



Elephant in The Room Q & A

Trinity Area High School (DVSSP)
Fall 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>988</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: What if it's a similar situation with a parent

A: The lessons in the 7-Doses can apply to all types of relationships, whether it's a parent, romantic partner, family member, or a friend. If you're experiencing abuse from a parent, or if your parent is experiencing abuse, there are resources and help available. We encourage you to reach out to a BLOOM365 or DVSSP Advocate to talk more about this or any other questions you may have.

Q: What can I do if my dad tries to influence my own gender towards me in bad ways?

A: We're sorry that you're experiencing this. We encourage you to proceed in a way that feels safe and comfortable for you. Maybe it could be helpful to have a conversation with your dad about how this has been affecting you, or maybe you could lean on another trusted adult for support in the situation. If you'd like to talk more about this, please feel free to reach out to a BLOOM365 or DVSSP Advocate. We are here for you!

Q: People don't actually count me as non-binary. Or they don't bother to acknowledge it. The only people that do are online or my mother. I have given up on correcting them. I appreciate you. My mother stayed w/ an abusive man for 11 years. He hurt our entire family. She refuses to say he did

A: Thank you for trusting us with these vulnerable experiences. It can be really hurtful and isolating when others disrespect or don't acknowledge part or all of our identity, and we understand if you're feeling frustrated, sad, or a variety of other emotions. You deserve to be treated with respect and empathy, and you also deserve to have your gender identity respected. We are also sorry to hear your family has experienced abuse. You are not alone, and there is support and resources available for you as you heal from these experiences. If you'd like to talk more, feel free to reach out to a BLOOM365 or DVSSP Advocate at the numbers listed above.

Q: My grandma forces religion on me. Men will make fun of any boyish girls. My mother depends on me for her mental health. I've never met my dad. I am in my first healthy relationship. Being exposed to internet too early made me get groomed. I am the over 70% of ocean undiscovered. I hold the weight of my family expectations. I got a job not for myself but so I can still live in a house

A: We are glad that you've utilized the Elephant in the Room card to get these thoughts out. It sounds like you're feeling and going through a lot, and we want you to know that you are not alone. If you want to talk more about these experiences or anything else on your mind, we encourage you to reach out to a DVSSP or BLOOM365 Advocate for additional support. We are here for you!

Q: I'm worried that I'm going down the wrong path in life. I fake my feelings 24/7 because I'm scared. I'm becoming more depressed by the day. What can I do to change myself for the better?

A: We want you to know that you're not alone, and we're really glad that you've reached out for support. It might be helpful to talk to someone you trust and feel comfortable with about how you feel. Another idea is to write out how you're really feeling and what you're experiencing in a journal or in your notes app to begin processing these emotions. It can also be helpful to spend time engaging in self-care. This might look like spending some time outside, listening to music, spending time with friends or people that we feel safe and comfortable with, taking a long shower, eating your favorite snack or meal, or even screaming into a pillow. Self-care can look different for everyone; think of it as something you can do to feel mentally and physically refreshed or recharged. If you'd like to talk more about this or anything else on your mind, we encourage you to reach out to a DVSSP or bloom365 advocate at the numbers listed above.

Q: Is it abusive to withhold a family member from seeing your child if that person is the child's support system?

A: Without additional context, it's hard to say for sure, although it is possible that this situation is abusive or unhealthy. Oftentimes in abusive relationships, individuals use their children or other family members in an effort to manipulate the situation or to exert power and control over their partner or family. If you or someone you know is experiencing this, we want you to know that you are not alone and there is support available if you would like to talk more about this. We encourage you to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above.

Q: Remember, you slay

A: Thank you for the positive affirmation!! You, too, slaaay. -Kristina :)

Q: Just needed to get it off my chest so I'm writing it down. When I was 8 my cousin sexually assaulted me and the only person who knew was my uncle and he didn't care. I don't really talk to either but it still hurts thinking about it

A: We are so sorry that you've had this experience. What you went through was not your fault, and we're glad that you reached out to get this off your chest. Healing from an experience like sexual assault can take some time, and we understand if you are still feeling hurt, sad, or a mix of other emotions even today. Everyone's journey with healing is different, and we want you to know that you are not alone while you navigate this. If you'd like to talk more about this or anything else on your mind, we encourage you to reach out to a BLOOM365 or DVSSP Advocate for additional support. We are here for you!

Q: How do I make my cat love me?

A: By respecting their boundaries and giving them food! 😊

Q: This class seems absolutely pointless, I'm already enrolled in therapy and do not understand why I have to take this class

A: We're happy that you have access to resources such as therapy. We appreciate you being open to what we have to share.

Q: I don't really love myself but others love me and that's worth living for

A: Learning to love ourselves can take a long time and is not always easy. You are not alone in feeling this way. We're happy that you have loving people in your life! We hope that with time and tools such as doing activities you love and writing affirmations, your self love will grow.

Q: Things have been bad this week. I live for others that need me. I love my partner. My meaning in life doesn't actually exist

A: We're sorry to hear that you've been having a bad week. Sometimes talking with another person about how we're feeling can be helpful in processing how we're feeling. If you'd like a kind empathetic ear, our advocates are here to listen. You are not alone!

Q: It's not really a question. I just wanted to say thank you so much. This has helped me realize who is toxic and abusive in my life. You guys are amazing. Thanks

A: Thank you so much for your kind words! We're so glad that our class has been useful for you in identifying toxic and abusive behaviors. That is our hope in sharing this information! :)

Q: How do I drop friends that are connected to me through different friends and groups? Or limit communication with them and the group? Without losing others?

A: It can be difficult to end a friendship and to figure out navigating social situations in the aftermath. Communication is an important tool we can use to help end a relationship on good terms. "I statements" are awesome for break-ups because they help you explain why you are choosing to end the relationship without placing blame on the other person. For example, you could say "I don't feel like we are compatible as friends, so I think it would be best for us to end our friendship." Being honest with others in a group about the status of your friendship with others can be helpful in creating openness that can make navigating the new social dynamics easier.

Q: I don't know how to respond to your mom jokes. Please help I only cry and scream

A: It can be difficult to know how to respond to something that is upsetting or hurtful to you. Communicating how those jokes make you feel and asking others to stop making them can be a helpful response. If you find that the jokes do not stop after you've asked them to stop, taking some space from those who are making the jokes could be a reasonable next step to make.