



Elephant in The Room Q & A

Coronado 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>BLOOM365 Helpline</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Helpline 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>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>

***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: I felt like the girl was acting like an idiot, saying “if you don’t wanna get stabbed in the neck, wear a turtleneck”

It can feel very frustrating when we hear victim blaming statements like that. Victim blaming is when the survivor of harmful or abusive behavior is blamed for the experience happening to them. Victim blaming can make it very hard for survivors to speak up about their experiences or get resources. It is important that we call out victim blaming statements like the one you heard so that we can create safe environments for everyone, but especially survivors. Thank you for recognizing the harmful sentiments behind that statement!

-Jealousy is like being mad at something you don’t like seeing so you get mad & do petty things.

Thank you for sharing your perspective of what jealousy is! Jealousy can certainly lead us to feeling mad and behaving in ways we might not usually. 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. We should consider whether the relationships we have currently are built on trust and respect. If we don’t have a trustworthy partner or friend, that could lead us to be jealous. Jealousy is an emotion that with self-reflection and addressing it, can be expressed in healthy ways.

-I don’t think controlling your partner is a bad thing bc, if you don’t, they will think they can do whatever they want

Thank you for sharing your perspective with us. It can feel difficult when we feel as though our partners aren’t being considerate about how their actions may impact us. It could be helpful to take some time to think about what makes a Blooming relationship and how we can create that within our own relationships. In your workbook, you can find a list of your rights and responsibilities within a relationship. This list includes equality, which is important in making decisions together, as well as freedom, which is important for having opinions, expressing your feelings, and choosing activities. Blooming relationships are built off agency and equity, where both parties feel equal and free to make their own decisions. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. If you’d like to talk more about this, we encourage you to reach out to our Helpline at the number listed above. We are here for you!