



Elephant in The Room Q & A

Trevor Browne HS
Fall 2021

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

Resources:

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

<p>BLOOM365 Helpline</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Helpline 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>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>

***Trigger 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: Do you talk about toxic people misgendering?

A: Although we don't specifically talk about this topic during our 7-Doses, we do discuss the importance of respect in all relationships. Someone misgendering you or not respecting your pronouns can be a red flag that the relationship might be unhealthy, as well. At BLOOM365, we believe all people are deserving of respect, regardless of race, religion, sexual orientation, or gender identity. If you'd like to talk more about this, we encourage you to reach out to our Helpline at the number listed above. We are here for you!

Q: You like jazz?

A: Yes, we all love jazz!



Q: Do we have to pay for the emotional support with you guys?

A: Nope! All of our advocacy and counseling services are free of charge. You can even text us for free, confidential, non-judgmental support on our Helpline at 888-606-4673. If you have any additional questions about our services, feel free to reach out!

Q: What does history of bullying mean? Is it like u been bullied or you're a bully?

A: It could mean either one! Some of our intake forms ask for history of bullying in regard to experiencing bullying, while our prevention services might ask for a history in regard to exhibiting those behaviors. Either way, our non-judgmental, confidential, free services are available if you or someone you know needs support.

Q: How can I stop my partner being so jealous? I don't wanna end the relationship because of that

A: Jealousy is a natural, human emotion. Most people 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 is possessive, obsessive or controlling. It's also important to remember that we can't force anyone to change or to not feel emotions, but we can communicate about our own feelings and try to work towards a healthy resolution.

The first step is recognizing those jealous tendencies or patterns in our relationship, and addressing them with our partner or friend so that they know how we feel. You can communicate your feelings and concerns with your partner by using "I" statements. This might look something like: "I feel _____ when you get jealous, could you/we please _____." If communicating your feelings does not change your partner's behavior, and they continue to act out of jealousy, this is a warning sign that the relationship might not be healthy and could potentially become more controlling and unsafe. Something you could both talk about is how you may be able to build up your trust and decrease those feelings of jealousy. That might sound easier said than done, but it's definitely possible to build trust and have blooming, healthy relationships if both partners respect each other and treat each other with empathy and equity. Jealousy can be tough. If you'd like to talk more about this, feel free to reach out to our Helpline at the number listed above for free, confidential, non-judgmental support. We are here for you!

Q: To you, what would be the best way or the best thing to do if you had a mental break down?

A: We want you to know that you are not alone, and we are glad that you reached out for support because as hard as things may seem, there is always help available. Everyone copes with stress and difficult emotions differently. We encourage you to be gentle and kind with yourself. You can text or call us for free, confidential, non-judgmental support on our Helpline at 888-606-4673. We also have free counseling services available if you feel that this ongoing support could be beneficial for you. Furthermore, there are also different kinds of coping techniques that might work for you such as: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. Remember that you are entitled to feel everything that you are feeling. One very important thing is to be kind to yourself, remember that this is not your fault and you are not alone.

Q: Is it bad that am annoyed that someone is using me talk about their own problems but completely ignores me when they don't need me and never even takes the advice I give them?

A: Communication is a two way street. Every person occasionally needs a listening ear. It is great that you are there for this person; however, you could be annoyed that it is not the other way around. We would like to encourage you to let this person know what you feel when this person ignores you after you have been there for them. Sometimes it takes more than one conversation to really get through to a friend who is experiencing abuse or other stressful situations. Sometimes our friends are not ready to accept the help we would like to offer them, and it might be helpful to let your friend know you don't feel helpful or comfortable when you give advice and your friend doesn't take it. If you'd like to talk more about this, feel free to reach out to our Helpline at the number listed above. We are here for you!

Q: Is it a joke to tell your partner you like his homie and say it was a prank and call other guys cute and say inappropriate jokes and say I was playing is that something to joke about?

A: We believe that Blooming relationships are built off equity and agency, where both parties are respected and loved. The examples you shared might be jokes to one person, but it would be important to consider if those comments are hurtful. We should 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. It is important to consider how you would feel if you and your partner switched places in these situations. Empathy, respect, and trust are essential components of any healthy relationship.

Q: I get hit for fun

A: We are sorry you are being hurt, no one should have fun while hurting someone else. We appreciate you being able to talk about this and reaching out to us. You deserve to be safe physically and emotionally. We encourage you to reach out to a trusted adult such as the school social worker or a BLOOM365 Advocate as soon as possible to ensure everyone's safety. Our advocates are always here to lend a free, confidential listening ear whenever you need it. There is also additional 24/7 support available, such as the National Domestic Violence Hotline (1-800-799-SAFE(7233)). We are here for you!