



Elephant in The Room Q & A

Maricopa 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

BLOOM365 Peer Support Helpline and Support Groups	<p>Text/Call: 1-888-606-HOPE (4673) DM @8886064673</p> <p>Peer Support Helpline Hours of Operation:</p> <p>Monday-Thursday from 9AM-10PM (MST) Friday 9am-1am MST Saturday 5pm-1am MST Sunday 5pm-10pm 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>Join us on Monday and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit bloom365.org/peersupport for specific dates and times.</p>
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

Q: Student

A: BLOOM365 Advocate

Q: how do i handle a toxic relationship with a family member?

A: Everything we discuss during the Bloom It Up program is applicable to dating relationships, family relationships, and friendships. As we learned in the Doses, sometimes family members and friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous, we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your family member about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow the other person to feel empathy. This may help your family member to recognize that your relationship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your relationship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off taking space away from this relationship, you may also want to have a conversation with that person to express why you think this relationship is making you "wilt," and that you feel you will be able to really "bloom" more if you take some space away from them. Leaving an unhealthy or abusive relationship is never easy, and it can become quite complicated when it's a family member that is abusive. However, there is always support and resources available to anyone in these situations and we encourage you to reach out for support if you or someone you know is struggling or experiencing abuse.

Q: I do not give myself enough time to sleep

A: We understand that it can be challenging to keep up with self-care while also balancing the responsibilities of school, work, social lives, and everything else we have going on. Even though it can be challenging, self-care is super important so that we can be the best versions of ourselves *for ourselves* and also for the important people in our lives. We also encourage you to spend some time on self-care, being sure to recharge your batteries both physically and mentally. If you want to vent or need support, feel free to reach out to our Helpline at the number listed above. We are here for you!

Q: my (ex) romantic partner invalidated me because i have a mental disorder that they dont understand, yet they become abusive (non physical) when i try to care about their disorder, which they never did for me. she then again became abusive when i decided [the way she was treating me] was not healthy. what should i have done?

A: First off, we want to let you know that you are not alone and we are thankful you have reached out and shared your story. You are the expert in your own life, so we can't say for sure what you should have done. However if you or a friend/partner are ever in a situation where you need support for your mental health or any disorders, or if someone is being abusive in any way, we encourage you to reach out to a trusted adult for help. You don't have to go through those tough times alone, and support is available if/when you need or want it. Experiencing abuse can have a lasting impact, and it's important that you are able to cope with these emotions so that you can move forward. Giving yourself time to

process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time to heal. We all cope with things in different ways and at different speeds. If you'd like to talk more about this or anything else, feel free to reach out to our Helpline at the number listed above.

Q: how much older is too old for a 15 year old

A: The legal age of consent in Arizona is 18 years old. According to ageofconsent.net, "In the United States, the age of consent is the minimum age at which an individual is considered legally old enough to consent to participation in sexual activity."

Arizona has an exemption for cases where those involved are close in age, known as "Romeo and Juliet" law. This law was designed to prevent the prosecution of underage couples who engage in consensual sex when both individuals are significantly close in age to each other, and one or both are below the age of consent. If you'd like to talk more about this or any other topics, feel free to reach out to a BLOOM365 Advocate. We are here for you!

Q: here is what i think. Just because you regret having sex dose not make it rape

A: Sexual assault or abuse means any unwanted sexual contact. It's when someone uses force or pressure (either physical or emotional) to get you to do something sexual. Rape is a form of sexual assault, but not all sexual assault is rape. Rape is when someone forces or pressures you into having sex. Legally speaking, every state defines crimes like "rape," "sexual assault," and "sexual abuse" differently. Unfortunately, many people experience sexual abuse, assault, or rape at some point in their lives. If you would like someone to talk to if you have experienced rape or abuse, or have questions in general, feel free to reach out to us at the number listed above.