



Elephant in The Room Q & A

Florence Crittenton Summer 2021

****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>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 9AM-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: Is it a bad friendship if that friend is always there for you but doesn't want you to hang with people she doesn't and gets jealous

A: Blooming relationships are built on agency and equity, where both parties feel equal. It can be useful to look at the blooming and wilting flowers to help you determine whether this friendship is healthy or unhealthy. Jealousy is a natural emotion that everyone experiences, but it can become an issue if we act out based on feeling jealous. Jealousy becomes unhealthy or abusive when we act possessive, obsessive or controlling. We should consider whether the relationships we have currently are built on trust and respect. If you feel that this friendship is unhealthy and if you feel safe to do so, it might be a good idea to let your friend know how their jealousy affects you. You can communicate your feelings and concerns with your friend by using "I" statements. For example, using the phrases "I feel _____ when you get jealous, could you/we please _____." If communicating your feelings does not change your friend's behavior, you might consider whether this is a friendship you want to continue to maintain. We also encourage you to reach out to our Peer Support Helpline if you want to discuss this more or if you need any additional support. We are here for you!

Q: Cyberbullying is horrible!

A: We agree, and we are glad that you took this point away from our Doses. If you or someone you know is experiencing cyberbullying, we encourage you to reach out to a BLOOM365 advocate or a trusted adult for help.

Q: Am I a good friend

A: Unfortunately this is not a question we are able to answer, although we can provide some tips on what being a good friend might look like. It's important to remember that being a good friend can look different to each person, and some people express their friendship differently. For some, being a good friend might include checking in on your friends to let them know you're there for them during hard times or if you haven't talked in a while, or keeping your friends secrets when they tell you something in confidence (as long as it's safe to do so). Good, healthy friendships typically include some of the words seen in the blooming flower, as well. We encourage you to look at the blooming flower and consider how you can actively utilize the words in the blooming flower to become a more blooming, healthy, good friend. For more information or to talk more about this, feel free to reach out to our helpline at the number listed above!

Q: What if the bullying becomes physical and they threaten to hurt you and no one believes you?

A: If you or someone you know is being bullied or threatened verbally or physically, we encourage you to reach out to a trusted adult for support as soon as you can so that everyone can remain safe. If this is happening at school, it might be helpful to talk to a teacher, counselor, principal, social worker, or even a coach that you trust. You can also contact a BLOOM365 advocate for support in handling the situation. We are here for you, and you don't have to navigate this alone! To talk more about this, feel free to check in with a BLOOM365 Advocate, or you can reach out to our Helpline at the number listed above for free, confidential support.

Q: Why do some people not care that others are getting bullied?

A: It's difficult to pinpoint why some people choose to ignore bullying or other things that they might witness. Sometimes people don't know how to respond or how to help, or sometimes they might be scared also, among many other reasons that we just don't know for sure. Unfortunately, we can't force people to care, but we can definitely speak up when we need help and when we're experiencing something so that those people who might hear or see what's going on know that we really need them to care, or to help. We also encourage you to build your system of support with people that you can rely on and that do care about you-- those people are out there too! And of course, you can always count on BLOOM365 to care if you or someone you know is being bullied or experiencing abuse. We are here for you, and we always believe survivors. To talk more about this or any other concerns you might have, feel free to reach out to a BLOOM365 Advocate for additional support.

Q: What if you're the negative friend in the relationship

A: If you recognize that you exhibit more of the wilting characteristics than the blooming in some of your relationships, you're already on the right path toward having healthier, more blooming relationships. The best thing you can do is continue to check yourself when you feel you're being more of a negative friend than positive, and try to change your behavior and attitude towards something more positive. This can mean removing yourself from the situation until you can process your thoughts and feelings, or maybe taking a few breaths before responding to a situation or conversation. If you've hurt a friend, it might be helpful to apologize and let them know you recognize that behavior wasn't okay and you're working on changing it. It might also be useful to consider the source of that negativity. Is it internal-- do we have low self-esteem? Are we acting out based on being hurt in the past? Or is it external-- do we feel threatened? What else is going on around us to make us feel this way? It's important to remember that abuse and violence are a choice. 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 equity and agency or with power and control. Every situation is different, so take your time in healing and understanding your own emotions and processes in order to become a more positive, healthy friend. If you'd like to talk more about this, feel free to reach out to our helpline for free, confidential, non-judgmental support at the number listed above.

Q: I learned that I statements work better than just blaming a person

A: Thank you for sharing with us this lesson that you took away from our Doses! We agree, “I-statements” can be super helpful in communicating how we feel without placing blame on the other person and can allow for more focused communication.

Q: Something I learned today was how to cope with my big feelings

A: Thank you for sharing this! We hope you are able to utilize the healthy coping strategies we discussed during the Doses in the future. If you need any additional support or want to further discuss coping, feel free to reach out to a BLOOM365 Advocate at the number above for free, confidential support!