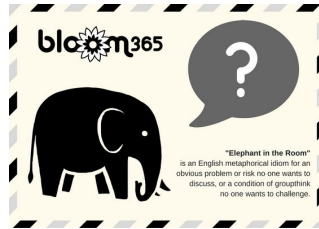


Elephant in The Room Q & A

Irene Lopez Middle School 8th Grade
Spring 2019



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. 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 on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit bloom365.org/peersupport for specific dates and times.</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships. 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>

Video Resources:

- BLOOM365 Story: <https://www.youtube.com/watch?v=i0lgBIUfUZ4>
- Gender Norms/Redefining Masculinity Video: <https://youtu.be/IJqwvgLtJyU>
- Jessica's Daily Affirmation Video: <https://www.youtube.com/watch?v=XfEEbhcyEvE>
- Kid President's Leadership Lessons Video: <https://www.youtube.com/watch?v=pWmxgYwcrLE>
- Tipping Point Video: <https://www.youtube.com/watch?v=fW8amMCVAJQ&t=1s>
- Self Confidence Tips TedxYouth Talk: <https://www.youtube.com/watch?v=BZ05M1UhPrY>

Q: Student

A: BLOOM365 Advocate

Please note that any potentially identifying information has been modified or removed

PLANTING DOSE

1) Q: How should I approach the abuser in a relationship?

A: If you recognize the signs of abusive behavior in a friend, telling a trusted adult is often the safest and best option. This could be a BLOOM365 advocate, a teacher, a school counselor, or a parent/guardian. If you are comfortable and feel safe directly talking to your friend, here are a few suggestions to start the conversation:

1- Draw attention to it and point out the behavior. For example:

“Do you realize when you did that, you made _____ feel bad?”

“Did you mean to be so rough or mean?”

2- Share how it makes you feel. For example:

“I’m surprised your acting that way. You’re better than that.”

“You’re my friend, but what you are doing is not right.”

“I’m really worried about _____’s safety.”

3- Share ideas about healthy relationships. You can provide comparisons on healthy vs. unhealthy/abusive relationships. For example:

“Love shouldn’t hurt.”

“If you really cared, you would not try to control your partner.”:

4- Offer Suggestions Breaking the cycle of abusive behaviors is not easy, but it is possible if they choose to seek help.

“Did you know you could text BLOOM365 for free, confidential help and support if you feel like you are losing control?”

5- Talk about consequences. For example:

“Teen dating violence is a crime.”

“You could end up in jail if you don’t get help.”

“I’m afraid you’ll lose control and really hurt your partner next time.”

2) Q: If I see a red flag should I warn the victim?

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. You might

consider sharing with your friend why you're concerned, or even sharing the red flag checklist with them. On our website at www.bloom365.org/faqs, you can find a document called "5 Ways to Help a Friend Going Through Dating Abuse" under "How Do I Help a Friend?" These tips are a great way to start a conversation with your friend. 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 seriously hurt.

SPROUTING DOSE

3) Q: What happens if I get a girl pregnant?

A: This is slightly outside our speciality.. However, we'd be happy to connect you to community resources and/or provide free, confidential support if you text or call us at 1-888-606-4673! Below are some additional resources for you:

Planned Parenthood: Low cost sexual, reproductive, and educational healthcare services.

602-277-7526

Text: "PPNOW" to 774636 (PPINFO)

<https://www.plannedparenthood.org/>

Teen Outreach Pregnancy Services (TOPS): Free pregnancy testing, healthy pregnancy classes and support groups, childbirth and parenting classes, and TOPS Dad program.

Toll-Free: 877.882.2881

info@topsaz.org

<https://www.teenoutreachaz.org/>

4) Q: Needs fun activities!

A: Thank you for your input! We strive to make our curriculum as interactive and fun as possible while still remaining educational. We rely on input from students like yourself to continually improve and ensure our curriculum remains teen-centered and relevant! If you have any ideas for fun activities, we encourage you to let us know! You can send us your ideas to teens@bloom365.org or through our online chat at www.bloom365.org!

ROOTING DOSE

5) Q: You guys are awesome!

A: Thank you for the self-esteem boost!

6) Q: Can religion lead to insecurity and more?

A: It is hard to answer this question without any context or explanation. We'd be happy to discuss this further with you. Please feel free to text or call us at the number above to better clarify what you mean!

7) Q: How would i avoid these types of "groups"? In my opinion, I see "groups" in our government. For example, our political party. Democrats vs republicans.

A: We are a little confused on what you are asking here. Please feel free to text or call our Advocacy Line to provide more information, and we'd be happy to discuss further!

GROWING DOSE

8) Q: Fun. Similar comment: Great lesson

A: Thank you! We are happy to hear that you enjoyed it!

BLOOMING DOSE

9) Q: What should I do if I'm being picked on?

A: First off, we want you to know that you are not alone and we are happy you reached out for support. Bullies often pick on 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 you are being picked on or 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. We know it can be hard to reach out for help, but know that you don't deserve to be treated this way. If you would like an advocate to assist you in talking to a teacher or trusted adult, please feel free to text/call the number above.

10) Q: Hello hows your day

A: Hello! My day has been pretty good! I hope your day has been good as well!

11) Q: Good job. Thank you for coming! Similar comments- Q: Thank you for coming. Q: I don't have any questions but thank you for giving us this lesson. Q: You did great :) Q: I love your program, i really enjoy you guys taking your time to tell us about all these things, so now i know what to do in a situation.

A: Thank you all for your positive words of encouragement! We are so happy to hear that you've

enjoyed the Bloom It Up program. We hope that the skills and knowledge you learned will benefit you both now and in the future!

