



Elephant in The Room Q & A

Charleroi High School (DVSSP)

March 2022

**This document can also be accessed at <https://www.bloom365.org/faqs>

Resources:

For additional resources, please visit [bloom365.org/resources](https://www.bloom365.org/resources)

<p>BLOOM365 Peer Support Helpline</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</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>Domestic Violence Services of Southwestern PA (DVSSP)</p>	<p>24/7 Hotline www.peacefromdv.org/hotline WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500</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: How do I know when the right time to cut someone off from my life, I seem to cut people off if we get too close

A: We want you to know that you are not alone, and we are glad that you reached out for support. You are the expert in your life, so only you know the best time to cut someone out of your life. We encourage you to utilize the “deal-breakers” and “deal-makers” list from Dose 1 to determine which characteristics, behaviors, belief systems, or other qualities that would cause you to end a friendship or relationship. We also encourage you to utilize the [Blooming](#) and [Wilting](#) flowers to help determine if your relationship or friendship is healthy or unhealthy. If you’d like to talk more about this or any other questions you may have, feel free to reach out to a BLOOM365 or DVSSP Advocate at the numbers listed above. We are here for you!

Q: Why is it so easy to fall in love with someone?

A: When you spend time with someone and get to know them, it can be very natural and easy to develop feelings for that person. There’s nothing wrong with falling in love! However, sometimes when we feel deeply for someone, it can be hard to look at a person or situation clearly. It can be helpful to take some time with yourself to think about what you want within a relationship. Going over the “deal-breakers” and “deal-makers” list from Dose 1 to determine which characteristics, behaviors, belief systems, or other qualities could also be helpful. If you have any other questions, feel free to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above!

Q: They all laugh about abuse like it’s normal. Talk about abused gay kids. This school isn’t safe

A: Those can be such harmful and scary things to hear. We are really sorry to hear that school isn’t feeling like a safe place. Everyone deserves to feel safe at school. If there are trusted adults at your school, we encourage you to reach out to them for support and to ensure everyone’s safety. BLOOM365 and DVSSP advocates are also here to offer support, please feel free to reach out to us at the numbers above. You are not alone!

Q: This doesn’t go with the lesson but today I was at my bus stop and this wacky creepy car turned my way and then went up the hill. And it was going really slow, and it scared me because I thought he was going to turn around and he did. I backed up into the grass and picked up a rock incase he was gonna get me. He looked at me, and was staring and then drove away. I dropped my rock and grabbed my phone.

A: That sounds like a terrifying experience! We are so glad that you are safe! If you’d like additional support, we encourage you to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above.

Q: I make characters based on symbolism of what I envy due to harsh norms and how I grew up with people hating me for being “different.” I’m always the mature one in any situation because I’ve been through so much that I’m practically numb/emotionless. Thank you for educating people :)

A: Thank you for your kind compliment! It’s appreciated and valued so much! We are also so sorry to hear that you have experienced such hurtful behavior from others because of your differences. You did not deserve that and your differences are worthy of being accepted and celebrated. We encourage you to find coping skills or supportive people in your life that you feel safe talking about your experiences with. Our BLOOM365 and DVSSP advocates are here to offer you any support you may want or need, also - you can find us at the numbers above.

Q: What could I do for my friend to help protect him from the toxic relationship he was in. to help him get out of the woods

A: Thank you for reaching out with this question. It sounds like you really care for your friend! When it comes to supporting our friends that are in toxic or abusive relationships, it’s important that you prioritize your own safety first and foremost. If you feel the situation is unsafe, dangerous, or just too much for you to handle, we encourage you to reach out to a trusted adult or 911, if needed.

It can be helpful to take a moment to acknowledge and understand the barriers that make leaving an abusive or toxic relationship difficult. Think of these barriers as hooks—it’s not easy to un-hook them all at once. It can be difficult to leave an abusive relationship, especially when there is hope that the abuser will change or eventually stop. It’s important that we don’t blame the victim. In your workbook, you can reference the “5 Ways to Help a Friend Going Through Dating Abuse” to start a conversation with your friend. You can also tear out the extra red flag checklist in your workbook and talk to your friend about those red flags and why you are concerned. 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. The most important thing we can do 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. We also encourage you to take care of yourself through this process. Self-care is super important for you as you help your friend navigate this situation. If you or your friend would like to talk more about this, please feel free to reach out to a BLOOM365 or DVSSP advocate at the numbers listed above.

Q: This lesson really hit me because a lot of times I do have low-self esteem

A: We are sorry to hear that this particular lesson was hard for you! We understand if you need to take a break from listening to the lessons, or if you need to zone out for a bit during tougher topics. It can definitely feel uncomfortable to be reminded of painful experiences. We encourage you to explore some coping skills that work for you and to engage in self-care! You are not alone in struggling with low self-esteem—this is a common experience and can be a process that can take a bit of time to figure out. Please be gentle with yourself! If you would like to talk more, our BLOOM365 and DVSSP advocates are here to listen. You can find us at the numbers above.