



Elephant in The Room Q & A

Sandra Day O'Connor 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-Thursday from 3PM-9PM</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>

Q: Student

A: BLOOM365 Advocate

Dose 1

Q: Why do people get the need to hurt or abuse their S/O? Similar Q: Why does abuse occur?

A: There are a number of root causes for why someone might choose to use power and control over someone else. Some people may be abusive to their partners because they were exposed to violence at home and were taught that this behavior was normal or acceptable. Rigid beliefs in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. Anger becomes abuse when you make the choice to use power and control over others. Remember, though, that even though these root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based on freedom and equality. BLOOM365 and the Bloom It Up program exists so that teens like yourself have the skills and knowledge of how to build and grow healthy relationships, in addition to the tools of what to do when you experience or witness any form of power-based violence (bullying, teen dating abuse, domestic violence, etc.).

Q: Sometimes I pretend someone else is there with me when I'm alone so I talk to myself and comfort myself. As if I was my best friend. This actually happens everyday.

A: Everybody is different, and while some people are very social and extroverted, some are less social and are more introverted. This is totally okay! We also recognize how important it is to feel like you have a support system. A great way to make new friends is to find people who have similar interests as you. Some tips that might help include: Joining a new club or team, getting involved in your community, and finding people with similar hobbies! The first step is to consider what makes you happy and what you enjoy, and then find ways you can get involved in doing these things with others who also enjoy them. Stepping outside of our comfort zones can allow us to grow and develop new friendships. Opening up can allow us to find people who we can connect with and who will accept us just the way we are. We encourage you to text/call an advocate at the number above for free, confidential support! You can also chat with us online at bloom365.org!

Q: How do I recover from a toxic relationship?

A: When you love someone in any kind of relationship, they usually become very integrated into your life. Coping after any breakup can be difficult, especially if we have known that person for a really long time or if we have a history with them. After experiencing a toxic relationship, it's important to seek support and any additional help that we need while recovering from the pain and confusion of a wilting relationship.

Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, going to yoga, joining a new team or club, or simply going for a walk. 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. Find what works for you, and always know BLOOM365 is here to support you if needed! We also 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'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.

Q: So I'm in a friend relationship. We met recently, I want to be closer friend but I don't want to over step my boundaries but I fear by not overstepping boundaries I'm being a removed and distant friend. What should I do?

A: Communication is an important part of healthy relationships, including friendships. It may be helpful to utilize the communication technique we learned about in Dose 6-- I-Statements. For example: Saying something like, "I feel _____ (emotion) when _____ (situation), can you/we please _____ (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 and empathy. It is important to remember that you and your friend both have the right to set boundaries and the freedom to choose who you spend time with. Ultimately, talking about how you feel and helping your friend gain an understanding can help you both get on the same page about your friendship. If you'd like to talk more about this situation, please reach out to our Advocacy Line on Monday-Friday from 3-9 PM MST.

Q: My friend is very sad. :(

A: We encourage you to share our Advocacy Line number with your friend. They can text, call, or chat with us online at www.bloom365.org for free, confidential support! We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. 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.

Q: Thank you for the experience and advice.

A: Thank you for participating! We hope that you gained some valuable knowledge and tools for building healthy friendships and relationships that will help you both now and in the future!

Q: How do I become an advocate for my school?

A: If you are interested in getting involved, we have lots of ways to do so! If you turn to page 8 in your workbook, you can read more about "PAC." There are also opportunities to become trained as a peer advocate or peer educator! To get involved or for more information, email kathryn@bloom365.org.

Q: How long are you here?

A: Although we're only in the classrooms at O'Connor High School until Tuesday, you can reach out to our Advocacy Line for free, confidential support on Monday-Friday from 3-9 PM (MST)!

Q: My friend is suicidal and I don't know what to do.

A: We highly encourage you to let your friend know that they should reach out to a trusted adult such as the school social worker or a BLOOM365 Advocate as soon as possible. Our advocates are always here to lend a free, confidential listening ear whenever you need it. Also, if you'd like some resources for suicide and depression, we encourage you to contact Teen Lifeline and/or the National Suicide Prevention Hotline listed above.

Q: Is there a difference between being jealous they never hang out with you or wanting to see them because you love them?

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 can 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. The first step is recognizing our jealous tendencies and addressing them with our partner or friend so that they know how we feel. You can communicate your feelings and concerns with your partner by using "I" statements. Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy. If we are experiencing persistent jealousy, it is a warning sign of power and control and could lead to an abusive relationship.

Q: High expectations from parents are hard to deal with. They want me to be in the medical field when I have no interest in it.

A: We are sorry to hear that you have experienced this, and we are glad you reached out for support. We encourage you to utilize the communication technique we learned about in Dose 6 - I-statements. You may choose to use the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.) I-statements can be a helpful tool for us to express our emotions and offer potential solutions without placing blame. This method for conflict resolution allow others to empathize with us and avoid defensive reactions/responses. You may even consider having a conversation with your family about what you are passionate about and what your interests are. An example for how you might start the conversation could be, "I feel overwhelmed when you push the medical field route for my future, could we please discuss ways to compromise and avoid future arguments?" Perhaps spending time together doing things you all enjoy can strengthen your relationship and allow for more open-dialogue. Please feel free to text/call an advocate at the number above to discuss further.

Q: If you know someone who has been in a severe situation related to abuse, what steps should you take to help them? Similar Q: How can you help someone that's in an unhealthy relationship?

A: We cannot force people to get help, that decision is ultimately up to them to make. What we can do is be there to listen to them and provide support. They may not feel comfortable talking to an adult, and would rather talk to you. On [our website](#), you can find a list of the “5 Ways to Help a Friend.” This list can provide some helpful tips on how to start a conversation with your friend. We cannot make people get help if they do not want to, but we can help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do in these situations is to 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 believe your friend is in serious danger, or if you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that your friend could be at risk of getting injured or even killed.

Q: My friend was in a “relationship” and the guy kept telling her over and over that he liked her until she said yes to him.

A: Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals. You should never have to convince someone to consent or be pressured into giving consent, because that would be considered coercion, which is not truly consent! If you'd like to talk more about this situation, please reach out to our Advocacy Line on Monday-Friday from 3-9 PM MST.

Q: Will there be more interactive things?

A: Each of our doses have interactive components to them. We rely on student participation to drive our interactive discussions, so we really encourage your participation! We welcome your suggestions for how we can make our curriculum more teen-centered and fun while still remaining educational. Feel free to send us a text or chat with us online!

Q: Why should it matter what men and women wear if they are comfortable with their clothing?

A: That is a good question. At BLOOM365, we believe that people are deserving of respect regardless of how they choose to express themselves in their appearance. One reason that people might judge the clothing choices of others could be because people make assumptions in an attempt to make sense of what they don't understand. Our minds are always processing information, and sometimes people may jump to conclusions or make judgements to try and make sense of things that don't make sense to them. Other times, people may feel insecure, and thus they judge others in a way to feel better about themselves. It can be hard not to judge what we don't understand, but learning to love and accept ourselves and others for who they are can be a good first step. Additionally, being conscious of our own thoughts is super important. If we don't understand something, rather than making judgements... We can use that as an opportunity to learn something new!

Q: I got into cutting last year and I got addicted to it. I lost my blade and got sad I couldn't do it anymore but I know it's for the best I need advice on how to stop/help myself. I would like to be talk to you individually.

A: We want you to know that you are not alone, and we are thankful you reached out for support. Self-harm is sometimes used as a coping skill. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. 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 Advocacy Line at the number above! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send us a text! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Although we do not specifically work with teens experiencing depression, Teen Lifeline is a great local organization that specifically works with youth experiencing depression. You can reach them at the number above.

Q: This kid had/has a crush on me and asked if I was "freaky" I said no then he blocked me.

A: Thank you for sharing your story with us. We want you to know that you are not alone, and what you experienced was not your fault. If you'd like to discuss this experience further, please contact our Advocacy Line at the number above.

Q: When did emotional abuse become an issue?

A: Mental or emotional abuse is never acceptable. Emotional abuse can have lasting effects on the mental health of the victim. Oftentimes their self-esteem and feelings of self-worth are damaged. Mental abuse can hurt and cause damage just as physical abuse does. If you are currently experiencing this type of abuse, please know there is help and resources out there for you. If you need to contact someone right now, please contact a BLOOM Advocate at the number above.

Q: Why does society never look at the guys feelings in a relationship?

A: Abuse has no bias, and both boys and girls can be perpetrators and victims of abuse. However, 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. If you'd like to discuss this further, please reach out to our Advocacy Line at the number above!

Q: I have a crush on someone.

A: Thank you for sharing with us! If you need any support, feel free to reach out to an Advocate on our Advocacy Line at the number above.

Q: The girl I like just told me she is gay what do I do?

A: We recognize that rejection can be painful and difficult to deal with. It is also important to respect the rights and boundaries of others. Although there is nothing you can do to change the situation, you can work on healthy coping mechanisms and building your self-esteem. 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. It's also important to remember that the people who matter in your life will like you for you! We might not be compatible with everyone, but we can find people who we can connect with and who will accept us just the way we are! 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 Advocacy Line at the number above! If you simply are in need of an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send us a text!

Q: What do you do if your significant other hangs out with other people that like them and would want to be in a relationship with them and it makes you feel insecure?

A: Healthy relationships exhibit love, trust, respect, and all of the other words you see in the center of the blooming flower. Some tips that may be helpful are the tips we discussed during the communication component of Dose 6. "I Statements" are a great way to express your feelings openly! Effective communication is a key component of healthy relationships! It may be helpful to talk to your partner about the importance of trust and how you're feeling. We want you to know that you deserve to have supportive, honest relationships! Having a conversation with your partner and setting healthy boundaries for the relationship, including honesty, may be a good step. We also recognize that letting go of someone you love is not easy. Jealousy is a natural emotion that all humans feel and, in small doses, usually means we care for someone. As seen by the wilting flower, extreme jealousy can be rooted from insecurity. BLOOM 365 would suggest working on promoting yourself and reinforcing your self-worth through daily or weekly activities we talked about in Dose 5. We encourage you to think about your own values, communicate your feelings and suggestions with your partner, and make an informed decision about what you'd like to do! Please feel free to reach out to an advocate to discuss further if needed!

Q: Last year I was in a relationship. I felt like I didn't like him anymore so I broke up with him. When I did he got mad then blamed me for him cutting and wanting to commit suicide. I didn't know what to do about it I ignored it was that the best idea?

A: First off, we are sorry to hear that you have experienced these things, and we want you to know that none of it was your fault. We are glad you reached out for support. You have the right to end a relationship that you no longer want to be part of, and it is not your fault that this person self-harmed or had suicidal thoughts. However, when anyone makes threats of suicide or hurting themselves or others, it is very important to take these threats seriously. Someone threatening to kill you or themselves if you end the relationship is one of the Top 5 Red Flags

that increases your risk of being seriously hurt or even killed. The best thing to do in a situation where someone is threatening to hurt themselves or someone else is to call 911, or speak to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 Advocate.

Q: When will we stop this forever?

A: At BLOOM365, we believe in a 10% tipping point. The tipping point is when a group rapidly and dramatically changes their behaviors by adopting a previously rare practice. When 10% of the population holds an unshakeable belief, their belief will always be adopted by the majority of the society. If 10% of our society adopts a mindset that is against traditional gender norms, then “gender norms” will change.

Q: I didn't know teen dating abuse was so big and such a hot topic. I feel unsafe by myself sometimes but I feel annoying talking to my friends/counselor about it.

A: According to [Love is Respect](#), nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. That's why BLOOM365 is so passionate about root-cause prevention!

We recognize how important it is to feel like you have a support system where you are, and how lonely it can feel when we feel like we don't have that. However, it's important to remember that your counselor is a resource for the sole purpose of supporting and listening to you. If you want to talk to your friends about your feelings but you're unsure how they feel about listening, it might be helpful to ask them if they have a minute to support you when you're feeling down. Saying something like, “Hey, I'm not feeling great right now. Do you have a minute to listen?” allows the other person to decide if they are in a good place to support you, and if they're not ready or don't want to, they'll have an opportunity to let you know that. If you feel unsafe or if you are in danger, call 911 or a trusted adult as soon as possible. For additional resources or support, please reach out to our Advocacy Line at the number above.

Q: I'm bisexual

A: Thank you for sharing with us! We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. Feel free to text or call an Advocate for a listening ear and additional support if needed.

Q: I smoke but I haven't told my parents

A: It is difficult to provide an answer to this without context. We encourage you to reach out to an Advocate at the number above for free, confidential support and to discuss this further.

Q: The wilting was informative

A: Thank you for listening! We hope you learned a lot and continue to integrate blooming characteristics into your life. We want to remind you that you have power in your voice! You can help increase awareness of teen dating violence by sharing your message via hobbies you have (event planning, marketing, artwork, public speaking, project planning, public policy, community

collaboration, etc.). In fact, look into joining BLOOM365's Peer Advocate Crew (PAC) on pages 8 and 9 of your workbook!

Q: At what point should you tell someone you're being abused?

A: If you are being abused, it is important that you seek help as soon as you feel safe and comfortable enough to do so. The timing might be different depending on the individual situation, but seeking help as soon as possible from a trusted adult or an advocacy service such as BLOOM365 is essential in keeping the individual safe. It is important to contact 911 or a trusted adult in your life if you feel that you are in immediate danger. For more resources or to discuss this further, please reach out to our Advocacy Line at the number above for free, confidential support!

Q: I was raped when I was little.

A: We are so sorry to hear that you have experienced this, and we are grateful for your bravery in reaching out. We want you to know that you are not alone. Please text or call our Advocacy Line during our hours of operation on Monday-Friday 3-9 PM (MST). An advocate can help talk to you about your situation and provide free, non-judgemental listening and support. We also highly encourage you to get involved in our Peer Connections group, which offers the opportunity to walk through the healing process alongside others.

Q: Great class! Similar Q: Very nice lesson. Similar Q: This class is fun.

A: Thank you for your kind words! We are happy you have enjoyed the Bloom It Up program. Please know that we are always here to support you, and that our Advocacy Line is open for free, confidential and non judgemental support from 3PM-9PM (MST) on Monday-Friday!

Q: How can you get emotionally better after you left the abuse?

A: Thank you for reaching out for support. It is never easy ending a relationship, especially if that relationship was abusive. While ending that relationship is tough, it can be a great time for self evaluation and growth. A great tip for coping after a break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your workbook, you can reference the "Tips for Improving Self-Esteem" on page 32 to find more BLOOM365 suggested tips. Finding ways to cope can be really helpful. For example: Spending time with the people you love, 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. We want you to know that BLOOM365 is here to support you if needed! If you're still struggling with coping, please reach out to an advocate at the number listed above.

Q: Lightning bolt is the best rock this century.

A: We are glad to hear that you've found a band that you are passionate about! Listening to music is a great self-care activity.

Q: I like nuggets

A: Chicken nuggets are the best!!

Q: When we were talking about being controlling in a relationship what if you say my mom or my dad isn't that controlling or my son or daughter?

A: It can be useful to look at the Blooming and Wilting flowers to help you to determine whether a relationship is unhealthy or controlling. It's 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, friend, or family member and their boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the Blooming flower. If you have any concerns or would like to talk more about this, please feel free to text/call our Advocacy Line at the number above to speak with an advocate!

Q: I'm adopted. I like you.

A: We like you too!

Dose 2

Q: How to help a friend get over someone she loved?

A: Dealing with a break up can be tough, but it can also be a great time for self-evaluation and growth. A great tip for coping after a break up is to remember 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 your friend to identify healthy coping mechanisms and forms of self-care that they enjoy. Some examples might include: Spending time with the people they love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. We also highly encourage you and your friend to get involved in our Peer Connections group, which focuses a lot on self-care and self-esteem. If you or your friend is struggling with finding effective coping tools or would like to talk more about this, a BLOOM365 advocate at the number listed above is always available for free and confidential support!

Q: How could I have been there for my friend when she was going through this?

A: On [our website](#), you can find a list of the "Top 5 Ways to Help a Friend" experiencing dating abuse. These Top 5 Ways can be helpful in starting this conversation with your friend. We cannot make people get help or leave a relationship if they do not want to, but we can do everything in our power to help our friends feel supported. We encourage you to give your friend the number to our Advocacy Line for free, confidential support and a listening ear. Sometimes people are not ready to accept the help we would like to offer them. The most important thing we can do is 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. If you recognize the top 5 risk factors on the [Red Flags list](#), it's important to tell an adult you trust because this means that your friend could

be at risk of getting injured or even killed. If you ever feel that you or someone you know is in immediate danger, we encourage you to call 911.

You can also be there for your friend and let them know that you are always available to talk. This will let your friend come to you for help whenever they feel comfortable. Try to uplift your friend by telling them positive things and spending time with them doing activities together that will take their mind away from the negatives. You can let your friend know that they deserve to be treated with equality and respect and that they deserve to have healthy, blooming relationships. If you need additional support or resources, please don't hesitate to reach out to our Advocacy Line at the number above!

Q: Why do people use stereotypes on others even though it can hurt people?

A: Stereotypes are very common in our society. You can trace stereotypes back many years and historically it has been passed from generation to generation. We know that rigid belief in stereotypes contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. We can engage in productive conversations that break down some of these unhealthy stereotypes. Once we know what the issue is we can work together for justice, equality, and equity.

Q: I am debating about asking a girl on a date. we have talked for like three days should I do it?

A: At BLOOM365, we try to help you determine if relationships are healthy or unhealthy. It may be useful to look at the blooming and wilting flowers to help you to determine whether the relationship will be healthy or unhealthy. For this situation, you are the expert in your own life, so only you can make that decision. Please text or call us at the number above or chat with us online at www.bloom365.org to help clarify your question. We'd be happy to answer your question if you can provide a little bit more context!

Q: I feel like I'm never going to find a good guy. Will I be lonely forever?

A: We recognize how important it is to feel like you have a support system where you are, and how lonely it can feel when we feel like we don't have that. However, it's important to know that we can get support from other people in our lives and we don't need to be dating to not feel lonely! Friends, family members, and other trusted adults in our lives can serve as supportive people. We encourage you to think about who these people are for you and we encourage you to spend time doing what makes you happy with the people that make you happy! A great way to make friends is to find people who have similar interests as you. For example, if you like listening to a certain type of music and playing video games, you might try sparking up a conversation with someone who you've heard talking about video games or the same type of music. Another great way to make friends is by joining clubs, organizations, or a sports team that you are interested in. Stepping outside of our comfort zones can allow us to grow and develop new friendships. Finding someone who fits what you want in a partner and who you can

connect with happens at different times for every person. The best advice we can offer is to remember your deal-breakers and deal-makers, and to recognize that finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship. Don't give up hope if it has not happened yet, blooming relationships take time to build and create.

Q: Did any bloom365 member ever experience an abusive relationship?

A: Some of us have experienced or witnessed dating abuse or domestic violence in our own lives or the lives of our friends, while others have not. However, each and every one of us here at BLOOM365 is passionate about this work and believes that YOUR generation has the ability to UPROOT abuse! On [our website](#), you can read more about Donna Bartos, the founder and executive director of BLOOM365, and her experience with dating abuse.

Q: What are ways to feel more confident/yourself?

A: Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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. We recommend watching [this video](#) for some inspiration for daily affirmations. Doing your own daily affirmations and spending time doing the things that make you happy can be helpful tools in building up our self-esteem. You can also check out the section for Dose 5 in your workbook for some more tips on developing healthy self-esteem.

Q: I don't think this is fair how this is directed towards men.

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.

Dose 3

Q: Bullying is very rude and it hurts people. People are cool not bad.

A: We agree, bullying does hurt people. Bullying is one of the signs or symptoms of Power and Control. People bully for many reasons, but it all boils down to trying to gain or maintain power and control over someone else. This desire for power and control can come from many root causes, including insecurity. However, we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do SOMETHING.

If you are being bullied, we want you to know that you are not alone. We encourage you to talk a BLOOM365 Advocate or another trusted adult (such as a teacher or school counselor) to discuss your situation and determine what steps you can take. Nobody deserves to be treated that way and nobody should ever feel unsafe or uncomfortable.

Q: Not so confident anymore. No hug was given.

A: We are unsure what you are trying to say. Please feel free to text or call Advocacy Line to clarify what you mean. Advocates are available Monday-Friday from 3-9 PM (MST) to provide free, confidential support, including tips on improving confidence and self-esteem.

Q: I'm sad. My life sucks. My mom hates me. My dad died six months ago.

A: We want you to know that you are not alone, and we are happy that you reached out for support. It sounds like you are going through a lot, and we know how hard it can be to cope when you feel that you don't have a support system. We encourage you to try and find different tools of coping. For example, maybe you can try going for a walk, writing in a journal, yoga, taking a bath, or listening to music. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to a BLOOM365 advocate at the number listed above. If you simply are in need of an empathetic ear or are looking for mental health resources, please make the call or send us a text! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Teen Lifeline is also a great local organization that specifically works with youth experiencing depression. You can reach them at the number above.

Q: You say jealousy is a sign of an abusive relationship but jealousy is a natural human emotion. hypothetically, a girl post on her social media a photo of herself in a bikini and other guys that aren't her boyfriend like and or comment on her post. Her boyfriend is jealous that she is sharing provocative photos with other guys and shares his concern. She is taught by organizations such as bloom365 that he can't tell her what to post or who to talk to but how is that right? She posts these photos and talks to these people knowing it is affecting her boyfriends emotional insecurities. By doing this, she's basically saying I don't care about you or your feelings towards our relationship. Isn't that the larger deal here? The only reason jealousy exists is because one person doesn't want to respect the beliefs and morals of the other... Which is a red flag.

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. When jealousy becomes unhealthy or abusive is when it is possessive, obsessive or controlling. We can 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. The first step is recognizing our jealous tendencies and addressing them with our partner or friend so that they know how we feel. You can communicate your feelings and concerns with your partner by using "I" statements. "I feel _____ when you _____, could you/we please _____." If communicating your feelings does not change your partner's behavior, and you are experiencing persistent jealousy, it is a warning sign of power and control and could lead to an abusive relationship. If you are the one experiencing jealousy, you can also communicate with your partner using "I statements." Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy. For a list of red flags, check out [our website](#). We encourage you to reach out to our Advocacy Line for free, confidential support and to discuss this further.

Q: I'm dead inside.

A: We want you to know that you are not alone, and that we care. Sadness is a natural emotion, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness or emptiness, please know that help is available. Some red flags that you may be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, and sleeping too little or in excessive amounts. If these symptoms are present for more than two weeks for most the day, this may be a sign that it's more serious than just feeling sad. Although we do not specifically work with teens experiencing depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline. You can contact them at the number above. School social workers and counselors are a great source for information on dealing with depression. We at BLOOM365 are also here to just provide a listening ear, confidential support, and connection to additional resources if needed. Please feel free to reach out to our Advocacy Line.

Q: I don't believe in women paid less because in most cases, women complain and then end up getting paid more than men. I feel like the only way you've betrayed man is a screw in abusive and that they can't be anything else.

A: We are very sorry you have had this experience with our Doses. BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. For additional support or to discuss this further, please reach out to our Advocacy Line at the number above!

Q: I am gay but I don't know how to come out.

A: Sharing who you are to the people you love and are surrounded are can be exciting but also tough. We invite you to check a The Trevor Project resource called "[Coming Out As You](#)"

(thetrevorproject.org/YOU) which helps to explore who you are and how you would like to come out.

Remember, coming out can be a process and can take time. After thinking it through you may decide not to come out, and that's ok. Many people choose not to for different reasons. Feel free to reach out to one of our advocates at the number above for free, confidential support and a listening ear.

Remember that there's no wrong way, or right time, to come out. It's your decision, and no one else's.

Q: Why are people so judgmental?

A: People often judge others who disrupt the status quo or live their lives freely. It is not uncommon in our society for people to focus on the negative rather than positive things, and sometimes it's impossible to avoid hearing negative things. If someone is putting you down and you can't avoid being around them, it's important to make sure that the voice in your head is being kind since those around you are not. If you still have it, take your Hello I Am sheet and orange Post It note (three things you like about yourself) and keep them somewhere that you see everyday to remind yourself of the things that you like about yourself. Remind yourself that the negative things others say about you are not true and keep yourself busy doing things you enjoy! It's important to remember that the people who matter in your life will like you for you! Additionally, a BLOOM365 advocate is always willing to provide a listening ear and support, please feel free to text/call the number above.

Q: I feel that girls don't get much respect.

A: We at BLOOM365 believe that everyone should feel comfortable and safe to be who they are, regardless of their gender identity. Oftentimes, our society's stereotypes and norms perpetuate the idea that being feminine means that one has less power. Stereotypes like this persist because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts, but rather some people's opinions. Unhealthy gender norms can also lead to hypermasculinity, which is an exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression. This pressure to be sexual can also lead to objectification of another person. Objectification means to treat someone as an object or thing and not as a person.

Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. While there is nothing wrong with being masculine, hyper masculinity becomes an issue when it causes the normalization of hypermasculinity or objectification. To create change around these issues and to break down the stereotypes that normalize unhealthy gender norms, we have to first recognize that men and women don't have to act or look a certain way to identify as masculine or feminine or to be deserving of respect.

Q: Why do people think there are more than two genders?

A: Biological sex is different than gender identity. Biological sex is assigned at birth, generally as either male or female based on external anatomy and a combination of things such as:

Chromosomes, hormones, reproductive organs, and secondary sex characteristics. Gender is how a person identifies. For people who identify as transgender, their own internal gender identity doesn't match the biological sex that they were assigned at birth. People can feel male or female or they can feel like they do not identify on the gender binary. They can identify as neither male or female or both male and female. Gender identity is on an infinite spectrum. For more information about gender identity and expression, please visit <https://www.glaad.org/reference/transgender>. BLOOM365 believes everyone deserves healthy and safe relationships and Blooming Point is a safe place where all are welcome.

Q: You are a liberal scum. Stop trying to be my parents.

A: We apologize that you feel that way about our lessons so far. We strive to make each dose fun, interactive and helpful. We welcome your suggestions for how we can make our curriculum more teen-centered and fun while still remaining educational. Feel free to send us a text or chat with us online!

Q: A guy called me a “**”.**

A: We are sorry to hear that you've had this experience. We encourage you to text or call our Advocacy Line at the number above to discuss your specific situation. It might be helpful to identify healthy coping mechanisms and forms of self-care. 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 text or call us for free, confidential support.

Q: When did gender stereotypes start? Marli is an amazing person :-)

A: It is unfortunate that unhealthy gender norms are common in our society. Gender norms have historically been passed from one generation to another. Sometimes, these stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. By engaging in positive conversations that break down some of these unhealthy gender stereotypes, we can work together for justice and equality. And we agree, Marli is amazing!

Dose 4

Q: I'd love to be apart of your movement.

A: We are so glad you would like to get involved in BLOOM365. On SDOHS campus, there happens to be a BLOOM365 Peer Advocate Crew. The EaglePAC is run by a Sandra Day O'Connor student so ask around or look for posters on campus for more information. Feel free to reach out to a BLOOM365 Advocate to learn more ways to get involved as well.

Q: I hate myself. I'm sad. I give up.

A: Focusing on the things we love about ourselves can be one helpful way to lift your 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. I 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. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. If you feel that you need immediate support, please reach out to a trusted adult or an Advocate on our Advocacy Line at the number above. If you are in danger or feel unsafe, call 911 or contact a trusted adult as soon as possible.

Q: So I was taking some activity serious and I made some really good points but the teacher wants to be correct so she said I was not taking it serious. I feel that people really need to think about the point instead of always wanting to be the correct person because the program is successful but they have to think that the program can always improve.

A: We are so sorry to hear that you felt ignored. This was certainly not our intention! We believe that everyone's voices should be heard. Please reach out to our Advocacy Line and we'd be happy to answer any questions you may have or hear your thoughts!

Q: Why is it okay that guys show off their abs and bodies but not okay if girls show off their bodies?

A: In our society, the answer to your question can be contributed to a few different things. For example, unhealthy gender norms, the idea of rules or beliefs about how certain genders should behave, can be a contributing factor. Another one could be rape culture, the stereotyped, false beliefs about rape that justify sexual aggression and minimize the seriousness of sexual violence. Since we believe that everyone should be treated equally and fairly, we welcome you to call that out and raise awareness about it. We believe that changing things that are normalized in society has to happen with a group. Even if you start off small, you will soon gain people who believe the same thing. Once you and your group reach 10% of your population, your belief will be adopted by the majority.

Q: This world is a mess and I want to leave this planet now.

A: We want you to know that you are not alone, and we are here to support you. If you are experiencing extreme distress or suicidal thoughts, we encourage you to reach out to a trusted adult in your life, the school social worker, or a BLOOM365 Advocate for support. If you feel that you are in immediate danger, call 911 as soon as possible. Our Advocacy Line is open Monday-Friday from 3-9 PM (MST) and we are always here to offer free, confidential, non-judgmental support.

Q: My friend smokes and she won't stop.

A: We all cope with situations in different ways. Some of our self-care/self-comfort practices may not be healthy and it can take time to gain healthy self-care practices. We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. 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.

Q: How many genders are there? More than two?

A: One's gender identity can be the same or different from their sex assigned at birth. In fact, people's identities can be fluid. [The spectrum](#) can help you visualize how you and others may feel at any given time.

Q: There are a lot of songs about the root causes.

A: Yes, there are! Understanding the impact media (music, TV, etc.) can have on our lives and relationships is important. We encourage you to analyze the lyrics of different songs- Does it sound more like power and control or equality and freedom? Do you recognize any of the root causes or root solutions? By being critical and aware of what you are consuming, you can identify and recognize when something is wilting or when the messages are blooming! Overtime, we can work towards consuming and promoting more positive, blooming media.

Q: Why do people value their socioeconomic class?

A: People can value their socioeconomic class for a variety of reasons. We, at BLOOM365 don't necessarily specialise in that, but we are willing to try to answer as best we can. Some people may value their socioeconomic level because where they are it, it provides them with what they need. This can be represented by Maslow's hierarchy of needs. Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. Once that level is fulfilled the next level up is what motivates us, and so on.

1. Physiological needs - these are the basic requirements for human survival, e.g. air, food, drink, shelter, clothing, warmth, sleep.

If these needs are not satisfied the human body cannot function optimally. Maslow considered physiological needs the most important as all the other needs become secondary until these needs are met.

2. Safety needs - protection from elements, security, order, law, stability, freedom from fear.

3. Love and belongingness needs - after physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness. The need for interpersonal relationships motivates behavior.

Examples include friendship, intimacy, trust, and acceptance, receiving and giving affection and love. Affiliating, being part of a group (family, friends, work).

4. Esteem needs - which Maslow classified into two categories: (i) esteem for oneself (dignity, achievement, mastery, independence) and (ii) the desire for reputation or respect from others (e.g., status, prestige).

Maslow indicated that the need for respect or reputation is most important for children and adolescents and precedes real self-esteem or dignity.

5. Self-actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences. A desire "to become everything one is capable of becoming"(Maslow, 1987, p. 64).

Q: Do you guys have a headquarters or a place you meet?

A: I am so glad you asked. We do have a headquarter office near the north end of the light rail. We sometimes host events, trainings, support groups, and tours of our space so feel free to reach out for more information. We also have a location in which we share with a few other non-profits in the west valley as well. In the future, we hope to have locations and shared locations across the valley, across the nation, and maybe the world too.

Q: What do you do if one of your friends is verbally abusive to another friend?

A: If you recognize the signs of abusive behavior, telling a trusted adult about what you have witnessed or heard is the best and safest option. If you are comfortable and feel safe talking directly to your friend, here are a few suggestions to start the conversation:

1. Draw Attention To It
 - a. Point out the behavior:
 - i. "Do you realize that when you do that, it makes _____ feel bad?"
 - ii. "Did you mean to be so rough or mean?"
2. Share How It Makes You Feel
 - a. You can let them know that you feel uncomfortable by saying:
 - i. "I'm surprised you're acting this way. You're better than that."
 - ii. "You're my friend, but what you are doing is not right."
 - iii. "I'm really worried about _____ safety."
3. Share Ideas About Healthy Relationships
 - a. You can provide comparisons to healthy v. abusive relationships.
 - i. "Love (or friendship) shouldn't hurt."
 - ii. "If you really cared, you would not try to control _____."
4. Offer Suggestions
 - a. Breaking the cycle of abusive behavior is not easy, but it is possible if they choose to seek help.
 - i. "You can reach out to a BLOOM365 if you feel like you are losing control."
 - ii. "You could try counseling or talking to a professional."
5. Talk About The Consequences
 - a. "I'm afraid you'll lose control and really hurt _____ next time."

If they become defensive, angry, denies it, ignores you, makes excuses or makes fun of you for bringing it up, it's still important to let them know that you see what's going on. Always encourage them to talk to a trusted adult about it. Just remember, we cannot make people get help if they do not want to.

Q: How do I help a close family member out of a physical and emotional abusive relationship? When I talk to them about it, they get defensive.

A: We cannot make people get help if they do not want to, but we can do everything in our power to help our family feel supported. Sometimes our family members are not ready to accept the help we would like to offer them. The most important thing we can do is let our family 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 would like to reach out to an advocate, feel free to reach out to us Monday through Friday, 3-9pm, at 1-888-606-4673.

Q: How can we change the norms? How can guys find their voice? What about trans people?

A: We know that rigid beliefs in unhealthy gender norms contribute to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality. Finding one's voice depends on the individual. Exploring and discovering one's voice may be tough, but is how someone will find their voice. Here are some examples from a discussion held at [HUBseventeen](#) in New York:

1. Use social media wisely. Instead of using social media as a venting ground, use it to share events happening this week.
2. Focus on the common ground instead of the shaky ground. Educate yourself and learn about the "whys" behind the "whats" so you can have more productive interactions with the world around you.
3. Be proactive, not reactive. Listen.
4. Privilege is complicated, but it's not something to feel guilty about. Be honest with yourself about whatever your situation or life has looked like and then do something with it. Create "safe spaces" and know when it is important to show up time and time again and know not only when it's important to speak up but when to shut up.
5. Small actions can lead to big impact, from the inside out. It doesn't matter what you do or who you are, you CAN make a difference.
6. Activism doesn't always need to be loud to be heard. What resonates with one person might fall on deaf ears with another.

Join discussions and discover where your voice is. Some resources we found, but are not related to nor are we currently endorsing, are [progressnowarizona.org](#), [nextgenamerica.org](#), and [spot127.org](#).

To answer your third point, within Arizona, there are laws prohibiting the "promotion of homosexuality" (often referred to as "no promo homo" laws). These laws explicitly forbid teachers from discussing LGBTQ+ topics in a positive light – if at all. If you have any questions or need support, please reach out to our Advocacy Line for free, confidential support!

Q: How can I help an abusive person who is abusing me? Am I helpless and are they? What if I don't want to report someone? Can I ever release what happened to me? Everything is difficult for me. I want to move on, but it never ends. Do you think guys really can be accepted?

A: We believe that no one is helpless and that everyone should be accepted not matter their race, age, sex, gender identiy, gender expression, sexual orientation, religion, national origin, physical disability, immigration status, etc. We invite you to reach out to a number above. If you would like to talk to a BLOOM365 advocate, feel free to text 1-888-606-4673. We are here for you, and we understand that it can and is difficult to go through trauma and the aftermath of it. If you recognize the signs of abusive behavior, telling a trusted adult about what you have witnessed or heard is the best and safest option. If you are comfortable and feel safe talking directly to the person, here are a few suggestions to start the conversation:

6. Draw Attention To It
 - a. Point out the behavior:
 - i. "Do you realize that when you do that, it makes _____ feel bad?"
 - ii. "Did you mean to be so rough or mean?"
7. Share How It Makes You Feel
 - a. You can let them know that you feel uncomfortable by saying:
 - i. "I'm surprised you're acting this way. You're better than that."
 - ii. "You're my friend, but what you are doing is not right."
 - iii. "I'm really worried about _____ safety."
8. Share Ideas About Healthy Relationships
 - a. You can provide comparisons to healthy v. abusive relationships.
 - i. "Love shouldn't hurt."
 - ii. "If you really cared, you would not try to control _____."
9. Offer Suggestions
 - a. Breaking the cycle of abusive behavior is not easy, but it is possible if they choose to seek help.
 - i. "You can reach out to a BLOOM365 if you feel like you are losing control."
 - ii. "You could try counseling or talking to a professional."
10. Talk About The Consequences
 - a. "Teen dating violence is a crime."
 - b. "I'm afraid you'll lose control and really hurt _____ next time."
 - c. "You could end up in jail if you don't get help."

If they become defensive, angry, denies it, ignores you, makes excuses or makes fun of you for bringing it up, it's still important to let them know that you see what's going on. Always encourage them to talk to a trusted adult about it. Just remember, we cannot make people get help if they do not want to.

Even though we would suggest you to report abuse, you do not have to report if you would not like to. When you feel comfortable, you are free to talk to someone about what happened. Again, feel free to reach out to a number above. If you would like to talk to a BLOOM365 advocate, you can contact us at 1-888-606-4673.

Dose 5

Q: I don't know who I am anymore.

A: Please feel free to reach out to an advocate at the number above. We would love to provide a loving, listening, and supportive ear for you, confidentially.

Q: Maybe I am too harsh on myself. I keep overthinking everything.

A: You are not alone in feeling this way. 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. Our self-esteem are the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

If at any point, you notice that you are starting to overthink everything, try to ground yourself with a grounding activity. Grounding is a set of simple strategies to help detach from what you may be thinking and welcome yourself into a safe place. Some people list items for example. They choose one broad category, such as "ice cream flavors," and they mentally list as many things from each category as they can. For more grounding activities, I welcome you to check out this [article](#).

Q: The name tag activity helped my self esteem.

A: We are glad that the name tag activity helped your self-esteem. Here are some additional tips to help you cope with achieving better self-esteem:

- Know that mistakes are lessons, view them as learning opportunities.
- Don't ever think you're inferior or less than anybody else. Nobody is perfect.
- Aim for effort rather than perfection because you'll never be perfect, but at least you will have tried your best. Remind yourself that everyone excels at different things.
- Focus on what you're good at, what makes you unique and cheer others on for their success.
- Try new things, set goals.
- Take care of yourself by exercising, eat well, and sleeping properly.

Q: Is it okay to be straight in this day in age?

A: It is okay to be who you are and it is okay to express who you are, no matter what sexual orientation you are or choose to express. If that is straight, gay or otherwise, that is okay. We should respect and support each other for who they are. Judging others due to something that no one has control over is not okay. Judging people based on their sexual orientation is wrong for all people.

Q: I've been talking to this guy and I am scared he might have some red flags.

A: We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. Looking at the Blooming and Wilting flowers 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. One tool that we can use if we are ever concerned that the relationship might be unhealthy is by determining if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. You can find a list of red flags on [our website](#). If you’d like to discuss this further or for additional support, please reach out to our Advocacy Line at the number above. If you feel unsafe or that you are in danger, contact a trusted adult or call 911 as soon as possible.

Q: How do I get out of an immature manipulative pushing a relationship, relationship?

A: We recognize that there are a lot of barriers to ending an abusive relationship. We also know that ending a relationship is never easy. We encourage you to text/call our Advocacy Line for free, confidential and non-judgmental support. We also want you to remember that you deserve happy, healthy relationships. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. Looking at the Blooming and Wilting flowers on the back of your workbook 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. 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? Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. We encourage you to reach out to the trusted adults in your life, the school social worker, or a BLOOM365 Advocate for support during the process of leaving an unhealthy relationship. As we learned in the 7 Doses, the most dangerous time for the victim is when they try to leave an abusive relationship. We encourage you to use the safety plan that we worked on in the classroom to map out a safe strategy for exiting the relationship. A BLOOM365 Advocate can also assist you in creating a safety plan. If you feel there is immediate danger, calling 911 is the most important step to take so that no one is harmed.

Q: Help me!

A: Please feel free to reach out to us as soon as you would like to at 1-888-606-4673. We are here for you. If you or someone you know is in immediate danger, call 911 or contact a trusted adult as soon as possible.

Dose 6

Q: I’m glad I know I did the right thing in a sexual situation, thank you!

A: Consent is very important and is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. We are glad you did the right thing, and we are glad you enjoyed the lesson!

Q: I want to get involved, how do I?

A: We are so glad you would like to get involved in BLOOM365. On SDOHS campus, there happens to be a BLOOM365 Peer Advocate Crew. The EaglePAC is run by a Sandra Day O'Connor student so ask around or look for posters on campus for more information.

Q: What if I can't help my friend?

A: We cannot make people get help if they do not want to. However, we can do everything in our power to help our friends feel supported. 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.

Q: If I say maybe, a situation takes place because I give in and I don't regret it, is that okay?

A: Sexual violence does include unwanted sexual contact. This stays true even when someone is coerced or forced to participate in an act. Consent may look different for everyone, however, consent should look like FRIES:

- **F**reely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **R**eversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **I**nformed. You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **E**nthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **S**pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

If you would like to talk to us further, please contact us at the number above.

Q: This helps me understand much better. Thank you!

A: You are welcome. We are so glad that we have helped you to understand how to be an upstander for social change!

Q: If someone slaps your butt and you don't like it, is that sexual assault?

A: Sexual violence and sexual harassment includes unwanted sexual contact. Your body is YOURS, and no one has the right to touch you in a non-consensual way. If you feel unsafe or uncomfortable handling this alone, we encourage you to reach out to a trusted adult in your life, the school social worker, or a BLOOM365 Advocate for additional support in this situation. If

you'd like more resources or additional support, please contact our Advocacy Line at the number above for free, confidential support.

Q: This guy is very rude and he hits me. I'm scared.

A: These types of situations can be difficult for a lot of people. It is important that you are able to put an end to any unwanted contact or violence that you are experiencing from another person. We encourage you to reach out to the trusted adults in your life, the school social worker, or a BLOOM365 Advocate for support during the process of leaving an unhealthy relationship or friendship. As we learned in the 7 Doses, the most dangerous time for the victim is when they try to leave an abusive relationship. We encourage you to use the safety plan that we worked on in the classroom to map out a safe strategy for exiting the relationship. A BLOOM365 Advocate can also assist you in creating a safety plan. If you feel like the situation could become dangerous or even just too uncomfortable for you, you can do a couple of things: you can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and of course you could always have someone you trust nearby for emotional and safety support for during and after. If you feel there is immediate danger, calling 911 is the most important step to take so that no one is harmed.

Q: When someone asks for consent, how do you say no if you're afraid?

A: Consent should be easy as FRIES:

- **F**reely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **R**eversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **I**nformed. You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **E**nthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **S**pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

You should not need to verbalize "no" to say that consent is not given. By saying "no," if you don't say anything, or even if you say yes but seem unsure or uncomfortable, then you did not give consent. Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals.

If sexual harassment or assault has happened, it is important to look out after yourself. Make sure you're okay. Have a sit down somewhere, go for a walk, or text a trusted friend or adult. It is also a good idea to report these incidents.

Q: Are you sure you can help me? When I'm angry, I run away from home. Why? People who are angry at me abuse me. What's the difference? I sat down because I was the last one, I didn't want to be watched. Was that wrong? Even if I'm abused can I join the PAC?

A: First off, we want to thank you for being brave enough to open up and share this with us, and we want you to know that the abuse was not your fault. Experiencing abuse can impact a person both emotionally and physically and it's important to work through this experience. There are several methods available through BLOOM365 to work through what you have experienced. We encourage you to text or call an advocate at the number above to help you take the steps toward healing. We also encourage you to join us for our Monday night support group! We are definitely here for you to support you during this time.

At BLOOM365, we encourage youth to create healthy boundaries to remain safe and comfortable. If your comfort zone is sitting rather than standing, we support you! Also, PAC's are open to any teen like yourself who is interested in and passionate about our work!

Q: I think people who abuse their partners aren't mad, they're just not thinking.

A: There are a number of root causes for why someone might choose to use power and control over someone else. Some people may be abusive to their partners because they were exposed to violence at home and were taught that this behavior was normal or acceptable. Rigid beliefs in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. Anger becomes abuse when you make the choice to use power and control over others. Remember, though, that even though these root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based on freedom and equality. BLOOM365 and the Bloom It Up program exists so that teens like yourself have the skills and knowledge of how to build and grow healthy relationships, in addition to the tools of what to do when you experience or witness any form of power-based violence (bullying, teen dating abuse, domestic violence, etc.).

Q: How to deal with a relationship that you're afraid will end in the person's suicide?

A: It's important that we take these concerns seriously. If your partner has made these threats, we highly encourage you to talk to a trusted adult ASAP, such as your school social worker or a BLOOM365 advocate. We know that the most dangerous time in an abusive relationship is when the survivor tries to leave, and it is so important that we create a safety plan (especially if the partner has made these threats). Please, text/call an advocate at the number above for assistance in creating a safety plan and for help in ensuring the necessary steps are taken to keep everyone safe.

Q: How do you deal with talking about the trauma you went through?

A: We want you to know that you are not alone if you have experienced a traumatic event. After a traumatizing experience, it's so important that we are able to process and address these situations to begin to heal. If you are comfortable, we encourage you to reach out to a trusted adult or a friend to talk about your experiences at a pace that feels comfortable for you. We also encourage you to identify healthy coping strategies. For example: Spending time with people

you love, yoga, joining a new sports team or a club, or simply going for a walk or spending time in nature. It's also important to give yourself time to process feelings and emotions. We all cope with things in different ways and at different speeds. We also encourage you to get involved in one of our weekly support groups to connect with others as you begin the healing process. You are also welcome to reach out to a BLOOM365 advocate at the number above for free, confidential support and to discuss other potential coping strategies and trauma resources.

Q: How do I make an awkward relationship not awkward?

A: A good first step might be to utilize a communication technique to express our feelings called "I statements." You may choose to use the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.) I-statements can be a helpful tool for us to express our emotions and offer potential solutions without placing blame on the other person. This allows others to empathize with us and avoid defensive reactions/responses. Perhaps spending time together doing things you both enjoy can strengthen your relationship and allow for a more open dialogue. Please feel free to text/call an advocate at the number above to discuss further.

Q: Was what I thought to be OK actually bad?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether you or those around you are blooming or wilting. 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 the rights of your partner and your partner's boundaries. Healthy relationships exhibit the words seen in the center of the blooming flower. If you feel that your relationship might be unhealthy, the red flags checklist in your workbook or on our website can be a useful tool to evaluate your relationship. Feel free to contact a BLOOM365 advocate at the number above if you'd like to discuss further!

Dose 7

Q: Your group and goal is refreshing, I love what you're doing.

A: Thank you so much. We are so glad to hear and we are glad that you have gone through the 7 doses! Feel free to get involved and join the EaglePAC!

Q: I'm finding it hard to know some deal breakers for myself. What are some? That post it was not big enough for all my insecurities. There are some I can't understand either, even about myself.

A: It may be tough to find or know what your deal breakers may be. We encourage you to evaluate what you find important in your life that no one can or should take away. For example, I would say that someone asking for my social media passwords is a deal breaker. Someone else may say that if they don't value their or your family, then that is a deal breaker. You are the expert in your own life, so only you can make that decision. However, it can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy.

It is normal to have a lot of insecurities. In our exercise, we try to help you find the big three insecurities you may have and try to help you realize that others may feel the same way and that

those insecurities are no more than trash. You are not alone in feeling this way. 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. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed and it can change, depending on the way we think. Changing the way you think about yourself changes the way you feel about yourself.

Here are some additional tips to help you cope with achieving better self-esteem. Know that mistakes are lessons, view them as learning opportunities. Don't ever think you're inferior or less than anybody else. Nobody is perfect. Aim for effort rather than perfection because you'll never be perfect, but at least you will have tried your best. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success. Try new things, set goals. Take care of yourself by exercising, eat well, and sleeping properly.

If you would like to talk or to text someone, please refer to the numbers at the beginning of the document. If you would like to talk to a BLOOM365 advocate, feel free to text 1-888-606-4673.

Q: Best dating abuse lesson ever. Keep up the great work.

A: Thank you so much! If you would like to become apart of the BLOOM365 Crew, feel free to join the EaglePAC at your SDOCHS or email us about possible internships and trainings!

Q: How do you react when somebody is trying to open up about past/ongoing abuse?

A: It can be tough to hear and react when someone opens up to us about past or ongoing abuse. Above all else, it is important to take care of yourself. Know what your boundaries are, understand what may trigger you, and know what your self-care strategies are. It may be tough to do those, but without taking care of yourself, it is hard to react and respond appropriately when someone reaches out to us for help or for a listening ear.

When someone reaches out to you, they are most likely looking for someone to talk to and not necessarily for advice. Therefore, it is important to validate and try to understand what the person may be feeling and what they may be going through. It may be hard for you to understand what the person may be saying because it may sound confusing or irrational, but that is how the brain works when there is trauma. The brain, in trauma situations, tries to save the body. Hence, rational thinking, decision making, and planning are impaired (this is a reason why someone might "freeze" in an attack). It is also common for someone to have memory gaps or issues with understanding the sequences in which something may have happened.

Understanding how the brain works helps us to understand where someone may be coming from. You are there for emotional support most of the time when someone reaches out to you. By validating what they are saying and comforting them by saying they are not alone (note: it is typically not the time or place to share your personal story) are some of the key aspects we say as advocates when someone reaches out to us. Please feel free to reach out to a BLOOM365 advocate if you have any more questions or need help when you, or someone else, needs a listening and supportive ear.