



Elephant in The Room Q & A

Metro Tech HS
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)

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| <p>BLOOM365 Helpline</p> | <p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) 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> |
| <p>Teen Lifeline</p> | <p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p> |
| <p>National Teen Dating Violence Hotline</p> | <p>Text "LOVEIS" to 22522 24/7</p> |
| <p>National Domestic Violence Hotline</p> | <p>1-800-799-SAFE (7233)</p> |
| <p>National Sexual Assault Hotline</p> | <p>1-800.656.HOPE (4673)</p> |
| <p>Suicide Prevention Lifeline</p> | <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

Q: How long does depression last for? How long can someone be in depression?

A: Depression can look different depending on each individual person. Depression can last a few weeks or longer, and it can feel more intense than just being sad. If you feel that you are depressed, we want you to know that you are not alone and help is available. We encourage you to reach out to a trusted adult for support. TeenLifeline is also a great resource for depression information and support. You can also reach out to BLOOM365! We offer free, ongoing counseling services if you feel that you could benefit from ongoing therapeutic support. For more information, please contact our Helpline at 888-606-4673.

Q: Before an abusive relationship why can't we tell the red flags before dating?

A: It can be difficult to tell if a relationship will be abusive before it begins, but being aware of the red flags of abusive behavior stemming from power and control can be very helpful in deciding if it is a relationship you want to continue.

An abusive partner does not usually begin a relationship as overtly abusive or controlling. The early warning signs of abuse are often hard to catch because they are usually masked as “caring” and not “controlling.” For example, early in the relationship someone might say things like “I kept asking you who you were with because I want to make sure you are safe” which could turn into a pattern or progression of power and control over time. It can first show up as possessive jealousy, or even in comments about your choice of clothing or friends. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Sometimes it takes direct education, like the 7-Dose Curriculum or a friend’s concern to notice what’s really going on. If you have more questions about red flags or would like to talk more, feel free to reach out to our Helpline (call/text 888-606-4673; chat @ bloom365.org).

Q: I've never been in a relationship what do you suggest how I know I should ask them out?

A: This question is a bit outside of our area of expertise. However, we encourage you to make decisions as you are comfortable and ready. We also encourage you to build relationships based on respect and consent. If you’d like to talk more about what healthy relationships look like, feel free to reach out to our Helpline at the number listed above!

Q: What if someone doesn't have a trusted adult to go to. What are they supposed to do?

A: We understand sometimes it’s hard to find someone to trust when we really need support. We encourage you to consider which adults you feel comfortable around-- maybe a teacher, a school social worker or counselor, or a coach. You can also reach out to a BLOOM365 Advocate for support and

resources. If you need help, we encourage you to reach out to our Helpline at the number listed above for free, confidential, non-judgemental support. We are here for you!

Q: When would something be considered as self harm or severe self harm?

A: Self-harm is anything that one does to harm oneself on purpose. For more detailed information, visit [the Crisis Text Line website](https://www.crisistextline.org/text-us). We recognize that coping with painful emotions can be challenging. If you or someone you know is self-harming, we encourage you to reach out for support.

-<https://www.crisistextline.org/text-us> // text HOME to 741741

-Suicide Prevention Lifeline 1-800-273-TALK (8255)

-Teen Lifeline Call and Text Crisis Line: 602-248-8336 (TEEN)

Q: Does bloom also talk about younger people also going through things such as grooming or is it just teens?; Related Q: Why don't you speak of grooming?

A: Although we don't cover grooming specifically in the 7-Doses, it definitely ties into many of the topics that we do cover in our curriculum. Grooming is a tactic that predators use to manipulate their victims in order to take advantage of them. If you or someone you know is experiencing this, please reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: How do you forgive someone who sexually assaulted you for 3 years?

A: Forgiveness is a very personal decision, and it may take some time and personal healing in order to forgive someone who has hurt us. You are the expert in your life, so the answer to this question lies within yourself. We recognize that sexual assault is a very traumatic experience and could affect every aspect of our life. We encourage you to practice self-care and utilize healthy coping mechanisms while navigating your healing journey. Some support systems could help with the healing process, such as talking about it with a counselor, a trusted adult or with specific services, such as our Helpline which offers free and confidential services Mon-Fri 3-9 PM (call/text **888-606-4673**.)

Q: How do you cope with all the emotion because your parents might be separating?

A: Thank you for asking this question. First, we would like you to know that it is not your fault and we recognize how tough a situation like this can be. Familial separation could take a toll on us, and it's important that we use healthy coping mechanisms to work through those tough times and emotions. There are several techniques that could help you cope with this situation, such as journaling, spending time with people you love, or spending time in nature. Talking to your school counselor or a private counselor can also help you cope with the separation. Furthermore, when feeling nervous or anxious, practicing deep breaths is another technique that could help in especially tough moments. We recognize that different things work for different people. If you would like to talk more about this, please feel free to reach out to our helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: My dad beats his gf

A: We are sorry that this is going on, and we are glad that you shared this with us. Everyone deserves to feel safe and respected in their relationships. It can be very difficult to watch someone you know as a

victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to intervene, but there are some ways you can help if you choose to. If you think it is safe for you to do so, please share the contact information for the **National Domestic Violence Hotline** at **1-800-799-SAFE (7233)**. Their advocates can assist her with safety planning and can provide additional resources she might need. It's important that you consider your safety as well. Please take care of yourself and do not physically intervene. If you feel unsafe or if a situation becomes violent, we encourage you to call 911.

Q: I hate when ppl ask if I'm ok because even if I tell them what are they gonna do. Most of the s** I go through I go through alone.**

A: Even though it may feel like it, we want to remind you that you are not alone, and support is available if you need it. At BLOOM365, we have support services available if you need someone to talk to when you're going through something, and there are also national & 24/7 resources available if our services don't fit your needs. It could be possible that those people that ask if you are ok may have a sincere interest in knowing how you are doing. While it is totally ok if you decide not to share with them, it also might be helpful talking about your experiences with someone you trust to help cope with those things you go through. If you ever want to talk to one of our advocates, please feel free to reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**. We are here for you!

Q: What should the victim do if they feel it was their fault?

A: This is a great question, thank you for asking us. It isn't unusual for victims to feel that abuse is their fault, or that they've provoked it. In reality, there is nothing that the victim did or did not do in order to be abused. Abuse is based on Power & Control of another person. 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. Abuse is the choice of the abuser, not the fault of the survivor. If you'd like to talk more about this or anything else, feel free to reach out to a BLOOM365 Advocate at the number listed above!

Q: How can I eat without getting told I am too fat. How can I deal with my feelings without hurting myself.

A: We are sorry you've experienced this, and we are glad that you reached out for support. Everyone needs to eat to survive, and there's nothing wrong with you for doing so. Our relationships with food can be complex and we understand how people making those comments can really impact our self-esteem. We want you to know that you are perfect how you are, and we are here to support you. Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem. 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, etc) and focus on those things. When it comes to coping, we encourage you to try some different mechanisms to see what works for you. Some examples of healthy coping mechanisms to avoid or reduce self-harming include: drawing or writing, using fidget toys like spinners or push pop bubbles, spending time outside, making a cup of tea, spending time with people we love,

watching a favorite show or movie, or calling someone to talk it out or just not be alone. Building good self-esteem can take a long time and is not always easy, but we are here for you along the way. If you'd like to talk more about this, feel free to reach out to our Helpline at the number listed above.

Q: What can I do if my dad physically, mentally abuses my mom? She wants to leave but she has nowhere to go or money. He also continues to kick her out but she doesn't wanna leave without us.

A: Thank you for sharing this with us and for asking this very important question. It can be very difficult to watch someone you know as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to intervene, but there are some ways you can help if you choose to. If you think it is safe for you to do so, please share the contact information for the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Their advocates can assist your mom with safety planning and can provide additional resources that she might need. Another state resource that could potentially assist her is the Arizona Coalition to End Sexual and Domestic Violence. They have a helpline that can be reached Monday-Friday from 8:30 AM-5 PM and Tuesday 8:30 AM-7 PM via phone call at 602-279-2980 or text at (520) 720-3383. It's important that you consider your own safety, as well. Please take care of yourself and do not physically intervene. If you feel unsafe or if a situation becomes violent, we encourage you to call 911. If you need additional support, please reach out to our Helpline by calling/texting 888-606-4673. We are here for you!

Q: Is it ok to be on & off in a relationship especially when the other person is giving you mixed signals & they suddenly block you then it all repeats again.

A: You are the expert in your own life, so only you can decide if this is OK with you in your relationship. 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.

It can be useful to look at the blooming and wilting flowers to help you determine whether this relationship is healthy or unhealthy. 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.

One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? 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 please feel free to reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: Why do some people turn a blind eye to those who need help or are hurting?

A: This is a great question; It is unfortunate that some people remain silent when someone else is being hurt. We would like you to know that there is help available and survivors are not alone. If you or someone you know needs help or is hurting, please reach out to our Helpline for free and confidential support Monday through Friday from 3-9pm by calling or texting **888-606-4673**.

Q: With this topic I realized I have a very jealous friend and need to talk to her or leave her

A: We are glad the information provided in the 7-Doses has helped you identify how jealousy is showing up in your friendship. Jealousy is a natural, human emotion that most people have felt or experienced within their relationships. It is not necessarily a bad thing, unless people act out based on that jealousy. When jealousy reflects possessive, obsessive or controlling attitudes and behaviors, that is an indication that it could be unhealthy and/or abusive. We should consider whether our current relationships are built on trust and respect. If you have noticed that your friend's jealous tendencies are impacting your relationship with them, it could be beneficial to discuss how you are feeling using "I statements." During this conversation, you both might consider finding ways to build trust and decrease insecurity so that you are able to maintain your friendship. If the jealousy has led to abusive behaviors, ending the friendship is a completely valid option. To talk more about this or anything else on your mind, feel free to reach out to our Helpline for free and confidential support Monday through Friday from 3-9pm by calling or texting **888-606-4673**.

Q: Why can't I get over a break up?

A: Thank you for asking this question; you are definitely not alone! When you love someone, they usually become very integrated into your life. Losing someone you had a good connection with can be very painful, especially if we have known that person for a long time. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth.

Finding healthy ways to cope can be incredibly helpful. For example, spending time with the people you love, writing in a journal, practicing yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process your feelings and emotions is important. It is also important to be kind to yourself, patient, and give yourself time for your heart to heal. We all cope with difficult life events in different ways and at different speeds. Find what works for you, and know that BLOOM365 is always here to support you if needed! We invite you to get involved in our free Peer Connections group, which provides teens with the opportunity to walk through the healing process alongside others. If you find that you're continuing to struggle with coping, you can always reach out to an Advocate at the number above for free, confidential support, and a listening ear.

Q: Is jealousy bad? How can jealousy be healthy?

A: Jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. Jealousy becomes unhealthy or abusive when it is possessive, obsessive or controlling. We should consider whether the relationships we have currently are built on trust and respect. If we don't have a trustworthy partner or friend, that could lead us to be jealous.

Q: What is gender-based violence?

A: Gender Based Violence (GBV) includes physical, sexual, verbal, emotional, and psychological abuse, as well as threats, coercion, and economic and educational deprivation. Women are disproportionately harmed by gender-based violence. That is why hundreds of organizations focus on ending violence against women. GBV can impact anyone regardless of their geographical location, socio-economic background, race, religion, sexuality, or gender identity. While women and girls are the most at risk and

the most affected by gender-based violence, boys, men, and sexual and gender minorities also experience gender-based violence. GBV can have serious physical, mental, economic, and social repercussions. For example, sexualized violence can lead to unwanted pregnancies, unsafe abortions, and STI transmission, as well as isolation and depression. It can also prevent survivors from achieving economic prosperity because of stigma or physical and psychological trauma caused by the violence.

Q: What do you do when your brother is violent towards your mom? What do you do when your brother and dad fight? What do you do when your brother is a drug addict?

A: We want you to know that you are not alone, and we are glad that you reached out for support. It can be very difficult to watch someone you know as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to intervene, but there are some ways you can help if you choose to. If you feel comfortable, you can give your mom the number to the 24/7 National Domestic Violence Hotline (1-800-799-SAFE(7233)). The Hotline can assist your mom with resources like safety planning, victim assistance, and any other support she might want. You can also call the National Domestic Violence Hotline yourself if you need support during or after a fight or instance of violence.

How to help your family members might look different depending on each individual situation. In all situations, we encourage you to prioritize your safety first, especially if someone involved 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: My parents are in my life physically but I wish they were there mentally

A: We want you to know that you are not alone, and we are glad that you reached out for support. If you feel safe and comfortable doing so, it might be helpful to try to talk to your parents about how you've been feeling and what could change to make things better. It is important to express your feelings and feel heard. If you want to talk more about this, please reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling or texting **888-606-4673**. We are here for you!

Q: Sitting here alone no one believes me. No one knows I'm cutting

A: Thank you for sharing this with us. We believe you. We understand that being alone can feel isolating and those big emotions may not be comfortable, but they are still valid. Coping with big emotions can be difficult. We want you to know that we are here to support you however we can.

Self-harm is sometimes used as a coping skill. It might be helpful to identify some healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges to cut. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our Helpline at the number above! Our Advocates can offer additional support and resources, and can also help you schedule an appointment with our counselor if that's something you're interested in. You are never alone, and we encourage you to reach out if you are experiencing suicidal or depressive thoughts.

Q: I am gay and I'm scared

A: Thank you for being brave enough to share this with us and reaching out for help. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. There are many positives to coming out to the people around us. It can let people in your life know about an important part of you, and help you to feel less alone by allowing you to explore more communities and to meet new people. However, there are also some risks to coming out, especially if you worry that your friends and family might not be accepting. The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault.

If you're comfortable doing so, we encourage you to educate the supportive people in your life on what it means to be a part of the LGBTQ+ community and the barriers that are faced by people in this community. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's ["Coming Out As You"](#) guide and ["Coming Out Constellation."](#) If you'd like to join a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or [onenten.org](#). You can also reach out to our Helpline for free, confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**. We are here for you!

Q: PTSD sucks

A: We understand that PTSD can be a challenge to navigate. We want you to know that you are not alone, and we are here to support you however we can. We encourage you to practice self-care and be patient with yourself while you're healing from past trauma. Please feel free to reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: Why doesn't my cousin leave her abusive drugged up boyfriend? Why is my mom stuck on her ex when he didn't even let her talk to me.

A: Ending any relationship can be challenging, especially if the relationship is toxic or abusive. Unfortunately, we don't have the answers to these questions, but talking to your mom or your cousin about your questions might help to answer them. We want you to know that you are not alone, and we are here to support you. If you want to talk more about this or anything else, feel free to reach out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: All I want is to vent. I was sexually abused when I was 3-5. I didn't remember it until I was in 5th-6th grade. Sometimes I will still cry about it. I'm getting the help I need now. I'm working on it. Sometimes I'm worried of boys/older guys.

A: Thank you for sharing this with us. We want you to know that you are not alone, and it is good to know that you are getting the help you need now. It is very common for survivors to remember experiences or details long after the initial trauma, or sometimes not remember it at all. Everyone heals at their own pace and in different ways. If you need additional support and/or guidance on coping, please reach out to a BLOOM365 advocate at the number listed above. We are here to support you!

Q: How come I can't open up to the one person that I trust?

A: This could be based on the fact that you do trust this person, but the subject you would like to talk about hurts. It might be helpful to talk to one of our advocates for more support before opening up to this person you trust. You are welcome to practice talking through it by reaching out to our Helpline for free and confidential support Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: How do I tell my parents I'm bisexual, if they're homophobic?

A: Thank you for sharing this with us and for reaching out for help. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. There are many positives to coming out to the people around us. It can let people in your life know about an important part of you, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. However, there are also some risks to coming out, especially if you worry that your family might not be accepting. The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault.

If you're comfortable doing so, we encourage you to educate the supportive people in your life on what it means to be a part of the LGBTQ community and the barriers that are faced by people in this community. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's "[Coming Out As You](#)" guide and "[Coming Out Constellation](#)." If you'd like to come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or oneten.org. You can also always reach out to a BLOOM365 Advocate at the number above to discuss this situation or chat online at bloom365.org for more support. We are here for you!

Q: How can I tell my parents that I've been getting more hurt and depressed?

A: We want you to know that you are not alone, and we are glad that you reached out for support. It is important to express how you are feeling. We encourage you to talk to your parents about how you've been feeling in a way that feels comfortable and safe for you. This might look like sitting down in person, or even writing it out on paper or in a text if that's easier.

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 relating to depression. School social workers and counselors are also a great source for information on dealing with depression. BLOOM365 Advocates are also available at the

number above if you'd like additional support or resources, or to get connected with a BLOOM365 counselor. We are here for you!

Q: I hate my body and I think I have body dysmorphia. What can I do to help this? I hate feeling like this. I hate getting sexualized for what I wear and people tell me I'm showing too much when I wear an outfit I feel comfortable wearing. I get told this not only by friends but family too. I'm just a kid and shouldn't be feeling this at a young age. I just hate my looks and wish I fit into the beauty standards

A: We want you to know that you are not alone, and we are glad that you reached out for support. We are sorry that you've been feeling down about yourself and experiencing these things. Everyone deserves to feel safe and respected, regardless of their choice in clothing or anything else. Building good self-esteem can take a long time and is not always easy. It might be beneficial to look into counseling to help with body dysmorphia. In the meantime, it might be helpful to check out some resources such as The National Eating Disorders Association's articles for [20 Ways to Love Your Body](#) and [10 Steps to Positive Body Image](#). To talk more about counseling or anything else you have on your mind, feel free to reach out to our Helpline for free, confidential, non-judgmental support.

Q: Why can't girls wear whatever they want to wear without getting judged?

A: Thank you for asking such an important question, and we want you to know that you are not alone in feeling this way. It's possible that some people are judgmental due to unhealthy gender norms, which are rules or beliefs about how certain genders should behave. Some examples are the idea that women should stay home, how they should dress and raise kids, or they should have long hair and that men should be the "breadwinners" and be the "tough" ones in relationships. However, at BLOOM365, we believe all people are deserving of respect and safety, regardless of their choice in clothing or anything else. If you want to talk more about this, we encourage you to reach out to our Helpline for free, confidential, non-judgmental support. We are here to answer your questions as best as we can, and to provide support and resources. Feel free to give us a call or text!

Q: What are other ways of victim shaming?

A: Victim-blaming or shaming can look like blaming survivors for the harm they experienced, telling victims that they "should have known better," or believing that victims deserved the abuse or harm. People can victim blame for many different reasons. They might not know or understand how abuse or harm works, or they might have internalized other ideas about what victims should and shouldn't do. No survivor or victim deserves to be shamed for experiencing harm or speaking out about that harm. It is important to affirm and validate the experiences of victims and survivors, while keeping the responsibility of harm on the person who caused it. If you want to talk more about what victim-blaming looks like, or any other questions you might have, feel free to reach out to our Helpline for free, confidential, non-judgmental support!

Q: When we were writing a positive thing how come I could not come up with anything?

A: Sometimes it can be challenging to think of our positive qualities and attributes. Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem and to find positive things about ourselves. Building good self-esteem can take time and is not always easy, and we want you to

know that you are not alone. If you'd like to talk more about lifting self-esteem or anything else, feel free to reach out to a BLOOM365 Advocate for support. We are here for you!

Q: How do I tell my parents I want to paint my nails without them thinking I'm gay or different? Btw I like your nails :)

A: We want you to know that you are not alone, and we are glad that you reached out for support. We encourage you to have this conversation in a way that feels comfortable and safe for you. It might be helpful to ask your parents for a good time to talk to them, first. Once you've decided on a good time/place to have this conversation, it might be helpful to explain why you **do** want to paint your nails. This might look like telling your parents "I like to paint my nails because it makes me happy and I like to express myself this way" or including anything else that feels right for you. If you want to talk more about ways to have this conversation, feel free to reach out to our Helpline for additional support. Thank you for the compliment, and happy nail painting!

Q: What are ways to ask for consent without it being awkward?

A: Thank you for asking this, it is such an important question. It's important to consider that consent should always be informed and voluntary, and is revocable at any point. It's also important to consider how verbal and nonverbal consent can be used in certain situations.

Verbal consent is the clearest, safest form of consent. This often looks like asking directly if someone wants to participate in something. Nonverbal consent is a way to express a clear willingness to engage in something, such as sexual activity, without using words. Nonverbal consent might be indicated by someone's body language, physical actions (rather than verbal communication), or even direct eye contact. However, it is important to remember that body language is different for everyone, and relying on it alone for consent can sometimes be problematic. If you're not sure that you're getting a clear, enthusiastic "YES" from someone, it is your responsibility to ask. You cannot assume that you have consent because someone is not physically resisting or verbally refusing something. Silence, passivity, or a lack of resistance does not equate to consent.

It can also be helpful to check-in during the heat of the moment. This might include asking things like, "Are you comfortable?" "Is this okay?" "Do you want to slow down?" "Do you want to go any further?" Asking for consent can also be as simple as asking the other person what they like and don't like. The more you practice asking and sharing your likes/dislikes, the easier it gets! You can also find additional information [here!](#) If you would like to further talk about this, please feel free to reach out to our Helpline for free and confidential support, Mon-Fri 3-9 PM (call/text **888-606-4673**).

Q: I feel really bad today

A: We're sorry to hear that you're feeling bad today. We want you to know that we are here for you, and we are glad that you reached out to share how you're feeling. It might be helpful to practice self-care on bad days, or focus on healthy ways to cope with those feelings. This might look like dancing, eating your favorite food, practicing yoga, drawing, writing, exercise, deep breathing, volunteering, telling jokes, hanging out with friends, etc. Some self-care activities may work the best when done alone, but you can also find some to do with other people, as well. If you would like to talk more about what is going on,

please reach out to our Helpline for free and confidential support, Mon-Fri from 3-9pm by calling/texting **888-606-4673**.

Q: How do I approach my family and talk about her sexuality?

A: Sexuality can be a private matter and some people might not be super comfortable discussing it. However, if you feel that this is a conversation that's necessary to have, we encourage you to approach your family in a way that makes you feel comfortable and safe. It's important to keep respect and empathy in mind when having these conversations and asking questions about others' personal lives. If you want to talk more about this question in-depth, we encourage you to reach out to our Helpline for free, confidential, non-judgmental support. We are here for you!

Q: My mom has gotten beat up by her bf he cusses at her and doesn't treat her how she deserves to be treated they always break up but end up back together

A: Thank you for sharing this with us. We want you to know that you are not alone, and we are glad that you reached out for support. It can be very difficult to watch someone you know as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to intervene, but there are some ways you can help if you choose to. For one, you can serve as a supportive person in your mom's life. You can find ways to spend time alone with her, doing activities you both enjoy. If you feel comfortable, you can give her the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don't be discouraged if she is not ready to make the call. Remember the importance of not blaming the victim, in this case your mom, and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let her know you are there for her, and that the hotline is available whenever she is ready to make the call. If you feel that the situation is dangerous or if you ever feel unsafe, we encourage you to call 911. To talk more about this, feel free to reach out to our Helpline at the number listed above.

Q: My parents have 2 different mindsets and ways of thinking which causes problems for both of them mentally and yea that's all.

Trouble truly expressing feelings to other people

Who am I

Why are people looked down on for being quiet when there is nothing wrong with doing so?

A: Thank you for reaching out and sharing this with us. We understand it can be challenging to deal with our parents having disagreements. We also recognize how challenging it can be to express our emotions to others. We want you to know that you are not alone, and how you feel and the questions you have are all valid. Although we can't give one main reason why people look down on others for being quiet, we can hypothesize that maybe it's because some people who aren't quiet or come from outspoken environments aren't used to others being quiet as their "status-quo." And you're right, there's definitely nothing wrong with being quiet! If being quiet is someone's "normal," and it's how they're most comfortable, there's nothing wrong with that. If you want to talk about these topics more in-depth, please feel free to reach out to our Helpline for free, confidential support Mon-Fri 3-9 PM by calling/texting **888-606-4673**.

Q: What do you do if you're showing signs of abusive behavior? Are you considered a bad person? How do you stop?

A: We want you to know that you're not alone, and we are glad that you reached out for support. Sometimes it can be difficult to change unhealthy behaviors we have developed, but we certainly can change if we want to! It is much more likely that we will be successful in changing abusive behavior if the problem is addressed early on. However, it's important to note that this is a decision that we have to make for ourselves. The first step is recognizing the abusive/problematic behavior and deciding we want to change. Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. Reaching out to a trusted adult, such as a teacher, school counselor, or a BLOOM365 advocate or counselor, is a great way to find someone who can help identify what behaviors are harming both us and others, so that we can change them into healthy behaviors. For free, confidential, non-judgmental support, feel free to reach out to our HelpLine at the number above. We are here for you!

Q: Why are girls expected to remove their body hair? Why are they seen as unclean when they don't or when they have acne

A: Thank you for reaching out and asking these important questions. It's possible that some people have these expectations due to beliefs in unhealthy gender norms, which are rules or ideas about how certain genders should behave. An example of these gender norms are that girls "should" remove their body hair and have clear skin, or how they should dress and raise kids, or they should have long hair and that men should be the "breadwinners" and be the "tough" ones in relationships. However, at BLOOM365, we believe all people are deserving of respect and safety, regardless of their personal appearance or anything else. If you want to talk more about this, we encourage you to reach out to our Helpline for free, confidential, non-judgmental support. We are here to answer your questions as best as we can, and to provide support and resources. Feel free to give us a call or text!

Q: How do I tell my mom that my dad is cheating on her? If she doesn't believe me and I witnessed it?

A: This sounds like a really tough situation, and we're glad that you reached out for support. We are sorry that your mom doesn't believe you, even though you've tried to tell her the truth. It's important to remember that we can't force anyone to do anything, and we can't force anyone to leave or end a relationship before they're ready. It sounds like you've tried to tell your mom about what you experienced, and she doesn't seem to believe you. Sometimes that's all we *can* do. If you feel uncomfortable or unsafe for any reason, we encourage you to reach out to another trusted adult or family member about what's going on, so that you don't have to manage it alone. You can also reach out to a BLOOM365 Advocate for additional support, if needed. Feel free to reach out to our Helpline at the number listed above for free, confidential, non-judgmental support. We are here for you!

Q: All I wanted to say was that my day wasn't great. Actually maybe this entire week. It's okay I don't get support. It's fine

A: We are sorry your day/week was not great. We want you to know that you are not alone, and we are glad that you reached out. We understand it can feel lonely and overwhelming to not have support when we need it. We encourage you to practice self-care during those harder days/weeks, and as much as

possible even on “good” days. Some ways to practice self-care include: Spending time with the people you love, practicing yoga, taking a bath, enjoying your favorite food, or simply going for a walk. If you’re struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our HelpLine at the number above! Our Advocates can offer additional support and resources, and can also help you schedule an appointment with our counselor if that’s something you’re interested in. You are never alone, and we encourage you to reach out for additional support.

Q: Of 7 months of being manipulated and controlling, I broke up with my ex-boyfriend. It’s been a month and he’s dating someone. He made it seem like I was the toxic one even though he cheated on me 3 weeks in the relationship and still cheated on me for the rest of the 4 months and told me he’s just friends with them and nothing else. I told him I don’t want to have our 6 anniversary and he FT me and tried to cut himself in front of me. He had my account and unfollow and blocked all of my guy friends because he was scared that I’ll cheat on him with them. I used to send nudes to him and I told him my mom follows me on insta so when we argued (he used to lie) and when I tell him I’m done with him he used to tell me “if we’re done I’m gonna send your nudes to your mom” or if I tell my friends for advice he says “I’m going to send them to your mom”

A: Thank you for reaching out and sharing your experience with us. It sounds like there was a lot of wilting behaviors happening in this relationship. We want you to know that you are not alone, and none of what you’ve experienced is your fault. If you need additional support or could benefit from information on healthy ways to cope and resources for healing, we encourage you to reach out to our Helpline at the number listed above for free, confidential, non-judgmental support.

When it comes to sending nudes, we are not lawyers and this is not something we are experts on, but we would like to state that Arizona has a specific statute regarding teen sexting: [Arizona Revised Statutes Section 8-309](#). According to this law, it is illegal for someone under 18 years of age to knowingly use a device to view or transmit photographs or videos of someone under 18 years that depicts explicit sexual material (including nude pictures). It is also against the law for someone under 18 years to knowingly possess explicit sexual material involving someone under 18 years, even if the person sent it to the individual. The only time these actions aren’t a crime is if the one didn’t solicit the material or if one reasonably tried to delete or destroy the material. We don’t tell you this to scare you, but rather to inform you of the legal side of things if sending nudes is something that happens frequently. To talk more about this, or any additional questions you might have, feel free to contact our Helpline (Mon-Fri 3-9pm MST). We are here for you!