



Elephant in The Room Q & A

Boulder Creek High School
Fall 2019

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

Resources:

For additional resources, please visit bloom365.com/resources

<p>BLOOM365 Advocacy Line and Support Groups</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Advocacy Line 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>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit bloom365.org/peersupport for specific dates and times.</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>

Q: Student

A: BLOOM365 Advocate

Q: I never even heard of teen dating abuse before. It doesn't really seem prevalent, just being honest

A: Thank you for your submission. These conversations can sometimes be difficult and uncomfortable to have, and many people are unaware of how serious these issues can be. Loveisrespect.org is a great resource for information on relationships and dating, including this compilation of statistics:

<https://www.loveisrespect.org/resources/dating-violence-statistics/>

Q: Hola tu hablo espanol?

A: We do have a bilingual advocate who speaks Spanish and is always available to help. We also can find resources to help you regardless of what language you speak. The translation below was rendered by Microsoft.

A (E): Tenemos un defensor bilingue que habla español que siempre está disponible para ayudar.

También podemos encontrar recursos para ayudarlo independientemente del idioma que hable. Para que lo sepas, esta declaración fue traducida por Microsoft.

Q: How does one become involved in the bloom365 program?

A: If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!)

You can read more about PAC and the opportunities available on page 10 of your workbook, or at

www.bloom365.org. To get involved or for more information, please email jess@bloom365.org or reach out through our Advocacy Line (1-888-606-4673) or Instagram (@bloom365pac).

Q: What is your favorite holiday?

A: At BLOOM365, our favorite holidays include World Kindness Day, World Empathy Day, and World Respect Day. I know that is a cheesy answer, but we envision a future of safe and healthy relationships for all, so we enjoy holidays that support and bring empathy, respect, equality, kindness, consent, safety and peace for and to all.

Q: What if your partner thinks they are joking but it actually scares you or makes you feel uncomfortable?

A: 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. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. This can help you figure out what type of relationship you currently have. 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.

When using an I statement, use the format, "I feel (emotion(s)) when (situation), can you/we/I (solution)?" This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication. If someone consistently refuses to work things out within your relationship or if nothing

ever changes, you might consider whether this is a relationship you want to maintain. If you'd like to talk more about your situation, we encourage you to reach out to our Advocacy Line at the number above for free, confidential support.

Q: Are the conditions the same if its sibling abuse or family member? Related Submission: Q: Can the same red flags come from your parents or does it mean something different?

A: Everything we discuss during the Bloom It Up program is applicable to dating relationships, family relationships, and friendships. As we learned in the program, sometimes family members and friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your family member about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow the other person to feel empathy. This may help your family member to recognize that your relationship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your relationship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off taking space away from this relationship, you may also want to have a conversation with that person to express why you think this relationship is making you "wilt," and that you feel you will be able to really "bloom" more if you take some space away from them. Leaving an unhealthy or abusive relationship is never easy, and it can become quite complicated when it's a family member that is abusive. However, there is always support and resources available to anyone in these situations and we encourage you to reach out for support if you or someone you know is struggling or experiencing abuse.

Q: My ex, before I left, verbally and physically abused me but I'm fine now

A: First off, we want to let you know that you're not alone and we are thankful you have reached out and shared your story. Experiencing abuse can have a lasting impact, and it's important that you are able to deal with these emotions so that you can move forward. 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 for your heart to heal. We all cope with things in different ways and at different speeds. Some people find it helpful to talk to trusted friends or family members or engage in healing arts like painting or yoga. Other coping mechanisms might look like going for a walk or listening to music. We are glad to hear that you are fine now, and always know BLOOM365 is here to support you if needed!

Q: I have a friend and we've only been friends for a year but she does get mad and hits me and calls me names. I don't know what I should do. Also I don't know if this is serious but if I hang out with my other friend she gets mad at me.

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship (including friendships) is healthy or unhealthy. It's also important to remember your rights and responsibilities within relationships. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. You can also find some red flags of any unhealthy relationship on page 17 of your workbook, or on [our website!](#)

As we learned during the 7 Doses, sometimes friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom.

If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think this friendship is making you "wilt," and that you feel you will be able to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self-evaluation and growth, and may even give you greater insight to your relationship and friendship deal breakers and deal makers, like we talked about in Dose 5. Feel free to text/call an advocate at the number above for additional support.

Q: Not gonna lie you're kind of a rude person

A: We are very sorry that you've had that experience with one of our advocates. We encourage you to reach out to us at the number above if you'd like to discuss your experience or if you are in need of support. You can remain anonymous if you choose.

Q: This presentation gives me extreme anxiety

A: We want you to know that you are not alone, and we are glad that you reached out for support. We recognize that this material can be difficult to talk about and can be triggering. We encourage you to do whatever you need to do to take care of yourself. That might include stepping out of the classroom, putting your head down, or some other form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet with you if you need to talk to someone. Finding ways to cope can be really helpful. For example: spending time with the people you love, activities like yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. 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! For additional information and/or guidance on coping, you can reach out to a BLOOM365 advocate at the number listed above for free, confidential support.

Q: I feel like today's lesson was extremely one-sided

A: Women are vastly more likely to be seriously hurt or killed in these scenarios, which is why a lot of the examples we chose show women as the survivors and men as the perpetrators. While dating abuse is experienced by girls and young women at higher rates, boys and young men do experience abuse as well. Almost 50% of Arizona teens who have experienced dating abuse have said that they never reported it. Legally both men and women are treated equally when they are victims of these crimes. Abuse knows no bias, and men can also be victims/survivors of sexual assault and teen dating abuse.

Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to “tough it out” or “be a man.” Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being. Unfortunately, we have not yet been able to find any good videos that show men as the victims of teen dating abuse, but we encourage you to reach out if you’d be interested in helping us to create one! If you are experiencing abuse in a relationship or if you are a sexual assault survivor, please know it is not your fault. We encourage you to reach out to a trusted adult or a BLOOM365 Advocate for free, confidential support and a listening ear.

Q: What if one of the things that makes you happy is far away? How do you see them more? How do I make plans with friends when they never reach out to make plans with me?

A: Unfortunately, it is difficult to answer these questions without context. We encourage you to reach out to our Advocacy Line at the number above to discuss your individual situation. In order to spend more time with your friends, I encourage you to utilize the communication technique we learned about in Dose 6 called “I-statements.” I-statements allow us to take ownership of our own emotions and help to prevent others from feeling blamed. For example, telling your friend, “I feel that you are an important friend in my life, and I want to spend more time hanging out. I feel that you might not want to spend time with me because we don’t make plans to hang out. Could we agree to reach out to each other more to make plans?” We encourage you to consider your own situation and come up with an I-statement that best suits your specific situation and feelings. If you’d like assistance in formulating an I-statement, an advocate can help you with that, as well.

Q: How can you get your friend to understand she’s been sexually assaulted

A: In your workbook, you can reference the “5 Ways to Help a Friend” to start a conversation with your friend about why you are concerned. This can be a helpful resource for friends who’ve experienced any form of abuse. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do is let our friends 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 feel comfortable, you can provide your friend with information about our support groups and the number to our advocacy line. Our support groups can be a great place to begin the healing process. If you believe your friend is in danger, we encourage you to call 911 or contact a trusted adult as soon as possible.

Q: Is it bad that when you started a relationship you felt the connection but then you lost feelings

A: Sometimes people’s feelings change, and that is totally okay. It’s best to be honest about how you’re feeling so that your partner is aware of how you view the relationship. If you’d like to discuss this further, we encourage you to reach out to our advocacy line at the number above for free, confidential, non-judgmental support.

Q: How do you know for sure if you’re being abused in a friend relationship? In my friend group I feel mistreated and used by them. They only talk to me when they need or want something

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship (including friendships) is healthy or unhealthy. It’s also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions

together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner or friends and their boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. The red flags checklist in your workbook or on our website is another great tool to identify potential red flags that a relationship might be unhealthy or abusive. If you feel that the friendship is one-sided, it might be helpful to use the communication technique discussed in Dose 6, “I-statements,” to talk about how you’re feeling. If you’re unable to make progress using these techniques, you might consider whether this is a friendship you want to maintain. If you’d like to talk about your situation, we encourage you to reach out to an advocate at the number above for free, confidential, non-judgmental support.

Q: If you have an on/off friendship or relationship, would that be considered an unhealthy teen relationship

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. Someone who is inconsistent in how they treat us or how they feel about us might be a sign of a potentially toxic or abusive situation, however, you are the expert in your own life, so only you can make that decision. It’s also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner’s boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. The red flags checklist in your workbook or on our website is another great tool to identify potential red flags that a relationship might be unhealthy or abusive. If you’d like to discuss this further, we encourage you to reach out to our advocacy line at the number above.

Q: The video games and movies is just common sense; Related Submission: Q: Video games don’t cause violence. Also if I play fortnite and see a man get shot, and a friend dies, I’m not going to tell him it isn’t a big deal.

A: Thank you for sharing with us. We encourage you to consume media critically, being aware of how media messages may influence you and others, and recognize that abuse and violence are NOT normal and NOT acceptable. If you’d like to talk to us about it, feel free to reach out to our advocacy line at the number above!