



Elephant in The Room Q & A

Peoria Flex Academy Spring 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 Peer Support Helpline and Support Groups</p>	<p>Text/Call: 1-888-606-HOPE (4673) DM @8886064673</p> <p>Peer Support Helpline Hours of Operation: Monday-Thursday from 9AM-10PM (MST) Friday 9am-1am MST Saturday 5pm-1am MST Sunday 5pm-10pm 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>Join us on Monday 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.</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>

Q: Student

A: BLOOM365 Advocate

Q: How can I cope with family problems in the house?

A: Everything we discuss during the Bloom It Up program is applicable to dating relationships, family relationships, and friendships. As we learned in the Doses, sometimes family members and friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous, we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your family member about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow the other person to feel empathy. This may help your family member to recognize that your relationship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your relationship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off taking space away from this relationship, you may also want to have a conversation with that person to express why you think this relationship is making you "wilt," and that you feel you will be able to really "bloom" more if you take some space away from them. Leaving an unhealthy or abusive relationship is never easy, and it can become quite complicated when it's a family member that is abusive. However, there is always support and resources available to anyone in these situations and we encourage you to reach out for support if you or someone you know is struggling or experiencing abuse.

Q: How can I motivate myself to study?

A: Although this topic is outside of our area of expertise, here are some tips that might be helpful for finding more motivation to study:

According to collegeinfo geek.com, establishing good habits and routines for studying can help boost your motivation and focus when studying. Some tips include:

- Come up with a solid reason why you want to build better study habits, like getting better grades, doing well on tests, or having less stress around assignment deadlines.
 - Create a routine you plan to follow every time you want to study, like going to a specific place at a specific time.
 - Commit to change. Write your plan down. Tell someone. Eliminate as much resistance to that routine as you can and go do it as often and as consistently as you can until it becomes a habit.
- (list found on collegeinfo geek.com)

Q: I'm tired

A: We feel you on this one! We also encourage you to spend some time on self-care, being sure to recharge your batteries both physically and mentally. If you want to vent or need support, feel free to reach out to our Helpline at the number listed above. We are here for you!

Q: TBH I never write or turn these in, cause IDK what I can or can't say. I don't want anything to get out to my birth mom. And you guys have guidelines you have to follow if I say anything

A: We understand why you might feel hesitant to share with us. As adult advocates, we can listen and have a conversation, you can ask questions and share. As long as we do not know who did it, when they did it or where they did it, we do not have to report it. If we have reason to believe you are a threat to yourself or a threat to others, or if we expect the abuse of a minor by an adult, we are legally required to report these situations. Elephant in the room cards are completely anonymous as long as you don't include any of your personal information or information that could easily identify you. If you do share information that is considered a mandatory report, you will have the option to participate in that process and we can file the report together. If you have additional questions or would like to talk to an advocate, feel free to reach out to the helpline number listed above for free, confidential, non-judgmental support.

Q: I've had people who treated bad, but sometimes they act nice. I know a person who likes to say stuff that I don't like or that triggers bad memory. I feel very confused, I don't know how to feel and I know I will get hurt if it continues.

A: Although we do not know the full context of this situation, we want you to know that you are very brave for reaching out for support and we are really glad you did. If you have experienced 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. We are here for you!

Q: Today is my sister's 20th birthday. I lost her when I was 2 years old. I miss her, but I like to prove to people that I am strong.

A: Thank you for sharing your story with us. We want you to know that you are not alone, and you are very strong! Coping with the feelings of losing someone close to us can be challenging. We encourage you to practice self-care activities while you continue to be strong and heal. If you'd like to talk more about this topic or anything else, feel free to reach out to our Helpline at the number listed above.