



Elephant in The Room Q & A

Barry Goldwater 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: I'm gay and I don't know what to say

A: Coming out can be a difficult process for many people. You aren't alone in 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 yourself, 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. We encourage you to check out the Trevor Project's "[Coming Out As You](#)" resource that can help you navigate your own coming out experience in a safe, thoughtful way. Remember, everyone's experience is unique! You can also reach out to our Advocacy Line at the number above to talk with an advocate about what you're feeling and experiencing.

Q: Thank you! I really liked bloom.

Similar comments: Q: Thank you, I learned a lot. <3; Q: Very good class; Q: Thank you!; Q: I think you did everything great; Q: This program has by far been the most interesting part of my health class.; Q: Thanks again!; Q: Good class; Q: Tremendous class

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: This card is dope

A: Thank you for sharing your feedback with us! The phrase "elephant in the room" is commonly used to refer to a topic or question that people may feel uncomfortable talking about or asking. An elephant in a room would be a pretty big issue to not be aware of, right? We used this phrase because these are serious issues that many teens have questions about but often don't feel comfortable asking out loud! You always have the option of submitting anonymous elephant in the room cards, or you could leave your info if you'd like us to reach out!

Q: Do more questions with the clickers, it makes people pay attention better. Similar Q: I was looking forward to answer with the clickers but they weren't used; Q: I like the clickers

A: We appreciate you sharing your feedback! We use feedback from teens to help ensure our curriculum stays relevant and fun. While the information we discuss is serious, we strive to keep things interactive and interesting. We will take your comments into consideration for future Doses!

Q: If you have a friend in an abusive relationship, what can you do to help them?

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (fear, love, dependency, insecurity, etc.). In your workbook or on [our website](#), you can find a "How to Help a Friend"

list that might be helpful in starting a conversation with your friend about your concerns. You can also tear out the extra red flag checklist in your workbook and talk to this person about why you are concerned, being really mindful to come from a place of support and not judgment. You can encourage them to reach out to BLOOM365, but recognize that we cannot make people get help if they do not want to. Providing continual support is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to someone who is experiencing abuse. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that this person could be at risk of getting injured or even killed. For free, non-judgmental, confidential support, you can reach out to our Advocacy Line at the number above.

Q: How can we tell if someone is in a bad relationship?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner, as well as your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. You can also find some red flags of an unhealthy relationship on page 17 of your workbook, or on [our website](#)! If you have any questions or concerns, please feel free to contact our Advocacy Line at the number above for free, confidential support.

Q: Not all people are abused the same way so why do people who haven't been abused try to say why did you let that happen say that if were so aware of abusive relationships?

A: We agree that not all people have the same experiences, and it is unfair when people blame victims for the abuse they have endured. However, we are unsure exactly what you're asking here. Please reach out to our Advocacy Line to clarify, we'd really like to talk with you and support you!

Q: What if I have never been in an abusive and I've never seen someone/know of someone that has?

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships! Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships. Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation. We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all!

Q: Are we just going to talk about dating relationships or family and friends too?

A: While our mission is to prevent teen dating abuse before it starts, all of the information discussed through our programs is applicable to all types of relationships and forms of abuse. Our advocacy

services are also open to teens who've experienced child abuse, domestic violence, gender-based violence, bullying, sexual violence, or other forms of power-based violence. If you have any questions, we encourage you to ask one of our Advocates that are in your classroom, or feel free to reach out to our Advocacy Line at the number above!

Q: I liked learning about the red flags of a relationship. It makes me aware

A: We are glad that you liked learning about the red flags of a relationship. We hope this can be a help to you when determining whether a relationship is healthy or unhealthy, whether it be for yourself or someone you know. Remember that we are always here for you if you, or a friend, needs our help. You can contact us by texting our number, calling us, or by DMing us through the ways listed above.

Q: I love the fact that you guys stand up for what is right

Similar comment: Q: Plz continue helping those who need it

A: Thank you from all of us here at BLOOM365! We will continue to ensure there is a future full of healthy and safe relationships for all. If you are ever interested in volunteering with us, or joining a Peer Advocate Crew, let us know through our number above!

Q: There is a song called little game about gender norms. It's really well done. :)

A (Avi): Thank you for sharing. I forgot that Little Game by Benny existed. The song does do a good job about breaking down gender norms. If you are interested, I recommend you to check out our Peer Advocate Academy or about joining a Peer Advocate Crew. If you have any questions about that, or want to contact us, let us know by contacting us through the number above.

Q: Understanding unhealthy gender norms

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.

Unhealthy gender norms are very common in our society. This idea goes back many years and historically it has been passed from generation to generation. We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality.

If this did not answer your question, or if you ever want to contact us, our contact information is listed at the very beginning of this document.

Q: It's hard to leave a relationship

A: We understand that it is hard to leave any type of relationship. "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.” This can also apply to friendships!

Again, we do understand that leaving a relationship is not easy, and is not simple. Remember, we are always here for you and we are here to support you. If you ever need to reach out to us for a listening, confidential, and supporting ear, our contact information is listed at the beginning of this document. Feel free to reach out to us.

Q: We should do more activities like “cross the line.” I think many people were dozing off

A: Thank you for suggesting that we do more activities like “cross the line.” I will ensure that your feedback is shared with our full team. If you have any suggestions, feel free to let us know on a future Elephant In The Room card or by contacting us through our advocacy line.

Q: Who decided men get the most power?

A: Unhealthy gender norms are very common in our society. This idea goes back many years and historically it has been passed from generation to generation. Past societies decided whether people were equal, if men had more power, or if women had more power. We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. The important thing to know is that these norms and stereotypes are not facts but rather some people’s opinions. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality.

Q: Relationship help.

A: If there is something you’d like help with, we encourage you to reach out to one of our advocates in the classroom, or you could reach us on our Advocacy Line at the number above on Monday-Friday from 3-9pm (MST). We are here for you!

Q: The activity about standing was pretty cool. :) Thumbs up

A: We are so glad to hear that you enjoyed the activity! If you’d like to offer additional feedback or if there’s anything you’d like to discuss, feel free to reach out to our Advocacy Line at the number above.

Q: I liked the outside activity.

Similar comments: Q: Do more outside things like the circle thing.

A: We appreciate you sharing your feedback with us! We will be sure to consider your submissions for future Doses! If you have anything else you’d like to share with us, you can reach us at the number above.

Q: liking is not liking is the same

A: We aren’t quite sure what you’re asking here. Please reach out to an advocate to clarify, we’d really like to talk with you!

Q: Thank you for coming to this class and speaking about abuse. PS: Keep up the good work

Similar comments: Q: Thank you for taking time to share this important information with us. Q: Thank you for teaching us :) ; Q: Thank you for teaching us and helping us understand our feelings.

Similar comments: Q: Wonderful class Q: Good presentation ☺

A: Thank you all for your #blooming feedback! We truly appreciate your kind words, and we enjoy being in your school! 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/peeradvocatecrew. To get involved or for more information, please email kathryn@bloom365.org.

Q: It was interesting; Similar comment: Q: I liked everything

A: Thank you for sharing your feedback with us! We hope that everything you learn throughout the Bloom It Up program is helpful for you both now and in the future!

Q: A pattern of abusive behaviors used to gain power and control over a dating partner

A: This is actually the common definition of domestic violence (DV). If you or someone you know has experienced or is currently experiencing this, we encourage you to reach out for support. If you have any questions or if this is something you'd like to talk/learn more about, feel free to ask an advocate in the classroom, or contact our Advocacy Line at the number above.

Q: I like that a lot of people go into it and they (have peer support)

A: Thank you for sharing your feedback with us! If you have any questions or would like additional resources, please reach out to an advocate. We are here for you!!

Q: I was seeing a guy once who told me to “quit sports, so we could hang out more.” Is that a red flag?

A: One tool that we can use if we are ever concerned that the relationship might be unhealthy is by determining if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Even if someone says that they are kidding, that does not mean they get to have power and control over us. Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You can check out BLOOM365's [red flag checklist](#) towards the back of your workbook or on our [website](#). If you'd like to talk more about your situation, you can contact an advocate at the number above for free, confidential, non-judgmental support.

Q: If you know your guy friend is in an abusive relationship, how can you help without getting involved?

A: It's important that we understand the barriers to leaving an abusive relationship (fear, love, dependency, insecurity, etc.) It's also important that we don't blame the victim for staying. In your workbook and on [our website](#), you can find two “How to Help a Friend” lists that might be helpful in initiating a conversation with your friend about your concerns. Providing continual support can be helpful. Checking in and making sure they know you are there for them even after the initial conversation is also a great idea. Sometimes it takes more than one conversation to really get them to open up, but it can be helpful that they know that you are there for them when they are ready. If you feel that your friend is in immediate danger or is putting someone else in danger, it's important that you reach out to a trusted adult as soon as you feel comfortable doing so, in order to ensure the safety of everyone involved.

Q: I still play fortnite; Similar Comments: Q: play call of duty mobile; Q: Mario kart tour check it out

A: That's cool, video games can be a fun outlet for de-stressing. However, because fortnite and call of duty contain violence, we encourage you to consume media critically, being aware of how media messages may influence you and recognize that abuse and violence are NOT normal and NOT acceptable. If you'd like to talk to us about it, feel free to reach out to our advocacy line at the number above!

Q: I wanna secure the bag. Make bank.

A: While this is outside of our expertise, we support your goals and ambition! If you'd like to talk with us, feel free to contact our advocacy line at the number listed above.

Q: boy/girl stereotypes

A: If this is something you'd like to learn more about, or if you have any questions, please feel free to ask an advocate in the classroom or through text/chat on our advocacy line at the number above.

Q: Your really understanding and calm ☺.

A: Thank you for the #blooming compliment! We are here for you. If you'd like additional support, please feel free to contact our advocacy line at the number above for free, confidential, non-judgmental support.

Q: How when people share people's opinions or thoughts because they're "invalid" or aren't correct or right how parents can perceive things and react to our situations

A: We aren't quite sure what you're asking here. Please reach out to our Advocacy Line to clarify. We'd really like to talk with you and help you out.

Q: Having a you know in public

A: We are unsure what you are asking here. Please reach out to our Advocacy Line at the number above to clarify. We'd really like to talk with you and help you out!

Q: The little love her haircut

A: We are unsure what you are asking here. Please reach out to our Advocacy Line at the number above to clarify. We'd really like to talk with you and answer any questions you have!

Q: I felt that my last relationship which ended about a year ago really changed me. I feel as if I'm not good enough to anyone because my last relationship made me feel insecure about myself, making it harder for me to open up to anyone.

A: We want you to know that you are not alone, and we are glad that you reached out for support. While ending a relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: 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. It's also important to be kind and patient with yourself as you heal. We all cope with things in different ways and at different speeds. Focusing on the things we

love about ourselves can be one helpful way to lift our self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. If you'd like to talk more about this, please reach out to our advocacy line at the number above for free, confidential, non-judgmental support. We are here for you!

Q: Good talk :); Similar comments: Q: I loved this conversation; Q: Today was a great lesson to learn; Q: I hope you have a great weekend :) ; Q: I enjoyed today's lesson!; Q: interesting; Q: Thank you :)

A: Thank you for participating and sharing your blooming feedback! We hope that you gained some valuable knowledge and tools for building healthy friendships and relationships that will help you both now and in the future!

Q: I like being told positive things by my peers

A: We are glad that you enjoyed the activity and interaction with your peers! Sometimes, hearing positive things others can be a self-esteem boost. Some other ways to lift our self-esteem include: focusing on the things we love about ourselves, spending time doing things that make us happy, and reminding ourselves to think positively of ourselves. Changing the way you think about yourself can change the way you feel about yourself! For more tips on building self-esteem, or to talk with an advocate, feel free to reach out to us at the number above.

Q: Learning some of this makes me feel comfortable with certain things But I have went through a lot of this stuff so it hits me hard.

A: We want you to know that you are not alone, and we are glad that you reached out for support. We recognize that this material can be difficult to talk about and can be triggering when you have experienced this stuff. We encourage you to do whatever you need to do to take care of yourself. That might include stepping out of the classroom, putting your head down, or some other form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need to talk to someone. Additionally, we encourage you to get involved in one of our weekly support groups. Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you need additional support and guidance on coping, please reach out to a BLOOM365 advocate at the number listed above.

Q: I have a new boyfriend but I'm afraid to trust him and tell him about my past relationships and what my exes have done to me.

A: Oftentimes, building trust can take time. We encourage you to be patient with yourself and only do or share things that you're comfortable with. If you feel uncomfortable or afraid of your boyfriend, it might

be helpful to consider whether or not your relationship is based in freedom and equality. Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You can check out BLOOM365's [red flag checklist](#) towards the back of your workbook or on our [website](#). If you'd like to talk more about your situation, you can contact an advocate at the number above for free, confidential, non-judgmental support.

Q: Learning more about this topic

A: If you have any questions or would like more information on anything you learned during the 7 Doses, we encourage you to reach out to our advocacy line at the number above! We can answer any questions you might have and can also provide additional resources for you.

Q: I really enjoy this past week of learning. I am thankful you took time out of your day to come and teach us.; Related Comments: Q: Thank you for sharing. I liked the tea video; Q: u are wonderful :) ; Q: today was fun/funny :) ; Q: just continue what you do; Q: Thank you for sharing today the activity was a good experience; Q: I hope your dream comes true; Q: You guys have interesting topics

A: We are overwhelmed by all of your #blooming feedback! We appreciate you sharing your thoughts with us. And thank you for listening! We hope you learned a lot and continue to integrate blooming characteristics into your life. We learned in Dose 7 that social change can take a long time, but with teens like yourself getting involved in the movement, we can see the tipping point moment happen in your generation! When 10% of your peers or a population starts to adopt healthy, blooming values, the rest of society should follow. It starts with you! We encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! If you want to become more involved with BLOOM365, check out our website at bloom365.org/volunteer or email kathryn@bloom365.org for more information!

Q: I like chicken nuggets

A: I like chicken nuggets too!

Q: So, in that movie what is it? By means sexual or bad words? Name of the movie?

A: I am unsure what movie your facilitator was referring to in the classroom. If you would like to learn more about movies and TV shows that have sexual violence present, I recommend you to check out <https://www.unconsentingmedia.org/>.

Q: How can we think positive?; Similar Comment: Q: How could we change to be more uplifting?

A: Thinking positive and being more uplifting might look different for each person. Some examples of small actions you can take to make a more uplifting or positive change include: telling someone how much you appreciate them, spending time with people who make you happy and are supportive, writing down some things that you are grateful for, and try to focus on the things that make you feel happy or calm. You might also consider spending some time each night thinking of one thing to look forward to the next day. Practicing ways to incorporate positivity into each day can help to get you into a more positive mindset. If you'd like additional resources or support, we encourage you to reach out to our Advocacy Line at the number above.

Q: Are we ever going to have enough time in class?

A: We apologize if you haven't had enough time to finish the lessons during class. If you have any questions or would like clarification on something from the 7 Doses, feel free to reach out to our Advocacy Line at the number above. We'd really like to talk to you and help you out!

Q: I learned something new today from you :)

A: We are so glad to hear that! Thank you for sharing with us. We hope that you gained some valuable knowledge and tools for building healthy friendships and relationships that will help you both now and in the future!

Q: Boys can play w/ dolls/make up and girls can play w/ trucks/cars/tools

A: We agree, it shouldn't matter which toys children play with. At BLOOM365, we believe in a 10% tipping point. The tipping point is when a group rapidly and dramatically changes their behaviors by adopting a previously rare practice. When 10% of the population holds an unshakeable belief, their belief will always be adopted by the majority of the society. If 10% of our society adopts a mindset that is against traditional gender norms, then we believe gender norms will change.

Q: I could only think of one thing I like about myself

A: That is okay. Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem, but it can also be something hard to do. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. If you would like support, or someone to talk to, you can always reach out to us. Our number is listed above.

Q: How can you become part of bloom365?

A: You can join BLOOM365 by becoming a Peer Advocate and by joining a Peer Advocate Crew. Feel free to sign up for our Peer Advocate Academy at bloom365.org or by contacting teens@bloom365.org.

Q: My dad left or my mom left him I don't know but point is I would like to meet him

#NoDadAndImSad

A: We encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support. We are here for you.

Q: Meh I don't really care what they write because I know who I am

A: For some people, hearing a compliment from someone else might have a positive effect on them. For others, they might not feel as open to others' opinions and that's okay, too! It seems like you are

confident in who you are, and that is a great and blooming accomplishment. If you'd like to talk more, feel free to reach out to us at the number above.

Q: I don't have any (little) technology, so a relationship deal maker would be to have them understand that I don't have it (technology). My mom always says "if your technology is higher than the year 2013 you are starting to rot your mind"

A: We are glad that you have identified a deal maker that is important to you! If you would like to talk to an advocate or for additional resources, we encourage you to reach out to a BLOOM365 advocate!

Q: Thank you for coming and teaching us about one another. Thank you for caring about us even when you know almost nothing. I think what you're doing is very helpful and makes a difference. Once again thank you for everything

A: We appreciate you sharing your feedback with us! Thank you for your blooming compliments! For additional resources or support, we encourage you to visit bloom365.org or contact us at the number above.

Q: I was talking to my friend which is a girl then her friend pulled up and said eww and took my friend and said you're too good for that *** and left me alone. It hurts what do I do about that**

A: We are sorry that you've had that experience, and we are glad you reached out for support. We recognize that it can be painful and difficult to deal with the harsh words or actions of others. Although there is nothing you can do to change the situation, you can work on healthy coping mechanisms and building your self-esteem. Some examples of healthy ways to cope might include: Spending time with the people you love, doing yoga, taking a bath, joining a new sports team or club, or simply going for a walk. It's also important to remember that the people who matter in your life will like you for you! We might not be compatible with everyone, but we can find people who we can connect with and who will accept us just the way we are! If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our Advocacy Line at the number above! If you simply are in need of an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send us a text!

Q: I've been very busy this weekend, I have very little time to keep up on my schoolwork. I will be busy tonight too. I don't know if my project will turn out the best

A: We understand that you all have other responsibilities outside of our program, and we encourage you to take the time you need on your schoolwork while remembering to make time for self-care, as well. Your project doesn't have to be extravagant, it can be about anything you learned or liked in the 7 Doses in whichever format works best for you. It could be a poem, a drawing, a song, a video, etc. If you'd like to talk about this further, feel free to reach out to our advocacy line at the number above.

Q: the explain of trust for listen to music

A: We are unsure what you are saying here. Please reach out to our advocacy line to clarify, we are here to support you!

Q: Dating people older than you, how old is too old?

A: It's important to know that under Arizona law, anyone under the age of 18 is not legally able to consent to any type of sexual activity. That means that if a 14-year old engages in a sexual activity with an 18-year old dating partner, such activity may result in prosecution for statutory rape. Additionally, large age differences can lead to one partner having power and control over the other partner. The older partner is likely to hold more power in the relationship, which increases the risk that the relationship will be unhealthy or abusive. We highly encourage you to text or call our Advocacy Line for free, confidential support if you'd like to discuss this further.

Q: What should I do if I think my brother is toxic?

A: Someone trying to take power and control over their family member can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook or on [our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to your parents or another trusted adult about what you're experiencing. If you feel that you are in immediate danger, we encourage you to talk to a trusted adult or contact 911.

Q: A lot of people are scared to share their insecurities even though it was anonymous, are people just scared to confront themselves?

A: For some, insecurities are something they do not want to accept. For others, insecurities are linked to trauma that are hard to revisit. Insecurities are something we all have. Howard Thurman famously said, "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." People may be afraid to confront themselves because they may be afraid of what they may see.

A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem.

Q: Mental health matters and should be prioritized in modern society

A: At BLOOM365, we agree. We believe in being trauma-informed and providing trauma-informed care. Important principles of trauma-informed care include ways to ask permission, offer control, and finding support. This is important to do because we don't know where people come from and the experiences they have had. Our mental health encompasses our mental, emotional and social well-being. This means it impacts how we feel, think and behave each day. Our mental health also contributes to our decision making process, how we cope with stress and how we relate to others in our lives. It would therefore make sense to prioritize mental health and talk about those matters in modern society. For resources or more information, or to talk more about this, feel free to reach out to us at the number above!

Q: Today's topic kinda hit me hard and when you were reading the sticky notes and said self-harm scars I got really sad because I have some

A: You are not alone in feeling this way. It is tough to see and hear when others share something that triggers our own negative emotions.

It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. Finding healthy ways to cope with traumatic experiences or feelings that we may have is so important. For example: spending time with people you love, joining a new sports team or team or club, or spending time in nature are all healthy ways to cope. It's also important to give yourself time to process your feelings and emotions. We all cope with things in different ways and at different speeds. Some people find it helpful to talk to trusted friends or family members or engage in healing arts like painting or yoga. Other coping mechanisms include: going for a walk or listening to music. Find what works for you, and always know BLOOM365 is here to support you if needed! Maybe, you can share forms of self-care you find to work with others as well. Helping others find support can be a form of self-care as well.

Again, if you ever need a supportive, confidential and non-judgemental ear, feel free to reach out to us at the number above.

Q: Is emotional manipulation, lying and other things along those lines count as abuse?

A: Yes, these things could count as abuse. Abuse has many different forms (verbal, emotional, and physical). It is not an isolated, one time incident, it's a pattern of abusive behaviors that a partner uses to gain power and control. Some signs of emotional abuse include: Name calling/put downs, threats and intimidation, ignoring/excluding, isolation, and humiliation. Perpetrators will often also use a pattern of minimizing, denying, and blaming. For example: Minimizing the behavior by saying they are just having a bad day or that the victim is being too sensitive, denying that they ever did it, or blaming the victim by saying that it's their fault and they made them do it. If you recognize any of the red flags, we highly encourage you to reach out to a BLOOM365 advocate or trusted adult. BLOOM365 advocates are always here to listen and can also provide more clarity if needed.

Q: Your slides are really involving :)

Related Comments: Q: Good presentation and activity; Q: Good presentation; Q: Have a wonderful day :) ; Q: I hope you have a wonderful day. ☺

A: Thank you for your feedback and kind words! We hope you learned a lot and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/intern> for more information on how to get involved.

Q: Why do my parents hate me?

A: Unfortunately this is a question we do not have an answer to. If the situation is not dangerous and you feel comfortable and safe to do so, it may be helpful to utilize the communication technique we learned in Dose 6 to express your needs to your parents. "I-statements" allow us to take ownership of our own emotions and can help avoid defensive responses. We know communicating can be difficult, but communicating in a more healthy and respectful way could help to resolve problems more efficiently and prevent everyone involved from feeling hurt. Perhaps providing your parents with tips for communicating effectively (such as those you learned during Dose 6) could be a good first step. If you feel safe, we encourage you to evaluate your own situation and come up with an "I-statement" that best suits your situation and what you envision as a solution. According to the Department of Child Safety

(DCS), child abuse and neglect is, “When a parent, guardian or custodian inflicts or allows the infliction of physical, sexual or emotional abuse, neglect, exploitation or abandonment.” If you are experiencing abuse or neglect, we want you to know it is not your fault. We encourage you to reach out to our Advocacy Line for free, confidential support and to discuss this further.

Q: I’m running for hoco royalty w/ *** but I’m nervous to talk to him**

A: We encourage you to reach out to our Advocacy Line for individual advocacy so we can learn a bit more about your situation and to best know how to support you!

Q: Why do you want to help us?

A: All of us at BLOOM365 have different reasons for why we chose to be involved with our organization. Some of us have experienced or witnessed dating abuse or domestic violence in our own lives or the lives of those close to us, while others have not. You can read more about BLOOM365 and our history by visiting www.bloom365.org/story. We also believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all! For more information, feel free to reach out to our advocacy line at the number above.

Q: How old must i be to be transgender?

A: You don't have to be a certain age to be transgender. Transgender is a term used to describe people whose gender identity differs from the sex they were assigned at birth. Gender identity is a person's internal, personal sense of being masculine or feminine. For some people, their gender identity does not fit neatly into those two choices. How you identify is up to you. You can also adapt and change how you identify over time. If you would like to talk to someone about this, you can always reach out to BLOOM365 and we will be happy to provide a listening, non-judgmental, and confidential ear for you.

Q: Feminism is the belief that men and women are EQUAL. I think you’re opposed to hyper-feminism; Related Comment: Q: This sounds like feminism

A: Feminism, defined by Encyclopædia Britannica, is the belief in social, economic, and political equality of the sexes. Feminism is for increasing women's rights and interests for the equal treatment of the sexes and gender. We, as facilitators and employees of BLOOM365, try our best to hold our personal viewpoints to ourselves when we present. Our material may align with certain viewpoints, but our materials and what we are teaching are based on research and not political viewpoints. If you would like to learn more about how we developed our material, you can email us at teens@bloom365.org.

Q: How can teens talk to people about insecurities?

A: Reaching out and talking to others about our insecurities can be scary. Here are three tips to follow if you don’t know how to talk to others:

1. Decide who to talk to

When reaching out, find someone you feel comfortable with or you know can give you the support you need. There is no fixed rule on who you can approach for support. You can ask your friends and family for advice who will be the best person to approach. Or you can try with talking about one small detail first and see who can be there for you.

2. Go outside the situation

Sometimes it's best to get an outsider perspective on things. Some close friends or family may be biased, towards us or not, when we reach out. An outsider's perspective can show you the bigger picture. That is why support groups are effective because you don't feel judged and you get honest unbiased support. If there's a support group for your specific struggles around your area then don't be afraid to join it. You can also start by reading other people's stories online to see what resonates and reaching out to them.

3. Honesty is always the best policy

Once you've decided to reach out for support, don't filter the information. You are reaching out for support, not judgment or criticism. People love to help others! Always remember that. People love to help others. Be honest and you will get honesty in return. And hard as it may seem it first, you'll feel great after getting it off your chest!

[\(Maya Novak\)](#)

Q: Have a wonderful day. Safe drive as well :)

A: Thank you!

Q: I loved the sticky note activity. It was so reminding. Thank you for letting me know/think of myself more.

A: Thank you for letting us know! Here are some additional tips to help you cope with achieving better self-esteem. Know that mistakes are lessons, view them as learning opportunities. Don't ever think you're inferior or less than anybody else. Nobody is perfect. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success. Try new things, set goals. Take care of yourself by exercising, eating well, and sleeping properly.

Q: Make more things to do/activities during the slides

A: We are planning to make a few updates to our curriculum this year. If you would like to leave some more feedback, let us know on our website or through the ways above. We will ensure to bring up your feedback in our meetings.

Q: How can I make it easier to speak up?

A: We are unsure exactly what you mean by this question, and we encourage you to reach out to our advocacy line at the number above so we can answer any questions you might have!

Q: My ex-boyfriend took advantage of me and only wanted me for my body. How do I get out of a similar situation if it happens again?

A: First off, we want you to know that you are not alone. We encourage you to talk to a trusted adult or one of our BLOOM365 advocates. 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 are concerned for your safety, we encourage you to tell

a trusted adult or BLOOM365 advocate. For more information or resources, or to discuss this further, we encourage you to reach out to our advocacy line at the number above. We are here for you!

Q: Me and my boyfriend are going out on Sunday and he got me something.

A: That's really nice! If you'd like to talk to an advocate, feel free to reach out to us at the number above!

Q: The activity was great and eye-opening now we noticed that is just us that put up the barrier and cannot express our ideals

A: We are glad to hear that you enjoyed the activity! If you have any questions or would like information on how to become more involved with BLOOM365, feel free to reach out to our advocacy line at the number above!

Q: This is getting too feminist Ima have to report this. Also this is not equality what your shirt says the opposite of what you're saying in front of us. Your only pointing out the guys and not both genders women abuse us too. How about abusive mothers and girlfriends they mentally abuse us and still no blame to the female side

A: We are sorry that you've had that experience with our 7 Dose Program. Even though abuse has no bias, and anyone can be perpetrators and victims of abuse, women are vastly more likely to be seriously hurt or killed in these scenarios. This is why a lot of the examples of abusive relationships show women as the survivors and men as the perpetrators. While dating abuse is experienced by girls and young women at higher rates, boys and young men do experience abuse as well. Almost 50% of Arizona teens who have experienced dating abuse have said that they never reported it. Due to stigmas and unhealthy gender norms, men often do not feel comfortable reaching out for help. If you'd like to discuss this further, we encourage you to reach out to a BLOOM365 Advocate.

Q: Stop talking down to us. Stop bringing negative attention to the gap between us and you

A: I'm sorry that you feel this way. Although we (Kristina and Avi) are not in the classroom, we will ensure your feedback is heard and shared with our team. If you'd like to discuss your experience further, we encourage you to reach out to our Advocacy Line at the number above.

Q: It's harder for men to be accepted for the female actions they do

A: You're right, this is true in many situations. If you'd like to discuss this further, we encourage you to reach out to our Advocacy Line at the number above!

Q: People say the guy I'm talking to changes after 1 week but I'm running with him for hoco and he is super nice and idk what to do

A: You are the expert in your life, so only you can decide whether it is a relationship you want to continue pursuing. If someone's behavior changes toward you frequently, soon into a relationship, or when they're around different people, it could be a potential red flag or sign of abuse. You can find a copy of the BLOOM365 Red Flags List [here](#). If you'd like to discuss this further, we encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support.

Q: I have a friend (she doesn't go to this school) and she's trying to get over an ex, but he was really mentally abusive. He never let her go anywhere and was constantly getting jealous. He's cheated on her at least 4 times and she still misses him. I'm not sure how to help her but I want to. He never even let her go to the park with me. I want to show her this program but I don't think she will care to look at it

A: We want you to know that you and your friend are not alone, and we are glad you reached out for support. On page 19 in your workbook and on our website, you can find a list for [How to Help a Friend](#). It's important that we first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the victim. Think of these barriers as "hooks." We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. We encourage you give your friend the number to our Advocacy Line for free, confidential support and a listening ear. Sometimes people are not ready to accept the help we would like to offer them, and sometimes it can take more than one try to have a conversation with your friend about your concerns. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. However if you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that your friend could be at risk of getting injured or even killed. If you need additional support or resources, please don't hesitate to reach out to our Advocacy Line.

Q: How do I stop being so nice? Well I am to certain people

A: We aren't sure what you're asking here. We encourage you to reach out to our advocacy line to clarify for us so we could answer your question!

Q: I never knew that music that sounds upbeat can be wilting because I overlook it because it has a good beat

A: We are glad that you took this lesson with you from our 7 Doses. We encourage you to utilize media critically, being aware of how media messages may influence you and recognize that abuse and violence are NOT normal and NOT acceptable. If you'd like to talk to us about it, feel free to reach out to our advocacy line at the number above!

Q: My boyfriend wants to have sex with me when we go out on Sunday but I'm not ready for sex and I don't know how to tell him that.

A: It's important that you feel safe, comfortable, and ready when you decide to have sex. If you don't feel that you are ready to take that step, it might be helpful to talk to your boyfriend about how you are feeling. You could start by letting him know that you care about him and your relationship, you're just not ready to take those next steps yet. It's important that you don't feel pressured or coerced, and that you consent to any sexual activity that occurs within your relationship. 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.

Q: Hi I liked the presentation and am currently supporting someone with these problems and would like to know how else I could help

A: We are so glad that you liked our 7 Doses and that you reached out for support! While we can't force anyone to get help or leave a relationship if they are not ready, we can offer support and continuously check-in to make sure our friends know we are there for them. If you feel that someone is in immediate danger, call 911 or speak to a trusted adult as soon as you can. You can check out our website for some [resources](#) that you can use, and you can also share these resources with your friend. You can also share our number with your friend if they'd like to speak to someone anonymously, and we are also here for you if you'd like additional support, as well. We are here for you!

Q: I feel like I'm an outcast and don't belong because I'm gay and it's hard to feel like if I do have a chance to have a relationship. I feel scared to be myself in public what do I do. I personally don't like talking about relationships cause I know I won't.

A: We understand it can be difficult to feel comfortable being ourselves when the people around us aren't always the most accepting. However, we want to remind you that you are wonderful the way you are, and you deserve to freely be yourself. If you feel scared or unsafe at school or at home, it's important that you talk to someone you trust so that you remain safe and healthy. We encourage you to reach out to our Advocacy Line for individual support. We would really like to speak with you personally to help you out!

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Q: These lessons make me so incredibly anxious. I was raised and taught abusive behaviors. I have abused others and I'm terrified that's all anyone will see from me if I ever come clean. That they won't see how I change

A: We are sorry that our lessons made you feel anxious. We encourage you to take any necessary steps to protect yourself, and that might include stepping out of the classroom, putting your head down, drawing, or doing another activity that helps you cope if you feel stressed or anxious during the 7 Doses, or even during your other classes. We want you to know that you are not alone, and we are glad that you reached out for support. It's a great step that you have identified abusive behaviors in your own life, and that you want to change them. It is never too late to start treating others in more blooming ways. 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.

Q: I strive to be like you. You've helped me speak out about my abuse. I am eternally grateful.

A: We are so glad to hear that we have had such a positive impact on you! If you'd like to become more involved in BLOOM365, 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: I went on a date and I was manhandled the whole time. Is that a red flag?

A: If someone touches you or treats you in a way that makes you feel uncomfortable or unsafe, that is typically a red flag. It's important that you feel safe and comfortable, and that you consent to any touch from another person. 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. You can also find a list of red flags on [our website](#).

Q: I feel that my self-esteem in school has always been low because when I was first born until I was 4 I had hearing issues. This caused me to be behind in school and my social life too. I could barely understand what was going on back then. I even thought that I was going to be a failure in the future. Plus people over the years always put me down including my own parents through body language. So when I first started dating my ex I felt like I wasn't good enough for him because I wasn't "smart." I even told him my insecurities about school too. But I always asked him if he felt that I was smart. He kinda stuttered while saying yes. However, once we broke up about a year ago, he told me that I was stupid. That comment made me feel low and made me feel that I can't trust anyone to love anymore. I haven't been in another relationship ever since then.

A: We want you to know that you are not alone, and we are glad that you reached out for support. Thank you for sharing your story with us. Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. We encourage you to reach out to our Advocacy Line at the number above to talk more about your situation. If you are in danger or feel unsafe, call 911 or contact a trusted adult as soon as possible.