



Elephant in The Room Q & A

SCORE
Fall 2022

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: 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.
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: What kind of consulting would take place, and can it be online?

A: BLOOM365 Advocacy services provide individuals with a safe, confidential space to ask questions, seek information or resources, or even just to have someone to talk to and receive emotional support. If you're interested in BLOOM365's counseling or peer support services, an Advocate can provide information on those programs. You can reach out to a BLOOM365 Advocate by webchat at bloom365.org, or by calling/texting 888-606-4673 Mon-Fri 3-9pm. You can also ask your classroom BLOOM365 Advocate for help reaching out or for more information, as well. We are here for you!

Q: Do you have more locations globally? Or just only here?

A: Although BLOOM365 is primarily located in Arizona, we are also partnered with additional programs and service providers across the United States!

Q: How to find the girl of your dreams

A: This question is a bit outside of our area of expertise, but we do encourage individuals to keep the Blooming and Wilting flowers in mind in all relationships, even new ones! To talk more about healthy and unhealthy relationships, feel free to reach out to a BLOOM365 Advocate after the Lesson, or by calling/texting 888-606-4673.

Q: How do you love yourself?

A: You can learn to love yourself and boost your self-esteem by focusing on the strengths that you have. Taking the time to think about different things that you are good at, personality or physical traits you like about yourself, or accomplishments you've achieved are all great ways to shift your focus towards your strengths. Everyone is good at different things which is what makes us all unique and special. If you want to talk more about this, feel free to reach out to a BLOOM365 Advocate!

Q: How to avoid a dangerous threat that someone might force on you

A: When anyone makes threats or actually follows through with hurting themselves or others, it is very important to take these threats and actions seriously. In a situation where someone is threatening to or has already hurt themselves or someone else, the best thing to do is tell a trusted adult ASAP, or call 911. We encourage you to talk to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate for additional support.

Q: How do you move forward without having a closer with a friend that you hopes would turn into a romantic relationship however they hurt you with their actions?

A: Moving forward from relationships that were meaningful can be really painful. While ending 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. This could look like journaling, listening to music, or spending time with others friends you love. It's important to be kind to yourself and give yourself time and patience as your heart heals. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed!

Q: How would I deal with other people's different abnormalities in the world?

A: There are a lot of different and diverse experiences in the world and that can sometimes feel confusing or overwhelming. Approaching others with curiosity and empathy can be helpful skills in better understanding others. Some helpful tips on how to better understand others and share compassion can include practicing empathy for others, practicing being a good listener, and acting with kindness. If you'd like to talk more about this, our advocates are here to listen. Feel free to reach out to us at our Helpline information above!

Q: How do you know if you are in the person's best friend zone?

A: We understand how it can feel confusing when there's uncertainty regarding our relationships with others. Sharing how we feel with others and practicing open communication can be helpful in gaining a better understanding about our connection with others. Sometimes the best way to know how someone feels is to ask them! If you would like to learn more about healthy communication, BLOOM365 advocates are here to offer support in person after each lesson, or by webchat at bloom365.org or text/call at 888-606-4673.

Q: How do you move on from a long relationship? To a romantic relationship?

A: We're unsure if you're asking how to move on after a relationship ends, or how to move a relationship you already have into the next stages of being a romantic relationship, so we'll do our best to answer both ways!

Sometimes moving from a long-term friendship or relationship into a romantic relationship happens naturally, and sometimes it can be beneficial to talk to this person about where your relationship stands to gain clarity and express your feelings.

Healing from the end of a relationship, especially a longer one, can sometimes be a tough thing to do. How a person decides to move on from the end of a relationship is unique and personal. Coping skills such as talking with a trusted friend, journaling, or listening to music to process your feelings and emotions can be supportive tools in the healing process. Everyone copes in different ways and paces and it's important to honor what works best for you. If you're still struggling with coping, you can always reach out to an Advocate at the number above for free, confidential support and a listening ear. BLOOM365 advocates are here for you!

Q: I'm not kind to myself

A: Learning to be kind and have a loving relationship with ourselves can take some time and is not always easy. While it may take some time and practice to cultivate, we can transform the relationships we have with ourselves into ones that are beautiful and healthy. 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. Spending time doing things with love such as listening to music, starting a hobby, or spending time with those we love can be helpful in learning to treat ourselves with care and kindness. You are not alone in feeling this way - if you would like to talk more about this, our advocates are here to support you. You can reach out to us with our HelpLine information above!

Q: How to stop abusive actions against friends

A: It can feel overwhelming and helpless to see a friend in an abusive or unsafe situation. It may feel hard to know what to do and how to best support friends who are experiencing abuse. One of the most important things we can do to support our friends is to 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. This can look like providing continual support

by checking in and reminding them that you are there for them. You can also encourage your friends to reach out to resources like a bloom365 advocate or other trusted adult for additional support. Showing our friends that we care and following their lead when it comes to how they want to move forward may seem like small things but are some of the best ways to show our support. If you would like to talk more about this, our advocates are here to listen. You can reach out to us at our HelpLine at 1-888-606-HOPE (4673).

Q: My question is... how do you move forward from physical/sexual/emotional abuse without feeling angry, bitter from the past?

A: Healing from experiencing physical, sexual, or emotional abuse can be a deeply personal journey that is unique to each person. Healing is not linear and it can take time to move forward from the experiences of the past. Sometimes reaching out and talking to trusted people in our lives about our feelings and experiences can be supportive in processing the impact these relationships may have had on us. Trusted people can be close friends, advocates, or mental health professionals. Finding coping skills such as journaling, finding a new hobby, or listening to music can also be helpful tools in managing our emotions. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. We encourage you to take some time to find what works for you, and always know BLOOM365 is here to support you if needed. You can reach out to us or other advocates at the information above. You are not alone!

Q: What's the difference between conflict and conflict resolution?

A: This is a good question, we are glad you asked. A conflict is a disagreement or argument between one or more people while conflict

resolution is a set of tools and skills that can help create solutions to mediate conflict. While conflict can be a difficult thing to move through, it can be an opportunity for personal and relationship growth especially when healthy conflict resolution skills are used. Some examples of healthy conflict resolution are using active listening skills to understand the other person's point of view, using "I" statements to communicate your feelings, and being open to offering or accepting forgiveness.

Q: How to gain more members for a club activity

A: Advertising information about a club or activity can be a great way to gain new members. This can include sharing flyers using avenues such as social media, reaching out to staff at school to spread the word, or through word of mouth!

Q: How can you be there for your hurting friends? Friends experiencing loss, breakup?

A: Everyone processes experiences and emotions differently, so sometimes it can be helpful to ask our friends how we can be supportive for them and remind them that we're here for them. You can also encourage them to talk to a trusted adult or school counselor if you are very concerned for your friend(s), and you can also reach out to a trusted adult for support, also!

Q: She told me it's all my fault

A: Although we aren't sure of the context, we're sorry to hear that you're being told something was all your fault. It can feel really isolating and can put a lot of pressure on us when we're told something is ALL our fault. If you'd like to talk more about this or anything else on your mind, we encourage you to reach out to a BLOOM365 Advocate for additional support. We are here for you!

Q: How to develop a love relationship

A: There's no one right way to answer this question or to start a romantic relationship, but we do encourage you to keep the [Blooming and Wilting flowers](#) in mind as you navigate through both new and existing relationships. It can also be helpful to keep your "deal makers" and "deal breakers" in mind as you consider what you do and do not want in a relationship or in a partner. Remember that communication, respect, consent, and equality are all important components of a healthy relationship. If you'd like to discuss this more, feel free to reach out to a BLOOM365 Advocate!