

Elephant in The Room Q & A

Thunderbird High School Fall 2018



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. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit www.bloom365.org/contact. Text/Call: 1-888-606-HOPE (4673)</p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</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. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</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>National Human Trafficking Hotline</p>	<p>1-888-373-7888</p>
<p>Crisis and Suicide Prevention</p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text TALK to 741741</p>

Wondering how to reach out for help/support?

Check out page 22 in your workbook or visit www.bloom365.org/resources

Q: Student
A: BLOOM365 Advocate

****Please note that any personally identifying information or details have been removed from questions****

1) Q: How come I am lonely? Similar question: Why am I lonely but also happy sometimes?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. Sadness is a natural emotion, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, 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 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. School social workers and counselors are a great source for information on dealing with depression. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

2) Q: Why did you make up BLOOM365?

A: BLOOM365 started out in 2006 when Donna Bartos found her voice after her own experiences with teen dating abuse and decided to turn that voice into action. She founded the Purple Ribbon Council to Cut Out Domestic Abuse (now BLOOM365) as a way to mobilize the stories voices, and potential of everyday people to help "uproot abuse." You can read more about Donna's story and how BLOOM365 came to be on page 5 of your workbook! All of us at BLOOM365 have different reasons for why we chose to be involved with BLOOM365. 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 everyone of us here at BLOOM365 is passionate about this issue and believes in the ability of YOUR generation to uproot abuse for future generations!

3) Q: Why do people avoid me?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. We recognize how important it is to feel like you have a support system, and how lonely it can feel when we feel like everyone is avoiding us. 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. It's important to remember that the people who matter in your life will like you for you! We can't please everyone, but opening up can allow us to find people who we can connect with and who will accept us just the way we are.

4) Q: How can I help if someone is being abused? Similar question: What is the proper way to step in if you see one of the wilting characteristics?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with the survivor. 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. 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.

Additionally, if we witness any of the wilting characteristics- 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 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.

5) Q: How can you love each other without jealousy?

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 should 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.

6) Q: Why do women drop hints, like why can't they just be straight up?

A: While it is hard to answer this question without any context, we will try to provide a little insight. Firstly, we think it's important to recognize that this isn't necessarily a "women" problem, but rather just something that people of all genders sometimes do for different reasons. One reason for why people might drop hints rather than being straight up is that they aren't sure how to effectively communicate what they are feeling or what they want. In this situation, we recommend using the technique we learned in Dose 6- "I-statements." I statements allow us to communicate how we feel and can also help us to communicate our boundaries and wishes. Another reason is that they might not feel comfortable fully opening up and being vulnerable, so they might resort to dropping hints. Feel free to text/call an advocate to discuss further.

7) Q: Are the girls at my school learning this?

A: Yes! BLOOM365 believes it's important that ALL people have the knowledge to build and grow healthy relationships. Typically, we deliver this program to health classes that is a combination of all genders. However, at your school the other classes are receiving the same exact information! The conversations may be slightly different depending on discussions, however the topics and information we cover is exactly the same!

8) Q: My life is hard, can you help?

A: BLOOM365 advocates are available for free, confidential support and a listening ear. We'd be happy to connect you to community resources to help meet your needs and relieve some of the stress you may be currently facing. We also highly encourage you to get involved in one of our weekly support groups! This is a great place to connect with peers and develop healthy ways to cope with life's challenges!

9) Q: How do you get over the pain of a bad relationship?

A: Thank you for reaching out for support. It is never easy ending a relationship, especially if that relationship was toxic. 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 packet, you can reference the "Tips for Improving Self-Esteem" on page 32 to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support groups! Our support group provide 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're still struggling with coping, please reach out to an advocate at the number listed above.

10) Q: I have trouble fitting in, everyone always makes fun of me and I don't know how to ignore it, what do I do?

A: We want you to know that you are not alone, and we appreciate you being brave enough to reach out for support. We believe nobody should ever feel this way, and recognize how important it is to feel like you have a support system. Sometimes people use meanness to gain power and control. Other times it is because they are feeling insecure or a loss of power and control in their own life. Have you ever heard the saying "hurt people, hurt people?" Mean people, like the bully on the playground, often feel insecure and use their meanness as a way to gain power or control. However, we ALL have a choice in how we are going to treat other people and it is not okay for others to make fun of you. Please know that what you are experiencing is NOT your fault. We encourage you to text or call an advocate for free, confidential support. We also highly encourage you to get involved in one of our weekly support groups. This is a safe place for you to connect with others and work on healing. If you continue to be treated this way at school, we encourage you to reach out to a trusted adult, such as a teacher or school social worker, so that the problem can be addressed.

11) Q: In school life, I mostly feel lonely. I mean it's just hard to talk to people. I am just afraid no one will like me for me, what do I do?

A: We want you to know that you are not alone, and we appreciate you being brave enough to reach out for support. We recognize how important it is to feel like you have a support system at school. 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. It's important to remember that the people who matter in your life will like you for you! We can't please everyone, but opening up can allow us to find people who we can connect with and who will accept us just the way we are.

12) Q: I have an abusive friend and I don't know how to get her out of my life.

A: As we learned in the program sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn't currently healthy and what can be done to improve your friendship. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship.. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

13) Q: How do you know if you have a good relationship with yourself?

A: Having a healthy self-esteem helps lays the foundation for a good relationship with yourself. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing your own daily affirmation and spending time doing the things that make your happy can be helpful tools in building up our self esteem. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. We also invite you to join our drop-in self-esteem group on Tuesdays to help you build your self-esteem alongside other teens across the valley.

14) Q: How could I get help with suicide, depression and anxiety without my mom knowing?

A: Teen Lifeline and the Suicide Prevention Hotline are both great resources for free, confidential support! You can call them at the numbers listed above!

15) Q: What can I do so I can stop fighting with my parents?

A: A good first step might be to utilize the communication technique we learned in the classroom to express our feelings- "I statements". You may choose to use the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.) I-statements can be helpful tool for us to express our emotions and offer potential solutions without placing blame. They allows others to empathize with us and avoid defensive reactions/responses. You may even consider having a conversation with your parents about your desire to stop the arguments. How does fighting with your parents make you feel? An example for how you might start the conversation could be, "I feel overwhelmed when we constantly fight, could we please discuss ways to improve our relationship 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.

16) Q: Do you go to hell if you're gay or lesbian?

A: 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.

17) Q: I don't love myself, I think I'm ugly. How do you deal with mental happiness. How can you love yourself alot?

A: We want you to know that you are not alone, and are so glad you reached out for support. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. Our self-esteem support group on Tuesdays might also be a great option for you to begin building your self-esteem alongside others.

Sadness is a natural emotional, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

18) Q: If you want to get to know a guy you like, but you feel he's not a good kid (drugs, etc.). What should I do?

A: This is where it's important to consider your deal breakers that we talked about during Dose 5. If you haven't already, we encourage you to take a moment to think about and write down what our own deal breakers are. We should also consider our deal makers and why these things are important to us. You should always remember why it's important to you that your partner doesn't have/do "X" and why he/she/they does have/do "Y." Let's say my deal breaker was if someone doesn't have goals/isn't ambitious and my deal maker was someone who enjoys spending time outdoors. If I start to date someone who isn't ambitious and who doesn't enjoy spending time outdoors, I'm probably going to constantly be nagging them to set goals/work towards bettering themselves and I'm not going to be able to enjoy doing what I love with them (spending time outdoors). If I held true to my deal breakers, my relationship would likely be much healthier and happier. So taking time to identify and reflect on your own deal makers/deal breakers and remembering WHY they are important is a great starting point. Finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship. This is not to say that you can't or shouldn't get to know this person, but rather for you to make that decision on your own based on your own personal deal breakers and deal-makers!

19) Q: Is having a boyfriend necessary?

A: Being in a relationship is absolutely not necessary if you do not want to be! There is absolutely nothing wrong with not being in a romantic relationship! We all have the freedom to choose what types of relationships we want to be involved in! Even if you are not currently dating or do not anticipate dating in the future, the information you learn in this program is still applicable! Everything we discuss in

this program applies to friendships and relationships with our family as well! Relationships and friendships comes with certain responsibilities that we should be aware of. Check out page 16 in your workbook for a list of your rights and responsibilities when it comes to relationships.

20) Q: What age is good to have a boyfriend?

A: We cannot tell you at what age to start dating, because it is different for every person. However, we would suggest to start dating when you feel ready, and you are able to handle the responsibilities that go along with a dating relationship. Check out page 16 of your workbook for a list of your rights and responsibilities within a relationship.

21) Q: I just have a question about how to leave a person when there wasn't even any actual dating involved before getting too attached and getting hurt? I also want to learn how to have a healthy relationship.

A: Thank you for reaching out for support! We would be happy to discuss this situation with you, however we need a little bit more information to ensure we understand fully. 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!

22) Q: I always feel like I'm not good enough or I like a guy and I think they like me, but I back off automatically because I feel like I don't have a chance.

A: First off, thank you for sharing and for reaching out for support! We know how hard it can be when you feel like you're not good enough. It's important to remember that the people who matter in your life will like you for you! We can't please everyone, but opening up and being ourselves can allow us to find people who we can connect with and who will accept us just the way we are.

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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw80FVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem, or join us for our Tuesday night self-esteem support group!

23) Q: How do you tell someone no without seeming mean but also telling them to back off and leave you alone?

A: It's important to recognize that you have the right to say no and set boundaries, and you should never feel bad for saying no to something you do not want. It might be useful to utilize "I-statements" like we practiced during Dose 6. I-statements are a great tool for us to take ownership of our own emotions and communicate how we feel in a non-blaming way. This can help the other person to empathize with us and not feel like we are blaming or targeting them, which would likely result in a defensive response. We all have the responsibility of respecting each others boundaries. If someone does not respect your "no" or the boundaries you have communicated, we highly encourage you to reach out to a BLOOM365 advocate or another trusted adult to discuss what can be done to ensure your safety.

24) Q: With some people I feel like I can't ever say the right thing.

A: We apologize that you have had this experience, and we appreciate you reaching out for support. Using I-statements can be a helpful way to express our feelings and opinions on different things. I-statements allow us to take ownership of our own emotions and offer effective solutions in a non-blaming way. They are usually more effective than “You statements” as they allow others to empathize with us and not feel attacked, which can result in a defensive response. However, it is important to know that we aren’t always going to be able to please everyone. We encourage you to stay true to yourself, use I-statements when possible, and know that the people who truly matter in your life will always respect and support you for you! Feel free to text/call an advocate for a listening ear and additional support if needed.

25) Q: I feel like my friends have power over me, like if they’re mad at me even for dumb things it’s all I can think about. How can I make up for something even if I didn’t do something?

A: Abuse can occur in all types of relationships- Whether that be a friend, family member, or dating partner. Oftentimes in an unhealthy or potentially abusive friendship, we see this play out through bullying. When one friend holds more power and attempts to control the other through verbal, emotional, or physical abuse or violence, this friendship is likely wilting. We strongly encourage you to surround yourself with positive, supportive people. Healthy relationships and friendships are stemmed in equality and freedom and exhibit the words shown in the center of the blooming flower such as: Respect, Communication, Kindness, Honesty, and Encouragement. If your friends are bringing you down, humiliating you, or trying to control you anyway, please know you are not alone. You can always reach out to a BLOOM365 advocate at the number above for free, confidential support and a listening ear. We also highly encourage you to get involved in one of our weekly support groups!

26) Q: How do you know if a good relationship is a bad one?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. Healthy relationships involve both partners respecting the rights of the other. 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 and your partner’s boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. If you feel that the 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 and identify red flags. Feel free to contact an advocate at the number above if you’d like to discuss further!

27) Q: What do you do when someone pressures you to send pics?

A: Sexual harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If someone is pressuring you or trying to force you to do something you are comfortable with, we encourage you to reach out to a trusted adult who can ensure you are safe and prevent this from happening to others. You have every right to say no! You can also contact an advocate at the number above for additional support. It’s important to know that sending or receiving sexually explicit pictures is a crime. This is not intended to scare you, but rather just so that you are fully informed. You can read more at <https://www.criminaldefenselawyer.com/resources/is-sexting-illegal-adults.htm>.

28) Q: What do you do when you want to harm yourself?

A: We want you to know that you are not alone in feeling this way, 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, practicing yoga, taking a bath, joining a new sports team or club, or simply going for a walk. We also highly encourage you to get involved in our free Tuesday night group, which focuses a lot on self-care, depression, and self-esteem. If you're 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! 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! 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. Their contact information is also listed above.

29) Q: What do you do when your partner makes you uncomfortable

A: No one should ever feel uncomfortable in their relationships. If you feel safe and comfortable doing so, it might be helpful to have a conversation with your partner about your boundaries. You may also choose to use "I-statements" to communicate how you are feeling and discuss ways to help you feel more comfortable. If you feel unsafe, we encourage you to speak to a trusted adult on your campus to see how they might be able to support you and address this situation. If you would like an advocate to assist you, please feel free to text/call the number above.

30) Q: What do you do if you're unsure about your sexuality? Similar card: I am uncertain of my sexuality.

A: Figuring out one's sexuality can be a confusing and scary process that is different for each person. Sometimes folks who feel unsure about their sexuality are made to feel bad about that experience but we are here to tell you that it is totally okay to feel unsure or question your sexuality and we appreciate you sharing that with us. We definitely encourage you to get involved in your school's GSA Club where you can surround yourself with others who might be having similar experiences. BLOOM365 is a safe and inclusive place and we actually have a weekly LGBTQ+ support group every Thursday (holidays excluded) from 5PM to 6PM. If you'd like to be around other teens and meet new people we highly encourage you to check out one of our upcoming groups. Another great organization to check out is [One N Ten!](#) They have support groups and a youth center where you can also be around others in the LGBTQ+ community.

31) Q: Why do most guys only want to date girls for their body shape?

A: As we learned in Dose 5, body image and appearance is a major influence on teen's self esteem. The media often portrays unrealistic beauty ideals for men and women. Unfortunately, this can lead to unrealistic expectations of what men and women look like. Although we cannot change how people view us, we can work on our own self esteem and change the way we view ourselves. As you work to build up your self-esteem and positivity, you will experience self-acceptance and learn to recognize the qualities, skills, and talents that make you special. At BLOOM365, we encourage you to be the change that you want to see. We hope that by recognizing that the media's portrayal of beauty and society's beauty standards are often unrealistic, you may be inspired to help create change around these issues!

32) Q: Is being jealous over my partner hanging out with people that like him okay or not healthy?

A: Jealousy is a natural, human emotion. Most people have felt or experienced jealousy. It is not necessarily something that is unhealthy, unless that jealousy turns into us using power and control over our loved ones. Jealousy becomes unhealthy or abusive when it is possessive, obsessive or controlling. We should 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 experiencing jealousy. 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, which you might remember from Dose 6. An example might be: “I feel jealous when _____, can we please come up with a plan to help strengthen the trust in our relationship?” If we experience persistent jealousy, it could be a warning sign of power and control and could lead to an unhealthy or abusive relationship. We have the right to decide who we want to spend time with, and we also have the responsibility of respecting our partner’s freedom to do the same. You can visit page 16 in your workbook for a list of your rights and responsibilities in a relationship. Feel free to text/call an advocate at the number above to discuss further, or if you’d like additional support!

33) Q: How does one love themselves?

A: Often society focuses on the things we are insecure about and things we wish we could change about ourselves more than the things that we love about ourselves, so please know you are not the only one feeling this way or having a difficult time with self-love. Try going back to the sticky-note activity we did during Dose 5. Focusing on the things that make us cool, special, and unique is a great way to start to develop love for ourselves. If you’re having a difficult time thinking about these things, try and think about the things your friends or family have said they love and appreciate about you. Sometimes it can feel like an uncomfortable activity at first, but we encourage you to push past those uncomfortable feelings to discover all of the awesome things that make you, you! Writing these things down and having them easily accessible can help build your confidence and can be especially helpful on the days when you might be feeling down. We also recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem, or join us for our Tuesday night self-esteem support group!

34) Q: How can you tell someone that you’ve been hurt before without them thinking you’re talking about them. How can you get out of a really bad relationship?

A: We recognize how hard it can be when you’ve been hurt in a previous relationship, and we appreciate you reaching out for support. Using I-statements can be a helpful communication tool that allows us to express our emotions without placing blame. You might try something like, “I feel _____ (emotion) because of what I’ve experienced in the past. I don’t believe that you would ever intentionally hurt me in the same way, but I hope that you can understand that I am being cautious as a way to protect myself from experiencing that pain again.” We encourage you to evaluate your own situation, emotions, and potential solutions to create an I-statement that works for you. Feel free to text/call an advocate for additional support and a listening ear!

35) Q: My family has been having problems at my house and out of the house.

A: We are sorry to hear that and we appreciate you reaching out for support. First off, if you feel that you are in danger, we encourage you to reach out to a trusted adult or a BLOOM365 advocate to ensure that the necessary steps are taken to ensure your safety. An advocate would be happy to assist you in creating a safety plan and/or connecting you to additional resources. If you are in immediate danger, please call 911. If you are not in immediate danger and need some support in reducing conflict, 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 your desire to stop the arguments. How does fighting with your family make you feel? An example for

how you might start the conversation could be, “I feel overwhelmed when we constantly fight, could we please discuss ways to improve our relationship 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.

36) Q: A friend of mine has been worrying me a lot lately. Recently he came out to his family, but his problems have gotten worse. We used to be very close and we even dated for a bit, but he lost feelings and started drifting. He’s depressed and self harms and I feel awful since I can’t do much at all for him as he lives in another state. I’m really worried for him, I’ve tried to help him and I’m there whenever he needs me and I give him space when he needs it. He’s tried to get help, but I don’t think it’s working. What can I do? Any advice?

A: We appreciate you being a concerned friend! When we talk about helping our friends, it’s important we remember that we cannot force people to get help as that decision is ultimately up to them and even though we may have our friends best interest in mind, we want to ensure we are not attempting to use power and control in our efforts to help our friend. What we can do is be there to listen to them and provide support. If you look on page 19 in your workbook, you can find a list of the “Top 5 Ways to Help a Friend Going through Dating Abuse. Even if your friend hasn’t necessarily experienced teen dating abuse, this list can still provide some helpful tips on how to start a conversation with them. You can also encourage them to reach out to our LGBTQ+ advocate, Chelsea by texting or calling the number above for free, confidential support. Chelsea would be happy to provide a listening ear and also help connect your friend to LGBTQ+ support and services in his area. We cannot make people get help if they do not want to, but we can help our friends feel supported. 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 to ensure the safety of your friend. It also might be helpful to share with your friend the “10 Ways to Reach Out for Help” list on page 22 of your workbook (or at bloom365.org/resources.)

37) Q: Let’s say you get sexually assaulted/harassed, someone touches you without your approval. Is it totally fine to freeze and not be able to protect yourself in that moment? Is it just me or everyone else?

A: We appreciate you being brave enough to share your story and reach out for support. We want you to know that you are strong for surviving this and what happened is in no way your fault. We also want you to know that freezing up during an instance of sexual assault is very common. There’s lots of research that supports how common freezing is, if you’re interested in learning more about this! It is often referred to as “Tonic Immobility” which can be defined as “a state of involuntary paralysis in which individuals cannot move or, in many cases, even speak” (Scientific American, 2017.) Tonic Immobility can be the body’s natural reaction to traumatic or stressful situations, and is not something you should ever feel guilty for. It should never be your job to protect yourself from sexual assault, it should be the responsibility of others’ to request consent and respect your boundaries. If you have any concerns about this matter, please reach out to a trusted adult, school social worker, or a BLOOM365 advocate. If you are ready to begin the healing process and need some support, we invite you to get involved in one of our weekly support groups or individual support services to start the journey of healing.

38) Q: I feel like my last relationship was abusive and it’s really impacting me.

A: We appreciate you sharing 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. A BLOOM365 advocate can help you take the steps to healing. We also encourage you to join us for our Monday night support group! We are definitely here, in whatever that looks for you, to support you during this time.

39) Q: I feel like my friend is in a abusive relationship and I don't know what to do about it. She makes comments about how she was going to break up with him and she'll tell him that and he'll say no and I want to talk to her about it, but I don't know how to. He'll like pull her backpack and I want to try to help her get out of it.

A: We should first understand the barriers to leaving an abusive relationship (things like fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your workbook, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with your friend. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to your friend about why you are concerned, being really mindful to come from a place of support and not judgement. You can encourage them to reach out to BLOOM365, but recognize that we cannot force someone to seek help or leave if they are not yet ready. If you are seriously concerned for their safety, we encourage you to tell a trusted adult or BLOOM365 advocate.

40) Q: What is the difference between verbal and emotional abuse?

A: Great question! Verbal abuse typically involves yelling, screaming, rampaging, gaslighting or refusing to talk. Verbal abuse typically involves the use of language, or lack thereof, to intentionally hurt another person. On the other hand, emotional abuse is rooted in one's emotions and involves continuous intimidation or brainwashing to control or manipulate the victim or survivor. Oftentimes perpetrators will use a combination of both verbal and emotional abuse as a means to gain and maintain power and control. Verbal abuse usually involves using put-downs or abusive language such as, "Shut up, you're so stupid." Emotional abuse may involve using language that convinces the victim that they don't deserve better or that the abuse was their fault, such as "Nobody else will ever love you."

41) Q: I can't figure out if I'm in an toxic relationship. I don't believe it's abusive, but I don't believe they care about our friendship.

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. Healthy relationships involve both partners respecting the rights of the other. 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 and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and 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 and identify red flags. Feel free to contact an advocate at the number above if you'd like to discuss further!

42) Q: What do you do when you think you are in a toxic relationship? I have a "best friend" who doesn't seem to let me do what I used to do. Once we started high school I told myself I needed to branch out and start making more friends. I started noticing she would stop texting me her issues between us and instead would yell at me. I believe she has noticed me growing more distant. This has made her more mad. I have tried telling her our issues, but she gets sad because she says that her family is going through stuff.

A: As we learned in the program, sometimes friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate.

If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think this friendship is making you "wilt", and that you feel you will be able to do to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self-evaluation and growth, and may even give you greater insight to your relationship and friendship deal breakers and deal makers, like we talked about in Dose 5. Feel free to text/call an advocate for additional support.

43) Q: What is truly rape?

A: As we learned during Dose 6, consent is required every single time any sexual act is initiated, whether the folks involved are in a long term relationship or not. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you do not consent, it is still considered rape even if you are in a relationship. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

44) Q: What do you do in a situation in which your partner will kill themselves if you end the relationship?

A: It's important that we take these threats 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 treats.) 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.

DOSE 2

45) Q: Why do you get judged based on how you act or feel?

A: Sometimes judgement is based on that own persons insecurities or negative feelings they may have about themselves. We have to constantly remind ourselves that our thoughts and what people say about us do not define who we truly are inside. Focusing on strengthening your own self-esteem is really helpful in lessening the judgement one might experience towards others. Society tends to focus on the things we are insecure about and things we wish we could change about ourselves. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. Our self-esteem support group on Tuesdays might also be a great option for you to begin building your self-esteem alongside others.

46) Q: How do you know if a guy is an abuser before you are in a relationship?

A: People do not usually begin a relationship as overtly abusive or controlling. There is sometimes a gradual progression of power and control. One of the first signs of a potentially unhealthy or abusive relationship is possessive jealousy. This may show up through comments about your choice of clothing or friends. Sometimes people mistake possessive jealousy as a sign that the person cares about you, but it's important to know that you have the right to choose who you hang out with, what you wear, what your boundaries are, etc. 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's also 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. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. It may also be useful to go through the red flags checklist in your workbook or [on our website](#) to evaluate your relationship and identify any potential red flags. Feel free to contact an advocate at the number above if you'd like to discuss further!

47) Q: Why do guys always seem nice at first then change over time?

A: We are sorry that you've had this experience, and appreciate you reaching out for support! We want you to know that you deserve healthy, blooming relationships! Often times in unhealthy or abusive relationships, the perpetrator does not begin the relationship as overtly abusive or controlling. Typically there is a gradual progression of power and control, and the relationship usually starts off well. One of the first signs of a potentially unhealthy or abusive relationship is possessive jealousy. This may show up through comment about your choice of clothing or friends. Sometimes people mistake possessive jealousy as a sign that the person cares about you, but it's important to know that you have the right to choose who you hang out with, what you wear, what your boundaries are, etc. 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's also 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. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. It may also be useful to go through the red flags checklist in your workbook or [on our website](#) to evaluate your relationship and identify any potential red flags. Feel free to contact an advocate at the number above if you'd like to discuss further!

48) Q: Why do girls always ignore the signs? Why do girls always go back? Why do we always wait for the last minute? Why is it so hard to leave that person?

A: It's important to know that the abusive partner usually does not start off as overtly abusive or controlling. There is a gradual progression of power and control. It can first show up as possessive jealousy or even in comments about your choice of clothing or friends. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Other times, these signs of jealousy may be overlooked because they may be perceived as caring and not controlling. Sometimes it takes direct education, like the Bloom It Up curriculum or a friend's concern to notice what's really going on. Leaving an unhealthy or abusive relationship is never easy. In Dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.). 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.

49) Q: There is someone in my life who is cruel and manipulative. How should we deal with them?

A: As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with this person about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help this person to recognize that your relationship isn't currently healthy and what can be done to improve your friendship. It may also be helpful to have a conversation with this person using about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

50) Q: What if you are your own bully? You bully yourself, and don't treat yourself good? I feel like I'm alone and no one can make me love myself (looks, personality). I feel like I'm ugly and I will never get a boyfriend. Why should I worry? I am really insecure, I have always hated myself.

A: We want you to know that you are not alone, and are so glad you reached out for support. As we learned during the program, it's important that we are able to love ourselves before we can truly love another person. This is important to building and growing healthy relationships that exhibit trust and emotional respect. We also hope you know that you deserve to have happy and healthy relationships! A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. Our self-esteem support group on Tuesdays might also be a great option for you to begin building your self-esteem alongside others.

51) Q: I have a friend who recently got out of a relationship, and I think we both like each other . I think I should take it slow, but it's kind of confusing and I'm not sure how to go forward.

A: To build and grow healthy friendships and relationships, we recommend using the communication technique we learned about in Dose 6- I-statements. I-statements allow us to take ownership of our own feelings and offer suggestions or solutions to address potential issues or concerns you may have. You might try something like, "I feel thankful to have you in my life. I was wondering if we could have a conversation about where you see our relationship going in the future." This is just an example, and we encourage you to come up with something that fits your own emotions and what you envision for the friendship/relationship. It might also be useful to have a conversation with your friend establishing your boundaries and identifying what you both want from the relationship. Feel free to text/call an advocate at the number above if you need additional support with I-statements.

52) Q: I think I messed up and ruined my friendship.

A: We are sorry to hear you've had this experience. If this friendship is something that is important to you, you might consider having a conversation with your friend. It might be useful to use "I-statements" that we learned about in Dose 6. For example, I feel remorseful (emotion) about (situation). I really value you as a friend and hope that you can forgive me so that we can continue to be friends." We don't know the context of this situation, but feel free to reach out to advocate at the number above to discuss further if needed.

53) Q: Is dating good for teens?

We cannot tell you at what age to start dating, because it is different for every person. However, we would suggest to start dating when you feel ready, and you are able to handle the responsibilities that go along with a dating relationship. Check out page 16 of your workbook for a list of your rights and responsibilities within a relationship. BLOOM365 exists so that all people have the skills and knowledge to build and grow healthy friendships and relationships!

54) Q: Do you only help teens?

A: While most of our work is with teens, BLOOM365 Advocates are still able to provide resources and referrals to people of all ages. There are resources available for adults experiencing domestic violence including the National Domestic Violence Hotline, listed above. Please feel free to text or call a BLOOM365 advocate at for more information or resources.

55) Q: Someone doesn't believe me when I tell them I love them too. What should I do to let them believe me?

A: It may be helpful to use the communication technique we learned about in Dose 6- "I-statements." I-statements allow us to take ownership of our own feelings and offer suggestions or solutions to address potential issues or concerns you may have. They allow others to understand where we are coming from rather than feeling blamed, which can result in a defensive response. You might something in the format, "I feel (emotion) when (situation), can we please (solution.) We encourage you to come up with something that encompasses your own feelings and best fits your situation. It may also be useful to have a conversation about love languages- Which we talked about during Dose 5. It's possible that your partner's love language isn't words of affirmation, so telling them that you love them might not truly make them feel loved. Understanding your partner's' love language can be helpful in understanding how they like to receive love and what makes them feel loved. You and/or your partner can even take a quiz online to determine your love languages. There's several out there that are great, but here is one you might consider trying out: <https://www.5lovelanguages.com/profile/>

56) Q: I was verbally abused by my father. He would go on these rants about how my mother ruined his life. I find myself void of emotion when terrible or amazing things happen. What do I do?

A: Trying to heal after hurtful experiences is a difficult task and journey at times. We can use the coping mechanisms we learned in the program to begin the process of healing. We can write down the things we love about ourselves and remind ourselves of this each day. We can do the daily affirmations we mentioned in class to boost our self esteem. We can enjoy doing the things that make us happy and keep us healthy. Some great examples are eating healthy and exercising because we take care of our body and mind that way. We also highly encourage you to get involved in one of our weekly support groups! This is a great place to connect with peers and develop healthy ways to cope with life's challenges! Giving yourself time to process feelings and emotions related to the challenges you are facing is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know a BLOOM365 advocate is always available to listen. Please feel free to text/call the number above.

57) Q: How can I trust my boyfriend?

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 boyfriend 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 boyfriend 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. We encourage you to think about your own values, communicate your feelings and suggestions with your boyfriend, 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!

58) Q: I think I have an issue. I have this friend who constantly brings me down and blames me for things. She will yell at me for no reason and then get mad at me for not forgiving her right away. I don’t know what I should do.

A: As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you’re feeling and why you’re feeling that way. Using “I statements” can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn’t currently healthy and what can be done to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you “wilt”, and that you feel you will be able to really “bloom” more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

59) Q: What happens if someone hits on you and you don’t want them to?

A: Sexual harassment is a way of trying to get power or control over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If someone is urging you or trying to force you to do something you are comfortable with, we encourage you to reach out to a trusted adult who can ensure you are safe and prevent this from happening to others. You can also contact an advocate at the number above for additional support.

60) Q: I have a toxic person in my life. I’ve tried to get rid of them and cut off the ties, but it’s a lot harder than it sounds. I’m not sure what I should do anymore. Any advice?

A: As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you’re feeling and why you’re feeling that way. Using “I statements” can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn’t currently healthy and what can be done to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you

believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you “wilt”, and that you feel you will be able to really “bloom” more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

61) Q: What should I do if I know the perpetrator and they’re my friend?

A: If you recognize the signs of abusive behavior in a friend, telling a trusted adult about it is often one of the best options. Speaking up could potentially save a life. This can be a hard topic to talk about with a friend, but if you do feel comfortable doing so, you can visit page 20 in your workbook for tips on how to start the conversation. You can also text or call a BLOOM 365 advocate at the number above if you feel like you need additional support.

62) Q: How can I treat someone if I was in a relationship?

A: In class we talked about how a healthy, blooming relationship stems from equality and freedom. Equality is defined as a balance of power (50/50), such as in the decision making process. Overall equality can mean different things to different partners. It comes down to how you and your partner define it for your relationship. It’s also important to communicate openly and honestly about the balance in your relationship, especially if one of you is unhappy and uncomfortable. Why does equality matter? At BLOOM365 we know that in an unhealthy abusive relationship, one partner gains and maintains power and control over the other. By learning how to create equality in a relationship, we can prevent unhealthy relationships and build healthier relationships in our lives. To help determine the level of equality in your relationship, we encourage you to refer to the blooming and wilting flower on the back of your workbook. Feel free to reach out to a BLOOM365 advocate at the number above if you have anymore questions or concerns.

63) Q: How does an abusive relationship affect your self-esteem?

A: Being in an unhealthy or abusive relationship can negatively impact your relationship in a number of ways. Oftentimes in abusive relationships, we see the perpetrator make abusive comments that can tear down the victim and make them feel insecure. For example, an abusive partner may be verbally abusive and constantly tell the victim that they are “stupid” or “fat.” They may also be emotionally abusive and continuously tell their partner that the abuse is their fault or that nobody else will love them. The perpetrator uses these tactics to manipulate their partner and maintain their power and control over them. The victim will likely begin to believe these things because they are constantly being told them. This can lead to insecurity. This can also be a barrier to leaving the relationship as the perpetrator has made the victim truly believe that they deserve to be treated this way and that nobody else will love them. This is why it’s SO important that we NEVER blame the victim, but rather focus on being a supportive person in their life and doing what we can to help lift their self-esteem and rebuild their confidence.

64) Q: I am not in an abusive relationship, but what could be a decent plan?

A: A safety plan is great tool for helping determine practical ways to remain safe. If you are not in an abusive relationship, it can still be helpful to have a plan outlined in case you ever experience a situation where a plan is necessary. Check out Page 21 in your workbook or [our website](#) for some questions that can be helpful as you develop a plan. You can consider things such as: Who are the trusted adults in your life who you can go to or talk to? Who are the friends/peers who you could go to? What are some things you love to do? Where could you go quickly if you needed a safe place to go in an emergency? A

BLOOM365 advocate can always help you create a plan. Feel free to text/call the number above for assistance!

65) Q: What if your plan doesn't work?

A: While a safety plan is a great tool for helping determine practical ways to remain safe before or after leaving an unhealthy or abusive relationship, it may not always cover all potential situations. We highly recommend reaching out a BLOOM365 advocate or another trusted adult when creating a safety plan to ensure all aspects of the situation can be discussed to create as comprehensive of a safety plan as possible. However, in the event that a safety plan falls through, we encourage you to call 911 immediately if it is an emergency. If it is not as urgent, we recommend reaching out to the advocate or trusted adult who assisted you in creating your safety plan. Drafting a plan B may be a good step to take in the safety planning process in the event that plan A falls through.

66) Q: Is it normal to get jealous easily and want attention from your partner? How do you curb jealousy?

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 should 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.

67) Q: How could I help my mom with abuse?

A: It can be very difficult to watch your parent as a victim in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your parent, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in your parent's life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don't be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call. You can also reach out to a BLOOM365 advocate by calling or texting the number above. We can provide you with local resources and talk with you more about helping a parent in this situation.

68) Q: Is manipulation another part/type of abuse?

A: Manipulation is definitely a tactic that a perpetrator may use to gain or maintain power and control over the victim. Oftentimes the perpetrator will use a pattern of minimizing, denying, and blaming to manipulate their partner. Page 18 in your workbook explains this in further detail if you'd like to check it out.

69) Q: What does it mean if your partner is super sweet to you over messages or when you're alone but hardly pay attention to when others are around?

A: If someone is treating you better when others are around, then that is a red flag of an unhealthy relationship. If the situation is not dangerous and you feel comfortable, you might start by having a

conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your partner to feel empathy. This may help your partner to recognize that your relationship isn't currently healthy and what can be done to improve your relationship. If you believe you are better off ending the relationship, you may also want to have a conversation with that person to express why you think that this relationship is making you "wilt", and that you feel you will be able to really "bloom" more if you draw the line. Leaving an unhealthy or abusive friendship is never easy. While ending a dating relationship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

70) Q: My real dad abused my mom. He would make her dress different because he got jealous and he would hit her. He knocked her out once while she was pregnant with me because he thought I wasn't his.

A: We want to first start off by saying thank you so much for telling your story. If the abuse is still occurring and you feel unsafe, we encourage you to reach out to a trusted adult or a BLOOM365 advocate. It can be very difficult to watch your parent as a victim in an abusive relationship. Please know that it is not your responsibility to "rescue" your parent, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in your parent's life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline above. Don't be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call. We highly encourage you to get involved in one of our weekly support groups. Even if this situation is no longer happening, connecting with others can be helpful in healing from the past. Please feel free to text/call an advocate at the number above to discuss this situation further or for additional information/resources.

71) Q: When a boy/man asks for nudes would that be sexual harassment?

A: Sexual harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If someone is urging you or trying to force you to do something you are comfortable with, we encourage you to reach out to a trusted adult who can ensure you are safe and prevent this from happening to others. You can also contact an advocate at the number above for additional support. It's important to know that sending or receiving sexually explicit pictures is a crime. If you are under 18, you could be charged in juvenile court for sending nudes. If you are over 18, you could be charged with a felony in Arizona's superior court. This is not intended to scare you, but rather just so that you are fully informed. You can read more at <https://www.criminaldefenselawyer.com/resources/is-sexting-illegal-adults.htm>.

72) Q: My friend is in a situation where someone touched her. She is already solving it with a teacher, but I don't know how to comfort her.

A: The most important thing we can do in these situations is let our friends know that we are there for them, make sure they are safe, and let them know that they are not alone. If you look in your packet, you can find a list of the "Top 5 Ways to Help a Friend." This list can provide some helpful tips on how to start a conversation with the survivor. You can 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. Feel free to text/call an advocate for additional support if needed.

73) Q: What should you say if your best guy friend asks you out, but you think of him as a brother?

A: In this situation, it may be helpful to utilize the communication technique we learned about in Dose 6- “I-statements.” I statements allow us to take ownership of our own feelings and can prevent your friend from feeling attacked, which may result in a defensive response. You might try something like, “I feel that you are like a brother to me. I value our friendship and our relationship as it is. I think we should remain as just friends and avoid doing anything that we jeopardize the wonderful friendship we have currently.” This is just an example, and we encourage you to come up with something that fits your own emotions and what you envision for the friendship. Feel free to text/call an advocate at the number above if you need additional support with I-statements!

74) Q: Where are you guys located?

A: Our Blooming Point site is located near 19th Ave. and Northern Ave. However, we are very mobile! We work in schools and community organizations all across the valley and are also able to meet at convenient locations (such as your local Starbucks) for individual sessions! If you’d like to attend a group or visit our space, feel free to text/call an advocate at the number above for the full address and directions to Blooming Point. We hope to expand to Blooming Point sites across the valley over the next few years. We also recently purchased a van, which allows us to provide transportation to/from our groups!

75) Q: Why is life so difficult?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. We recognize that life isn’t always easy, but you don’t have to go through it alone! BLOOM365 advocates are available for free, confidential support and a listening ear. We’d be happy to connect you to community resources to help meet your needs and relieve some of the stress you may be currently facing. We also highly encourage you to get involved in one of our weekly support groups! This is a great place to connect with peers and develop healthy ways to cope with life’s challenges! 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 related to the challenges you are facing 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!

76) Q: What does it mean when you can’t get over someone?

A: Ending a relationship or dealing with a break-up is never easy, and we appreciate you reaching out for support. While break-ups can be tough, this 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. 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! We also invite you to get involved in one of our free support groups! Our support groups provide teens with the opportunity to walk through the healing process alongside others. If you’re still struggling with coping, please feel free to reach out to an advocate at the number listed above for free, confidential support and a listening ear.

77) Q: I don’t love myself. I’m a low self-esteem person is that bad? What I don’t love myself but I love my boyfriend more than myself?

A: We want you to know that you are not alone, and are so glad you reached out for support. As we learned during the program, it's important that we are able to love ourselves before we can truly love another person. This is important to building and growing healthy relationships that exhibit trust and emotional respect. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. Our self-esteem support group on Tuesdays might also be a great option for you to begin building your self-esteem alongside others.

DOSE 5

78) Q: How do I deal with loneliness?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. Sadness is a natural emotion, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

79) Q: Why do you guys do these presentations?

A: The goal of Dose 5 is to help shed light on body image and appearance being a major influence on teen's 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. Although we can not change how people view us, we can ultimately work on our own self esteem and change the way we view ourselves. At Bloom we encourage during Dose 5 to be the change that you want to see. One of the best ways to feel good about your body is to work on having a healthy one. Exercising and eating nutritious foods are key to developing a strong and fit body, and a positive attitude towards yourself. As you work to improve your body image, you will experience self-acceptance and learn to recognize the qualities, skills, and talents that make you special.

80) Q: How can I help someone if they are in an abusive relationship?

A: You can be there for your friend and let him 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 deserves to have healthy, blooming relationships. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to a start a conversation with the

survivor. 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. 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.

81) Q: What if she says yes but then says no (related to consent)?

As we learned during the program, consent is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. For a person to give consent they cannot be under the influence of drugs or alcohol. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol.) It's important to remember that even if someone says yes initially, they have the right to change their mind. If they say no, it's our responsibility to respect their decision and not try to coerce or pressure them. If you have any concerns about this matter, please reach out to a trusted adult, school social worker, or a BLOOM365 advocate.

82) Q: Is it okay if I like guys and females? Similar question: Is it okay to be gay?

A: 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. Coming out can be a process and take time. If you'd like come to a space where everyone is welcome and safe we encourage you to join our LGBTQ+ weekly support group on Thursdays from 5 to 6 PM. You can also always reach out to our LGBTQ advocate at the number above to discuss this situation or chat online at bloom365.org for more support.

83) Q: I'm lonely, stressed and depressed, what do I do?

A: First off, we want you to know that you are not alone and we are glad you reached out for support. Sadness is a natural emotional, and we all feel it at times. Some red flags that you may actually 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 also a great source for information on dealing with depression. We also highly encourage you to get involved in one our weekly support groups!

84) Q: I always have thoughts of taking my own life and I know it's not "normal". I don't know who to talk to about it, who can I talk to?

A: First off, we want you to know that you are not alone. Although we do not specifically address self-harm or depression, we are always here to listen! You can reach a BLOOM365 advocate by texting or calling the number above for a listening ear or if you would like additional resources. We do work alongside a few organizations that specifically help youth experiencing these issues, including Teen Lifeline. You can contact them at the number above. Crisis Lifeline is also a resource you can text for crisis support. Your school social worker and counselors can also be great resources for information and support with self-harm and depression.

85) Q: Is isolating myself a tactic of abuse, am I abusing myself because I isolate myself from everyone as much as possible?

A: First off, we want to let you know that you are not alone. Although a lot of times we tend to isolate ourselves and spend time alone when we are in a low place, it's important that we don't isolate ourselves from the positive people in our lives. It's important to take care of not only your physical health, but your mental health as well. 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 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 talking or reaching out to someone, please know that anonymous support is also available if you text a BLOOM365 advocate at the number above.

86) Q: How do you get a friend out of a bad 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. If you look in your packet, you can find a list of the "Top 5 Ways to Help a Friend Going through Dating Abuse. This list can provide some helpful tips on how to start a conversation with the survivor. 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 to ensure the safety of your friend.

87) Q: I am gay, help?

A: We encourage you to reach out to our LGBTQ+ Advocate, Chelsea, at the number above for free, confidential support and a listening ear. We also invite you to join us on Thursday evenings for our free LGBTQ+ support group!

88) Q: Is it sexual assault if you end up liking it?

A: Any unwanted sexual contact is considered sexual assault. If someone uses physical force or emotional pressure to get someone to do something sexual, this is sexual assault. If someone forces or pressures another person into having sex, this is considered rape. You should never have to convince someone to consent or be pressured into giving consent, because that would be considered coercion and is not truly consent! If you told someone "no" initially and they didn't respect that, this is considered sexual assault. We want you to know that it is not uncommon for rape victims to have involuntary body reactions to the assault that can be interpreted as enjoyment. However, these body reactions are NOT voluntary and DOES NOT mean that it wasn't sexual assault. If the victim did not consent and the perpetrator did not respect this, it is considered rape. If you have any more questions about this matter, please reach out to a BLOOM365 Advocate at the number above.

89) Q: How do you know that you really love someone?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is important first step before entering into a dating or committed relationship. To you, love may mean that the other person shows affection

often. To someone else, it may mean their partner is always encouraging them to do the things that make them happy. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

90) Q: How do you know loving that person is a bad idea?

A: It's important to know that the abusive partner usually does not start off as overtly abusive or controlling. There is a gradual progression of power and control. It can first show up as possessive jealousy or even in comments about your choice of clothing or friends. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Other times, these signs of jealousy may be overlooked because they are taken as a sign that the partner cares about you. Sometimes it takes direct education, like the Bloom It Up curriculum or a friend's concern to notice what's really going on. 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's also 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 and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower."

91) Q: How do you politely reject someone?

A: First off, we want you to know that you have the right to say "no" to something you are not comfortable with, not ready for, or do not want without feeling guilty. We encourage you to consider using the communication technique we learned about in Dose 6- "I Statements." I statements allow us to take ownership of our own feelings and can prevent the other person from feeling attacked, which may result in a defensive response. You might try something like, "I feel that you are like a brother/sister to me. I value our friendship and our relationship as it is. I think we should remain as just friends and avoid doing anything that we jeopardize the wonderful friendship we have currently." This is just an example, and we encourage you to come up with something that fits your own situation and what you envision for the friendship or relationship with this person. Feel free to text/call an advocate at the number above if you need additional support with I-statements!

92) Q: A lot of the time I feel the need for a significant other. How do I get myself out of this mindset?

A: Having supportive people in our lives is important, so it makes sense that you might be longing for someone to fill this role in your life. Something you might consider is how the other people in your life (friends, family, and other loved ones) can serve as supports and positive influences in your life. A great way to make new 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. We encourage you to find new hobbies and things you enjoy doing. Taking care of ourselves and finding our own happiness is so important! Stepping outside of our comfort zones can allow us to grow, develop new friendships, and identify the things that bring us joy.

93) Q: Can we please do another “Hello I Am” activity. It really boosted my self-confidence and I love to see what people really think.

A: We are so happy to hear that this activity helped boost your self-confidence! We encourage you to do this activity with a group of friends! We all have the opportunity every day to help increase the self-esteem of the people we interact with, just by sharing simple compliments! To continue building up your own self-esteem, you can also try implementing daily or weekly positive affirmations like we discussed in Dose 5!

94) Q: For the last couple years I’ve been dealing with bad depression and it sometimes leads to self harm. I feel lonely even if I have support friends and family. However, I don’t know who to go to. What do you think I should do?

A: We want you to know that you are not alone, and we are so glad 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. We also highly encourage you to get involved in our free Tuesday night group, which focuses a lot on self-care, depression, and self-esteem. If you’re 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! 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 the 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.

95) Q: I like a guy and want to ask him out, but how?

A: Unfortunately that is a bit outside of our speciality. Our work is focused on preventing teen dating and helping teens create and build healthy relationships. Our sole focus is not on teaching you how to get into a relationship, but rather how to grow healthy and safe relationships with your friends, family, and dating partners. Before beginning a relationship, it’s important to identify your relationship deal-breakers and deal-makers for the qualities and traits we do want and do not want in a relationship. When we don’t hold true to our deal breakers, this is often when we will see power and control begin to slip into our relationship as we try to make the other person change to be who we want them to be. That’s why it’s so important that we are aware of our deal breakers and deal makers! It’s also important to recognize your rights and responsibilities within a relationship. 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 and your partner’s boundaries.

96) Q: I’m bisexual but I’m afraid to tell my parents. What should I do?

A: Coming out may be a process and take time. We encourage you to reach out to our LGBTQ+ Advocate, Chelsea, at the number above for free, confidential support and a listening ear. If you’d like come to a space where everyone is welcome and safe we encourage you to join our LGBTQ+ weekly support group on Thursdays from 5 to 6 PM.

97) Q: How can you help someone who won’t talk to you about their problems?

A: We cannot force people to get help or talk about their situations, that decision is ultimately up to them to make. What we can do is be there to listen to them and provide support. If you look in your packet, you can find a list of the “Top 5 Ways to Help a Friend Going through Dating Abuse.” Even if your friend hasn’t necessarily experienced teen dating abuse, this list can still provide some helpful tips on how to start a conversation with them. We cannot make people get help or talk about their situations 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 to ensure the safety of your friend. It also might be helpful to share with your friend the “10 Ways to Reach Out for Help” list on page 22 of your workbook (or at bloom365.org/resources.) You might also try uplifting your friend by telling them positive things and spending time with them doing activities together that will take their mind away from the negatives.

98) Q: How can you talk to someone who needs help but doesn’t want help?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It’s also important that we don’t blame the victim. In your packet, you can reference the “5 Ways to Help a Friend Going Through Dating Abuse” to start a conversation with the survivor. 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. 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.

99) Q: What if a parent tries to take the things that make me happy away?

A: It’s important to consider why your parent might be trying to take these things away. Are they possibly doing it for your greater good? For example, sometimes our parents might limit the time we are allowed to play video games to allow for more time we can spend doing homework or spend with our family. Sometimes it can be frustrating when our parents take things away or don’t allow us to do the things that we want, but it can be helpful to try and empathize with them by putting ourselves in their shoes and understanding that they want what is best for us. If you feel that your parent is taking away everything that makes you happy for no reason, it might be helpful to utilize the communication technique we learned about in Dose 6- “I Statements” to communicate how you are feeling. If you feel comfortable and safe doing so, I statements can allow you to take ownership of your own emotions and allow your parent to empathize with you. Please feel free to reach out to an advocate for free, confidential support or to discuss this situation further.

100) Q: What would I do if my parents are doing illegal stuff (growing pot)?

A: We encourage you to reach out to a trusted adult in your life to discuss this situation, such as a teacher, school social worker, or a BLOOM365 advocate. A BLOOM365 advocate would be happy to provide free, confidential support and to discuss potential options to ensure your safety. If you are in immediate danger, we encourage you to call 9-11.

101) Q: I’m interested in volunteering and getting involved.

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 marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

102) Q: How can I learn to love myself when life sucks. I hate myself, I'm all alone, and depressed and want to die.

A: We want you to know that you are not alone, and are so glad you reached out for support. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem. Our self-esteem support group on Tuesdays might also be a great option for you to begin building your self-esteem alongside others.

Sadness is a natural emotional, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

103) Q: Why I can't have a date?

A: We aren't sure what you are asking here. Please feel free to send one of our advocates a text or chat with us online to clarify what you mean! We'd be happy to answer your question once we have a better understanding of what you are asking.

104) Q: What is true love?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is important first step before entering into a dating or committed relationship. To you, love may mean that the other person shows affection often. To someone else, it may mean their partner is always encouraging them to do the things that make them happy. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

105) Q: Why do I have very low self-esteem?

A: 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.). You can develop a healthy self esteem by reminding yourself of the positive things in your life. You can do daily affirmations which take about a minute in the morning and can aid in the development of greater self love and confidence. You can also surround yourself with positive friends and family who remind you of the great qualities you have and don't put you down.

106) Q: Why do I prefer everyone's happiness over mines?

A: First off, we want to let you know that you are not alone. It's important to take care of not only your physical health, but your mental health as well. 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 find what works for you. We also encourage you to spend time with positive people in your life. Although a lot of times we tend to isolate ourselves and spend time alone when we are in a low place, it's important that we don't isolate ourselves from the positive people in our lives. Spending time with people and doing the things we love can help us to create lasting memories and positive experiences. When and if you do feel comfortable talking or reaching out to someone, please know that anonymous support is also available if you text a BLOOM365 advocate at the number above.

107) Q: Does everyone have very bad break downs emotionally?

A: We want you to know that you are not alone, and that we are so glad you reached out for support. Dealing with lots of heavy emotions can be challenging. We encourage you to get involved in one of our weekly support groups. Connecting with others who are dealing with similar emotions and challenges can be helpful for a lot of people. Our support groups offer a place to connect with peers and develop healthy ways to cope with life's challenges! BLOOM365 advocates are also available for free, confidential support and a listening ear. We'd be happy to connect you to community resources to help meet your needs and relieve some of the stress you may be currently facing. Feel free to text/call the number above to talk with an advocate.

108) Q: I need/want to tell a specific person how I feel but I don't think they want to listen. What do I do?

A: A good first step might be to utilize the communication technique we learned in the classroom to express our feelings- "I statements". You may choose to use the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.) I-statements can be helpful tool for us to express our emotions and offer potential solutions without placing blame. They allows others to empathize with us and avoid defensive reactions/responses. 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.

109) Q: I get jealous when my boyfriend hangs out with his friends just because I'm sad it's not me. Would this be healthy or bad? Is it common?

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 should 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.

110) Q: If ‘yeah alright’ is no like how would you ever know if it’s really a yes?

A: When it comes to consent, there should be 4 things that are recognized. A firm an enthusiastic yes, uncoerced, not under the influence, and must be given every single time. Consent doesn't have to be verbal, but verbally agreeing to different activities can help both you and your partner respect each other's boundaries. If you are unclear about whether or not someone is consenting on their own will, we recommend asking them! This can help clarify things and ensure that you are respecting their boundaries and that they are truly comfortable with everything. You should never have to convince someone to consent, because that would be considered coercion and is not truly consent! If you have any more questions about this matter, please reach out to a BLOOM365 Advocate at the number above.

113) Q: So asking someone out is sexual harassment?

A: As we learned during the program, consent is required each and every single time an act of sex is initiated. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). Consent also applies to all aspects of relationships and not just sex. Asking someone out would not be considered sexual harassment, as long as we are not forcing someone to do something they do not feel comfortable with and respecting their boundaries and choices. Additionally, it’s important that people who are in positions of power do not abuse that power. For example, it could be considered sexual harassment if someone’s boss tried to pressure their employee to go out with them. If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

111) Q: What do the numbers in BLOOM365 mean?

BLOOM365 stands for “Bring Love On Others More, 365 days a year!”

112) Q: Is demanding of something through your position of power considered abuse?

A: When someone is in a position of power, they have a choice in how they will use their power. When someone who holds a prejudice is in a position of power, this can lead to oppression. Oppression is one of the root causes for potentially abusive or controlling behaviors or actions. However, we all have a choice in how we are going to treat people. We can choose to make them bloom or choose to make them wilt. If someone is using their power to force or pressure someone into doing something that they don’t want to do, this is considered coercion and is a tactic of power of control. If you need more clarification, feel free to text or call an advocate at the number above!

113) Q: Is it possible that a female can sexually abuse a male?

A: As we learned during the program, consent is required each and every single time an act of sex is initiated. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If someone does not respect someone’s “no” or does not receive consent but proceeds anyways (regardless of their gender), then things like sexual assault can happen. Consent

also applies to all aspects of relationships and not just sex. According to the National Sexual Violence Resource Center (NSVRC, 2015), one in five women and one in seventy-one men will be raped at some point in their lives. In addition, the NSVRC (2015) reports that 91% of sexual assault victims are female and 9% are male. While the victims of sexual assault are more commonly females, males can absolutely experience these things too! If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

114) Q: Why is it so hard to talk about our feelings? (similar question: Why do a lot of us hold in our feelings?).

A: Talking about our feelings can be challenging. It often involves us being vulnerable and openly communicating things that we might typically bottle up or not talk about. Many people struggle with showing emotions, regardless of their gender. However, as we discussed in Dose 3, men are often expected to bottle up their emotions (other than anger.) Many times in our society, men who do express their emotions openly are ridiculed, made fun of, and/or told to “be a man,” “tough it up”, and/or “men don’t cry.” Unhealthy gender norms really limit the ways that men are allowed to express their emotions. BLOOM365 believes that everyone should feel free to express their emotions without fear of ridicule. We encourage you to utilize the communication technique we learned about in Dose 6- “I statements.” I-statements can be useful in communicating how we are feeling. They allow others to understand how we are feeling and why we are feeling that way, which can allow them to empathize with us.

115) Q: How can you tell someone that you feel hurt when they don’t want to talk to us?

A: It might be useful to utilize “I-statements” like we practiced during Dose 6. I-statements are a great tool for us to take ownership of our own emotions and communicate how we feel in a non-blaming way. This can help the other person to empathize with us and not feel like we are blaming or targeting them, which would likely result in a defensive response. Feel free to contact an advocate for additional support.

116) Q: How can you tell your parent that you’re feeling sad or that I’m not happy with what someone said about me?

A: A good first step might be to utilize the communication technique we learned in the classroom to express our feelings- “I statements”. You may choose to use the format: I feel _____ (emotion) when ____ (situation) can we please _____ (solution.) I-statements can be helpful tool for us to express our emotions and offer potential solutions without placing blame. They allows others to empathize with us and avoid defensive reactions/responses. You may consider having a conversation with your parents about what was said about you and how this was hurtful. How did it make you feel? An example for how you might start the conversation could be, “I feel unappreciated when these things are said about me, could we please discuss ways to communicate in more supportive ways?” Perhaps spending time together doing things you all enjoy can strengthen your relationship and allow for more open-dialogue.

Sadness is a natural emotional, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

117) Q: Why is life so hard?

A: We apologize that you've had this experience, and want you to know that you are not alone. BLOOM365 advocates are available for free, confidential support and a listening ear. We'd be happy to connect you to community resources to help meet your needs and relieve some of the stress you may be currently facing. We also highly encourage you to get involved in one of our weekly support groups! This is a great place to connect with peers and develop healthy ways to cope with life's challenges!

118) Q: What can I do to help my friend who has family problems?

A: When friends are experiencing these types of issues, some things that we can do include being there to listen to them and provide support. If you look on page 19 in your workbook, you can find a list of the "Top 5 Ways to Help a Friend Going through Dating Abuse. Even if your friend hasn't necessarily experienced teen dating abuse, this list can still provide some helpful tips on how to start a conversation with them. You can also encourage them to reach out to an advocate by texting or calling the number above for free, confidential support. Sometimes our friends are not ready to accept the help or support 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 danger, it's important that you reach out to a trusted adult to ensure the safety of your friend. It also might be helpful to share with your friend the "10 Ways to Reach Out for Help" list on page 22 of your workbook (or at bloom365.org/resources.)

119) Q: How can I improve my relationship with my mother? My mother is a very different person. She doesn't understand how her words affect her family and the people around her. My mother would accuse me or my siblings for actions she had done when she doesn't realize she has.

A: A good first step might be to utilize the communication technique we learned in the classroom to express our feelings- "I statements". You may choose to use the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.) I-statements can be helpful tool for us to express our emotions and offer potential solutions without placing blame. They allows others to empathize with us and avoid defensive reactions/responses. You may even consider having a conversation with your mom about how to improve your relationship. How do these accusations or the words your mother uses make you feel, 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.

120) Q: Thank you for helping me. I'm glad you came in and I hope I'll be able to attend an LGBTQ+ group some time.

A: You're welcome, we are happy to help! You can always text/call/chat with an advocate in the future if you need additional support. We hope to see you soon! Make sure to follow us on social media to keep up with our monthly support group calendars!

121) Q: Thank you for giving us our daily dose of education. I really enjoyed having you.

A: You are so very welcome! If you'd like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! Visit www.bloom365.org/peeradvocatecrew to learn how you can get involved!

122) Q: Power and Control is a song by Marina and the Diamonds, is this song about power and control like your program describes it?

A: We encourage you to look up the lyrics and use the blooming/wilting flowers to determine whether you think this song is more blooming or more wilting! Critically consuming media is so important, and the flowers can be helpful in breaking down the lyrics of the song and determining what the true messaging is!

123) Q: Does social media contribute to sexual assault in today's society?

A: It's hard to accurately determine how social media contributes to sexual assault- but we certainly believe that taught abusive behavior can increase the risk that someone will exert power and control over another person (whether through domestic violence, sexual assault, or something else.) If people grow up witnessing violence and abuse through the media, this can put them at an increased risk for thinking this is normal or acceptable behavior. On the other hand, social media can also be used to increase awareness about these issues and create change!

124) Q: How do you tell someone you don't want to be around/friends with because you're not okay with them doing drugs?

A: As we learned in the program sometimes our relationships with our friends can be unhealthy, and we would treat this similar to an unhealthy dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that you spending time with them is unhealthy for you. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. If you feel comfortable, you might also consider sharing some resources with your friend. Sometimes people use drugs as a coping mechanism when they are dealing with challenges in life. We encourage you to share the number to Teen Lifeline and/or the Crisis Lifeline with your friend so that they can seek support and find healthier ways to cope. Feel free to text/call an advocate for additional support.

125) Q: I am interested in helping out in BLOOM365.

A: We are so happy to hear that! We have lots of opportunities for you to get involved! 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 marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

126) Q: How do I get out of a friendship?

A: As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help.

If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn't currently healthy and what can be done to improve your friendship. It may also be helpful to have a conversation with this person using about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

127) Q: There is this person that I have liked for years and they hurt me. They say they are going to wait for me until I am ready, I am really confused about my emotions and I'm just hurt.

A: We encourage you to utilize the communication technique we learned about during Dose 6- "I-statements." Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. It may be helpful to have a conversation with this person about how this made you feel and discuss potential ways to redevelop trust within the relationship. It may be helpful to look back at the deal-breakers and deal-makers you identified for yourself in Dose 5. If you did not do so during the dose, we encourage you to do so now. What is important to you in a relationship? It's important that we do not bend on our deal-breakers, also this increases the likelihood that the relationship may exhibit power and control. We also encourage you to take a look at the blooming and wilting flowers to evaluate your relationship. It's important to know that you have a right to healthy, respectful, and honest relationships. If you believe this relationship may be unhealthy, it is up to you to decide what you would like to do. Leaving an unhealthy or abusive relationship is never easy. While ending a close friendship or relationship can be tough, it can be a great time for self evaluation and growth. If you believe this relationship is healthy or has the potential to grow to be, we encourage you to use I-statements to openly communicate your feelings and hopes for your relationship with this person. Feel free to text/call an advocate for additional support.

128) Q: How do you cope with sexual assault?

A: We want you to know that you are not alone. Sexual assault is a traumatizing experience, and it's so important that we are able to process and address these situations to begin to heal. We encourage you to identify healthy coping strategies. For example: Spending time with people you love, yoga, joining a new sports team or team or 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 more than welcome to reach out to a BLOOM365 advocate at the number above for free, confidential support and to discuss other potential coping strategies.

129) Q: How can siblings be abusive?

A: While arguments are normal among siblings, someone trying to take power and control over their family member can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook and on [our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to your parents or another trusted adult. You can also reach out to a BLOOM365 advocate by texting or calling the number above, or chatting online.

130) Q: How can I fix my friendship with my best friend?

A: As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn't currently healthy and what can be done to improve your friendship. It may also be helpful to have a conversation with this person using about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

131) Q: What to do if we've got raped at 14 by a 36 year old man?

A: We want you to know that you are not alone, and we are thankful that you are reaching out for support. We also want you to know what you have experienced is not your fault. If you are a sexual assault survivor, we encourage you to reach out to a trusted adult or a BLOOM365 advocate to discuss the situation and ensure you receive the support you need. You can also contact the National Sexual Assault Hotline at the number listed above. Finding healthy ways to cope with these experiences is so important. For example: Spending time with people you love, yoga, joining a new sports team or team or 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.

132) Q: My mom knows that I've been sexually assaulted and brutally abused but she doesn't believe me when I say that I'm traumatized from it. She calls me a hypochondriac and say that I don't need help. Little does she know I'm suicidal, depressed and mentally screwed up. Please help.

A: Thank you for being brave enough to share your experience and reach out for support. We want you to know that you are not alone, and that the emotions and feelings you are experiencing are very valid. Sexual assault and abuse are traumatizing experiences, and it's so important that we are able to process and address these situations to begin to heal. We encourage you to reach out to a BLOOM365 advocate to discuss your situation and determine what steps you can take to begin healing. If you feel comfortable, you might consider using the communication technique we learned about during Dose 6 ("I statements") to communicate how you are feeling to your mom. We also invite you to get involved in one of our weekly support groups. If you do not yet feel comfortable reaching out for support, we encourage you to find a healthy coping strategy that works for you. For example: Spending time with people you love, yoga, joining a new sports team or team or 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.

133) Q: One of my family members sexual harassed me. I woke up and she was on me.

A: We want you to know that you are not alone, and we appreciate you sharing. Finding healthy ways to cope with these experiences is important. For example: Spending time with people you love, yoga, joining a new sports team or team or club, or simply going for a walk or spending time in nature. It's important to give yourself time to process feelings and emotions. We all cope with things in different

ways and at different speeds. If you feel that you might benefit from additional support or need to discuss other ways of coping, we encourage you to reach out to a trusted adult or a BLOOM365 advocate for free, confidential support. You are also welcome to join one of our weekly support groups- Often times it can be helpful to be around others as we begin the healing process.