



Elephant in The Room Q & A

Maryvale High School Flash Dose
Spring 2022

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

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p>Teen Lifeline (24/7)</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline (24/7)</p>	<p>Text "LOVEIS" to 22522</p>
<p>National Domestic Violence Hotline (24/7)</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline (24/7)</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline (24/7)</p>	<p>1-800-273-TALK (8255)</p>
<p>ACESDV: Arizona Sexual and Domestic Violence Helpline</p>	<p>Call: (602) 279-2980 or (800) 782-6400 SMS Text: (520) 720-3383 Arizona Relay Service 7-1-1 Monday-Friday, 8:30a – 5:00p with extended hours on Tuesday 8:30a – 7:00p</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: Y'all are amazing & love how y'all are really understandable. Love your height, me & you have the same problem. LOL. love y'all. Have a good day!

A: Thank you so much for these kind words! :)

Q: [I want help] (how do I get help?) I was sexually assaulted by the same person for over a year but I wasn't aware of it until someone told me it was sexual assault and I was too young too. And he still stalks me I've reported it but he just stops then comes back. I'm still worried he might hurt me and he lies so nearly everyone believed him. And I was bullied and harassed but I couldn't tell my mom or family. I'm scared bc they might get mad at me.

A: Thank you for reaching out and trusting us with such vulnerable experiences. We are so sorry to hear that you went through that. What you experienced was not your fault and we are glad that you reached out. We encourage you to reach out to advocates at RAINN or bloom365 who can provide you with free non-judgemental support and resources as you process these experiences. You can find us at the information above. You are not alone!

Q: Have you ever thought that someone else that you know could pose as a threat?

A: It can be challenging to consider if someone we know could be a threat to themselves or to someone else, including ourselves. If you find yourself concerned or questioning if someone could be a threat, we encourage you to talk to a trusted adult about your concerns so that everyone can stay safe. It's better to do something sooner than later if we're concerned someone could get hurt or could hurt someone else. If you'd like to talk more about this, feel free to reach out to our HelpLine via call/text for free, confidential, non-judgmental support. We are here for you!