



# Elephant in The Room Q & A

Maryvale HS  
Fall 2022

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

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

**\*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: was in these situations but its ended**

**A:** We are sorry to hear that you've experienced these situations discussed in the 7 Doses in the past. We are glad that the situations have ended. If you'd like to talk more about that or anything else on your mind after the 7 Doses, feel free to reach out to your facilitator or an advocate on our HelpLine by calling/texting 888-606-4673, or message us online at bloom365.org.

**Q: I enjoyed it! It didn't feel pressuring and the lady presenting had a nice voice**

**A:** Thank you for sharing your feedback with us! We are glad that you enjoyed today's lesson! If you have any questions or would like to discuss the 7 Doses further, please feel free to contact us at our HelpLine or after the lesson in the classroom!

**Q: I have a friend that is dating someone that threatens that he would kill her and her friends if she leaves him or don't send him pictures that she don't like to take what should I do to help her out of this relationship**

**A:** We're so sorry to hear that your friend is going through this with someone she is dating. We're glad that you reached out to us. It can be extremely difficult to witness someone that we love and care for go through an abusive or toxic relationship. However, when anyone makes threats of violence against others, it is very important to take these threats and actions seriously. Someone threatening to kill others or themselves if the relationship is ended or someone coercing someone else into things they don't want to do is one of the Top 5 Red Flags that increases someone's risk of being seriously hurt or killed. In a situation where someone is threatening to or has already hurt themselves or someone else, the best thing to do is call 911. If calling 911 doesn't feel safe or accessible, we encourage your friend to talk to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate for additional support.

**Q: I get mad sometimes at my boyfriend or I get sad because he looks at other girls (inappropriately) and it makes me feel that I'm not enough and it makes me feel very insecure about myself. He said he promises to stop but I've seen that he still looks. Does that make me a red flag in the relationship? Or a bad girlfriend?**

**A:** Feeling jealous or insecure within a relationship does not automatically mean that someone is abusive or an immediate red flag. Jealousy and insecurity can be normal human emotions and something that a lot of people feel at some point in their lives. These feelings can become unhealthy or abusive when it becomes possessive, obsessive or controlling. There are some helpful tools we can use to navigate these feelings before they transform into abusive or controlling behavior. It can be helpful to take some time to recognize our jealous tendencies and address them with our partner so they know how we feel. Taking

time to consider whether the relationships we have currently are built on trust and respect can also be supportive in navigating insecurity and jealousy because having a partner who we feel is untrustworthy can intensify these feelings. Some practical skills that can also be helpful is to talk with your partner about how you may be able to build up your trust and decrease your feelings of jealousy, journaling about your feelings, or talking with a trusted friend or professional regarding what you're feeling. Take some time to find what works best for you and please feel free to always reach out to one of our bloom365 advocates for additional support.

**Q: Why are we learning this**

**A:** Our hope is that by sharing this information regarding healthy and unhealthy relationships that we can all work together to intervene in abuse when it happens and prevent it before it occurs. We appreciate you being open to what we have to share!

**Q: Dose 1-2 made me realize that I had done something emotionally abusive to my girlfriend... at the time I didn't know it was harmful till now**

**A:** Recognizing when we have engaged in harmful or abusive behavior can bring up a lot of intense emotions such as guilt and shame. It's important to remember that we can change our behaviors and mend the harm we caused at any time through self awareness and reflection, learning to manage our emotions in healthy ways, and accessing support from trusted professionals like counselors or advocates. We encourage you to reach out to a trusted adult at school or to one of our advocates at the HelpLine information above if you'd like to talk more about this or explore resources in managing these behaviors. You are not alone!

**Q: How can I tell if I'm an abuser?**

**A:** Taking a look at our behaviors to determine if they are abusive or harmful can be daunting. Tools such as the [Wilting Flower](#) can be helpful in identifying different types of behaviors. If you find some of your behaviors reflected in the wilting flowers, it's important to remember that if you are willing to see your behavior as abusive, you can make the choice to change that behavior. A counselor, social worker, advocate, or other trusted adult can be there to help if you are willing. Ultimately, it is up to you to recognize your actions and to make the choice to change your behavior. If you would like to talk about this more or explore some resources, our advocates are here to help. You can reach out to us at the HelpLine information above. You are not alone in navigating this.

**Q: I didn't get to scan the code but I'm interested in the paid internship**

**A:** We are so glad to hear that you are interested in the paid internship program! You can access the application at [this link](#).

**Q: Day 2, just as boring as day one SMH**

**A:** We're sorry to hear that you've been feeling bored during the doses but we appreciate you showing up and being open to what we have to share!

**Q: How do I stop crying so much?**

**A:** Crying can be an expression of some deeper, more intense feelings. Like emotions, crying can help us to better understand what we're feeling inside or how we're responding to the experiences happening around us. It can be helpful to take some time to process how you're feeling using coping strategies such as journaling, talking with a trusted person, or even listening to your favorite music. Take some time to find what works for you and if you would like additional support, our advocates are here for you. You can reach out to us at our HelpLine information above.

**Q: I could control my depression I have to grow up like a man I won't give up even when life is hard I have to grow up like a man!**

**A:** Thank you for sharing your experience with depression with us. It sounds like you are a very resilient person and are committed to managing your depression. While we believe strongly in your ability to care for yourself, we also want you to know that you do not have to manage your depression alone. We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression as well as school social workers and counselors at your school. BLOOM365 Advocates are also available at the number above to support you in your journey in managing your depression. We are here for you!

**Q: When my sibling messes up something I get yelled at. I want to tell my parent that a boy touched in parts I was uncomfortable but I can't I feel dirty ever since homecoming night.**

**A:** We're sorry to hear that you went through that at what was supposed to be a fun event. What you went through was not your fault and you did nothing wrong. Thank you for trusting us with such a vulnerable experience. If it feels safe or comfortable to do so, we encourage you to reach out to your parent, another trusted adult or RAINN advocate to receive free non-judgemental support and resources for navigating such a traumatic experience. Our advocates are also here to offer support, please feel free to reach out to our advocates at the HelpLine information above. You are not alone and we are here for you!

**Q: What do you do when your partner has a "friend" that you believe has romantic feelings?**

**A:** Recognizing how you feel and addressing them with your partner can be a great place to start. You can communicate your feelings and concerns with your partner by using "I" statements. This could look like saying something like, "I feel \_\_\_\_\_ when it comes to your friend, could we talk more about this?" Something else you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy. Building trust within your relationships can be helpful when navigating tough or uncomfortable experiences.

**Q: I got jealous because my bf was hanging out with his friend that was a girl cause he told me he was hanging out with a "homie"**

**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. The first step is recognizing our jealous tendencies and addressing them with our partner or friend so that they know how we feel. If you are the one experiencing jealousy, you can also communicate with your partner using "I statements" and

spending time talking about how you may be able to build up your trust and decrease your feelings of jealousy. If you find that things do not change or improve despite these conversations, it can be helpful to 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.

**Q: How do I tell my parents that I'm bisexual without them yelling at me or being mad about who I am I feel like if I tell them they wouldn't support me**

**A:** Thank you for being brave enough to share this with us and reaching out for help. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. There can be positives to coming out to the people around us such as letting close people in your life know about an important part of you. However, there are also some risks to coming out, especially if you worry that your friends and family might not be accepting. The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's [Coming Out Handbook](#). If you'd like to come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or [onenten.org](http://onenten.org). You are not alone!

**Q: What if you have no one you can trust or no one at all that can help you out an abusive relationship. What should they do or what if they don't want to help? Would it honestly be better to "end it" if you have no one, you feel you can't get out, feel trapped cause most don't know if you are in a ab.s**

**A:** Being in an abusive relationship is an isolating experience. We want anyone who is in an abusive relationship to know that it is not their fault and that there is help and support out there for them. Making the choice to leave an abusive relationship is not an easy one and there are many barriers that can make it difficult such as fear, interdependency, or hope that the relationship will change. It is important to be aware of these barriers and to not place blame or shame on a survivor for finding it difficult to leave an abusive relationship. We encourage any survivor who feels ready to begin the process of leaving a relationship to reach out to an advocate whether through BLOOM365 or another agency listed in the table above to create a safety plan, receive emotional support, or access to other resources. You are not alone and there are people who are ready to support you when you feel ready!

**Q: How do you stop yourself from doing drugs and stop thinking suicidal thoughts about yourself. How do you say you're not okay without "seeking attention"**

**A:** Coping with substance abuse and suicidal ideation can be intense issues for one person to figure out on their own. While it may be difficult for others to understand "attention seeking" behaviors, it can be helpful to understand these behaviors as ways for a person to ask for help when they may not have the tools or strategies to directly reach out for support. We want to remind anyone who may be dealing with these issues that they are not alone and that there is support available. Our BLOOM365 advocates are always here to lend a free, confidential listening ear whenever you need it and we work with Teen LifeLine and the National Suicide Prevention Hotline who can provide resources for suicide and depression. For concerns about substance use, we encourage folks to text their zip code to the Substance

Abuse and Mental Health Services Administrations (SAMHSA)'s helpline at 435748 (HELP4U) to receive referrals to services. You are not alone and there are people who are here to support you!

**Q: So about the tea let's say you ask a person about something like grab their bag but later let's say you're frame for stealing their bag and you ask them to back you up but they "took their consent back" does that count even after you ask and later take it back after the disaster**

**A:** Consent is given when there is a clear, enthusiastic "YES." Communication and respecting boundaries are key to a healthy relationship. If you're unsure if someone has consented to something, it's a good idea to get clarification so you know for sure. 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 in the "heat of the moment."
- **I**nformed. You can only consent to something if you have the full story and are fully prepared. 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).

It might be best to talk about with the parties involved with the expertise of a mediator who can help to navigate this issue with respect and understanding for all involved. A mediator can be an uninvolved person such as a school counselor or school social worker. Navigating conflicts can be a difficult thing to do on our own and there is nothing wrong with reaching out for additional support!

**Q: I have a friend who is a teen mom who's dating a 18 y/o, is this bad? He seems to be a good guy but her being 2 years younger than him does worry me. Is a two gap ok? Does it depend on the seriousness, what if it's not serious at all?**

**A:** Age of consent laws vary state to state. In Arizona, it is illegal for anyone over 18 to engage in a sexual relationship with someone under 18 years old. Some states, like Arizona, may have "Romeo and Juliet" exemptions that allows a consensual sexual relationship between underage couples who are less than two years apart. We can understand your concern as gaps in age and experience can create power imbalances in relationships. Being a supportive person in your friend's life and reminding her that you are there for her can be a great thing to do. We encourage you or your friend to reach out to an advocate or trusted adult if there are concerns regarding this relationship with a legal adult.

**Q: This made me realize that I am not ready for a romantic relationship– I have my own toxic-ish traits that I have to figure out how to control before I harm someone else with them**

**A:** It is awesome that you are able to be self reflective and honest about your ability to be in a healthy romantic relationship at this time. This honesty and self awareness as well as a commitment to changing toxic behaviors can open up a lot of growth and healing that can lead to many blooming relationships in

our lives. We encourage you to reach out to an advocate or other trusted adult if you'd like additional support or guidance in this journey. You don't have to figure it out on your own!

**Q: Why do people get so abusive to the point they want to kill?**

**A:** This is a good question and we're glad that you asked it. There are a variety of factors that can contribute to someone escalating their abusive behavior to violence or murder. These can include a history of past violent behavior or a lack of access to intervention resources. It is important that any survivor who is being threatened with violence or is experiencing any of the bottom 5 red flags on the [red flags checklist](#) to reach out for support immediately.

**Q: que iconico es cuando mi propio padre que se burla de mi fisico y mi estilo puede venir y decirme que no sea negativa, que me abra con el y que lo busque y no lo aparte de mi vida, cuando tambien me dejaba sola a altas horas de la noche por ir a ver a su nueva hija con otra mujer... como deberia sentirme al verlo? Anyways, thank you for being here.. (How iconic it is when my own father, who makes fun of my physique and my style, can come and tell me not to be negative, to open up to him and to look for him and not separate him from my life, when he would also leave me alone late at night. at night for going to see his new daughter with another woman... how should I feel when I see him?)**

**A:** We are so sorry to hear you've had this experience with your father. We understand if you're feeling a variety of emotions and aren't exactly sure what to do. It can be really challenging to navigate family changes, and unfortunately we can't control what our parents do. When things feel overwhelming, it can be helpful to consider what we do have control over— which is how we react to things, how we show up in our relationships, and how we care for ourselves. You are absolutely allowed to have boundaries, even with your parents, and these boundaries can change over time. If you're not ready to open up to your father or have the type of close relationship he's expecting right now, that's totally OK. It can also be helpful to spend time engaging in self-care. This could look like spending time with friends or other family members that make us feel safe and happy, or spending time outside, taking a walk, listening to music, writing in a journal, or eating your favorite snack. Self-care can be anything that helps you to feel mentally and physically refreshed and fulfilled. We encourage you to reach out to a BLOOM365 Advocate for additional support. You are not alone, and we are here to support you!