



# Elephant in The Room Q & A

Peoria Flex Academy  
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)\**

<p><b>BLOOM365 Helpline</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>Helpline Hours of Operation:</b>  <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>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>

**\*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: Laughing at what makes others comfortable because it's something YOU never heard of. It doesn't feel good for the person**

**A:** Thank you for reaching out. We agree, it's not fun when other people laugh at something important to us, especially if it's something that makes us uncomfortable, or if it's something that we need in order to feel more comfortable in a situation. If someone is laughing at you or making you uncomfortable at school, it might be helpful to talk to a teacher or another trusted adult about what's going on. We encourage you to reach out to our Helpline if you need additional support. We are here for you!

**Q: Teens having abortions**

**-what it looks like for them**

**-how others may feel**

**-society view on it**

**-how deep of a situation it is**

**-what those people carry with them**

**A:** Thank you for reaching out to us. These are important topics and we understand wanting to learn more information on them. Unfortunately, abortion is a bit outside of our area of expertise. While we do cover healthy relationships and some other related topics, your health teacher or your parents might have more helpful information regarding abortions and sex education.

**Q: Can a guy actually change? Like if a girl took him back after he cheated once can he actually change?**

**A:** Thank you for asking such a great question. The good news is that anyone can change, and it starts with recognizing the issue(s), such as cheating, and deciding to make a change. A step towards changing will also require this person to empathize and understand how his cheating affects his partner. 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. If you want to talk more about this situation, or if you need any other support, we encourage you to reach out to our Helpline at the number listed above. We are here for you, and you are not alone!

**Q: Do you stay in a mentally abusive relationship if you can't handle it mentally?**

**A:** Only you can choose if you want to stay in this relationship. However, if you are unable to handle it mentally then know that it is okay to leave. Taking care of yourself and your mental health is very

important. If you would like to discuss this further, please feel free to reach out to our helpline **1.888.606-HOPE (4673)**

**Q: Living with two parents that aren't together but stick around for the kids. It's been 17 years & all I got from that was trauma and behaviors I had to go through/learn from.**

**A:** We appreciate you sharing this with us. Living with trauma can be very difficult and may take a toll on our lives. It's important to remember that those unhealthy behaviors can be unlearned. It does take time and it is a process but the most important thing is to recognize trauma and unhealthy behaviors, and you have already done that. Giving yourself time to process what you have been through and all of your feelings and emotions is important. If you would like to talk to one of our advocates, please feel free to reach out to our helpline by calling/texting **1.888.606-HOPE (4673)** Monday-Friday 3-9 PM. We are here for you!

**Q: How do I make someone believe me when I say I'm depressed?**

**A:** Thank you for reaching out to us. We would like you to know that at BLOOM365, we always start by believing those who come forward about their struggle with mental health and there is help available if you need it. When someone says that they are depressed it should always be taken seriously. Unfortunately, we can't force others to believe us, but we *can* try to explain how we're feeling and ask for what we need to feel better. If you're interested, we do have free counseling services available to help navigate depression and other mental health concerns. We also work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support related to living with depression. Reaching out to your school social worker or counselor could also be a good source of support. For additional support or information, please feel free to reach out to our helpline if you would like to talk to one of our advocates by calling/texting **1.888.606-HOPE (4673)**.

**Q: I've displayed abusive behavior in the past and I've changed, but my past actions constantly replay in my mind..What do I do?**

**A:** Thank you so much for sharing this with us. We are so glad to hear that you have been able to change that behavior. Reflecting on our past abusive behaviors can sometimes lead us to be very hard on ourselves. It's important to acknowledge that you have done the hard work to change, which involves recognizing those past behaviors as abusive and being willing to grow and to change that behavior. That is huge and worth celebrating! We at BLOOM365 are here to support you if you would like to talk about these past behaviors more in-depth. You can reach us by calling/texting **1.888.606-HOPE (4673)**, Monday-Friday 3-9 PM.

**Q: What is one way to actually change your self confidence? Can we go to someone about your self confidence?**

**A:** This is a great question, thank you for asking it. Self-confidence/Self-esteem is definitely something very important to talk about. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We 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. Building good self-esteem can take a long 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. You can talk more about ways to boost your self-esteem with your school social workers and counselors. You can also reach out to our Helpline at the number listed above.

**Q: I a high school transgender woman/student. And I know... That I'm confident, strong, understanding, scared, anxious, beautiful. I am a woman and I am a woman. Trans women are women.**

**A:** What a fantastic use of those positive affirmations that we practice using in Dose 5! As we discussed, the more you practice using these, the more your brain starts to truly believe these affirmations. This can help protect us from intrusive and negative thoughts that end up lowering our self-esteem.

**Q: A family member is possibly verbally and emotionally abusive and I don't know what I should do.**

**A:** We are sorry to hear that you are experiencing verbal and emotional abuse. If it is safe to do so, you can try resolving these types of conflicts with the use of "I Statements". "I Statements" can help to explain our feelings about a situation to the person we are having conflict with, what the situation itself is, and a solution we can come to together. The formula for these I statements is: "I feel \_\_, when \_\_, can we \_\_?" If you do not feel it is safe to try using these I statements with this family member, we encourage you to reach out to our Helpline at the number listed above to talk through better options with an Advocate. If you feel unsafe or if the situation becomes dangerous, contact 911 or another trusted adult ASAP for additional support. We are here for you!

**Q: What do you do if someone says there are red flags but you don't see the red flags? How fast can an abusive person change?**

**A:** Thank you for reaching out, those are very important questions. Sometimes we do not see those red flags for different reasons. For example, we could minimize the red flags or maybe we believe it would not happen again. Talking to our friends and loved ones if we're concerned about our relationships could help identify red flags that we might be missing. We also suggest checking the extra [red flag checklist](#) in your workbook. An abusive person can change, and how fast this happens depends on many different factors. Recognizing their abusive behaviors is the first step towards change. If you would like to talk more about this topic, please feel free to reach out to our helpline by calling/texting **1.888.606-HOPE (4673)** Monday-Friday 3-9 PM.

**Q: My friend told me he was raped when he was drunk and she wasn't. He isn't the type of person to tell people stuff like that and he told me. Your class or program helped me respond to him. It was hard because I've been through something similar to it but I don't know how I'd want people to respond to me either. So thank you.**

**A:** We really appreciate you reaching out to and sharing this with us. We are glad to know that you were able to help your friend! Thank you so much for being there for him! If helping him brought up any difficult feelings for you since you have been in a similar situation, know that we are here for you if you'd

like to talk those feelings through. You can also refer your friend to BLOOM365 as a resource if he would like another outlet to talk this experience through. You can reach us at our Helpline listed above.

**Q: How do I help my friend when they are having a panic attack?**

**A:** This is a great question and we appreciate you reaching out to better support your friend. Everyone responds to things differently, but we can offer a suggestion—When we are in an elevated state of emotion, a great way to pull ourselves out of that is to ground ourselves. A great grounding technique you could try with your friend is the “5-4-3-2-1” technique. You do this by asking your friend to tell you 5 things they can see, 4 things they can feel, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. If you’d like to learn more grounding/coping techniques feel free to reach us at the Helpline listed above.