



# Elephant in The Room Q & A

Deer Valley High School Fall 2020

**\*\*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><b>BLOOM365 Advocacy Line and Support Groups</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Advocacy Line Hours of Operation:</b>  <b>Monday-Friday from 9AM-9PM (MST)</b></p> <p><b>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</b></p> <p><b>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit <a href="https://www.bloom365.org/peersupport">bloom365.org/peersupport</a> for specific dates and times.</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>
<p><b>Suicide Prevention Lifeline</b></p>	<p><b>1-800-273-TALK (8255)</b></p>

**Q: Student**

**A: BLOOM365 Advocate**

**Q: how do you deal with mentally abusing yourself**

**A:** It's important to remind ourselves to be kind to ourselves, too. Focusing on the things we love 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 you love about yourself (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 affirmation and spending time doing the things that make you happy can also be helpful tools in building up our self esteem. If you want to talk more about this or if this didn't fully answer your question, please reach out to a BLOOM365 Advocate at the number listed above. We are here for you!

**Q: I think the choice thing is kinda off because sometimes you can be in abusive relationship to the point that it would be really hard to leave. I don't think choice is something we can really all use.**

**A:** Thank you for sharing your feedback with us! We understand that it can be very challenging to end any relationship, and can even be dangerous if the relationship is abusive. If you look at the roots of the two flowers, you'll see that "choice" is in both. This is because we ALL have a choice in how we are going to treat people-- with equality and freedom or with power and control. If you'd like to talk more about this, feel free to reach out to a BLOOM365 Advocate at the number listed above.

**Q: Ty for having this program, my mom is a survivor of domestic abuse and she said that this program would have saved her from her toxic relationships had she of known in high school about red flags. Thank you for educating others on this issue!**

**A:** Thank you for sharing this with us! And thank YOU so much for being open to our facilitators and for allowing us to talk to you about these important topics. 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 at [www.bloom365.org](http://www.bloom365.org). To get involved or for more information, please contact us on Instagram @bloom365pac or email Alyson at [bhag2030@bloom365.org](mailto:bhag2030@bloom365.org)!

**Q: None it's rapists**

**A:** We aren't quite sure what you're asking, but we encourage you to reach out to our Advocacy Line at the number listed above so we can offer support. We are here for you!

**Q: When I'm old enough to get a job, how do I apply for Bloom365?**

**A:** We are so glad that you have been inspired to join the BLOOM365 team! For more information on ways to get involved, check out our website here: <https://www.bloom365.org/get-involved>