



Elephant in The Room Q & A

VH Lassen Elementary School
8th Grade
Spring 2022

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

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST) To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.
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 just need help

A: We are glad you reached out! It takes a lot of bravery to admit when you need help. Our bloom365 advocates are here to support you. Please feel free to reach out to us at the number listed above.

Q: I'm sad

A: We are sorry to hear that you are feeling sad! We encourage you to try engaging in some healthy ways to cope when feeling sad, like journaling, taking a walk, or hanging out with a friend. If you would like to talk more about how you're feeling, our advocates are here to listen and offer support. You can reach out to us at the HelpLine number listed above.

Q: I want to end it all

A: We are so sorry that you are feeling such intense and painful feelings. Thank you for sharing this with us and reaching out. We highly encourage you to talk to a trusted adult such as the school social worker, a family member, or a BLOOM365 Advocate as soon as possible. Our advocates are always here to lend a free, confidential listening ear whenever you need it. We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support. You are never alone and there are people out there who are so ready to offer you any support that you may want or need. We hope that you reach out to us or any other supportive people whenever you are wanting support. We are here for you!

Q: Why doesn't he get more consequences? Is it because he is a kid/teen (14?) why? He leaves me nightmares at least 1 time per few weeks. I hate hate hate (name removed)

A: Thank you for trusting us with such a vulnerable experience. We are so sorry that you are going through this and we are happy that you reached out. It can feel very hard when we feel as though we haven't received the accountability or justice that we need. You are not alone. Our advocates are here to listen and offer any support that you may want. Please feel free to reach out to us at the numbers above.

Q: Why do people believe therapy is the best way to express their feelings?

A: Therapy is one of many tools that we can use to express and process our feelings. For some people, therapy works best for them and they feel that it is the most helpful tool for them in their healing journeys. Therapists can offer a safe space for people to process their experiences, provide coping resources, or referrals to other services that may be helpful. What works for each person is going to be

different, as we all have our own complex and unique experiences, but trying different coping skills like therapy or journaling can be a helpful way to find what works best for you.

Q: I don't want to be here anymore

A: We are so sorry that you are feeling such intense and painful feelings. Thank you for sharing this with us and reaching out. We highly encourage you to talk to a trusted adult such as a school social worker, family member, or BLOOM365 Advocate as soon as possible. Our advocates are always here to lend a free, empathetic, and confidential listening ear whenever you need it. Also, we do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression or feeling suicidal. We want you to know that you are never alone and there are people out there who are ready to offer you support. We are here for you!

Q: It still effects me

A: We are sorry to hear this! If you would like to talk more about how you're feeling, 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, and we encourage you to reach out. We are here for you!

Q: I feel very sad. Why is because I love the feeling of love and when I get into a relationship I don't see their true colors until they actually show it and when they start acting different towards me it hurts a lot. :(

A: It can feel so sad when a person or relationship changes in a way that we don't expect! It can feel discouraging and can hurt us. While the end of a relationship or a person changing in a negative way can be so hard, it can be a great time for self-evaluation and growth. Finding ways to cope with the effects of these changes in our lives can be really helpful. For example: Spending time with the people you love, writing in a journal, doing yoga, joining a new sports team or club, or simply going for a walk outside can help us through these experiences. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. 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!

Q: They told me that he is coming back to school soon maybe. I'm scared

A: We are glad that you reached out, it sounds like a tough situation. 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, and you could always have someone you trust nearby for emotional and safety support. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during the 7 Doses and find one that best suits you. This could be spending more time with friends or dedicating time to a new hobby or skill. If you would like to talk more about this, please feel free to reach out to our HelpLine at the number above! You are never alone, and we encourage you to reach out. We are here for you!

Q: I get bullied :(

A: We are sorry to hear this! If you feel comfortable, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. We also encourage you to take time to take care of yourself. Being bullied can have lasting effects on our mental health and self-esteem, so self-care can be really helpful in navigating these experiences. If you would like to talk more about this, please feel free to reach out to our HelpLine at the number above!

Q: I tend to get anxiety and reminders of trauma from when I was younger and it's quite a lot to handle and it hurts to think about it. I've felt neglected by my family and I didn't feel good enough and I still overthink to this day. I worry about telling someone because I don't wanna break down in tears but it makes me struggle with some stuff like focusing on important things and I'm worried if it will mess with my relationship

A: Thank you for sharing your experience with us. We are so sorry that you had to go through such a traumatic experience with your family. We understand that talking about our feelings with others can be hard and uncomfortable. Sometimes talking about how we feel with others can also be a helpful coping tool in navigating tough emotions. There are other coping strategies you can use like journaling, going for walks, or spending time with those you love that can also be useful. It can take a few times to find what coping strategies work best for you. Our advocates are also here to listen and offer any support you may want or need. Please feel free to reach out to us at the numbers above. We are here for you!

Q: I am tired just feel so blue all the time not sad but just tired but not sleeping tired

A: We are sorry to hear that you are feeling tired all the time! It sounds like you may be feeling or experiencing a lot of different things in your life. While it can't always guarantee you energy, it can sometimes feel helpful to talk to others about how we're feeling and what we're going through. If you would like to talk more about this, our advocates are here to listen and support. Please feel free to reach out to us at the contact information above!

Q: I wish I was not fat

A: It can feel hard to love ourselves and have high self-esteem sometimes. Very often, our society focuses on the things we are insecure about and can be unwelcoming to different types of bodies. You are not alone in feeling this way. We encourage you to take a moment to remember the things you like about yourself or 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 affirmation and spending time doing the things that make you happy can be helpful tools in building up our self-esteem. If you would like to talk more about this, our advocates are here to listen and support you. Please feel free to reach out to us at the information above.

Q: In one of my past relationships they were trying to force me into running away with them and was trying to get me to have sex with them. Then one of my most recent relationships, she was getting jealous about me hanging with my friends more than her.

A: We are so sorry that you experienced such unhealthy relationships. We are glad that you shared your story with us and we hope that you are in a safer place now. Healing and moving forward from toxic relationships can be a process and sometimes take a bit of time. We hope that you are finding ways of coping that work best for you. If you ever want to talk more about your experiences, our advocates are here to listen and offer any support you may need. Please feel free to reach out to us at the number listed above. We are here for you!

Q: This class gives flashbacks, but I'm still going thru the abuse. So I always quit for him, but I never rly quit I just say I do, if he finds I'm doing that again, I'll get hurt

A: We are sorry to hear that you are experiencing these things. It takes a lot of bravery to reach out for support. You are deserving of safety, love, and respect in all of your relationships. We encourage you to reach out to a trusted adult or a BLOOM365 Advocate to talk about what's been going on and to ensure everyone's safety.

Self-harm is sometimes used as a coping skill. 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, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. 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! Also, we do work alongside a few organizations that specifically help youth experiencing depression/self-harming, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression/self-harming. School social workers and counselors are also a great source for information on dealing with depression/self-harming. We are here for you!

Q: I have friends that like to talk behind my back and that hit me but I don't know what to do? I sometimes don't feel safe coming to school because people abuse me when I wear something. Why do people like to abuse one another. I sometimes overthink because when I was younger I had to go through something and now I don't know what to do because some people might say it's my fault that it happened but when I talked to my friends I broke down into tears.

A: Thank you for reaching out about your experiences at school and with your friends - we are glad that you reached out for support. We're so sorry that you are experiencing harmful behavior from your friends and others at school. There are a lot of complex and complicated reasons as to why people abuse others, but power and control can be a common thread. You are deserving of safety and respect in all of your relationships, in and out of school. We encourage you to look at the Blooming and Wilting flowers—this can help you determine if these friendships are healthy or unhealthy. If the friendships are more wilting than blooming and we're unable to make changes with our friends, it might be helpful to consider whether this is a friendship you want to continue or not. If the situation might become unsafe or just too uncomfortable, you can have another friend or a trusted adult around for support to have this conversation, as well. We encourage you to reach out to a trusted adult, such as a parent, school counselor, or BLOOM365 Advocate for additional support. You can reach out to our HelpLine by calling/texting **888-606-4673**. We are here for you!

Q: Honestly idk what to do at this point. I've been in this relationship for about 9 months now, at the beginning he was very loving & caring, I could tell he truly loved me. But now I'm stuck in this f*cking hell loop. He started hitting me when I relapsed, he yells and grabs me & throws me on the floor, he sexually touches me when I "do something wrong." I just asked how his day was & he pushed me against the wall and held a knife to my throat & said if I speak he'll slit my neck. I went out to get a damn bowl of cereal & he locked me in my closet for 4 hours in the dark, alone. He does so much sh*t I can't even write & everytime I attempt to leave the relationship he threatens to commit suicide. I'm f*cking exhausted. I need & want help but I'm scared. I don't see him in person anymore so maybe I'm exaggerating

A: We are so glad you reached out and trusted us with this very vulnerable and traumatic situation. We are so sorry that you are going through this; you deserve to feel safe and respected in your relationships. We definitely understand your hesitation and fear when it comes to getting help, but we encourage you to reach out to a BLOOM365 Advocate or another trusted adult for help. You are not alone and our advocates are here to offer any support that you may want or need. Please feel free to reach out to us at the information above. There is also the Arizona Sexual and Domestic Violence Helpline that you can find by phone calling 602-279-2980 or 800-782-6400, or texting 520-720-3383. We care about you and your safety!

Q: Wanna leave but can't. Still love her even though she hurts me

A: We are so sorry that you are experiencing this and we are glad that you reached out to us. Ending a toxic or unhealthy relationship can be tough and complicated. It can feel hard to end a relationship with another person, especially when we love them and we have spent so much time with them. However, if you are not receiving the type of love you would like, you can think about whether or not this is a relationship you want to be in. In your workbook, you can find a list of your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries.

It can be useful to look at the blooming and wilting flowers to help you determine whether this relationship is 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 with our partner using "I statements," we may consider whether this relationship is one that we want to continue. If we are ever concerned that the relationship might be unhealthy, it can be helpful to consider 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. If you want more support or to talk more about this, you can reach out to our advocates at the information above. You are not alone!

Q: My friends threatened to leave me if I got back with my ex

A: Thank you for reaching out and sharing this with us. This can be a hard situation for everyone involved and can feel tricky to navigate. Ultimately, this is your life and what decision you choose to make is yours and neither us or your friends can tell what you should do. You are deserving of support, no matter what

choice you make. We are so sorry to hear that you are in this tough situation and we want you to know that you are not alone - our bloom365 advocates are here to listen and offer you any support that you may need. Please feel free to reach out to us at the number above. We are here for you!

Q: His consequences weren't enough

A: We are really sorry to hear that you feel as though you did not receive the type of accountability that you wanted and deserved. We can only imagine how hard that must feel and we are glad that you felt safe enough to share this experience with us. You are not alone as you navigate this overwhelming experience and our advocates are here for you if you are ever wanting to talk, get support, or access resources. Please feel free to reach out to our advocates at the numbers above. We are here for you!