



Elephant in The Room Q & A

Phoenix College Prep Academy
Spring 2022

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

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST) To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: What's the meaning of life?

A: Unfortunately this topic is a bit outside of our area of expertise. We encourage you to talk through this topic with the trusted people in your life. If you have questions or need support relating to healthy and unhealthy relationships, feel free to reach out to our HelpLine at the number listed above. We are here for you!

Q: Imagine not being able to dress nice b/c you'll be considered a hoe. Lol

A: Thank you for reaching out to discuss this concern. It's unfair that people judge others or make assumptions based on their clothing choices. Everyone deserves to be treated with respect, regardless of what they choose to wear. If you want to talk more about this, please feel free to reach out to our HelpLine at the number listed above. We are here for you!

Q: I am friends with most of the girls at my school because I am more approachable and easy to confide in. They don't see me as the type of guy who's a player or just wants them for their body, but there are some who do, maybe it's because of the way I dress or maybe it's because I'm friends with so many females that they think I am a player. I don't have good skills on conversation it tends to just happen, I want to know what I can do to fix that?

A: This topic is a bit outside of our area of expertise, but we'll do our best to answer. Feeling comfortable engaging in conversation is a skill that can be practiced and improved on. Some helpful conversational tools can include asking questions about what others like or think, or sharing about common interests. If you want to talk more about your individual situation or any other questions you might have, feel free to reach out to our HelpLine for additional support.

Q: There are a lot of people that I know who suffer from unhealthy relationships in and out of school. I find it hard to get into a relationship myself because I feel that most of the girls at my school are either out of my league, or just see me as a friend, and it has happened before on numerous occasions I want to ask how I can make myself likeable?

A: We are sorry to hear that people you know are experiencing unhealthy relationships. If you're ever concerned about someone's safety, we encourage you to reach out to a trusted adult or 911 to ensure everyone stays safe. Depending on the situation and your comfortability, it can sometimes be helpful to let those people know we are concerned, and we are there to support them if needed. Having the numbers for the National Domestic Violence Hotline, the National Teen Dating Violence Hotline, as well as additional resources like BLOOM365 and ACESDV information can be helpful resources to have on hand and share with these individuals, as well.

Unfortunately, knowing how to be likable to others is a topic that we are not experts in. It could be helpful to take a moment to remember the things you like about yourself (your strengths, aspirations, personality/physical characteristics, etc.) or things that make you unique. Writing these things down and having them easily accessible can help you feel more comfortable and confident. If you want to talk more about this, feel free to reach out to our HelpLine at the number listed above.

Q: I love my boyfriend

A: We're so happy to hear that! :)

Q: Instead of telling us these things tell the office and Mr. Brown. The amount of times I've heard them not believe the victim and not do anything about these things such as SA; is disappointing. No one feels safe

A: Thank you for being so honest with us about how you feel. We are sorry to hear that you and others are not feeling safe. If you would like to talk more about this, our advocates are here to listen and support you. You can find us at the HelpLine information above. You are not alone in this!