



# Elephant in The Room Q & A

Heritage Elementary School  
Spring 2022

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

<b>BLOOM365 HelpLine</b>	<b>For free, confidential support:</b> <b>Text/Call: 1-888-606-HOPE (4673)</b> <b>Monday-Friday from 3PM-9PM (MST)</b>  <b>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</b>
<b>Teen Lifeline</b>	<b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b>
<b>National Teen Dating Violence Hotline</b>	<b>Text "LOVEIS" to 22522 24/7</b>
<b>National Domestic Violence Hotline</b>	<b>1-800-799-SAFE (7233)</b>
<b>National Sexual Assault Hotline</b>	<b>1-800.656.HOPE (4673)</b>
<b>Suicide Prevention Lifeline</b>	<b>1-800-273-TALK (8255)</b>

**\*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 should I do if someone shows a lot of these traits but it's in almost all of your close relationships and I just want to make them happy and smile. I care about these people a lot, and they even show some green flags, but they also show one of the bottom 5 red flags**

**A:** Thank you for reaching out about such an important question. Ultimately, you are the expert in your own life, so only you can decide how to move forward with these relationships. We do encourage you to prioritize your own safety first, especially if one of the bottom 5 red flags is occurring.

It can be useful to look at the blooming and wilting flowers to help you determine whether these relationships are healthy or unhealthy. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way using "I statements," we may want to consider whether that relationship is one that we want to continue. One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Another helpful tool to determine if a relationship is abusive is the [red flags checklist](#). Be sure to pay extra attention to the bottom 5 red flags-- if one or more of these is occurring, the situation has a greater chance of becoming dangerous and we strongly encourage you to reach out for support. You are not alone while you process these relationships. Our bloom365 advocates are here to talk with you if you are wanting additional support. You can find us by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org, Monday through Friday from 3PM-9PM (MST).