



Elephant in The Room Q & A

Ombudsman Northeast Spring 2021

****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>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-Friday from 9AM-9PM (MST) Sunday 6PM-10PM (MST)</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>
<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK (8255)</p>

Q: Student

A: BLOOM365 Advocate

Q: I am presently writing a romance as a side plot of this sci-fi/fantasy/superhero story that I'm writing. I would like to think that what I write is going to turn out to be a very happy and healthy relationship.

A: Thank you for sharing this with us! It is great that your writing includes a happy, healthy relationship. Sharing stories and creating media that encourages blooming over wilting ideas is super important in creating change. Keep on #BLOOMING!

Q: Do we check them off if it's a parent doing these things?

A: Everything that we discuss during the 7-Doses, including the red flags checklist, can be applicable to dating relationships, family relationships, and friendships. As we learned during the Doses, sometimes family members and friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. Leaving an unhealthy or abusive relationship is never easy, and it can become quite complicated when it's a family member that is abusive. However, there is always support and resources available to anyone in these situations and we encourage you to reach out to our Advocacy Line at the number above if you or someone you know is struggling or experiencing abuse.

Q: I've been through sexual abuse so I'll probably jump in and out of this one

A: First off, we are sorry to hear that you have experienced these things, and we want you to know that none of it is your fault. Jumping in and out is okay if that is what makes you feel more comfortable. We encourage you to practice self-care, and to do whatever you need to do to feel safe. Please let us know how we can further support you.

Q: How do we talk about who is going to pay the bill?

A: We aren't totally sure what you are referring to, but if you'd like to talk to an advocate, we encourage you to contact us at the number listed above! We are here for you!

Q: There's this song called "Soldier, Poet, King" by The Oh Hellos, about freeing a victim from the abuser. "The Soldier" who "carries a mighty sword" will "tear your city down", by physically removing the victim from the reach of the abuser. "The Poet" "whose weapon is his word, he will slay you with his tongue", by telling the abuser off. "The Ruler" will "tear your city down", by uprooting the abuser from the heart and mind of the victim, a difficult task, which is why their "brow is laid in thorn." That's my interpretation given the theme of the album.

A: Thank you for sharing this with us! We encourage you to continue evaluating the blooming and wilting messages in the media around you. Being mindful of the messages and different media we support can help us continue to keep our communities blooming!

Q: how can you help or fix a toxic relationship or say an physical abuse?

A: If you or someone you know is experiencing physical abuse or a toxic relationship, it's important that you talk to a trusted adult about what's going on so that everyone can stay safe. It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! It is much more likely that this person will be successful in changing their behavior if the problem is addressed early on. However, it's important to note that this is a decision that the person has to make for themselves. The first step is recognizing the problematic behavior and deciding they want to change. 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. Reaching out to a trusted adult, such as a teacher, school counselor, or a BLOOM365 advocate, is a great way to find someone who can help them identify what behaviors are harming themselves and others so that they can change them into healthy behaviors. For free, confidential, non-judgmental support, feel free to reach out to our Advocacy Line at the number above.