring to actual tea, we encourage you to read the directions on the box— or check out recipes online. If you're referring to tea, like in the [consent is like tea video](#), we encourage you to ask for consent before doing anything to or for anyone, especially when it comes to sex. When it comes to asking for consent, some tips to keep in mind are: check in with your partner as things progress and ask if things are OK as you go, be mindful of your partners non-verbal cues such as body language and tone, and be sure to respect your partners boundaries if they say no or change their mind at any point along the way. For information or questions relating to healthy and unhealthy interpersonal relationships, feel free to reach out to a BLOOM365 Advocate.

Q: While talking I reached a sensitive subject that's hard for me to talk about and think about

A: We are sorry to hear that you are feeling this way. Talking or even just thinking about sensitive or vulnerable subjects can bring up a lot of intense feelings. We encourage you to take care of yourself throughout the Doses—sometimes this can look like putting your head down, taking a walk, or checking in with a BLOOM365 Advocate after. If you would like to talk more about this, our advocates are happy to listen and provide support. Please feel free to contact us at our HelpLine at the information above. You are not alone!

Q: When I was five my fourteen year old nephew at the time came into my room and touched me I was so scared and I didn't tell anyone and I found out he did it to his brother, who is my age he recently admitted to it but I don't think he will change he tried getting with a 16 year old and hes in his 20's

A: We want you to know that you are not alone, and we are glad that you've reached out for support. What you have experienced was not your fault and we are so sorry you went through that. What you choose to do next is up to you, although we do encourage you to talk to a trusted adult about this experience so that you can remain safe. If you'd like to talk through any questions you might have, or to discuss additional resources that might be helpful, feel free to reach out to a BLOOM365 Advocate at the HelpLine number listed above for free, confidential, non-judgmental support. We are here for you!

Q: My dad is in jail and I'm here with my step-mom. I know my dad didn't mean to do what he did. But I miss him and I'm kinda depressed and every day my step-mom gets upset when I make mistakes and I'm still expected to be happy and I'm not. And my real mom isn't even around and she was willing to just take my siblings and not me which hurt but I HAVE TO Be happy and if I try and talk to my step-mom none of my emotions are understood. I just want everything to go away

A: It sounds like you're feeling a lot of different things right now, and we are glad that you've reached out for support. We recognize that it can be challenging to deal with the expectations other people have for us and how we feel and express our emotions. Sometimes it can be helpful to write out the thoughts and feelings you're having in a journal or even in the notes app on your phone before verbally expressing it. It can also be helpful to talk to another trusted adult or friend in your life that is supportive and understanding when you need it. You can also reach out to a BLOOM365 Advocate for additional support or to talk through anything else on your mind, or even ways to practice self-care. You don't have to deal with these feelings alone. We are here for you!

Q: Let's say someone is being sexually abused, he or she can't find a way to get help. What should they do? He or she is being held by their abuser and won't let them go

A: We strongly encourage anyone experiencing this situation or anything similar to prioritize their own safety and try to reach out to an advocate, a trusted adult, or 911 for support as soon as possible. It can be helpful to create a safety plan around seeking help or potentially trying to exit the situation before doing so. An advocate or social worker can assist in doing this. If possible, it can be helpful to call the following Hotlines to report abuse or trafficking:

1. National Sexual Assault Hotline: call 800-656-4673
2. National Human Trafficking Hotline: call 1 (888) 373-7888 or text "HELP" or "INFO" to 233733
3. If there is someone under 18 involved you can report to DCS by calling 1-888-767-2445.

In any situation where someone is in danger, actively being harmed, could be harmed, or could harm someone else, calling 911 is best. To talk more about this situation or any additional questions, feel free to reach out to our HelpLine for free, confidential, non-judgmental support.

Q: Why are men punished and looked down upon for being men?

A: This is most likely related to unhealthy gender norms and the ideas that men should look or behave a certain way to fit in with other men or to fit in certain parts of society. At BLOOM365, we encourage all individuals to treat others with agency, kindness, and respect regardless of gender. If you'd like to talk more about this, feel free to reach out to our HelpLine at the number listed above.

Q: I was in a relationship for about 2 years, almost 3. We were together all of middle school but once we started high school at different locations things got very difficult. Although I knew our relationship was not healthy, it was hard letting go because of our past + him being my first everything. I recently left the relationship but it's been very hard moving on. I know I can't go back but it still hurts. I don't miss the relationship but I miss him

A: Although we're glad you were able to leave this unhealthy relationship, we understand it is hard to let go and also that this was a painful experience for you. It might be helpful to remind yourself what you do and do not want in a partner/relationship, or to remind yourself the reasons it didn't work out. In the 7 Doses, we discuss what our "deal makers" and "deal breakers" are. Deal Breakers are characteristics, behaviors, or belief systems that would cause a friendship or relationship to end. Deal Makers are characteristics, behaviors, or belief systems that are most important to you in a dating partner or friend.

Reminding ourselves what we want in a partner/relationship and how that wasn't present in previous relationships can help us move forward and cope with those lingering feelings that might come up after a break up. We also encourage you to practice self-care when those feelings start to come up so that you are protecting your emotional and physical wellbeing. Some examples of self-care can include spending time with the people you love, spending time outside, watching your favorite TV shows or movies, exercising, eating your

favorite foods, taking a long shower, blasting music, or anything else that feels right to you in recharging you mentally and physically. If you'd like to talk more about this, we encourage you to reach out to a BLOOM365 Advocate. We are here for you!

Q: What if you can't break up with the person because you live in a household with them? (not bf/gf)

A: Trying to end a relationship can be a hard thing to do but it can be made even harder when barriers like sharing a home exist. We encourage anyone in this situation to reach out to a trusted adult or bloom365 advocate to talk more about the situation and plan for ways to stay safe. Our HelpLine is open M-F, 3-9 PM - please feel free to reach out to us at the number listed above. If you feel unsafe or if the situation becomes dangerous, we encourage you to call 911.

Q: Should anyone still be "friends" with their ex that was toxic during the relationship and ruined your mental health and is now friendly to you after the relationship?

A: You are the expert in your own life, so only you can make that decision. It can be useful to look at the [blooming and wilting flowers](#) to help you determine whether this friendship is healthy or unhealthy. If the friendship, like the previous relationship, is built off of power & control and we are not able to make changes by communicating in a healthy way by using "I statements," we may consider whether this friendship is one that we want to continue. If you'd like to talk more about your specific situation, we encourage you to reach out to our HelpLine at the number listed above. We are here for you!

Q: so, if being caring is an unhealthy gender norm, does that mean a caring girl is doing something wrong?

A: An unhealthy gender norm is a rule or belief about how certain genders should behave. Some examples are the idea that women should stay home and raise kids or have long hair and that men should be the "breadwinners" and be the "tough" ones in relationships. These are unhealthy because people who do not follow norms may be ridiculed or made fun of. Being a caring person is not an unhealthy gender norm and is a great trait for everyone to nurture!

Q: What should I do if I'm in a relationship and we barely talk every day?

A: Communication is an important tool that we can use to let others know what we're feeling and what our needs are. It might be helpful to try communicating your feelings and concerns with your partner by using "I" statements. For example: Saying something like, "I feel disconnected from our relationship when we don't talk often. Could we figure out a way to talk more?" This style of conflict resolution allows for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and can

allow for more effective communication. It could be helpful to spend some time learning and understanding how we like to receive love, and how we show love to others. Understanding those parts of ourselves can make it easier to determine what we want and need from our relationships. If you would like to talk more about this, our advocates are here. You can reach out to us at our HelpLine at the information above.

Q: How should I get out of a relationship if I'm too attached?

A: 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 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. "I statements" are awesome for break-ups because they help you explain why you are choosing to end the relationship without placing blame on the other person. For example, you could say "I don't feel like I have enough time to commit to our relationship, so I think it would be best for both of us if we are just friends." Or "I feel like I am not able to give you what you want in a relationship. I think we should go our separate ways." We encourage you to find what works best for you and know that our advocates are always here to listen and support you.

Q: I feel like I can't relax because I keep getting flashbacks. I just realized my friends would say "I told you" and I started getting quiet and stopped telling them again. I want to reach out but I've been told I'm attention seeking and now I don't want to get help for that reason

A: We're so sorry that you're going through this. Thank you for being so brave and reaching out about your experiences. Asking for help can be difficult especially when we are made to feel bad about seeking support. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need support. Finding ways to cope can also be really helpful. For example: spending time with the people you love, doing yoga, joining a new sports team or club, spending time in nature, or simply going for a walk can help us through the healing process. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. We are here for you!

Q: During the red flags lesson, it helped me realize that I was in an abusive relationship before. I am still in shock about it tbh... I'm mad @ myself that I let it happen. It sucks because I realized during that relationship I was also becoming abusive towards them b/c of

how I was treated. BLOOM365 is helping me realize how to be in a good stable healthy relationship w/ my current lovely boyfriend.

A: Thank you for sharing this with us. We are so happy that you're in a healthy relationship now, and we are sad to hear about what you went through before. Falling into an abusive relationship can happen because we may not know what is considered abusive and what isn't. Once we become better educated about healthy and unhealthy relationships, it can be easier to avoid or leave abusive or toxic situations. Our advocates are also here if you ever want to talk more about this.

Q: For a friend: what if she wants to end things for multiple reasons but he depends on her too much she is scared if he'll be hurt so she stays with him not matter how much red flags he shows.

A: It can be helpful to take some time to understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we don't blame the victim. The most dangerous time in an abusive relationship is when the survivor tries to leave. If your friend is concerned about their safety or their partner will not let them leave, please encourage them to contact a BLOOM365 advocate or trusted adult for assistance in safely exiting the relationship.

Q: I just want to write on here to I guess vent? I don't know, I feel like I have no one to talk to about my problems, I feel like I have not enough friends to vent to. Lately I've been feeling down, I have no motivation in anything to be honest, I have bad grades, I'm an "L" daughter friend or anything you can think about. I feel sad all the time.

A: You can definitely use the EITR cards to vent! It sounds like you have a lot on your mind right now, and we are glad that you've reached out for support. Finding coping skills that work for us can be helpful in processing our emotions. We encourage you to take some time to find coping activities like journaling, listening to music, or spending time with your close friends. You are not alone as you process these feelings. Our advocates are here to listen and offer support. Please feel free to reach out to our HelpLine at the information above.

do. That had changed me and I just want the old me back. I don't have anyone to talk to so most night I talk to God. I just want people to hear me and see me

A: We are sorry that you have been feeling this way and we are so glad that you reached out to us. You do not have to navigate these feelings on your own. We encourage you to reach out for support from resources like Teen Lifeline and the Suicide Prevention Lifeline. BLOOM365

advocates are also here to support you as you process these heavy feelings. Please feel free to reach out to us or the other resources mentioned at the information above. You are not alone!

Q: I would get my * kicked if I were more open about my sexuality. I would be invalidated if I were open about being sexually assaulted (this was a while ago. I am ok)**

A: Thank you for trusting us with such personal experiences. What you have experienced was not your fault and we are so sorry that you went through that. We are sad to hear that you feel it would not be safe for you to express your sexuality. While we are glad to hear that you are doing okay now, we want you to know that you are not alone and there is support available for you if you want to talk more about these experiences. If you'd like to come to a space where everyone is welcome and to connect with other people who have similar experiences as you, feel free to reach out to onenten.org. Advocates at bloom365 and RAINN are also here to provide confidential and judgment-free support. You can find us at the information above.

Q: Wanna know something funny I'm destroying this paper cuz I can't tell one person how depressing life is

A: Thank you for sharing these feelings with us. Sharing about how we feel can be a hard and sometimes scary thing to do. We are glad you reached out and we are sorry that you are feeling this way.

We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression. School social workers and counselors are also a great source for information on dealing with depression. BLOOM365 Advocates are also available at the HelpLine number above if you'd like additional support or resources. We are here for you!

Q: How do you tell your mom you are having mental problems? She doesn't think I have them

A: Sometimes it is difficult for someone else to understand mental health difficulties or things that aren't "visibly" wrong. Being open with your mom and communicating could be a helpful way to help her understand how you are feeling. Letting her know what is going on, and what you think would be the most helpful solution for you can be beneficial as well. Sometimes parents just aren't sure how to help. If she doesn't seem to respond to that, you can also reach out to another trusted adult, like a school counselor, who may be able to give you some resources, as well as help your mom understand how important it is to take care of your mental health. If you need additional support or would like to talk through it with someone, feel free to reach out to our Helpline Advocates at the number listed above. We are here to listen and support you!

Q: I'm scared I'm falling out of love with my boyfriend for no reason

A: It can be scary facing new changes in life, especially if you care about someone but you feel like you're drifting in a different direction. Sometimes this happens in relationships, and it just means you are growing in your own way. Part of getting older is meeting new people and experiencing new things. That is how we learn who we are and where we want to go in life. If you do feel like you are moving in a different direction, it is ok to communicate that to your boyfriend and let him know how you are feeling. It helps when everyone is on the same page so that neither of you are trying to guess how the other is feeling. If you'd like to talk more about this, or to talk through ways to communicate how you're feeling with your boyfriend, we encourage you to reach out to a BLOOM365 Advocate for additional support. We are here for you!

Q: I'm in love with a boy who is unavailable at the moment but we have a past and he showed me how amazing a person can treat me but I need to give him space because it's not my place

A: This sounds like a tough situation for you to be in, but it also sounds like you've given it a lot of thought and are respecting his boundaries— that's a really healthy and #BLOOMING decision to have made. We are glad that you had a positive experience with your relationship with this particular person. You deserve to be treated with kindness, respect, honesty, and all of the other elements seen in the [Blooming Flower](#) in all of your relationships. If you'd like to talk more about this or anything else on your mind, feel free to reach out to the BLOOM365 HelpLine at the number listed above.

Q: What do you do when the person you're in a relationship with starts to abuse you and your family might victim blame you if they find out?

A: It can be scary to reach out to others when you feel like something is not right in your relationship. It is normal to feel a bit worried about what other people might think, but it's also important to remember that your physical and emotional safety and wellbeing is the most important priority. It could be helpful to talk to a trusted adult outside of your immediate family, like an aunt or uncle, or even a school counselor or social worker for additional support. Our red flags checklist has some great ways that you can ask others for help if you are feeling unsafe or uncomfortable. If you feel that you could be in danger, we strongly encourage you to reach out for help as soon as possible. To talk more about this or anything else that's on your mind, feel free to reach out to the BLOOM365 HelpLine at the number listed above. We are here for you!

Q: It's easier to avoid conflicts rather than communicate problems for me but that's because when I get upset or mad about something, I tend to start crying so just avoiding it would be better in the long run. Yes, sometimes it could help talking it out but I'd rather not talk it out.

A: It can be hard to learn how to talk through difficult things, especially if you've grown up learning a different way to deal with emotions. One great thing about talking through our emotions is that it helps us to get all those pent-up feelings out. When we talk with someone else, we can also hear what we told them from a different perspective and sometimes that can make it easier to find a solution to whatever is going on. It is ok to feel upset and angry about different things that go on in our lives, but learning how to deal with it in healthy ways can make it easier to communicate those feelings over time, as well as learn to overcome them. If you don't feel comfortable talking directly to another person, there are other things you can do, like journaling, that are great for processing negative feelings and helping you feel happier. If you'd like to talk more about this, we encourage you to reach out to a BLOOM365 advocate at the HelpLine number listed above.