



# Elephant in The Room Q & A

Ombudsman  
August 2019

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

### Resources:

*\*For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)\**

<p><b>BLOOM365 Advocacy Line and Support Groups</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Advocacy Line Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p><b>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</b></p> <p><b>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit <a href="https://www.bloom365.org/peersupport">bloom365.org/peersupport</a> for specific dates and times.</b></p>
<p><b>Teen Lifeline</b></p>	<p><b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b></p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p><b>Text "LOVEIS" to 22522 24/7</b></p>
<p><b>National Domestic Violence Hotline</b></p>	<p><b>1-800-799-SAFE (7233)</b></p>
<p><b>National Sexual Assault Hotline</b></p>	<p><b>1-800.656.HOPE (4673)</b></p>

<b>Suicide Prevention Lifeline</b>	<b>1-800-273-TALK (8255)</b>
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**Q: Student**

**A: BLOOM365 Advocate**

**Q: I would like to volunteer, as abuse is becoming a major problem among teenagers.**

**A:** We would love for you to volunteer with us! We are concerned that abuse has been and is becoming a major problem among teenagers and young people. However, it is in the power of all of us, especially the youth of today, to help end abuse among teenagers and among everyone. If you would like to volunteer, we have many opportunities. For more information on volunteering, please contact [kathryn@bloom365.org](mailto:kathryn@bloom365.org)!

**Q: How many cases of domestic violence do you have each year?**

**A:** Although I cannot share information about our cases including numbers, I can give you facts about domestic violence in Arizona. "In one 24-hour period in 2015, 37 programs in Arizona served 1,652 victims of domestic violence. 1,106 of those victims were served in shelters or transitional housing programs; 546 received non-residential assistance and services, including counseling, legal services, or children's groups" (NNEDV, 2015).

**Q: I feel okay.**

**A:** Thanks for sharing with us. If you feel that you need support or a non-judgmental space to talk, please reach out to our Advocacy Line on Monday-Friday from 3-9 PM (MST).

**Q: I have anything to say I already talk about my problems to my friends. I'm feeling good today I listened to some Playboi Carti**

**A:** We are very glad that you are feeling good today and that you have supportive friends to talk to!! If you ever feel that you need someone outside of your friend group to talk to, you can reach out to our Advocacy Line for free, confidential support. We can also direct you to different resources if you or a friend is in need of some help.

**Q: I enjoy that you guys are always open to giving help to everyone in need and are there for someone to talk to.**

**A:** We are so glad to hear your positive feedback! We are here for you, your friends, and everyone whenever y'all need us. Our advocacy line information is above with some other amazing resources and organizations.

**Q: Annoyed**

**A:** We are sorry that you feel that way today. If you'd like to vent, or if you're in need of resources or support, please don't hesitate to reach out to our Advocacy Line on Monday-Friday from 3-9 PM (MST).

**Q: Today is Monday who the \*\*\*\* wants to be at school this early**

**A:** We understand it can be difficult to get back into the school routine after a long summer break, AND after a fun or relaxing weekend! We are very proud of you for making it into school today. If you'd like to discuss some strategies for making it a bit easier to get back into the school routine or adjusting to a new schedule, or just to vent about how you're feeling so far this year, please feel free to reach out to our Advocacy Line on Monday-Friday from 3-9 PM (MST).

**Q: Why is it called Bloom365?**

**A:** That is a great question. We actually started off as the Purple Ribbon Council to Cut Out Domestic Abuse. Our original program name was "BLOOM for Healthy Relationships," until a teen shared the acronym BLOOM365, and we started doing business as BLOOM365 a few months later.

BLOOM365 stands for Bring Love On Others More 365 days a year.

**Q: The walls give me anxiety. Different colors**

**A:** Although we were not in the classroom, we understand how difficult it can be to feel comfortable or concentrate in an environment that gives us anxiety. It might be helpful to talk to your teacher outside of class to address how you're feeling and possibly find a way to make the classroom environment more comfortable and welcoming for you. If you'd like to discuss this further, please reach out to our Advocacy Line at the number above.

**Q: I have court today and I'm kind of nervous but it's whatever.**

**A:** Thank you for sharing with us. We understand it can be nerve-inducing to have to go into court and endure legal proceedings. If you'd like to provide additional context and talk to an Advocate about the situation, we are here to support you and direct you to additional resources that might help you feel better.

**Q: I feel it's a safe room to let anything you want with another person or a teacher who will understand your knowledge.**

**A:** We are very glad that you feel that way about your class! For additional support that is free, confidential, and non-judgmental, you can reach our Advocacy Line at the number above on Monday-Friday from 3-9 PM (MST).

**Q: I believe everyone should talk about their problems because it truly makes you feel a lot better about it... relieves tension, stress, etc.**

**A:** We are glad that you find it helpful to talk about concerns or problems! For some people, venting to a supportive friend or relative can definitely make a positive difference in how they feel. For others, they might not feel comfortable sharing all the time, and that's OK too! It's important to identify which coping strategies work for you when dealing with stress or life problems. If you need help finding coping strategies, or if you'd like an additional supportive person to vent to, our Advocacy Line is here for you!

**Q: Why do schools allow bullying to happen? They can assume they've stopped the problem, but in most cases, the persons who are bullying are still able to bully, whether it's inside or outside of the school.**

**A:** We understand how difficult it can be to experience or witness bullying and not feel that anyone is paying attention. We want you to know that you are not alone, and your voice is important. If you are seeing ongoing bullying at school, it's important that you tell a trusted adult as soon as possible and try to provide as much detail as possible. If you don't feel comfortable talking to someone at your school, you could talk to another trusted adult, such as a parent or a BLOOM365 Advocate.

If you are witnessing bullying, we encourage you to utilize one of the Upstander Intervention methods we talked about in Dose 7 (Direct, Delegate, Delay, or Distract.) What you choose to do will depend on the situation, your comfortability level, and safety. If it is not safe to intervene directly, we encourage you to utilize the delay or delegate methods by finding a trusted adult who can help and/or by checking in with the victim after the incident. If you feel safe and comfortable, you might choose to directly intervene or distract the perpetrator and/or victim while the situation is occurring. The most important thing is that we do SOMETHING, even if that means finding a trusted adult who can step in to ensure everyone is safe. If you'd like to talk more about bullying or bystander intervention, or for any additional help, please contact our Advocacy Line at the number above for free, confidential, non-judgmental support!

**Q: I'm in a healthy relationship with my girlfriend but she said I'm changing somehow and said I need to figure it out.**

**A:** We are glad that you are in a healthy, blooming relationship. It might be helpful to ask your girlfriend for some clarification on how you have changed, and what she means by expecting you to 'figure it out.' It might be helpful to utilize a communication technique to express your 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 your situation further.

**Q: I didn't want to do one. Thanks for all you do!**

**A:** Although we don't really understand what you mean, we are glad for the positive feedback! If you would like to clarify what you mean or would like to chat with someone, feel free to reach out to our Advocacy Line at the number above.

**Q: Hi, I'm gay. Well I'm bi but live in a Christian household so they're the same I guess. Um I just like to be proud.**

**A:** We are glad that you are proud to be who you are. It can be difficult to understand sexuality and how you identify yourself, especially in a setting where others may not fully understand. How you identify is completely up to you! If bisexual feels like the label that fits you best, then no

one can tell you otherwise. If you feel like gay fits you better these days, then that is completely okay too. Even if neither of these labels fit, or starts to change over time, don't worry, that is perfectly normal. You can label yourself, or not, in whatever way you see fit!

**Q: Most if not all teenagers are depressed and/or insecure. A lot of this generation just wants to give up.**

**A:** Thank you for reaching out. You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. Our self-esteem is of 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.

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.

We recognize how important it is to feel like you have a support system, and want you to know that you are not alone. Sadness is a natural emotion, and we all feel it at times. However, if you or someone you know is experiencing depression or extreme feelings of loneliness, please know that help is available.

Some red flags of 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 of 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 for free, confidential support. School social workers and counselors are a great source for information on dealing with depression or helping someone who is. BLOOM365 advocates are also always available by texting the number above for a listening ear or if you would like additional resources.

**Q: I'm coolin. Kinda having an overwhelming feeling. Feels like I'm drowning.**

**A:** We are sorry that you are feeling that way. We understand how overwhelming it can be when we have a lot going on. Things like school, sports, and other responsibilities can take a lot of our time and energy. It's important to remember to take care of your mental health, as well as your physical health. Some self-care activities may include: Taking a bubble bath, listening to soothing music, reading, writing in a journal, taking a nap, taking a walk or spending time in nature. These are just a few, but you can take some time to find what works for you. We also encourage you to spend time with positive people in your life. Spending time with people and doing the things we love can help us to create lasting memories and positive experiences.

When and if you feel comfortable reaching out to someone, please know that anonymous support is also available if you text a BLOOM365 advocate at the number above.

**Q: Today been ight.**

**A:** Thank you for sharing with us! If you'd like to vent or need some resources, please reach out to our Advocacy Line at the number above for free, confidential support.

**Q: Insecurities.**

**A:** There isn't a person amongst us who doesn't have insecurities. It may be that some are just better at dealing with them, or perhaps hiding them. Oftentimes, it isn't simple to change or deal with our insecurities. We have to have a willingness to face what we usually don't want to face. That means a bit of courage. Just in small doses, to start with, but it means a willingness to set aside all the distractions for a little bit, and just focus on what you're struggling with.

The obstacles and our insecurities actually show us the path to challenge our insecurities. The obstacles are the path. We can embrace these obstacles and work with them. In order to do that, we need to start to develop an awareness of when our insecurities are arising. And that's the key: All of our insecurities are actually an opportunity to do some good work, to learn about how we work, to develop skills that will help us for life. Learn to see what's tripping you up, and turn it into an opportunity to practice new skills. It can also be helpful to remind ourselves of the things that we do like about ourselves, and the things that we feel that we are good at. If you would like to talk with us, feel free to reach out to a BLOOM365 Advocate at the number above. We are here to support you.

**Q: I'm talking to someone who mentally abuses me & manipulates me.**

**A:** Thank you for being brave enough to share your story with us. It's important to remember that the abuse is not your fault. Experiencing abuse can emotionally and physically impact a person, and it's important that this is dealt with properly to help you move forward. We highly encourage you to text or call our Advocacy Line to discuss your situation and the steps to healing. It's also really important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. If you are concerned about your safety, please contact a BLOOM365 Advocate so that you can create a safety plan. If you believe you are in immediate danger, please call 9-11.

**Q: I haven't experienced any sort of problem, but I know someone who might be experiencing it.**

**A:** Thank you for sharing with us. If you believe that you know someone who is being hurt or abused, we encourage you to reach out to a trusted adult for resources and support as soon as you are ready. On [our website](#), you can find a "How to Help a Friend" list that can provide some helpful tips on how to start a conversation with your friend about what you're concerned about. 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 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, it's important that you reach out to a trusted adult soon to ensure the safety of your friend. If you'd like to talk more about this, please contact our Advocacy Line for free, confidential support.

**Q: How could I get more involved?**

**A:** We would love for you to get involved! It is in the power of all of us to create and support a culture full of empathy, respect, kindness, equality, equity, consent, and peace. If you would like to volunteer, we have many opportunities. For more information on working or volunteering with BLOOM365, please contact [kathryn@bloom365.org](mailto:kathryn@bloom365.org)!

**Q: I watched my mom get arrested because her boyfriend hid drugs in the car seat and because of that they sent her to jail and after that she was deported.**

**A:** We are very sorry that you have experienced this. You are very brave, and you are not alone. If you'd like to talk to someone, please reach out to our Advocacy Line for free, confidential, non-judgmental support.

**Q: I have been depressed and haven't been myself lately.**

**A:** Depression can be quite a difficult health issue, and we are glad that you are reaching out for support. We highly encourage you to reach out to a trusted adult or a BLOOM365 Advocate at the number above. An Advocate can help connect you to the proper resources and help you come up with a plan to get you on the path to feeling better. Teen Lifeline is also a great organization to reach out to for resources and support. You can find their number listed above as well.

**Q: Lethality index usually includes substance use or abuse... do you include that in your work with teens?**

**A:** Thank you for your question! We do, indeed, consider substance use/abuse in our Risk Assessment protocol when working with teens.

**Q: I've been feeling lost and stressed out in school and in my personal life**

**A:** Thank you for reaching out to us. 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. For additional resources, you can reach out to us for free, confidential, and non-judgmental support at the number above on Monday-Friday from 3-9 PM (MST).

**Q: I'm afraid of my ex. He controlled me when we used to date and he told me I had to be texting only him, to stay on the phone with him. When I got grounded my phone got taken away and he gave me an old burner phone so he could keep in touch with me. I**

**watch youtube or read comics but he texted me saying he saw what I was reading or watching. One day I broke it off and it didn't go well, he knew where I lived I came home early when no one was home I locked myself in my room and watched TV, fell asleep, I woke up and he was standing next to my bed I screamed but I can't remember the rest but all I know was he r\*ped me. Waking up**

**A:** We are very sorry that you have experienced this. We want you to know that you are not alone. We encourage you to reach out to a trusted adult or our Advocacy Line for free, confidential support in order to ensure your safety. We can also direct you to any necessary resources for you to heal and remain safe. We recognize how difficult it can be to cope after an abusive relationship. All people develop different coping skills in the process of healing. Some examples of healthy coping might include: Spending time with the people you love, doing 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 we are here to support you.

**Q: I have a drunk father. Abusive home sometimes. Life's being threatened by someone. Sister had baby 3 months early. I don't eat or sleep. I have PTSD, depression, anxiety. I was raped a year ago but it was reported. I absolutely hate life ATM.**

**A:** We are so sorry that you are expecting this. We know it takes courage to reach out and to tell anyone about any of these situations. We encourage you to reach out to BLOOM365's Advocacy Line for support that is free, confidential, and non-judgmental.

Sometimes, it can be hard to figure out how to just breathe, especially when we need that extra time for ourselves or self-love. It is important to have an emergency self-care plan. Having a strategy in place for when you have an anxiety attack or a sudden PTSD episode can help you take the steps you need to re-center. What makes you feel grounded? Maybe you need to remember to take deep breaths and take stock of your current surroundings. Think about what you can see, hear, and feel right now. Remind yourself that you are safe. Drink some water. It might even help to let a close friend know what your emergency self-care plan is, so they can help support you.

When you take care of your body, it can help reduce feelings of anxiety or depression. Start by asking yourself questions, like: How are you sleeping? What types of food are you eating? What kind of exercise do you enjoy? Do you perform routines that help you start off your day or wind down at the end of your day? Whatever your tricks may be, spend some time figuring out what works best with your body and keep that in mind. Knowing what works for you will help you build a toolbox of self-care methods that will better equip you to take on the world.

It's OK to walk away from a situation or conversation that feels triggering. We may want to engage, educate, and empower people to understand how we can eradicate rape culture. But sometimes, people aren't open to learning and it can cause you more harm than good to engage in these situations. If you feel like you can't engage in a conversation, do what you need to do to take care of yourself in the situation.

I know that we really only covered one of many items that you brought up. Feel free to reach out to BLOOM365's Advocacy Line for a free, confidential, non-judgmental, and supportive ear. We are here for you.



**Q: Why is it hard for teens in my generation to get out of an abusive relationship?**

**A:** It can be hard to leave and get out of an abusive relationship for a multitude of reasons. We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we don't blame the victim. On [our website](#), you can find the "How to Help a Friend" list as well as a Red Flags checklist which might help start the conversation with someone if you're concerned they are in an abusive relationship.

**Q: Need support.**

**A:** We are here for you. Please feel free to reach out to BLOOM365's Advocacy Line for support that is free, confidential, and non-judgmental.

**Q: I personally got abused and got help. I went to therapy and it changed my life for the better.**

**A:** Thank you for sharing your story. You are very brave, and we are glad that you are feeling better now. If at any time, you need a helpful, supportive, and listening ear, we are here for you. You can reach us at the number above Monday-Fridays, 3-9pm. We also encourage you to look into our support groups as well if you want to.

**Q: I've experienced abuse and being abused but not anymore.**

**A:** First off, we want to thank you so much for being brave enough to share and we want you to know that you are not alone. We recognize that this material can be difficult to talk about and can be triggering when you have experienced this stuff. 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 or talk with you if you need to talk to someone. Additionally, we encourage you to get involved in one of our weekly support groups. Our support group provides teens with the opportunity to walk through the healing process alongside others. 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. Find what works for you, and always know BLOOM365 is here to support you if needed! If you need additional support and guidance on coping, please reach out to a BLOOM365 Advocate at the number listed above.

**Q: My sister was abused**

**A:** We want you to know that you and your sister are not alone. Thank you for reaching out. If you would like additional support or individual advocacy, please contact our Advocacy Line at the number above.

**Q: Struggling with the relationship that I have with myself.**

**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. For more resources or to discuss this further, please reach out to our Advocacy Line at the number above for free, confidential support!

**Q: Sometimes I feel as if I'm depressed. I don't feel as happy as I used to be. I have low self-esteem sometimes about myself.**

**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 is of 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.

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 you should be content with at least having had tried. 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, eating well, and sleeping properly.

**Q: Never spoke it always draw out what haunts me. Depression suicidal thoughts self harm. Stuff I do but hard to control.**

**A:** We highly encourage you to 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 self-harm, suicide, and depression, we encourage you to contact Teen Lifeline and/or the National Suicide Prevention Hotline listed above.

**Q: My cousin is letting a drug addict stay at our home.**

**A:** This sounds very uncomfortable. Unfortunately, it is a bit out of our lane of expertise to provide our input here. However, if you would like to talk about the issue, or if you need help, you are always welcome to reach out to our number above to reach us.

**Q: I was actually in a toxic relationship and it was alright. Really just gotta focus on you.**

**A:** Thank you for reaching out to us. The reasons that we talk about teen dating abuse, is to prevent it before it ever starts. Our overall vision is that everyone has a healthy and safe relationship. We recognize that leaving an abusive relationship is NOT easy. Also, choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. We want to let you know that BLOOM365 is here to provide advocacy services to any youth who has experienced any kind of power based violence, including teen dating abuse. These services can help you discover new coping skills and learn about other resources available.

**Q: Should your partner's social media reflect your relationship, even if he says it's just social media?**

**A:** Consent is so important because no one should ever be forced to do anything that they do not want to do, even if it deals with social media. Consent is a huge part of freedom and all the rights that we have as individuals. In a productive argument for conflict resolution, we recommend using "I" statements. For example: Saying something like, "I feel \_\_\_\_\_ (emotion) when you \_\_\_\_\_ (conflict), can you 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. Blooming relationships are based on equality and freedom. If social media is an important part of a relationship for you, it might be helpful to have a conversation with your partner about what you are feeling and what possible compromises you could work toward. If you do not feel that you are receiving the type of love that you would like to, you might consider whether this is a relationship that you want to stay in.

**Q: You guys are really nice, thank you for giving us your time. I hope you have a nice day. And I hope you guys enjoyed being here in our school.**

**A:** We are so glad to hear your positive feedback! We did enjoy our time being at your school. We are here whenever you need us. Our advocacy line information is above with some other amazing resources and organizations.

**Q: How long will BLOOM365 last? What is the goal?**

**A:** BLOOM365 stands for Bring Love On Others More 365 Days A Year. Hopefully, that message lasts forever. Our goal is to reach a tipping point moment with future generations leading the way. That basically means is that we want 10% of teens influencing their peers to value, promote and model kindness, empathy, respect, consent, equality, and peace as the standard.

**Q: I have a friend on my mind.**

**A:** We are unsure of the context of your submission, but if you'd like to talk through it further, please reach out to our Advocacy Line at the number above!

**Q: The 1999-2010 generation could have ended the popularity of smoking until tobacco companies made vape pens with flavored/scented smoke.**

**A:** Although this is out of our expertise area, we encourage you to use your voice to cultivate a culture where empathy, respect, kindness, equality, equity, consent and peace become the standard.

**Q: I get r\*ped by my uncle every day.**

**A:** We are so sorry that you are experiencing this, and we are grateful for your bravery in reaching out. We want you to know that you are not alone, and it is not your fault that you are experiencing this abuse. 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 you 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: Mental abuse. Anxiety & depression.**

**A:** We are sorry that you have gone/going through emotional abuse. We do invite you to reach out to one of BLOOM365's Advocates at the number above if you need a non-judgemental and supportive ear. We welcome you to look into and create time for self-care. Self-care can be a really positive thing for anyone, including people who have experienced some form of trauma. Journaling is one of the most popular self-care activities because it can be very therapeutic. You can grab a spiral notebook and a pencil, invest in a fancy leather-bound sketchbook with a key, or search online for a password-protected journal, so only you can have access to it. No matter how you organize your thoughts, it's important to let yourself dream!

If you don't enjoy writing, there are TONS of other things that you can do. Just start thinking about what makes you happy. As an example, volunteering art, music, cooking or learning a new language can be great examples of self-care activities. All that matters is that you are taking some time for yourself to do something you enjoy.

Don't forget to eat regularly and drink plenty of water. Especially when our minds or hearts are stressed, we rely on our bodies, even more, to help us trudge forward, so make sure you're fueling yourself with healthy food. Skipping meals because you're upset or too busy can not only add to your stress, your body can respond physically in the form of headaches, digestion problems, and mood swings from drastic changes in blood sugar.