



Elephant in The Room Q & A

Charleroi High School (SWPA)
Fall 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)

BLOOM365 Helpline	<p>Text or call a BLOOM365 advocate for free, confidential support.</p> <p>Text/Call: 1-888-606-HOPE (4673)</p> <p>Helpline Hours of Operation: Monday-Friday from 3PM-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>
Teen Lifeline	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
National Teen Dating Violence Hotline	<p>Text "LOVEIS" to 22522 24/7</p>
National Domestic Violence Hotline	<p>1-800-799-SAFE (7233)</p>
National Sexual Assault Hotline	<p>1-800.656.HOPE (4673)</p>
Suicide Prevention Lifeline	<p>1-800-273-TALK (8255)</p>

***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: How do I get out of an unhealthy relationship after 1.5 yrs?

A: Thank you for reaching out with such an important question. Leaving a relationship, especially an unhealthy one, can be a hard decision. You can end a relationship in a way that makes you feel comfortable. 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 to start with, you can have that conversation in a relatively public space like a park, and you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during Dose 6 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 what ending this relationship could look like or even to practice ending the relationship, you can reach out to us at our helpline by phone at [1-888-606-HOPE](tel:1-888-606-HOPE) or online at bloom365.org.

Q: Can a friendship bring abuse? My old friendship had many of the red flags

A: Yes, friendships can be abusive. Everything we discuss during the 7-Doses is applicable to dating relationships, family relationships, and friendships. We are sorry you've experienced those red flags in a previous friendship. If you want to talk more about your experience or any other questions you may have, feel free to reach out to our Helpline at the number listed above. We are here for you!

Q: My bf doesn't post me on social media, won't let me hang out with any other of my male friends (he will follow me place to place), constantly makes hurtful jokes, doesn't do anything like hold my hand in public, disregards my emotions when I confront him about his absent manners, doesn't apologize (claims he "didn't do anything"), doesn't take me on dates anymore, got used to me, makes me feel bad about my emotions, doesn't make the effort to come to my house... (etc. etc. etc). But he helped me through so much: parental divorce, school switch, helped me make friends, work on myself, find happy through all of it. But things aren't as happy now. 1.5 yr relationship. He's showing jealous, insecure + controlling traits. I am scared to break up because what do I have left? He also bought me a \$400 bow for X-mas and I feel bad breaking it off now. I love him but is he worth the pain?

A: It sounds like there's a lot going on for you right now, and we are glad that you reached out for support. We want you to know that you are not alone. You are the expert in your own life, so only you know if this relationship is worth the pain you've been feeling. 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 respected 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 direct support. It can also be helpful to consider your deal breakers that we talked about during the Growing Dose. If you haven't already, we also encourage you to take a moment to think about and write down what your own deal breakers and dealmakers are, and why these things are important to you in a relationship. If holding hands in public and spending equal time at each other's houses are important dealmakers to you, and your current partner does not meet those dealmakers, it might be helpful to consider if this is a relationship you want to continue or not. For free, confidential, non-judgmental support, please reach out to our Helpline by texting/calling 888-606-4673 Mon-Fri 3-9pm or by chat at bloom365.org. We are here for you!

Q: People should speak up about something and get help! I promise it's worth it! Help each other out if you need help say something!

A: Thank you for sharing these encouraging words with us all! And we at BLOOM365 are always here if you need support! :)

Q: What happens if you don't know if it's abuse or not in a relationship? It's hard to tell because there's some signs but I can't tell and I'm having a hard time leaving the person I'm with because I love him but I don't know what to do because this person means a lot to me. But I don't know what to do. And having a hard time choosing if you love someone is hard!

A: Thank you for sharing your experience with us, it sounds like you are thinking about some hard choices. It can feel difficult sometimes to know if a relationship is abusive or if it is unhealthy for us. Especially when you really love and care for someone! However, you are the expert in your own life, so only you can make that decision. 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.

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. 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. While this is ultimately your decision, you are not alone in making this decision and you can always reach out to our BLOOM365 advocates at our helpline listed above for any support you need.