



# Elephant in The Room Q & A

Compadre HS  
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**\*\*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)\**

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| <p><b>BLOOM365 Advocacy Line and Support Groups</b></p> | <p><b>Text or call a BLOOM365 advocate for free, confidential support.</b><br/> <b>Text/Call: 1-888-606-HOPE (4673)</b><br/> <b>Advocacy Line Hours of Operation:</b><br/> <b>Monday-Friday from 3PM-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: The flowers explaining the difference is really helpful and makes more sense than just explaining it; Related Submission: Q: I like how helpful this program is & it's helped me really learn more about different topics that I didn't know; Q: Thank you for coming! <3**

**A: We are glad that you learned something! Whether it was something you already knew, or something completely new to you, we are glad you listened and took something away. If you have any questions or would like more information on anything you learned during the 7 Doses, we encourage you to reach out to our advocacy line at the number above! We can answer any questions you might have and can also provide additional resources for you.**



**Q: A toxic relationship is built upon power and control.**

**A: We are glad that this point stuck with you after the 7-Doses. 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 equality and freedom or with power and control. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above!**

**Q: What if you're being sexually harassed by your boyfriend and you don't want it even though y'all dating; Related Submission: Q: consent is key!!**

**A:** Communication and keeping boundaries is key in every blooming relationship. Saying no should be as simple as just, well, saying no. In reality, someone might feel pressured, guilty, manipulated, or coerced when they say no. Everyone deserves to have their boundaries respected. While we recommend using I-statements ("I feel \_\_\_ (emotion) when \_\_\_\_\_ (situation), can you/we please \_\_\_\_\_ (solution)?), it may not always be easy to use this technique.

Consent may look different for everyone, however, consent should look like FRIES:

- **F**reely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **R**eversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **I**nformed. You can only consent to something if you have the full story and are fully prepared. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **E**nthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **S**pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

Although "No" is such a simple word, saying no can be hard when you're saying it to someone you care about. Here are some tips on turning down sex/consent:

- Be confident and know what you want and what you do not want. Maybe you just want to kiss, maybe you just want to sit next to each other. Once you've thought about what you want, try to clearly state that.
- Say "no." You don't owe anyone, even someone you love, an explanation for why you don't want to do what they want you to do. You can explain if you want, but you don't have to.
- Tell them what you do want to do: kissing, touching, watching a movie together, etc.
- Be clear and direct. Look them in the eyes and use a serious tone of voice.
- You can also let them know that you really do like or love them, but you're just not ready for sex.

If your partner pressures you or threatens to break up with you because you don't consent, it's a sign that you're in an unhealthy relationship. If you would like to talk with a BLOOM365 advocate further, feel free to reach out to our number listed above.