



# Elephant in The Room Q & A

Deer Valley High School Spring 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><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: I have plenty of experience with all of this, abuse isn't a joke, it's mental, physical, emotional, it can tear apart someone, and i think it needs to be stressed that it's not a joke it can destroy someone and change them for the rest of how they live**

**A:** We want to let you know that you're not alone and we are thankful you have reached out and shared your story. What you have experienced is not your fault. You are deserving of healthy, safe, loving relationships. Experiencing abuse can have a lasting impact, and it's important that you are able to deal with these emotions so that you can move forward. 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. Some people find it helpful to talk to trusted friends or family members, or to engage in healing arts like painting or doing yoga. Other coping mechanisms might look like going for a walk outside, taking a bath, going for a run, or listening to music. In time, it might become easier to open yourself to new possibilities and relationships. BLOOM365 is here to support you if needed!

**Q: Why do people say the elephant in the room or should people even used this term?**

**A:** The Elephant in the Room is an expression that basically means that something exists, it's obviously there and in plain sight (Kind of like if there were an Elephant standing in a room!) but nobody wants to mention it, ask questions about it, or talk about it. When it comes to interpersonal violence (Teen dating abuse, domestic violence, sexual violence, etc.), we often see that this is an issue that exists, it's in plain sight and impacting a lot of people, but no one wants to talk about it or ask about it because it might be uncomfortable. We use the Elephant in the Room cards because we know it can feel awkward or maybe uncomfortable to ask certain questions in the classroom, but by offering this anonymous platform, it still gives you the opportunity to ask those questions and receive some answers!

**Q: Why do you put your pronouns next to your name?**

**A:** Great question! For starters, non-binary is a term for people whose gender identity is not necessarily 'woman' or 'man.' Using they/them pronouns reflects where someone identifies on the gender spectrum. When using pronouns next to our names, it signals to others that we will not assume their gender and there's no need for them to assume ours, because it's right there! :)

**Q: What happens if someone is doing something bad but you don't want to be a snitch**

**A:** If you feel comfortable and if it is safe to do so, then directly getting involved when you see something bad happening can make a huge impact. You could also distract from the situation or person while it is going on (depending on how "bad" of a situation it is). Another option is to delegate, or ask someone else to help or get a group of people together to step into a situation. Also, you could delay and check in with the person/people involved after the situation to talk or give support. The most important

thing to remember is that your safety is most important. The safety of your peers is extremely important as well, so if you *do* see something bad happening, it's always better to do something rather than nothing at all—even if it's telling someone what happened and being a “snitch.” Each situation is different, and we encourage you to reach out to our Peer Support Helpline at the number above for additional support. You can remain anonymous and all conversations are confidential. We are here for you!

**Q: For some reason I like when there a little toxic lie overprotective and stuff I think it's cuz I didn't get that in my childhood 😞**

A: Thank you for sharing your perspective with us. We understand that some things can be comforting in relationships at times, even if it's not the healthiest situation. Relationships are complicated, and each one is different. One tool that we can use if we are ever concerned that the relationship might be unhealthy is determining if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Honesty, Respect and Communication are all words in the center of the Blooming Flower because they are important parts of healthy, blooming relationships. We encourage you to check out the flowers and [Red Flags Checklist](#) on our website to determine if this relationship is caring or controlling. If you'd like to talk more about your individual situation, we encourage you to reach out. We are here for you!

**Q: I overheard my gradparents talking about how they don't like non-binary people and I just recently found out i'm non-binary & I was wondering if I should still come out to them**

A: Thank you for being brave enough to share this with us and reaching out for help. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. If you're comfortable doing so, we encourage you to educate the supportive people in your life on what it means to be non-binary and the barriers that are faced by people in this community. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's [“Coming Out As You”](#) guide and [“Coming Out Constellation.”](#) If you'd like to come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or [onnten.org](#). You can also always reach out to a BLOOM365 Advocate at the number above to discuss this situation or chat online at [bloom365.org](#) for more support. We are here for you!

**Q: I know it's wrong but I don't like neither only thing that makes the person happy, I feel depended on and then I screw things up.**

A: We aren't fully sure what you mean, but we encourage you to reach out to our helpline so we can talk about your situation. We are here for you!

**Q: too uproot abuse, you can educate someone on the types of abuse and how to get someone away from that situation**

A: You are right! We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all! If you'd like to talk more about this, we encourage you to reach out to our Helpline at the number above.

**Q: I don't do any of these, but how can I make sure I don't end up falling into that?**

**A:** It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! It is much more likely that this person will be successful in changing their behavior if the problem is addressed early on, while they are still young. However, it's important to note that this is a decision that the person has to make for themselves. The first step is recognizing the problematic behavior and deciding they want to change. Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. Reaching out to a trusted adult, such as a teacher, school counselor, or a BLOOM365 advocate, is a great way to find someone who can help them identify what behaviors are harming themselves and others so that they can change them into healthy behaviors. For free, confidential, non-judgmental support, feel free to reach out to our Advocacy Line at the number above.

**Q: I post myself for others to see because I know that's the only way I will get validation and I feel like I need validation for some reason it makes me feel special (u can share this topic if u want because I feel like a lot of ppl go through this ) 😞**

**A:** Thank you for sharing these thoughts with us. You are definitely not alone, and we are glad that you reached out. We encourage you to engage in activities that make you feel happy and confident, as long as you're doing them for YOU! You are the expert in your own life, so only you can make this judgment. If you are posting for others and not for yourself, does this truly make you happy? Is the validation external, or does posting yourself on social media truly make you feel more confident and happy with yourself? If it's the latter, then we encourage you to continue building your confidence and self-esteem, and celebrating others to do the same. If posting doesn't truly bring you happiness, we encourage you to engage in things that *will* boost your self-esteem.

Building good self-esteem can take time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself. 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. I 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 be helpful tools in building up our self esteem. If you'd like to talk more about this, feel free to reach out to us at the number listed above!