



# Elephant in The Room Q & A

South Mountain 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](http://bloom365.com/resources)\**

<p><b>BLOOM365 Advocacy Line and Support Groups</b></p>	<p>Text or call a BLOOM365 advocate for free, confidential support.  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Advocacy Line Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></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 <a href="http://bloom365.org/peersupport">bloom365.org/peersupport</a> for specific dates and times.</p>
<p><b>Teen Lifeline</b></p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p><b>National Domestic Violence Hotline</b></p>	<p>1-800-799-SAFE (7233)</p>
<p><b>National Sexual Assault Hotline</b></p>	<p>1-800.656.HOPE (4673)</p>
<p><b>Suicide Prevention Lifeline</b></p>	<p>1-800-273-TALK (8255)</p>

**Q: Student**

**A: BLOOM365 Advocate**

**Q: Can I get Courtney's #?**

**A:** We'd be happy to connect you with Courtney if you reach out to our Advocacy Line between 3-9pm MST, Monday-Friday at the number above. Or, you can reach Courtney by email at [Courtney@bloom365.org](mailto:Courtney@bloom365.org).

**Q: I feel like no one really stays in relationships in high school it's usually a couple weeks.**

**Similar Q: Just don't get into a relationship in high school they're pointless, you're gonna break up over d\*mb stuff.**

**A:** Thank you for sharing with us. We recognize that high school can be a time full of changes, growth, and transitions, and sometimes relationships are part of that process, as well. Any relationship can be successful if both partners are willing to make the commitment and put in the effort! BLOOM365 supports healthy relationships stemmed in equality and freedom! Taking time to identify and reflect on your own deal makers/deal breakers and remembering WHY they are important is a great starting point. Relationships are great if both partners are willing to make it work and respect each other's boundaries and rights to equality, freedom, individuality, and safety. Finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship. If you'd like to talk through this further, please reach out to our Advocacy Line at the number above.

**Q: I'm tired**

**A:** Thank you for sharing with us. We encourage you to take some time to take care of yourself, both mentally and physically! If you'd like some resources or ideas for self-care, or if you're in need of someone to vent to, our Advocacy Line is open Monday-Friday from 3-9 PM (MST).

**Q: I've been in a toxic relationship and now I don't settle for less now. I know my worth because of him.**

**A:** Thank you for sharing with us. We are sorry that you experienced a toxic relationship, but we are very glad that you now know you are deserving of happy, blooming relationships. If you ever want to vent, or if you're in need of some resources for coping after a toxic relationship, please reach out to our Advocacy Line at the number above for free, confidential support.

**Q: I'm somewhat excited to do this :)**

**Similar Q: I look forward to hearing these doses**

**Similar Q: I normally hate bloom but this time I don't**

**Similar Q: This isn't going to be as boring as I thought**

**Similar Q: I'm excited to learn about bloom365.**

**Similar Q: This is pretty interesting**

**Similar Q: I think this program is pretty cool**

**Similar Q: You guys are great :)**

**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](http://www.bloom365.org). To get involved or for more information, please email [kathryn@bloom365.org](mailto:kathryn@bloom365.org).

**Q: I'm gay, how do I open up?**

**A:** That is entirely up to you. Coming out is when a person decides to reveal an important part of who they are with someone in their life. For many LGBTQ+ people, this involves sharing their sexual orientation and/or gender identity. 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 your life, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. Sharing a big part of who you are with other people can be exciting and tough. That's why The Trevor Project created the "Coming Out As You" guide (<https://www.thetrevorproject.org/wp-content/uploads/2017/09/ComingOutAsYou.pdf>.) We encourage you to check it out. This guide was designed to help you explore important parts of who you are. Inside you will find questions that many young people think about, and blank spaces to brainstorm how you might answer them. There is also the "Coming Out Constellation" that can help you organize your thoughts. After thinking it through you may decide not to come out – and that's ok too. Many people decide not to for different reasons. Remember, there isn't one right way to come out, and it's your choice. You can also write out the pros and cons you might feel about coming out.

If you'd like to talk about this further, please feel free to reach out to our Advocacy Line at the number above and we'd be happy to chat with you. The Trevor Project is also a great resource. They have a chat line, text support, and a 24/7 lifeline. They also have a support center on their website with a list of frequently asked questions and a social networking site for LGBTQ+ youth and their allies. Visit <https://www.thetrevorproject.org> for more information.

**Q: My name is \*\*\*\*\* my period is \* and I have \*\*\*\*\* ... I've experienced a lot, and I'm not afraid to share, you can call on me for nearly everything :)**

**A:** Thank you so much for reaching out! We truly appreciate your enthusiasm. If you'd like to be more involved with 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](http://www.bloom365.org). To get involved or for more information, please email [kathryn@bloom365.org](mailto:kathryn@bloom365.org).

**Q: I like cookies**

**A:** Cookies are great!!

**Q: Thank you for this :)**

**Similar Q: You guys did wonderful**

**A:** Thank you so much for your kind words and #blooming feedback! If you'd like to stay involved, contact [kathryn@bloom365.org](mailto:kathryn@bloom365.org) for more information!

**Q: I have a question: you stated that it's never the victim's fault, but I wonder that if in the case where the "victim" is pushing towards it who's fault is it. Two people are dating and one of them grew up being abused and they believe that love is being abused so they push their partner to abuse them, or they don't love them, so what then?**

**A:** We say that abuse is never the victim's fault because everyone deserves to have healthy and safe relationships. One of the root causes for abuse that we have been talking about is choice, and this applies to any relationship. Someone can always make the choice to not abuse.

Consent may look different for everyone, however, consent should look like FRIES:

- **Freely given.** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **Informed.** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic.** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

If you would like to talk to us further, please contact us at the number above.

**Q: A past significant other would pressure me to do things I didn't want to. And would brush me off when I was uncomfortable.**

**A:** We want you to know that you are very brave for reaching out for support and we are really glad you did. Nobody deserves to be forced or pressured into doing something they don't want to do, or to be abused in any way. When someone loves us, they treat us with kindness, respect, empathy, affection, and so many more great qualities that make us feel cherished. When someone loves us, they are willing to treat us with equality and freedom and not power and control. If you have experienced sexual assault or any form of abuse (bullying, emotional abuse, physical abuse, sexual abuse, etc.), we encourage you to talk to a trusted adult or a BLOOM365 advocate. We know that opening up about these situations can be really difficult, but it's important that you feel safe, and talking to a trusted adult or advocate can help you begin the process of healing. You can text or call an advocate at the number above for free, confidential support and a listening ear.

**Q: My friend once told me her boyfriend r\*ped her and took her virginity. She continued to be with him and he constantly beat her and r\*ped her and I would always offer help but she denied she needed any. I stopped speaking and hanging out with her. Does that make me a bad person? I think about it always.**

**A:** We want you to know that you are not alone, and we are very glad that you reached out for support. 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. Sometimes our friends are not ready to accept the help we would like to offer them. However, sometimes it can be tough for us to accept that they do not want our help. Although we do say that it is important to be there for your friend, it is also important to set up boundaries for yourself as well. We cannot help others, or ourselves, if we are feeling very worried,

anxious, irritated, angry, exhausted, etc. Strong, healthy relationships (including friendships) involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. Page 16 in your workbook explores your rights and responsibilities within a relationship. There's nothing wrong with setting a boundary when you're trying to support a friend who doesn't want your help, especially if their circumstances begin to negatively impact you. If you are concerned for your friend, we encourage you to reach out to a trusted adult in order to ensure your friend is safe. If you'd like to discuss this further, please contact our Advocacy Line at the number above for free, confidential support.

**Q: Have a good day today!! Smile it's always a good day! Being happy NEVER goes out of style**

**A:** Thank you for your kind and #blooming words!! :)

**Q: Did you guys go through teen dating abuse or just abuse and you guys started bloom365?**

**A:** Some of us have experienced or witnessed dating abuse or domestic violence in our own lives or the lives of our friends, while others have not. However, each and every one of us here at BLOOM365 is passionate about this work and believes that YOUR generation has the ability to UPROOT abuse! On [our website](#), you can read more about Donna Bartos, the founder and executive director of BLOOM365, and her experience with dating abuse.

**Q: I love dogs! I don't have anything to ask, or concerns, so I just want to make someone's day by involving doggos**

**A:** Thank you for brightening our day! We love doggos, as well.

**Q: How does everyone at bloom365 view insecurity and social acceptance?**

**A:** A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. One way we can stop this is by trying to encourage ourselves to take a moment every day to remember the things we love about ourselves (our strengths, aspirations, personality/physical characteristics, etc.). Writing these things down as well and having them easily accessible can help build our confidence. You can also watch the following video on daily affirmations: <https://www.youtube.com/watch?v=qR3rK0kZFkg>. Doing our own daily affirmation and spending time doing the things that make us happy can be helpful tools in building up our self esteem. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support.

**Q: I have a pretty healthy relationship with everyone**

**A:** We are glad that your relationships are healthy and #blooming!! If you feel that you need support or a non-judgmental space to talk, please reach out to our Advocacy Line on Monday-Friday from 3-9 PM (MST).

**Q: This is nice that you guys are in here doing this with us**

**A:** We are so glad to hear your positive feedback! We are here for you, your friends, and everyone whenever y'all need us. Our advocacy line information is above with some other amazing resources and organizations.

**Q: If your family member is putting you down? What should I do if I'm on a verge of breaking?**

**A:** If you are comfortable and feel safe to do so, you might consider talking to them using the communication tool we learned about in Dose 6- "I-Statements." Communication is a huge component of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel \_\_\_\_ (emotion) when you \_\_\_\_\_, can we please \_\_\_\_\_ (resolution)? Working on communicating more effectively may help you and your family to develop healthier relationships. Being proud of who you are can help you to have a healthy self-esteem, which can also contribute to healthy relationships and friendships. Remembering the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) and being proud of these things is something to be admired. Being proud of who you are is absolutely something we stand behind and try to encourage for all people! If you feel unsafe, we encourage you to reach out to a trusted adult such as a school counselor or a teacher to talk about what you're experiencing. For tips on coping and healthy ways to self-care, we encourage you to reach out to our Advocacy Line for free, confidential support.

**Q: Why these h\*es burnt out for?**

**A:** We are unsure what you are trying to say. Please feel free to text or call Advocacy Line to clarify what you mean. Advocates are available Monday-Friday from 3-9 PM (MST) to provide free, confidential support.

**Q: Candy tasted sweet!**

**A:** We are glad you enjoyed your candy!

**Q: I'm very sad because I don't got that new 2k20**

**A:** We are sorry that you are sad. We understand it can be disappointing to not have access to the newest or coolest games or fun things. It might be helpful to identify a few things that you normally do or have access to that are fun and enjoyable, and things that make you happy. If you'd like someone to vent to or if you need additional support, our Advocates are available at the number above for free, confidential support.

**Q: I feel like I know about all of this already, is there a test I can take or something**

**A:** We are very glad to hear that you already know how to #bloom! We would love for you to get involved! It is in the power of all of us to create and support a culture full of empathy, respect, kindness, equality, equity, consent, and peace. If you would like to volunteer, we have many opportunities. For more information on working or volunteering with BLOOM365, please contact [kathryn@bloom365.org](mailto:kathryn@bloom365.org)!

**Q: I'm not sharing anything to anyone in here.**

**A:** For some people, venting to a supportive friend or relative can definitely make a positive difference in how they feel. For others, they might not feel comfortable sharing all the time, and that's OK too! It's important to identify which coping strategies work for you when dealing with stress or life problems. If you need help finding coping strategies, or if you'd like an additional supportive person to vent to, our Advocacy Line is here for you!

**Q: I'm very hungry. Bring donuts. Why don't you guys bring us food?**

**A:** Unfortunately, food is a bit outside of our specialty. However, we encourage you to stop by our weekly Peer Support groups for some free snacks and #blooming fun! If you'd like to talk more, or for more information about our groups, please contact our Advocacy Line at the number above.

**Q: There was many red flags in my relationship**

**A:** Thank you for sharing with us. We hope that you are able to more easily identify red flags after completing our 7 Dose Bloom It Up Program. You can access a printable Red Flags list on [our website](#). If you or someone you know recognizes or is experiencing any of the top 5 risk factors on the red flags list, it's important to tell an adult you trust because you or someone else 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 from 3-9 PM (MST), Monday-Friday.

**Q: I need help**

**A:** We encourage you to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support. Our line is open Monday-Friday from 3-9 PM (MST). We are here to support you. If you feel unsafe or that you are in immediate danger, we encourage you to contact a trusted adult or 911.

**Q: Thank you guys**

**Similar Q: I liked the talk**

**Similar Q: I like you guys in this class**

**Similar Q: Today was a good lesson**

**A:** Thank you for listening! We hope you will learn a lot over the course of the 7 doses and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at [bloom365.org/volunteer](http://bloom365.org/volunteer) or email [kathryn@bloom365.org](mailto:kathryn@bloom365.org) for more information!

**Q: I'm experiencing teen dating violence**

**A:** We want to say thank you for reaching out, and please know that everything you've experienced was never your fault. A safety plan is a great tool for helping to determine practical ways to remain safe. Check out page 21 in your workbook or [our website](#) for some resources and a link to a safety plan template that can be helpful as you develop a plan. You can consider things such as: Who are the trusted adults in your life who you can go to or talk to? Who are the friends/peers who you could go to? What are some things you love to do? Where could you go quickly if you needed a safe place to go in an emergency? A BLOOM365 advocate can always help you create a plan. Feel free to text/call the number above for assistance!

**Q: Have you seen this one video that a male saved a woman from drowning and the woman sues him for r\*pe! Right after the guy saved her. Are you guys like feminist? Hate people like that. Another guy said hello to a woman and she got mad at him and wanted to call police.**

**A:** At BLOOM365, we believe that we all have the right to healthy and safe relationships. Although we will not be giving comments on what we believe individually, we can give you some data. A review of research finds that false reporting is between 2% and 10% (nrscv.org). The common cited figure holds that 5% of rape allegations are found to be false. However, this figure comes from studies done on college students. An estimated 95% of college students do not report their assaults to police (U.S. Justice Department, The Center for Public Integrity). Overall, an estimated 8% to 10% of women are thought to report their rapes to the police (RAINN), which means that we can infer that 90% of rapes go unreported. Only those rapes that are reported in the first place can be considered falsely reported, so that 5% figure only applies to 10% (at most) of rapes that occur. This puts the actual false allegation figure closer to 0.5%.

It's also important to respect the boundaries of others. Even if there are no bad intentions behind saying hello to someone, it's up to each individual person at what point they enforce their boundaries and what they are comfortable with. Harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If you or someone you know is facing harassment, we highly encourage you to text or call an advocate at the number above. If you'd like to discuss any of this further, our Advocates are here for you!

**Q: How are you doing?**

**A:** We at BLOOM365 are BLOOMing (Bringing Love On Others More, all the time)!

**Q: You guys did great today keep up the good work**

**Similar Q: This is pretty useful**

**Similar Q: Really like this**

**A:** Thank you for participating! 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! 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](http://www.bloom365.org). To get involved or for more information, please email [kathryn@bloom365.org](mailto:kathryn@bloom365.org).

**Q: The elephant is very cute**

**A:** Thanks! Our stuffed elephants actually came from a certain mall retailer where you can make your own stuffed animal.

**Q: I've been on and off with this boy for 3 years, he has hurt me many times, emotionally abused me, cheated, and lied many times, but I always forgive him. I know I have to leave because he's no good for me but for some reason I can't leave him.**

**A:** We understand that it can be hard to leave an abusive relationship. It is not your fault at all. It is not your fault if you are being abused. It is not your fault if you feel like you cannot leave. It is not your fault if you come back.

An abuser can sense that they're losing power and they will often act in dangerous ways to regain control over who they are abusing. It may be helpful to reach out to friends and family who you trust and tell them what is going on or what you need from them.



If you need help leaving the relationship or need support, please reach out to someone. You can reach out to family, friends, a trusted adult, or to a number listed above. Know that BLOOM365 Advocates are always here for you.

**Q: Don't have kids Similar Q: Don't have animals**

**A:** We do understand that you may not have any kids or animals. However, in an abusive relationship, it may be a reason why one may not leave. For example, one may be scared that the abuser may harm the animal or child(ren). One may not have the resources or help to care for or house their animal or child(ren) at another place.

**Q: My best friend is annoying how do I tell him to leave me alone**

**A:** Communication is an important part of healthy relationships, including friendships. It may be helpful to utilize the communication technique called I-Statements. For example: Saying something like, "I feel \_\_\_\_\_ (emotion) when \_\_\_\_\_ (situation), can you/we please \_\_\_\_\_ (solution)?" 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. This prevents them from feeling like they need to defend themselves and allows for more effective communication and empathy. It is important to remember that you and your friend both have the right to set boundaries and the freedom to choose who you spend time with. Ultimately, talking about how you feel and helping your friend gain an understanding can help you both get on the same page about your friendship. If you'd like to talk more about this situation, please reach out to our Advocacy Line on Monday-Friday from 3-9 PM MST.

**Q: Why does abuse get to us/our friends?**

**A:** There are a number of root causes that we explored during Doses 3 and 4 for why someone might choose to use power and control over someone else. Some people may be abusive to their partners because they were exposed to violence in their homes as a child and taught that this behavior was normal or okay. Rigid belief in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom. BLOOM365 and the Bloom It Up program exists so that teens like yourself have the skills and knowledge of how to build and grow healthy relationships, in addition to the tools of what to do when you experience or witness any form of power-based violence (bullying, teen dating abuse, domestic violence, etc.). If you'd like to discuss this further, please reach out to our Advocacy Line at the number above for free, confidential support!

**Q: What if you really love the person and the love is too much to leave them? You help each other mentally, physically, and emotionally, but you also hurt each other emotionally. Is it normal in relationships? Should I be overthinking it?**

**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. Healthy relationships involve both partners respecting the rights of the other. 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 and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. If you feel that your relationship might be unhealthy, the red flags checklist in your workbook or on [our website](#) can be a useful tool to evaluate your relationship and identify red flags. Feel free to contact an Advocate at the number above if you'd like to discuss further!

**Q: Why are we doing this?**

**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: Can girls abuse guys?**

**A:** Abuse knows no bias. Anyone can be abused by anyone. Although it is not as common in reported cases of abuse, there are girls that do abuse guys.

**Q: Is it still abuse if the person likes being choked?**

**A:** Consent may look different for everyone, however, consent should look like FRIES:

- **F**reely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **R**eversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **I**nformed. You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **E**nthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **S**pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

It's important to remember that consent must be given/received every single time. If you would like to talk to us further, please contact us at the number above.

**Q: Scared of overdosing on bloom. I'm scared of elephants**

**A:** If at any time you feel uncomfortable, please let one of the facilitators know. We are happy to help in what ways we can.

**Q: What if you're being abused in your dreams. Should you tell an adult?**

**A:** Although we are not sleep psychologists, or experts in the area of sleep, we encourage you to talk to an adult you trust about this.

**Q: What does bloom do to help society?**

**A:** BLOOM365 stands for Bring love On Others More, 365 days a year. We believe that everyone deserves safe and healthy relationships. What we do is “combine public health framed education with peer to peer advocacy and activism” (BLOOM365.org). That means that we educate others on what healthy and safe relationships are, what are the red flags of an abusive relationship, how to get out of an abusive relationship, and we also provide ways in which youth can be heard. We do this with our support groups, our Advocacy Line, Peer Advocate Crews, and so much more. To learn more, I suggest you visit <https://www.bloom365.org/mission>.

**Q: Why is Riverdale even a show?**

**A:** Although determining why Riverdale is a show is out of our expertise area, a quick search led me to believe that Riverdale is based on Characters by Archie Comics.

**Q: Life is not as easy.**

**A:** We understand that we use basic situations. We understand that life is not as easy as drinking water. However, we hope that you use and learn what we are saying in your own way. It may not necessarily be that you notice it in your own life, but maybe in a friend’s. If you would like to, we are always here to answer questions. Our contact information is at the top of the document.

**Q: I find it very attractive when a masculine, empathetic, and smart guy is vulnerable. It’s hot lol especially if they’re funny**

**A:** Thank you for sharing with us. We hope you learned a lot from the 7 Doses and continue to integrate blooming characteristics into your life!

**Q: Great jobs you did very good all alone**

**A:** Thank you for the #blooming compliment!

**Q: I really don’t want to do the creative project**

**A:** We are sorry to hear this. Although we typically say that the creative projects are not mandatory, it seems as if your teacher will be grading them. Although we hope that you complete a project, we cannot force you to complete it.

Also, remember that the project only has to relate to the material that we have said. It can be in any type of medium. Want to make a song, do that. Like to write? write. Draw? Draw. It is up to you how you create your project.

**Q: Ever since I follow positive pages, my mindset is now positive and growing.**

**A:** Thank you for taking the time to share this with us! Having a positive surrounding can be very beneficial to our mental and physical state. We encourage you to continue to surround yourself with positive, blooming media! We believe your generation can help make this the norm.

**Q: Do you know what teen dating violence is?**

**A:** We define being in an abusive relationship as being verbally, emotionally, or physically controlled or hurt by their partner. By preventing teen dating abuse before it starts, we at BLOOM365 believe that it

will help to assure the prevention of domestic abuse and sexual violence for you and your generation, and all who come after.

If you or someone you know is experiencing teen dating violence, we encourage you to reach out to a trusted adult or a BLOOM365 Advocate to ensure the safety of those involved. If you are confused with any of the terms we use, or if you'd like additional clarification, please feel free to reach out to our Advocacy Line to discuss this further. We are here for you!

**Q: How can we stop being controlled by family? (Never going out, I don't have things that are actually mine, doing too much than I have to, being sexist, put down for who you are, what I should wear)**

**A:** If you are comfortable and feel safe to do so, you might consider talking to them using the communication tool we learned about in Dose 6- "I-Statements." Communication is a huge component of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel \_\_\_\_ (emotion) when you \_\_\_\_\_, can we please \_\_\_\_\_ (resolution)? Working on communicating more effectively may help you and your family to develop healthier relationships. Being proud of who you are can help you to have a healthy self-esteem, which can also contribute to healthy relationships and friendships. Remembering the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) and being proud of these things is something to be admired. Being proud of who you are is absolutely something we stand behind and try to encourage for all people!

If you do not feel safe, we encourage you to reach out to a trusted adult such as a teacher, a school counselor, or a BLOOM365 Advocate as soon as you feel comfortable enough to do so. A safety plan is a great tool for helping determine practical ways to remain safe. If you are not currently experiencing an abuse, it can still be helpful to have a plan outlined in case you ever experience a situation where a plan is necessary. Check out page 21 in your workbook or on [our website](#) for some questions that can be helpful as you develop a plan. You can consider things such as: Who are the trusted adults in your life who you can go to or talk to? Who are the friends/peers who you could go to? What are some things you love to do? Where could you go quickly if you needed a safe place to go in an emergency? A BLOOM365 advocate can always help you create a plan. Feel free to text/call the number above for assistance!

**Q: I like this class so much, but I don't speak English at all, and I want to learn a lot of things**

**A:** Thank you for reaching out to us! We want everyone to have a quality 7-Dose experience, and we apologize if you've experienced a language barrier with our facilitators. They have been made aware that some students might require additional assistance due to language concerns, so please feel free to let a facilitator know if you need help or clarification at any point and we will do our best to accommodate! If you'd like clarification on anything from the Doses, or if you need support, please reach out to our Advocacy Line at the number above.

**Q: My mom tells me that I can't have the appearance that I have, and she doesn't support me being a tomboy (she follows society's rules)**

**A:** Remember that you are not to blame, nor should you be expected to carry the solution all on your own. You can contact us at the number above if you need or want to. We understand that not all people are the same and act or dress the same. However, it can be hard for some folks to understand, due to their own upbringing, pressure from their surroundings, or other barriers.

What you can do, is try to understand that the same strong feelings you have about how you need to present yourself and to behave yourself, your mother may have about what you should behave like, irrespective of any justification for those feelings. It has to do with bridging a generational gap and that can be hard to do.

Focusing on the things we love about ourselves can be one helpful way to build your confidence. A lot of times, other people and our society focuses on the things we are insecure about and things we wish we could change about ourselves, and also things *they* wish they could change about *us*. We 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. We recommend watching the following video on daily affirmations: [Jessica's Daily Affirmations](#). 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, even when those closest to us might agree with it.

**Q: Sorry for not being here I was sick**

**A:** We are glad that you are back, and we hope you are feeling better! If you have any questions about anything you missed during the Bloom It Up program, feel free to reach out to our Advocacy Line at the number above.

**Q: What's the point of y'all being here this don't teach nun important**

**A:** Many people are not aware of how significant of an issue these things are, and it can often be considered a "taboo" subject because it's not always comfortable to talk about. At BLOOM365, we hope to change that. In our own efforts, we have a middle school Bloom It Up program that is currently going through its pilot phase. We also have an elementary version of Blooming friendships in the works. By sharing what you have learned and being a positive role model for younger generations, you have the opportunity to be someone who creates real change in society!

**Q: Well right now I'm dating this guy and to be honest I love him so much but I don't really wanna be in a relationship rn I don't know what to tell him**

**A:** Communication is an important tool we can use to help end a relationship on good terms. For example, "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." By communicating our desires and reasoning for wanting to end a relationship, we can give each other closure to move on and hopefully grow from our experience. Closure is an important part of healing and moving forward with our lives.

**Q: Why does Donkey from Shrek know how to talk?**

**A:** Although determining why a fictional characters can talk is out of our expertise area, it seems like Shrek is a fictional story where animals can talk and fairytales are “real”.

**Q: How can I help a friend being abused at home?**

**A:** We want you to know that you and your friend are not alone, and we appreciate you reaching out for support. We appreciate you being a concerned friend! When we talk about helping our friends, it’s important we remember that we cannot force people to get help as that decision is ultimately up to them and even though we may have our friends best interest in mind, we want to ensure we are not attempting to use power and control in our efforts to help our friend. What we can do is be there to listen to them and provide support. If you look on page 19 in your workbook or on [our website](#), you can find a “How to Help a Friend” list. Even if your friend hasn’t necessarily experienced teen dating abuse, this list can still provide some helpful tips on how to start a conversation with them. We cannot make people get help if they do not want to, but we can help our friends feel supported. The most important thing we can do in these situations is let our friends 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 believe your friend is in serious danger, it’s important that you reach out to a trusted adult or 911 to ensure the safety of your friend. It also might be helpful to share with your friend the “10 Ways to Reach Out for Help” list on page 22 of your workbook (or at [bloom365.org/resources](http://bloom365.org/resources)).

**Q: Getting some self-esteem can be a little challenging for some people who have been bullied since 2nd grade and for people who deal with depression**

**A:** We agree. Life can get challenging. Sometimes, trying to build self-esteem, especially if someone has gone through trauma or who has not had support, can be hard. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn’t fixed. It can change, depending on the way we think. Once you’re aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

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. Aim for effort rather than perfection because you’ll never be perfect, but you should be content with at least having had tried. 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, eat well, and sleeping properly.

If you would like to talk with a BLOOM365 advocate, feel free to reach out to the number above, our Instagram, or through our website.

**Q: Speak more on bullying, and people harming themselves and others. No one should have to go through this**

**A:** Abuse can occur in all types of relationships-- Whether that comes from a friend, family member, or dating partner. Oftentimes in an unhealthy or potentially abusive friendship, we see this play out

through bullying. When one friend holds more power and attempts to control the other through verbal, emotional, or physical abuse or violence, this friendship is likely wilting. We strongly encourage you to surround yourself with positive, supportive people. Healthy relationships and friendships are stemmed in equality and freedom and exhibit the words shown in the center of the blooming flower such as: Respect, Communication, Kindness, Honesty, and Encouragement. If your friends are bringing you down, humiliating you, or trying to control you anyway, please know you are not alone. At BLOOM365, we believe that everyone is deserving of healthy, blooming relationships. If you'd like to discuss this further, or if you have additional questions, you can always reach out to a BLOOM365 advocate at the number above for free, confidential support and a listening ear.

**Q: Why do teachers care? We aren't their children. So why do they say they care?**

**A:** That is a good question. Although I cannot say why teachers care because I am not one, I can say that people have reasons why they choose their professions. For a lot of us at BLOOM365, we are involved because we want to see a world free of abuse and we care about those who need support. In the case of teachers, some of them become involved because they care about education and the students they are working with. Some teachers want their students to succeed and are committed to helping them achieve their goals. Moreover, teachers care about their students' happiness, well-being and life beyond the classroom. If you have any questions, don't be afraid to ask your teacher.

**Q: What's Katie's law?**

**A:** The following information can be found on: <https://kaitysway.org/kaitys-korner/#kaitys-law>

According to the Kaity's Way website:

Kaity's Law was enacted on September 30, 2009.

Kaity's Law is an act amending Arizona revised statutes; 13-3601 relating to domestic violence.

It allows those in Dating Relationships (Romantic or Sexual in nature) Protection under the law.

What kind of protection?

-Law Enforcement with or without warrant may arrest the individual that committed the offense

-An Order of Protection can be obtained

-Firearms can be confiscated

-Law Enforcement shall provide certain information to the victim

-Information about an OOP or IAH

-Emergency Telephone number for local police

-Telephone numbers for local community resources

-3 Strikes – A 3rd conviction under this law should be a felony

This law in Arizona allows those in dating relationships the same protection under the law as those who live with, are married to, blood related, or pregnant by an abusive partner.

There is another Law called Katie's Law. According to [dnasaves.org](http://dnasaves.org), Katie's Law, also known as the Katie Sepich Enhanced DNA Collection Act of 2010, is a federal law to provide funding to states to implement minimum and enhanced DNA collection processes for felony arrests. The bill is named after Katie Sepich, who was brutally attacked outside of her New Mexico home in August 2003 ([dnasaves.org](http://dnasaves.org)).

**Q: What is love?**

**A:** Love is one of the core characteristics of a healthy, blooming relationship as seen in the Blooming Flower. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is an important first step before entering into dating or a committed relationship. To you, love may mean that the other person shows affection often. To someone else, it may mean that their partner is always encouraging them to do the things that make them happy. Each person has their own love language, and understanding both our own and others' love languages can assist us in how love is expressed. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well. For more information or to talk more about this, we encourage you to reach out to our advocacy line at the number above.

**Q: Hi my friends**

**A:** Hey there!!

**Q: Have a great weekend!**

**A:** Thank you! We hope you have a fun, safe, #blooming weekend, as well!

**Q: I have really low self-esteem sometimes I just judge myself and put me down**

**A:** 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. Reach out to us whenever you need to. We will try to respond as soon as we can. We are always here, Weekdays, 3pm-9pm (MST).

**Q: Courtney's really pretty!!**

**A:** We will be sure to pass along your #blooming compliment! :)

**Q: I didn't realize how much I love myself... yet I'm in this one "talklationship" where we're trying to do things right, but he's on a social detox ig. Not really though 'cause he still talks to a few friends but still. I feel like I deserve better but idk! Like idk if I wanna leave him yet**

**A:** We are glad to hear about your self-love!! We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. Looking at the Blooming and Wilting flowers can help you figure out what type of relationship you currently have. 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. 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? Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You can find a list of red flags on [our website](#). If you'd like to



discuss this further or for additional support, please reach out to our Advocacy Line at the number above. If you feel unsafe or that you are in danger, contact a trusted adult or call 911 as soon as possible.

**Q: Nice activity**

**Similar Q: Thank you for teaching us all this and the talk. You are a role model**

**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 don't like being reminded about my problems (dose 5 activity) and I don't like this anymore**

**A:** We are sorry you feel this way. If at anytime you feel the need to exit the room, let our facilitators know or talk to them before/after class. If you would like to, you can also reach out to our advocacy line (info listed above).

Dose 5 talks about self-esteem and can bring up thoughts or trauma that we would not like to feel at that time. Our goal with Dose 5 is to boost self-esteem. 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. If you would like some additional tips, or would like to go through some with us, feel free to reach out.

**Q: Call me**

**A:** Feel free to reach out to us if you need/want to. Our information is above.

**Q: like to skate**

**A (Avi):** I love to skate as well! Skating can be a good way to relieve stress, exercise, and feel like we can fly. Maybe you can start an awareness event or campaign dealing with skating. Feel free to reach out to us or join a Peer Advocate Crew!

**Q: When you said where our insecurities come from mine comes from my family they are emotionally abusive they call me fat and that makes me feel bad about myself. My siblings are all skinny and I'm the only one that looks different**

**A:** We are sorry this is happening to you. We are here for you when you need someone to talk to. Our information is above.

Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. A lot of times our society, and sometimes our families, 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. Building good self-esteem can take a long time and is not always easy. But,

knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

Again, we are here for you when you need us. Feel free to reach out. Our information is listed at the beginning of the document.

**Q: I feel you guys have really impacted my life <3**

**A:** We are glad you feel that way. Remember, we are here when you need us.

**Q: It's nice to see other people's opinions and learn about how social media can change your mindset**

**A:** I can be really useful to see other people's opinions, when we agree with them or not. We are glad that you were able to see another person's views and learn from them.

**Q: My name is \*\*\* I'm here again. I don't eat breakfast**

**A:** Hi there. Although we understand that many of us have different lifestyles, WebMD says that "a healthy breakfast is a key start to the day." According to them, we think and perform better in school, and it supports our well-being in many other ways. If you are having trouble receiving a healthy breakfast, please feel free to reach out to us or to a teacher you trust.

**Q: Can a toxic relationship relate to an abusive relationship (whether it's friendships or romantic)**

**A:** Any relationship, whether it's between family members, friends, or romantic partners, could potentially be toxic or abusive, but each relationship could also be healthy and blooming. Each individual can make the deliberate choice to have relationships based in equality and freedom. Galia Godel, a Philadelphia-based sexuality educator, explains that: "we don't have a clear breakdown as to what constitutes as toxic behavior, and what constitutes as abusive behavior. It's often ambiguous, even to the people involved, and usually comes down to a gut feeling – if the damaging behavior is just how a person is, we call it toxic behavior. If a person is making the conscious choice to behave in damaging ways, we call it abuse. But how can we tell which is which? The shortest possible answer is that toxic relationships are about disproportionate action/reaction cycles and abuse is about control." (Godel, 2018). For more information on the subtle differences between toxic and abusive relationships, you can read more [here](#). We recognize that this material can be confusing, and we encourage you to reach out to our Advocacy Line if you have any questions or if you'd like to talk through anything. We are here for you!

**Q: My brother doesn't realize he married a girl who's in power and control. I don't think he would understand it if he did know. Now he's "gaslit" and doesn't want to see us-- he wants to make her happy... her "happy" is us out of the whole picture. I miss him a lot.**

**A:** We are glad you reached out for support. During the Bloom It Up program, we explored the many barriers to leaving an unhealthy or abusive relationship (things like fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your workbook or on [our website](#), you can reference the "How to Help a Friend" list to start a conversation with your brother. You can also tear

out the extra red flag checklist in your workbook and talk to your brother about why you are concerned, being really mindful to come from a place of support and not judgement. You can encourage them to reach out to BLOOM365, but recognize that we cannot force someone to seek help or leave if they are not yet ready. If you are seriously concerned for their safety, we encourage you to tell a trusted adult or BLOOM365 advocate. If you'd like additional support, you can reach out to us on our Advocacy Line at the number above. We are here for you!

**Q: What if you're being abused within the family? Like sexual abuse but by a pedophile uncle or something. How do you get out of that?**

**A:** This is a very serious situation, so if you or someone you know is experiencing this, we encourage you to talk to a trusted adult in your life such as a school counselor, another family member, or a BLOOM365 Advocate as soon as you feel comfortable so that we can ensure the safety of those involved. A helpful resource to utilize when in a situation like this is a safety plan. You can refer to the Safety Plan in your workbook or on [our website](#), or you could check out the [myPlan App](#) for creating a safety plan. Please know that free, non-judgmental, anonymous support is also available if you text a BLOOM365 Advocate at the number above. We can assist you in creating a safety plan or identifying helpful resources for your individual situation. If you or someone you know is in immediate danger, please call 9-11.