



Elephant in The Room Q & A

Ombudsman NE
Spring 2020

****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) Advocacy Line Hours of Operation: 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.</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: I've never been in a relationship

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships! Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships! Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation! We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all.

Q: If you're waiting for a waiter then aren't you a waiter

A: Yes, I suppose I am the waiter 😊-Kristina

Q: My school's principal makes me feel extremely uncomfortable. Makes me wanna move to a different school

A: We are very sorry to hear that your principal makes you feel this way. No one should feel uncomfortable or unsafe at school, and we are glad that you have reached out. We encourage you to talk to a trusted adult, such as a parent, a teacher, or a BLOOM365 Advocate about what you're experiencing. For free, confidential, non-judgmental support, feel free to reach out to our Advocacy Line at the number above. We are here for you!

Q: You guys did a very great job

A: Thank you for your #blooming feedback! We truly appreciate your kind words, and we enjoy being in your school! We are glad you were engaged and learned something! If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available on page 10 of your workbook, or at www.bloom365.org/peeradvocatecrew. To get involved or for more information, please email kathryn@bloom365.org.

Q: How do you get out of a toxic relationship? How do you speak up about an abusive relationship when a partner threatened you not to tell? How do you stay determined to leave when you love someone and they are begging you to stay/constantly text you?

A: Thank you for asking these very important questions. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. If you determine the relationship is toxic, we should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. If you or someone you know is in an abusive relationship and trying to get out of it, we want you to know that you are not alone and there are resources and support available for you when you are ready. It's important to remember that the most

dangerous time in an abusive relationship is when it is about to end, or when the victim tries to leave the abuser because the abuser often feels they are losing power and control.

You can end a relationship in a way that makes you feel comfortable. If you feel like the situation could become dangerous or even just too uncomfortable for you, you can do a couple of things; you can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during dose 6 and find one that best suits you. This could be spending more time with friends, or dedicating time to a new hobby or skill.

Most abusive partners do not want to give up the control they have over their partners, even if they are no longer together, and will attempt to keep power over them as long as possible. After an abusive relationship, allow yourself to get help and support from others. Try to spend time with friends and family who care about you. Tell them what you need from them, whether that's someone to talk to about what you went through, or someone to keep you from answering phone calls from your ex, stop you from texting them back, etc. If you feel isolated from your friends and family, consider finding a counselor or school social worker to talk with one-on-one, or join a support group. You may also reach out to us at the number above. Abuse is difficult to recover from for anyone. No matter what, know that you deserve to be safe and happy, always.

Q: Have you ever watched Steven Universe or Adventure Time? Do you think they do a good job of showing what good and bad relationships look like?

A: We are not experts on relationships in TV shows or movies. However, media plays a role in influencing our emotions, thoughts, and the way we think about the world around us. Media is a great place to start and encourage discussions and awareness on topics including healthy and consenting relationships. You can also check out unconsentingmedia.org to learn more on media such as [Steven Universe](#) and [Adventure Time](#).

Q: I think you should only enter a relationship if you plan to see it through to the natural end, down on one knee, four words and a ring. You shouldn't date just for the fun of it, you should go in and dedicate. What do you think?

A: The keys to a healthy relationship are respect, empathy, trust, equality, consent, and good communication. Everyone has different thoughts on relationships and what the ideal relationship is. For some, they may only have one romantic partner their entire lives, for others, they may have many. We ultimately want everyone to have safe and healthy relationships no matter their identity and beliefs. Before beginning a relationship, it's important to identify your relationship deal breakers and deal makers for the qualities and traits that we do and do not want in a relationship. If dedicating yourself to a partner is part of your deal makers, then we encourage you to do what feels comfortable and right for you, as long as there is respect and consent on all ends!

Q: What can you do if you are an insecure person in a toxic relationship with someone else? How do you deal with becoming new to the single life? How can you be assertive with boundaries?

A: You can end a relationship in a way that makes you feel comfortable. Communication is an important tool we can use to help end a relationship on good terms. By communicating our desires and reasoning

for wanting to end a relationship, we can give each other closure to move on and hopefully grow from our experience. Closure is an important part of healing and moving forward with our lives. If you feel like the situation could become dangerous or even just too uncomfortable for you, you can do a couple of things; you can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and of course you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during dose 6 and find one that best suits you. This could be spending more time with friends or dedicating time to a new hobby or skill.

Setting boundaries can be an ongoing process. People and relationships evolve, and everyone has the right to change or adjust their boundaries as they see fit. It can help to talk with your partner about boundaries and expectations. By creating open conversations about boundaries, you can help ensure that all boundaries are respected at all times. No matter how long you've been with someone or how many times you've done something, you have the right to say no at any time for any reason. If your boundaries are not being respected, then you might want to assess red flags for unhealthy or abusive dynamics in the relationship. If you still have questions, feel free to reach out to us at the number listed above.

Q: What if the school doesn't help you in a situation you went for help for, like they didn't do anything when my friend (girl) got in a physical fight with a boy.

A: Because we are unfamiliar with the entire situation and with your school's policies regarding physical fights, it is difficult for us to provide a definitive answer to this question. However, we recommend talking to higher administration and teachers to learn how you can ensure what happened to your friend can be changed. If you need assistance with that, feel free to reach out to us at the number above and we will try our best to connect you to someone that can help you.

Q: Have a good day

A: Thank you for wishing us a good day. We hope you have a blooming day!

Q: Who do you want to be?

A: While I cannot answer for the person you were directing your question at, BLOOM365 envisions a nation where empathy, respect, equality, kindness, consent, safety, and peace are the standard in every relationship, school, home, and institution. -Avi

Q: Do you provide these programs outside of school? If you do, is it a repeat of the lessons we already learned over the week? How long are the programs you provide? Thank you lots!!

A: Thank you for your question. We do provide extra programs outside of schools. We do repeat the 7 Doses for the public to attend. We also have other workshops for people to attend such as our Intersectionality Workshop, our Trusted Adult Ally Training, our Peer Advocate Academy, and our Amplify Summer Camp. If you would love to learn more, visit [our website](#), email teens@bloom365.org, or contact our Advocacy Line at the number listed above!

Q: Patriarchy is power!! correct?? I know the consent of AZ because I learned it in sex ed as well as therapy

A: We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions.

We are glad that you have learned about consent already!

If you ever need to reach out to us, feel free to contact us at the number listed above.

Q: My cousin got roofied in her drink and now I hate alcohol

A: We want you to know that you and your cousin are not alone, and if either of you need support or resources, we encourage you to reach out to our Advocacy Line or one of the other numbers above. What happened to your cousin was not her fault, and we understand why you would feel that way about alcohol now. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. We also invite you to get involved in our free Peer Connections group, which provides teens with the opportunity to walk through the healing process alongside others. If you're still struggling with coping, you can always reach out to an Advocate at the number above for free, confidential support and a listening ear. We are here for you!

Q: I have a story about the things y'all talk about and it happened to me but I'm scared and don't wanna share my story. But if y'all knew what I had to go through a lot of what y'all talk about I had to go through so it's kind of hard for me to sit and listen to what y'all say but in a way it makes me feel better because I know I ain't the only one but just having to remember makes it that much harder

A: We want you to know that you are not alone, and we are glad that you reached out for support. We encourage you to do whatever you need to do to take care of yourself. That might include stepping out of the classroom, putting your head down, or practicing some other form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need support. Additionally, we encourage you to get involved in one of our weekly support groups. Our support groups provide teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can also be really helpful. For example: spending time with the people you love, doing yoga, joining a new sports team or club, spending time in nature, or simply going for a walk can help us through the healing process. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you need additional support and/or guidance on coping, please reach out to a BLOOM365 advocate at the number listed above. If you feel that your life is endangered or threatened, contact 911 for help.