



# Elephant in The Room Q & A

VH Lassen Elementary School  
7th Grade  
Spring 2022

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

<p><b>BLOOM365 HelpLine</b></p>	<p><b>For free, confidential support:</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p><b>Teen Lifeline</b></p>	<p>For free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.  <b>Call and Text Crisis Line: 602-248-8336 (TEEN)</b>  <b>Outside Maricopa, Call: 1-800-248-8336 (TEEN)</b>  <b>Our hours are: Call 24/7/365   Text weekdays 12-9 p.m. &amp; weekends 3-9 p.m.   Peer Counseling 3-9 p.m. daily</b></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>

**\*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: Is this sex ed class? Someone told me that**

**A:** BLOOM365 does not provide sex education, so this is actually not a sex ed class. However, we do offer tips and support for navigating unhealthy relationships and creating healthy relationships with others. We also have amazing advocates that can offer support, resources, and information if you reach out to our HelpLine number listed above. If you would like to learn more about BLOOM365 and our services, please feel free to reach out to our advocates or visit our website at [bloom365.org](http://bloom365.org).

**Q: The parent will give them a lecture and they'll tell you can't see them anymore**

**A:** It can be a tough situation to be in when our parents do not approve of who we are seeing. If you would like to talk more about this, please feel free to reach out to our advocates at the numbers above.

**Q: I don't want to live**

**A:** We are so sorry to hear that you are having these heavy feelings. We are so glad you reached out to us. Please know that help is available when you are ready to talk about these thoughts and feelings. If you want to talk to someone about this, we encourage you to reach out to TeenLifeline or the National Suicide Prevention Hotline at the numbers listed above. You can also reach out to our BLOOM365 Peer Support HelpLine for additional resources or just to vent. We are here for you!

**Q: "You're a man just bottle it up."**

**A:** What you just shared is a great example of an unhealthy gender norm. An unhealthy gender norm is a rule or belief about how certain genders should behave. 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. We can engage in productive conversations that break down some of these unhealthy gender stereotypes to work together for justice and equity!

**Q: I don't think I can live anymore but I put a smile on every day because I don't want everyone to ask are you OK or are you fine so I put a smile on.**

**A:** We are so sorry to hear that you're feeling such intense and heavy emotions. Thank you for trusting us with how you feel and we are glad that you did. You are not alone and if you are experiencing depression

or extreme feelings of loneliness, sadness, or despair. It can be challenging to ask for support when we're experiencing heavy emotions or tough times. If you need support or you're having feelings of wanting to end your life, we strongly encourage you to reach out to TeenLifeline by calling/texting 602-248-8336 (TEEN) or 1-800-248-8336 (TEEN) if you are outside of Maricopa. You can also reach out to the National Suicide Prevention Lifeline by calling 1-800-273-8255 for 24/7 support. If you'd like to talk more about how you're feeling or even ways to reach out for help, feel free to contact a BLOOM365 Advocate at the HelpLine number listed above. We can provide free, confidential, non-judgmental support and a space for you to vent, if needed. We are here for you!

**Q: I respect others and I am safe**

**A:** Thank you for sharing this #BLOOMing affirmation with us!

**Q: It won't bloom I won't bloom**

**A:** We are sorry to hear this. We understand it can take time and hard work to create more healthy, blooming relationships. BLOOM365 is here to support you in doing this! If you'd like to talk more about anything you heard in the 7-Doses or any other questions you may have, we encourage you to reach out to our HelpLine at the number listed above.