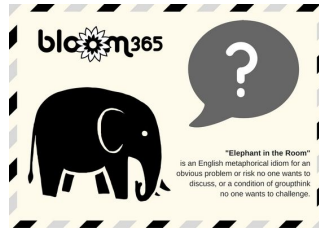


Elephant in The Room Q & A

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

Resources:

For additional resources, please visit bloom365.com/resources

BLOOM365 Advocacy Line and Support Groups	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Advocacy Line Hours of Operation: Monday-Thursday from 3PM-9PM</p> <p>To reach a specific advocate directly, visit www.bloom365.org/contact.</p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</p>
Teen Lifeline	<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>
National Teen Dating Violence Hotline	<p>Text "LOVEIS" to 22522 24/7</p>
National Domestic Violence Hotline	<p>1-800-799-SAFE (7233)</p>
National Sexual Assault Hotline	<p>1-800.656.HOPE (4673)</p>
National Human Trafficking Hotline	<p>1-888-373-7888</p>
Crisis and Suicide Prevention	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text TALK to 741741</p>

Q: Student
A: BLOOM365 Advocate

PLANTING DOSE:

1) Q: What if your friend hits you out of nowhere?

A: Communication is a huge component of healthy relationships. If you feel safe, using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative or defensive reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If you do not feel safe, we recommend talking to a trusted adult such as a teacher or school social worker.

2) Q: If you are being abused, do you call the police?

A: If you are in immediate danger, please call 911. If you do not feel you are in immediate danger, we recommend talking to a trusted adult about your situation. This person can help you determine what steps can be taken to ensure you are safe and cared for, in addition to the safest way to make a report. If your trusted adult does not follow through, we encourage you to find someone who will. If you do not have a trusted adult in your life, know that BLOOM365 is here for you. Please feel free to call or text our Advocacy Line or chat with us online.

3) Q: What if you play around with your friends but you hate each other?

A: While some friends feel comfortable messing around with each other, it’s important that you identify your own personal boundaries. If you do not like it when your friends play around with you in this way, we encourage you to utilize I-statements to communicate how you are feeling. In healthy friendships, our friends respect our boundaries and our feelings. It’s also important to be aware of your friends boundaries and what they are comfortable with. Healthy friendships are stemmed in equality and freedom and exhibit emotional respect, kindness, encouragement, communication, honesty, and all of the words you see in the center of the blooming flower. By saying that you hate each other, it sounds like you might feel that these are not good friends for you. We encourage you to remember that you deserve happy, healthy friendships and you should never feel bad if you do decide to end a friendship that you not feel is healthy for you. We encourage you to reach out to our Advocacy Line to discuss further if needed.

4) Q: I have friends that need your help and need to talk to you.

A: We encourage you to share our Advocacy Line number with your friend. They can text, call, or chat with us online at www.bloom365.org for free, confidential support! 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.

5) Q: How'd you think of this program? And, how do you know if you're in a healthy relationship?

A: BLOOM365 was founded by Donna Bartos, after her own experiences with dating abuse. You can read more about how BLOOM365 came to be at www.bloom365.org/story.

When we are in a healthy relationship, our partners treat us with kindness, respect, empathy, affection, and so many more great qualities that make us feel cherished. In healthy relationships, our partners are caring and helpful, not controlling and hurtful.

SPROUTING DOSE:

6) Q: I have a friend and he needed someone to talk to. Can you help him?

A: We encourage you to share our Advocacy Line number with your friend. They can text, call, or chat with us online at www.bloom365.org for free, confidential support! 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.

7) Q: I have this friend named _____. They sometimes end up crying in lunch. I don't know what to do.

A: You can be there for your friend and 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. 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.

8) Q: How do you know when someone likes you and they're not just faking their actions?

A: When someone cares for us, they are willing to treat us in ways that are caring and helpful and not hurtful and controlling. 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.

9) Q: Can you use an "I statement" when you apologize to someone?

A: Yes, definitely! Communication is a huge component of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative or defensive reaction. We recommend using the format: I feel ____ (emotion) when _____ (describe situation), can we please _____ (resolution)? This style of conflict resolution allows you to take

ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked.

10) Q: What happens if you don't have a way to apologize to someone or a friend?

A: Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel ____ (emotion) when _____ (situation) , can we please _____ (resolution)? Some additional communication tips we recommend can be found here:

https://www.wfm.noaa.gov/workplace/EffectivePresentation_Handout_1.pdf

11) Q: Can we talk about how it feels to be ignored? Or how to cope with that feelings? Please and thank you.

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 or ignoring us. "I-statements" can be a helpful tool in talking about uncomfortable or difficult topics. The first step is to focus on how you are feeling. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? For example, "I am feeling ignored" or "I am feeling lonely". The next step might be to talk about your specific situation. You can talk about how you have been feeling this way for a while or a recent event that caused you to feel this way.

Additionally, we encourage you to make friends with 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: Are you allowed to post something when you're 18 and older of another person's picture with their permission?

A: This is where consent comes into play. Communicating your boundaries with your partner early-on in the relationship is crucial. It's important that both partners are aware of what the other partner is comfortable with to ensure that all actions taken are mutually consented to. As the relationship develops and grows, continuous communication about boundaries is super important! Healthy relationships involve respecting our partner's boundaries! More information about the Arizona laws regarding sharing of images can be found [here](#). 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.

13) Q: What do I do when you are abused as a child?

A: Experiencing any form of an abuse can leave a lasting impact on a person, and it's important that this is dealt with properly to help the survivor move forward. We encourage you to talk to a trusted adult or text/call a BLOOM365 advocate who can help you take the steps to healing. We also highly encourage you to get involved in one of our weekly support groups. Many people find it helpful to surround themselves with people with similar experiences who can help support them in their journey to healing. If you are currently experiencing abuse, we also encourage you to tell a trusted adult, school social worker, or an advocate who can help to ensure you are safe.

14) Q: Why do people try to ruin my relationship?

A: We are sorry to hear that you've had this experience. If you feel safe, we encourage you to try the communication technique we learned in the classroom. Using "I statements" can allow us to take ownership of our own emotions and share what changes we would like to see. For example, talking with your friends about being more supportive of your relationships. Communication is key to healthy friendships and relationships! We also encourage you to surround yourself with positive, supportive people!

15) Q: Why do they care what I do to her? I don't abuse her, you can ask anyone.

A: Abuse has many different forms (verbal, emotional, and physical). It is not an isolated, one time incident, it's a pattern of abusive behaviors that a partner uses to gain power and control. Some "red flags" of an unhealthy or potentially abusive relationship can be found in your workbook or on our [website](#). If you recognize any of the red flags, we highly encourage you to reach out to a BLOOM365 advocate or trusted adult. BLOOM365 advocates are always here to listen and can also provide more clarity if needed.

16) Q: Why do people stare at her butt? I tell them multiple times to stop.

A: Sexual harassment includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. Nobody should ever feel uncomfortable or unsafe at school. We don't encourage you to use violence as an answer to resolve this or any problem. Instead it's important to remember that using "I-Statements" is a great form of communication. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative or defensive reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Some additional communication tips we recommend can be found here:

https://www.wfm.noaa.gov/workplace/EffectivePresentation_Handout_1.pdf

If communicating with the other person who is doing this does not work, we encourage you to talk to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

17) Q: I have gone through fake friends. It's not a good choice. I think because they still talk stuff. What should I do?

A: 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 or talk about 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.

18) Q: How do you get thicker than a snicker and how do you like yourself? Similar questions- Q: How do you get bigger legs because my legs are so small? Q: How to get thicker without looking fat and not being skinny as a stick? Q: How do I get thicker?

A: Unfortunately these questions are outside of our speciality. We encourage you to eat food that nourishes your body and remain physically active in whatever ways you enjoy! 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=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.

19) Q: Do you feel our class is bothering?

A: We loved spending time with your class throughout the Bloom It Up program! We hope you learned a lot and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!

21) Q: When can abuse be bad and hurt us. Can little kids get abused?

A: Abuse of any form can leave a lasting impact on a person. It is important to remember that nobody wants to or deserves to be abused. Unfortunately, kids can also be the victims of abuse. If you have experienced abuse, we encourage you to reach out to a trusted adult, school social worker, or a BLOOM365 advocate who can help ensure you are safe and help you begin the process of healing.

22) Q: Can we get your t-shirt?

A: You can order a BLOOM365 T-Shirt on our website at www.bloom365.org/shop! Use promo code "TEENDISCOUNT" to get a shirt for only \$10!

23) Q: Why are you guys teaching this to us? How do you join bloom365? What if they laugh or make fun of you?

A: We believe all people should have the knowledge and skills to build and grow healthy relationships. To prevent issues such as bullying, dating abuse, and domestic violence within our community and society as a whole, we really have to address the root causes. Social change can take a long time, but

with teens like yourself getting involved in the movement, we can see the tipping point moment happen in your generation! When 10% of your peers or a population starts to adopt healthy, blooming values, the rest of society should follow. It starts with you! 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!

On page 8 of your workbook, there is a list of some signs of an unhealthy friendship. Bullying is one of the signs or symptoms of power and control, and humiliating someone is considered bullying. Someone bullies others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. No one should ever feel uncomfortable or unsafe at school. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. If you are the one experiencing bullying, we encourage you to speak to your teacher or 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.

24) Q: Why is child support so expensive?

A: Unfortunately this is outside of our speciality. However, here is a link that can help you understand child support better. <https://family.findlaw.com/child-support/what-does-child-support-cover.html>

25) Q: How do you handle something without harming the person? When I'm upset I write it, but I don't think that will work anymore.

A: Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative or defensive reaction. We recommend using the format: I feel ____ (emotion) when _____ (situation), can we please _____ (resolution)? Ultimately talking about how you feel and helping others get an understanding can help you both get on the same page about your relationship. 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 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.

ROOTING DOSE:

26) Q: Why did you shave your hair and how did you feel about this?

A: Hi there! Thanks for asking. Shaving my hair is something I thought about doing for a really long time because I never really liked curling it, styling it, or really doing anything with it. My hair was very annoying for me to deal with. I didn't cut it at first because I was really scared of what people would think! But I realized, while in the classroom during the gender norms vs. expectations dose, that I should probably listen to my own advice- so a couple of weeks ago I decided to do it! I feel really happy, I like my hair a lot and I think it looks cool. My head does get cold sometimes, though! :) -Meghan

27) Q: I feel good! Similar comment: Hi I feel good!

A: We are happy to hear that! Thank you so much for sharing!

28) Q: I am being bullied for no reason! What do I do?

A: We are so sorry that you are experiencing this, and we are happy that you reached out for support. No one should ever feel uncomfortable or unsafe at school. We encourage you to speak to your teacher or 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.

29) Q: What is the meaning of life? Why do we learn this?

A: We encourage to think about what is important to you and what the meaning of life is for you personally. We can not truly answer this question, as it is a bit outside our speciality and the meaning of life is often different for every person.

BLOOM365 and the Bloom It Up program exists so that all people have the skills and knowledge to build and grow healthy friendships and relationships! Our mission is to prevent teen dating abuse before it starts, in addition to other forms of power-based violence (domestic violence, sexual violence, bullying, etc.) We believe that by equipping you with the tools and knowledge on what healthy relationships look like and how to get help/help a friend if you are experiencing or witness an unhealthy relationship, we can start to see a change in our society around these issues.

30) Q: Most nights I think about my family in another state. I moved here a few years ago and it's kinda hard not to think about them so I don't feel sad and not talk to anyone. And I talk about it with my therapist and I still don't know what to do.

A: It can be difficult to live far apart from people who are important in our lives. It might be helpful to find a way to keep in touch with them regularly, whether that be through texting, calling, facetimeing, social media, etc. Staying connected with family who live far away can help us to maintain these relationships and give us a sense of joy when we are apart.

We recognize how important it is to feel like you have a support system where you are, and how lonely it can feel when we feel like we don't have that. 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.

31) Q: How do you get rid of depression/madness? What is one way to stop bullying?

A: First off, we want you to know that you are not alone. 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. 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.

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. We also highly encourage you to get involved in one of our weekly support groups. Some group benefits include: Peer-to-peer connections, effective self-care/coping, increased self-esteem, and increased healing. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

No one should ever feel uncomfortable or unsafe at school. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. If you are the one experiencing bullying, we encourage you to speak to your teacher or 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.

32) Q: What if a guy is gay, what are the exceptions?

A: In class, we identified the norms and exceptions for masculine and feminine-identified folks. We encourage you to reflect back on this conversation. Some people may relate more to the exceptions or may relate to a mix of both the norms and exceptions!

33) Q: Hello I have nothing to ask, but how was your day?

A: It's been a wonderful day so far, thank you for asking!

34) Q: Can we talk about LGBTQ+? More people should be educated on it. Please and thank you!

A: Within Arizona, there are laws prohibiting the "promotion of homosexuality" (often referred to as "no promo homo" laws). These laws expressly forbid teachers of health/sexuality education from discussing LGBTQ+ topics in a positive light – if at all. Our Lead Advocate, Chelsea ("Ms. Chill") specifically works with LGBTQ+ youth. If you have any questions or need support, please reach out to our Advocacy Line for free, confidential support! Ms. Chill also leads our LGBTQ+ group on Thursdays- Which is a great opportunity for youth to discuss these topics that often aren't openly discussed!

35) Q: Be free and do what you wanna do. It don't matter what you do or who you do it because your just getting better at what people think your not good at

A: Thank you for sharing this #blooming message of positivity!

36) How do you show someone you care?

A: Empathy is one of the root solutions for building and creating healthy relationships. Empathy is defined as the ability to place yourself in the shoes of others and feel what they are feeling; it is also treating others as you want to be treated. Understanding empathy is one of the best things that you can do to show someone that you care. You can also be there for your friend and 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. 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

37) I didn't eat dinner or breakfast, I want chicken nuggets.

A: We encourage you to take care of yourself and ensure you are making time for meals!

DOSE 4:

38) Q: You're awesome!

A: Thank you! We loved spending time with your class throughout the Bloom It Up program! We hope you learned a lot and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!

39) Q: I hate when people dig in my stuff and act like they didn't take it.

A: That sounds very frustrating and like an invasion of your personal space. If this is someone you know, you can try communicating with them to address this issue. One technique we suggest is using "I statements". For an example, "I feel betrayed when you talk about me behind my back, can you please come to me with that information next time?" Rather than saying something like, "Why are you always spreading rumors about me?". This style of conflict resolution allows for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication.

40) Q: People bully me (details removed for confidentiality purposes)

A: We are sorry to hear that you are experiencing this, and we are thankful you reached out for support. No one should ever feel uncomfortable or unsafe at school. We encourage you to speak to your teacher or 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.

41) Q: Why do I hate myself so much?

A: You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That

means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself. We encourage you to reach out to our Advocacy Line for additional support if needed.

42) Q: I'm lonely.

A: We want you to know you are not alone, and we are thankful you reached out for support. We recognize how important it is to feel like you have a support system where you are, and how lonely it can feel when we feel like we don't have that. 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.

We encourage you to connect with the people who care about you and communicate how you are feeling. You can also find ways to take care of yourself in moments of loneliness. You can write a list of activities you can do or people you can reach out to as a plan of action for times when you are feeling this way. You can always contact a BLOOM365 Advocate Monday- Thursday 3-9PM, if you would like to talk.

43) Q: I'm really scared that she won't want to be my friend what do I do!

A: We encourage you to reach out to a BLOOM365 Advocate at the number above or through our online chat. We'd be happy to help you figure out and talk things through!

44) Q: I seen something and I'm scared to tell my friend because what others hear and she gets embarrassed. Thx for help. (Details removed for confidentiality)

A: We encourage you to utilize the communication technique we learned in the Sprouting Dose to talk to your friend about your concerns! For example, saying "I feel concerned because I noticed _____, do you want me to walk with you to the nurse's office to check it out?" We encourage you to come up with an I-statement that best fits your scenario!

45) Q: How do I gain self esteem?

A: Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem.

BLOOMING DOSE:

46) Q: Bye I'll miss you guys

A: Thank you! We loved spending time with your class throughout the Bloom It Up program! We hope you learned a lot and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!

47) Q: Ya girl wants a t-shirt :) Similar comments- Q: I would like a T-shirt please. Q: I want your shirt.

A: You can order a BLOOM365 T-Shirt on our website at www.bloom365.org/shop! Use promo code "TEENDISCOUNT" to get a shirt for only \$10!

48) I'm a fruit loop in a world of cheerios.

A: It sounds like you have great self-esteem! Continue doing your own daily affirmation and spending time doing the things that make you happy to build up yourself up!

49) People say I can't play the guitar but my grandma said do not listen to the haters.

A: Your grandma sounds like a great lady! Yes, continue doing your own daily affirmation and spending time doing the things that make you happy to build-up your self esteem.

50) I don't have self-esteem and I have many warning signs of depression, please help me! What do I do? #depressed #hated #sad :(

A: You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

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. 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.

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. We also highly encourage you to get involved in one of our weekly support groups. Some group benefits include: Peer-to-peer connections, effective self-care/coping, increased self-esteem, and increased healing. BLOOM365

advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

51) My tia was in an abusive relationship and when my mom heard of this she wanted me in it so this is going to help. (Details removed for confidentiality purposes)

A: We are sorry to hear that about your tia's experience. We hope that the knowledge you have gained throughout the 5 Doses has been beneficial! In your workbook or on our [website](#), you can find a list of the "Top 5 Ways to Help a Friend." It's important that we understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the victim. These "Top 5 Ways to Help a Friend" can be a helpful way to start the conversation. We cannot make people get help if they do not want to, but we can do everything in our power to help our family members feel supported. If your family member is 24 or under, you could give them our Advocacy Line number if they need someone to talk to or help creating a safety plan. If they are over 24, you might consider giving them the number to the Domestic Violence Hotline. Sometimes people are not ready to accept the help we would like to offer them. The most important thing we can do is let them 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 family member could be at risk of getting injured or even killed. If you feel that you could benefit from some support, we encourage you to get involved in one of our weekly support groups- Whether virtually or in-person! If you need additional support or resources, you can also reach out to our Advocacy Line!

52) Q: When did bloom first open and who had the idea of bloom?

A: Our founder, Donna Bartos, began this work in 2006 as the Purple Ribbon Council to Cut Out Domestic Abuse and from there grew and in 2010 developed the "Blooming or Wilting" tool.

53) Q: How do you handle a situation without your hands on them? <3

A: We encourage you to utilize the communication techniques we learned in our second lesson, the Sprouting Dose. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us, or put themselves in our shoes. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked.

54) Q: You are very pretty Sam

A: Thank you for the self-esteem boost! It is much appreciated! Keep #blooming!

55) Q: Thank you for everything you are the best! It helped me so much! Great teacher! Similar comment- Q: Thank you for teaching us! Q: Thank you for coming Im so grateful that you came.

A: You're welcome! We are so happy to hear that you've enjoyed the Bloom It Up program and the work BLOOM365 is doing! If you are interested in getting involved, we have lots of ways to do so! You can turn to page 4 or 8 in your workbook and can read more about "PAC". If you want to become a peer

advocate or peer educator, there are opportunities for you to get involved! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

56) Q: I been throw something I felt like I lost my dignity

A: We are sorry to hear that you've had this experience. We encourage you to text or call our Advocacy Line at the number above to discuss your specific situation.

It might be helpful to identify healthy coping mechanisms and forms of self-care. 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. If you're struggling with finding effective coping tools or would like to talk more about this, please text or call us for free, confidential support. 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.