



Elephant in The Room Q & A

Waynesburg Central Greene High School (DVSSP)
February 2022

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

Resources:

For additional resources, please visit [bloom365.org/resources](https://www.bloom365.org/resources)

BLOOM365 Peer Support Helpline	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.
Domestic Violence Services of Southwestern PA (DVSSP)	24/7 Hotline www.peacefromdv.org/hotline WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500
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: Got broken up with

A: We are so sorry that you are experiencing a break up! Break-ups can be a tough experience to go through. Losing someone you had a good connection with can be very painful. While the ending of a close relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk can all be helpful ways to process any tough emotions that might come up after being broken up with. 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 to heal. We all cope with things in different ways and at different speeds. We encourage you to try some things to see what works for you, and always know BLOOM365 and DVSSP Advocates are here to support you if needed!

Q: If someone makes you say "I love you" is that manipulation

A: Someone forcing you to say or do something that you do not want to can be inappropriate. You do not have to do anything that you don't want to do. You are the expert in your own life, so only you can make the decision on whether this behavior is coming from a place of power and control or from agency, equity, and all of the other words in the [Blooming flower](#). It can be helpful to ask yourself, "Do I feel free and equal in this relationship or is my partner holding the power?"

If you are not receiving the type of love you would like, or 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. 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 would like to talk more about this, our bloom365 and DVSSP advocates are here to listen. You can find us at the numbers above!

Q: I have a really bad father that did a lot to me and my family. He doesn't live with me or my sister. I have therapy but it doesn't help much. Most of the time my friends put their troubles first and ignore my problems. I haven't had someone help like this and I want to share my experience.

A: We are so sorry that you and your family went through a lot. Thank you for trusting us with this experience and we are so glad that you feel comfortable sharing it with us. Our advocates are here to listen and offer support if you want to talk more about your experiences and how you're feeling. You can find our bloom365 and DVSSP advocates at the numbers above. You are not alone!

Q: :(- at home :D - with friends

A: We are sorry to hear you're feeling sad at home. Hanging out with our friends is so much fun and can be a great boost to our moods! If you'd like to talk more about how you've been feeling or what's happening at home, feel free to reach out to the DVSSP or BLOOM365 Helplines above for free, confidential, non-judgmental support. We are here for you!

Q: The guy I'm talking to doesn't open up to anyone, including me. Apparently his mental health is getting to him and he's putting us on "hold" should I keep trying or back off/distance myself? If I keep trying, should I try to get him to open up to me? If so, how?

A: Thank you for reaching out! It sounds like you have a lot of care and concern for the guy that you're talking to. Those are very kind and compassionate traits to have! However, no matter how much we love and care for the wellbeing of others, we cannot force anyone to talk or open up if they don't want to or if they're not ready. One of the best and simplest ways to offer support to another person is to be there for them. This could look like offering to listen to them, going on a walk together, or hanging out together and doing a fun activity. Sometimes giving someone space can be a great way to offer support, too! Either way, you should do what works best for you and that is a decision that ultimately is up to you. But if you'd like to talk more about this, our advocates are here to listen and support. Please feel free to reach out to us at the information listed above!

Q: I know of a few people who are in an emotional abuse relationship. One knows they are, but they are scared to leave. The other doesn't realize it. I want to help but I don't know what to do.

A: We are glad that you reached out for support! It's great that you want to help, and also that you've noticed the difference between what a healthy and unhealthy relationship might look like. While we understand wanting to help, it's also important that you prioritize your own safety. If you feel like the situation could become dangerous or too uncomfortable, we encourage you to reach out to a trusted adult, or a BLOOM365 or DVSSP Advocate for additional support.

We should also understand the many barriers to leaving an abusive relationship (fear, love, dependency, insecurity, etc.). Think of these barriers as hooks—it's not easy to unhook them all at once. It can be difficult to leave an abusive relationship, especially when there is hope that the abuser will change or eventually stop. It's important that we don't blame the victim. You can also tear out the extra red flag checklist in your workbook and talk to these people about why you are concerned. Providing continual support for those you're concerned about is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to someone who is experiencing abuse. We cannot make people get help if they do not want to, but we can do everything in our power to help others feel supported. Sometimes, those around us are not ready to accept the help we would like to offer them. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you would like to talk more, please feel free to reach out to a bloom365 or DVSSP advocate at the numbers above.