



# Elephant in The Room Q & A

Peters Township High School (DVSSP)

April 2022

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

### Resources:

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

<p><b>BLOOM365 Peer Support Helpline</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></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><b>Domestic Violence Services of Southwestern PA (DVSSP)</b></p>	<p><b>24/7 Hotline</b>  <a href="http://www.peacefromdv.org/hotline">www.peacefromdv.org/hotline</a>  <b>WASHINGTON COUNTY: 800-791-4000 or 724-223-9190</b>  <b>GREENE COUNTY: 724-852-2463</b>  <b>FAYETTE COUNTY: 724-439-9500</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>
<p><b>Suicide Prevention Lifeline</b></p>	<p><b>1-800-273-TALK (8255)</b></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: What if you are unsure if you could be in an abusive relationship or not**

**A:** It can be useful to look at the [blooming and wilting flowers](#) to help you determine whether this relationship 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 our partner using “I statements,” we may consider whether this relationship is one that we want to continue. Some of the first signs of abuse can be a partner being overly jealous, controlling, or trying to isolate their partner. You can always refer to the [red flag checklist](#) for more red flags or early signs of dating abuse at bloom365.org. BLOOM365 and DVSSP advocates are also here to offer support, please feel free to reach out to us at the information above.

**Q: I’m trans + my parents don’t accept me. How do I show them that it’s ok?**

**A:** We are so sorry to hear that your parents are not accepting of your identity. Their negative reaction is not your fault and your safety is the most important. You are deserving of being safe and supported and having your identity affirmed. Unfortunately, there’s not much we can say or do to help change your parent’s minds, as that is a choice that they have to make for themselves. We encourage you to prioritize your mental and physical safety and wellbeing, however that looks for you. If you’d like to come to a space where everyone is welcome and safe, we encourage you to reach out to a DVSSP or BLOOM365 Advocate. 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: How many people a year have been abused by dating**

**A:** Although we don’t know the total amount of people that have experienced dating abuse, there are some studies and statistics that show how common dating abuse is. [According to the CDC](#), data from the “Youth Risk Behavior Survey in 2019 indicates that among U.S. high school students who reported dating during the 12 months before the survey: About 1 in 12 experienced physical dating violence & About 1 in 12 experienced sexual dating violence.” While these statistics may seem scary or overwhelming when we work together to educate ourselves and others, we can end abuse!

**Q: When does the other person’s low self esteem + insecurity become a problem? What can you do when someone believes they are not “good enough” for you? Why people think holding hands is so bad? Why does everyone look down on it?**

**A:** Thank you for asking these important questions. We all have our own personal boundaries and limitations so the decision on how to react to another person’s low self-esteem and insecurities is one that is yours to make. However, it can be helpful to take some time to look at the [blooming and wilting flowers](#) to determine whether or not this relationship is one you want to continue. Changing low or

unhealthy self-esteem is a choice that the other person has to make for themselves. Regarding some people looking down on public displays of affection like holding hands—everyone has their own level of comfortability with things like that and the reasons why they may feel that way is unique to them. If you would like to talk more about these questions or anything else on your mind, our advocates are here to listen. You can find us at the BLOOM365 HelpLine or DVSSP information above!

**Q: Thank you for this presentation <3 as a survivor of SA + TDV, I love that teens are being educated on this important topic**

**A:** Thank you for these kind words! We appreciate it! :) We are happy to be able to provide this education and to support those who have survived these experiences. If you ever want to talk or to connect with other teens in the healing process, please feel free to reach out to us as the information above. We are here for you!