



Elephant in The Room Q & A

Save the Family
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)</p> <p>Advocacy Line Hours of Operations: 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. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</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>National Human Trafficking Hotline</p>	<p>1-888-373-7888</p>
<p>Crisis and Suicide Prevention</p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255) Crisis Text Line: Text TALK to 741741</p>

Q: Student

A: BLOOM365 Advocate

Q: Can abusive people change their ways?

A: It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! The first step is recognizing the problematic behavior and deciding they want to change. Reaching out to a trusted adult, such as a teacher, school counselor, or a BLOOM365 advocate, is a great way to find someone who can help them identify what behaviors are harming themselves and others so that they can change them into healthy behaviors. For free, confidential, non-judgmental support, feel free to reach out to our Advocacy Line at the number above.

Q: Is gay even okay? Once your in a relationship like they still do it from divorce?

A: There is nothing wrong with being gay. At BLOOM365, we believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. We are unsure what you are asking in the second part of your question, but we encourage you to reach out to our Advocacy Line for clarification! We'd really like to talk with you and answer any questions you have.

Q: What does being in a relationship do for you? Does it give you a feeling of relief?

A: Being in a relationship might serve different purposes for different people. Some might find relief in their relationship, as well as companionship or understanding. There are many reasons why people choose to be in relationships. 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: Is it ok to be in LGBTQ+ relationship? What do people think of you if you are in the LGBTQ+ community?

A: Yes, it is totally ok to be in an LGBTQIA+ relationship. There are many people who support the LGBTQIA+ community, and others who are not as open or supportive. At BLOOM365, we believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. 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. For additional information and resources, you could also check out <https://onenten.org>, an organization dedicated to empowering and serving LGBTQIA+ youth located right in the Phoenix area.

Q: Should I be worried for my sister who is part of the LGBTQ+? Should I help her? Should I start looking into ways to help her?

A: It depends what you are worried/concerned for. It is difficult to answer this question without context. We encourage you to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support. We'd really like to talk with you to clarify any questions you have and to ensure everyone is safe.

Q: Could the person do something worse by dating an ex wife?

A: We are unsure what you are asking. We encourage you to reach out to our Advocacy Line at the number above to provide clarification so we can help you out and try to answer your questions.

Q: Can I help others give consent? If so, how much of it can I give?

A: Consent is only given by the individual who grants it. Otherwise, it is coercion if you are trying to force someone to give consent. Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals. 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 learn more about the difference between consent and coercion, or have any other questions, feel free to reach out to a BLOOM365 advocate at the number listed above.

Q: Is it ok for a girl to dress like a boy?

A: It is okay for anyone to express who they are, or who they want to be. At BLOOM365, we believe that everyone has the right to express themselves in the way they would like to. There isn't one right way to dress, and it's your choice on how you want to dress. If you'd like to come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or oneten.org. You can also always reach out to a BLOOM365 Advocate at the number above to talk or text with for more support or if you have any questions.

Q: How do I learn to love myself?

A: Focusing on the things we like about ourselves individually can be one helpful way to love who we are as we are. Building self-love can take a long time and is not always easy. But, knowing that you want to learn how to love yourself and that you can improve is the first step. 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 like and 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: How do ask for help on being overwhelmed with people finding out that I'm in the LGBT Community?...

A: Coming out isn't always easy. You are valid and deserve support no matter who you do or do not share your identities with. Remember, there isn't one right way to come out, and it's YOUR choice. When thinking about someone who can support you, or someone you can ask for help, think of someone who would support you no matter what. Who do you feel safe with? Who do you feel comfortable sharing about your life with? Who in your life has your back no matter what? Who in your life builds up your confidence? The supportive people in your life could be: Real-life and online friends, classmates, teachers, counselors, doctors, co-workers, family members, caretakers, parents, siblings, cousins, neighbors, etc.

Unfortunately, coming out doesn't always go according to our hopes and plans. If people don't react the way you wish, it does not reflect on the realness of your identity, and it is not your fault. You deserve to be accepted with open arms, care, and love. Your safety and well-being are of the utmost priority. [The Trevor Project](#), [One-N-Ten](#), [BLOOM365](#) and many other organizations are here for you if and when you need help.

Q: because of today, I'm glad that I already try to watch what I post or say.

A: We are glad to hear this. We want to see a future, a near future, where empathy, respect, equality, kindness, consent, safety and peace are the standard in every relationship, school, home and institution. We are glad you use social media in BLOOMING ways! Thank you!

Q: You should not post bad things on social media! (protect yourself)

A: Social media is a great place, no matter who you are and what culture you come from, to share messages that are BLOOMING with empathy, respect, equality, kindness, consent, safety and peace. We are glad that you want to share the message of being BLOOMING on social media!

Q: Why do people look people in the LGBTQ community? Are we a disgrace?

A: The LGBTQ+ community is not a disgrace, and we are sorry if anyone has made you feel otherwise. If you'd like to talk more about this or any other topics, we encourage you to reach out to our advocacy line at the number above.

Q: Can people be in LGBTQ+ without hate? Can we just be who we want and on support us?

A: Unfortunately, we can't control the actions of other people. The good thing is that we can take charge of our actions, and make the best decisions we can to ensure we stay safe, healthy, and supported. At BLOOM365, we believe that everyone is deserving of healthy, blooming relationships. For additional support or resources, feel free to reach out to our advocacy line at the number above.