



Elephant in The Room Q & A

Heritage Elementary School Flash Doses
Spring 2022

**This document can also be accessed at www.bloom365.org/faqs

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	<p>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>
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

***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: I love to sleep

A: That's great! Sleep can be a great way to practice caring for ourselves and "recharging" after each day. If you'd like to talk about additional ways to practice self-care or anything else that's on your mind, feel free to reach out to our HelpLine at the number listed above. We are here for you!

Q: I feel that if I tell anyone anything it will spread like a fire around the school

A: Thank you for reaching out and sharing how you feel. We can understand why you would feel worried about that happening. Our bloom365 advocates are here to listen and offer you any support you may need! You can find us at the contact information above. If there are trusted friends or adults at your school that you feel safe and comfortable with, we encourage you to reach out to them if you're ever wanting or needing support. You are not alone!

Q: I cope with my legos hot wheels tech deck erwins sktchrhs

A: We are so happy to hear that you have found items in your life that help you cope! Coping skills can be anything and are unique to every person. If you'd ever like to talk about additional coping skills or anything else that's on your mind, please feel free to reach out to our advocates at the number listed above.

Q: My friend keeps hitting me and I don't know what to do. My mom always compares me to my sister and says "you need to be more like your sister"

A: We are so sorry that you are experiencing this with your friend and mom. It sounds like it could be pretty overwhelming. We are glad that you reached out and shared your experiences with us. If your friend is still physically hitting you even when you ask them to stop, it might be a good idea to think about if you want to be friends with this person. If there is a trusted adult at your school that you feel comfortable talking to, it could be helpful to reach out and talk with them about what you're experiencing with this friend, too. And of course, our bloom365 Advocates are here to offer any support you may want. You can reach out to our HelpLine at the number listed above. We are here for you!

Q: How do you feel no more insecurity? Pls I hate a lot of my things. Insecure

A: You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem is an amazing first step! Focusing on the things we like about ourselves can be one helpful way to lift our self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment to remember the things that make you unique

(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 affirmations and spending time doing the things that make you happy can be helpful tools in building up our self-esteem, also. If you want to talk more about this, please feel free to reach out to our advocates at the number above!

Q: Is self harm bad?

A: Self-harm is sometimes used as a coping skill and can put the person doing it at risk of permanently injuring or even killing themselves. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. Some examples might include: Spending time with the people you love, practicing yoga, taking a bath, squeezing ice, writing in a journal, or going for a walk outside. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our HelpLine at the number above! Even if you simply are needing an empathetic ear or are looking for mental health resources, please make the call or send us a text! You are never alone!

Q: I have trouble talking to people when I feel down or sad

A: We are sorry to hear that you feel this way! Sometimes it can be helpful to try writing out how we're feeling before we try putting it into words. Please feel free to reach out to our HelpLine at the number above if you'd like to talk about some of the things on your mind. Even if you simply are just needing someone to listen or are looking for mental health resources, please make the call or send us a text! We are here for you!

Q: How do I defend myself without it hurting someone? (I am being bullied)

A: We're so sorry to hear that you are getting bullied. We encourage you to prioritize your own mental and physical safety and wellbeing. The best way to defend yourself is by speaking up and speaking out. This can look like telling a teacher or trusted adult about what you're experiencing, or talking to a BLOOM365 advocate for support. If it is safe to do so, you can confront the bully directly. It can be helpful to make use of "I" statements rather than "You" statements. For example: Saying something like, "I feel hurt every time you bully me, can you stop?" This style of conflict resolution allows for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication. If you would like to talk more about this, please feel free to contact the HelpLine with the information above! We are here for you!

Q: Why am I always crazy? And trying to be funny?

A: We are not sure why, but if you want to talk more about these feelings, we are here to listen! Please feel free to reach out to our HelpLine at the number above!

Q: What happens if you want to tell someone what is happening but you are too scared or shy?

A: Feeling scared, nervous, or shy to tell someone about a vulnerable experience is a very normal and common feeling to have. It can be scary to be vulnerable with others. Sometimes it can be helpful to

write down or practice what we want to say before we say it. The extra practice can help us feel more comfortable in sharing with others. If you would like to talk more about this or practice sharing what is happening, our advocates are here. Please feel free to reach out to our HelpLine at the information above.

Q: [REDACTED] body shames me and [REDACTED] bullies me and my dog died

A: We are so sorry to hear that you are getting bullied and about the passing of your dog. That is a lot of overwhelming things to experience at one time. We are glad that you reached out and thank you for sharing with us. You are not alone, our advocates are here for you if you would like to talk more about these experiences. Please feel free to contact us at the information above. If there are any trusted adults at school or in your life that you feel comfortable talking with, we encourage you to reach out to them as well. We are here for you!

Q: Can we text you on any device

A: Yes, you can reach out from any device by texting or calling us at our HelpLine at 1-888-606-HOPE (4673) or by chat at bloom365.org. Our HelpLine is open Monday-Friday, 3-9 PM.

Q: What if teasing is in my blood? My dad and grandpa tease me

A: While teasing is a behavior that can be common among friends or families, it is not a trait that is genetic or can be passed down. Teasing is a behavior that can be learned and like other behaviors, it can be unlearned. You are not alone! If you would like to talk more about this, please feel free to reach out to our advocates at the information above.

Q: What happens if I feel like a bad friend

A: Thank you for reaching out and asking this important question. Friendships, like a lot of relationships in our lives, can have their ups and downs. Open communication can be a helpful tool in navigating the different relationships in our lives. Talking with your friend about how you feel and asking them how they feel could be a helpful way for you and your friend to better understand how to be good friends to each other. Our advocates are here to help if you would like to talk more about this. Please feel free to reach out to us at our HelpLine at the information above.

Q: I laugh in serious situations for no reason then it makes me feel bad like when they say their dog died I randomly laugh

A: Some people laugh in serious situations. This is sometimes referred to as nervous laughter— It is not an uncommon thing, and it doesn't make anyone a bad person. Nervous laughter can sometimes be a way of dealing with uncomfortable situations. There are some ways we can try to control that nervous laughter, including tools such as deep breathing to calm your nervousness or taking a break from the situation to compose yourself. You are not alone! If you would like to talk more about this, you can reach out to our advocates at the numbers above.

Q: Personal I have anger issues. How do I fix my anger issues

A: Thank you for sharing something so personal and vulnerable to you. We are glad that you reached out for support. Anger issues can be a challenge for many people and is something that can be changed with skills and practice. Finding ways to cope with our emotions in healthy ways could be helpful in addressing anger issues. Some coping skills can include talking to a friend or trusted adult, journaling, or even going for a walk. Calming strategies like taking a break or taking space when you're angry, taking some deep breaths, or counting to ten can be helpful ways to try easing your feelings of anger. Sometimes it can be helpful to talk to a professional, like a behavioral health technician, a counselor or social worker for additional support in navigating anger issues. We encourage you to try some different strategies for calming and coping to find what works for you, and always know BLOOM365 is here to support you if needed!

Q: What happens when they are just mean for no reason

A: If there is someone in your life who you feel is mean for no reason and their behavior hasn't stopped after you've communicated your feelings, it may be helpful to consider if a relationship with this person is something you want to continue. It can be useful to look at the [blooming and wilting flowers](#) to help you determine whether this friendship/relationship is healthy or unhealthy. In your workbook, you can find a list of your rights and responsibilities within relationships. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You are deserving of safe, healthy relationships with those in your life! If you would like to talk more about this, you can reach out to our advocates at the number listed above.

Q: Well I recently lost my dog. And lost a lot of friends due to bullying. Also cyberbullying made me lose some of my friends. But I've been really sad about losing my puppy she was 6 weeks old and she always used to sleep with me every night, without her sleeping with me anymore makes me really sad. But my only dream is to get her back. But my jealousy bothers me. I get left out and that makes me really sad. So that's it.

A: Thank you for reaching out and sharing such vulnerable experiences with us. We are so sorry that you went through all of that and that you are feeling sad. If you'd like support in dealing with jealousy or feeling left out, we encourage you to reach out to a BLOOM365 Advocate. Please feel free to reach out to us at the HelpLine number above if you'd like to talk more about this. You are not alone!