



# Elephant in The Room Q & A

Washington High School  
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><b>BLOOM365 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>Helpline Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p><b>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</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: How do you help someone who is in an emotionally abusive relationship but is used to being treated this way and does not see that they need help**

**A:** Thank you for reaching out with your question. Your question is an important one and a very common one, as well. 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. Providing continual support with that person 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. Sometimes, others are not ready to accept the help we would like to offer them. 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. Being there for someone who is navigating an abusive dynamic is one of the most supportive things you can do! If you need additional support, we encourage you to reach out to a trusted adult or a BLOOM365 Advocate at our Helpline number listed above.

**Q: How can I stop bringing past trauma into my relationship? I've seen so many people I love die and I get so scared when my bf does anything. I hate feeling controlling**

**A:** We want you to know that you are not alone, and we are glad that you reached out for support. It sounds like you've experienced a lot in the past, and now you want to look out for your bf. We encourage you to check out the [Blooming and Wilting flowers](#) to ensure you're acting out of agency and equity rather than power and control. It's great to look out for those around us, and we understand wanting the best for our partners. It's important to be mindful that our concerns don't turn into threats, intimidation, or any of the other elements of the "wilting" flower. You can also find a list of your rights and responsibilities within a relationship in your workbook. These include boundaries, safety, and freedom on both ends of the relationship. If you want 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: Is it bad to feel excluded and jealous when a friendship is one sided? What should I do when my friendships are one sided?**

**A:** Jealousy is a natural, human emotion—most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. When jealousy becomes unhealthy or abusive is when it is possessive, obsessive or controlling. If you feel safe and comfortable doing so, using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: "I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?" This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling

directly attacked. If you're unable to make changes in your friendship by communicating your feelings and needs using "I" statements, it might be helpful to consider if this is a friendship that you want to continue. You deserve to be treated with respect and all of the other elements we see in the [Blooming Flower](#) in all of your relationships and friendships. If you'd like to talk more about this or anything else, we encourage you to reach out to our Helpline at the number listed above. We are here for you!