



Elephant in The Room Q & A

SCORE
Fall 2021

**This document can also be accessed at <https://www.bloom365.org/faqs>

Resources:

For additional resources, please visit 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

Please stay tuned for updated Q&A responses!

Q: How to date a beautiful girl; Related Q: How to ask a beautiful girl out

A: This question is a bit outside of our area of expertise. However, since there's no one perfect way to ask someone out, we do encourage you to think about some options for asking someone out that feel comfortable and fitting for yourself! We also encourage you to treat others with respect and empathy in all situations, including this one! If it doesn't work out how you want it to, we encourage you to take care of yourself and remember there are plenty more opportunities to come where you can try again with other or new people in the future. :)

Q: This is good in my future in a relationship

A: Thank you for sharing your feedback with us! We encourage you to utilize the tools we discussed during the 7-Doses in all of your friendships and relationships for healthy, #BLOOMing connections.

Q: Thank you for talking about self-esteem :) It was super encouraging

A: Thank you for your feedback! Self-esteem can be a tough topic to talk about, and even harder to build in ourselves, but we are here to support you if you need it! Feel free to call or text our Helpline, or talk to a BLOOM365 Advocate in the classroom if you'd like to further discuss self-esteem and any other related topics.

Q: How do you help people who have been violent while staying safe?

A: How to help might look different depending on each individual situation. In all situations, we encourage you to prioritize your safety first, especially if this person has been violent before. If you do not feel safe or fear for the safety of others, contact emergency services immediately. Otherwise, there are a few different strategies that can be used to intervene in situations where someone may need help. We refer to these strategies as the **4 D's** of Bystander Intervention, which include:

Direct: Step in or say something

Distract: Interrupt a situation while it is going on

Delegate: Ask someone else to respond, or work together to help

Delay: Check in after the incident or situation.

We encourage you to help only when it is safe for you to do so. Please contact 911 or a trusted adult if you believe the situation could escalate to violence. It's also important to consider that we can't force people to accept our help, regardless of how supportive we aim to be. If you want to talk more about this, feel free to call/text our Helpline at the number listed above. We are here for you!

Q: How to develop a friendly relationship.

A: This is a great and very important question! Blooming relationships are built off agency and equity, where both parties feel respected and equal. When developing a friendly relationship, we should treat others with kindness, respect, empathy, affection, and so many more great qualities included in our [Blooming flower](#) that make every person feel appreciated. If you'd like to talk more about this, feel free to reach out to our Helpline at the number listed above!

Q: How to control your temper

A: Thank you for being brave enough to ask this question. We want you to know that you are not alone, and we are glad that you reached out for support. We recognize that this is something difficult to talk about. One of the most important things is to recognize when you feel your temper intensifying and controlling how you respond. One technique that could be helpful is to have an accountability partner. Maybe you could have daily check-ins with a friend to share how you are handling your anger every day. Another technique you could use is to journal, writing down your thoughts and emotions when you are experiencing anger. It might also be helpful to try taking a walk, or taking 5-10 deep breaths to help you control those emotions. Please know that our advocates are also available to talk if you need support. Feel free to reach out to our Helpline at **1-888-606-HOPE (4673)**. The line is open Monday-Friday, 3PM-9PM.

Q: Emotional neglect- how to move forward from experiencing that?

A: We want you to know that you are not alone, and we are glad that you reached out for support. Experiencing emotional neglect can be traumatizing and can have a lasting impact on our lives. Everyone's healing journey is different, and we encourage you to be patient and kind with yourself while you're healing from those experiences. Everyone heals at their own pace and in different ways. We encourage you to practice self-care and utilize healthy coping mechanisms when we're having a hard time with how we're feeling. Some examples of this can include spending time with people we love, spending time in nature, journaling, drawing, or even going to the gym. Giving yourself time to process feelings and emotions is important. Find what works for you, and always know BLOOM365 is here to support you if needed! If you need additional support and/or guidance on coping, please reach out to a BLOOM365 advocate at the number listed above.