

Elephant in The Room Q & A

Sunland Elementary School
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: Is it possible to get better after everything?

A: Experiencing abuse can emotionally and physically impact a person, and it's important that this is dealt with properly to help the survivor move forward. Although it can take time, learning to cope and heal is absolutely possible. The healing journey is different for everyone. If you have experienced abuse, we highly encourage you to text or call our Advocacy Line to discuss your situation and the steps you can take to begin healing.

2) Q: How to feel good?

A: Focusing on the things we love about ourselves can be one helpful way to build our confidence and feel better about ourselves. 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 above "Jessica's Daily Affirmation Video." Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up your self esteem. Some others tips and things to remember are:

- 1) Surround yourself with positive, supportive people.
- 2) Focus on thinking more positively about yourself. Changing the way you think about yourself changes the way you feel about yourself!
- 3) Mistakes are lessons, view them as learning opportunities!
- 4) Don't ever think you are inferior or less than anybody. Nobody is perfect!
- 5) Remind yourself that everyone excels at different things. Focus on what you're good at and what makes YOU unique.
- 6) Try new things and set goals.
- 7) Remember to take care of yourself and spend time doing what makes you happy

3) Q: I like this class!

A: We are so happy to hear that! We hope that everything you learn through the Bloom It Up program is beneficial to you both now and in the future!

4) Q: Do you love your job?

A: Everyone at BLOOM365 shares a passion for the work that we do!

5) Q: I help my friends with their issues even when I don't understand it I'll try to help. Though when it comes to me they don't try to help. I'm not happy rn. I love them though and don't want to lose them or feel more lonely.

A: If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friends 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 friends to feel empathy. This may help your friends to recognize that your friendship isn't currently healthy and what can be done to improve your friendship. 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.

6) Q: Did we have to check out the red flags that happened in the video?

A: We did ask that you checked off the red flags as you watched the video to help you to identify red flags in an unhealthy or abusive relationship. If you didn't do it, that's okay! We encourage you to look through the checklist to help you become familiar with the red flags and help increase your awareness about these early warning signs!

7) Q: What is this for? What happen if you are not dating?

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships! Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships! Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation! We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all!

SPROUTING DOSE

8) 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. Similar comment- Q: I feel like being here is fun and I wish this was an every day class.

A: We are so happy to hear that! We hope that everything you learned through the Bloom It Up program is beneficial to you both now and in the future! If you'd like to stay involved, we encourage you

to sign up for our Peer Advocate Crew (PAC.) Visit www.bloom365.org/peeradvocatecrew or email marli@bloom365.org for more details!

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 another 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: How does an "I" statement help a really bad situation?

A: I-statements are a great tool for helping to resolve or prevent conflicts and communicate in a healthy manner. However, if the situation is potentially dangerous or we feel unsafe in any way, I-statements might not be the best option. If we feel unsafe, we should reach out to a trusted adult or a BLOOM365 Advocate to discuss the situation.

If the situation is not dangerous and we feel comfortable doing so, I-statements might be a good option. I-statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel ___ (emotion) when _____ (situation), can you/we please _____ (solution)? If you feel safe, we encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution.

11) Q: Hello how's your day

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

12) Q: What can you do if someone does something that you didn't give consent to?

A: You have the right to set boundaries about your actions, possessions, and body. If someone does not respect your boundaries and/or does something that you did not consent to, it is up to you what you decide to do. If this is something that has happened to you, we want you to know that you are not alone. We encourage you to talk to a trusted adult (such as teacher, parent/guardian, and/or school counselor) or a BLOOM365 Advocate to discuss your situation and the steps you can take to begin healing and to feel safe.

14) Q: Teachers are messed up

A: We are sad to hear this. Nobody should ever feel safe or uncomfortable at school, and we hope that the majority of teachers you interact with are supportive and helpful in your educational journey. Please feel free to reach out to our Advocacy Line to provide more details on your situation and discuss further.

15) Q: I'm depressed and none of my friends seem to care

A: We recognize how important it is to feel like you have a support system, and want you to know that you are not alone. We are happy you reached out for support. Sadness is a natural emotion, and we all feel it at times. However, if you or someone you know is experiencing depression or extreme feelings of loneliness, please know that help is available.

Some red flags of 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 for free, confidential support. School social workers and counselors are a great source for information on dealing with depression or helping someone who is. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

16) Q: Why do teens abuse each other?

A: There are a number of root causes that we explored during Doses 3 and 4 for why someone might choose to use power and control over someone else. Some people may be abusive to their partners because they were exposed to violence in their homes as a child and taught that this behavior was normal or okay. Rigid belief in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom. BLOOM365 and the Bloom It Up program exists so that teens like yourself have the skills and knowledge of how to build and grow healthy relationships, in addition to the tools of what to do when you experience or witness any form of power-based violence (bullying, teen dating abuse, domestic violence, etc.).

17) Q: Where do you get these ideas?

A: Our curriculum is research-based and evidence informed. Additionally, we develop all of our strategies by doing what matters most to the youth we serve. We work with teens like you to ensure our curriculum remains teen-relevant and teen-centered! If you have any ideas or suggestions, we highly encourage you to share them with us! You can email us at teens@bloom365.org, text or call our Advocacy Line, or chat with us online at www.bloom365.org!

ROOTING DOSE

18) Q: When was bloom365 created.

A: Founded as Purple Ribbon Council to Cut Out Domestic Abuse, our grassroots movement began in August 2006 with an idea, written on a napkin, to turn every city in the U.S. PURPLE during Domestic Violence Awareness Month in October to help Break the Silence, Break the Cycle and Save Lives. You can read more about our story and how bloom365 came to be at www.bloom365.org/story!

19) Q: What if someone asks you to do something you don't want to.

A: If a friend or dating partner is trying to convince or force you to do something you do not want to do, this is known as coercion. You have the right to say no, and it is their responsibility to respect that. Communicating this using “I statements” may help. If you feel unsafe, please reach out to a trusted adult. You can also reach out to a BLOOM365 advocate by texting/calling the number above for free to discuss the situation further.

20) Q: Do you ever get nervous talking in front of lot of kids? Have you ever taught adults? Do you like endgame?

A: Our staff at BLOOM365 all have their own unique talents and focus areas. Some of us can relate to feeling nervous about talking to a large group, while others enjoy it! Our advocates who facilitate to Bloom It Up program enjoy talking to large groups of students! However, please know that public speaking is a common fear for a lot of people. If you’d like some tips on how to reduce anxiety and improve your public speaking skills, we recommend checking out this article:

<https://www.verywellmind.com/public-speaking-tips-3024732>.

Yes, we have taught adults! We have recently developed a Trusted Adult Ally (TAA) training, which is designed for school staff, coaches, parents, and other adults who work with youth. This training helps provide adults with the knowledge, confidence, tools and skills for providing non-judgemental support to youth who’ve experienced violence and how to support youth in creating a culture of healthy and safe relationships!

I liked End Game, there’s a couple of plot holes in it that were a bit confusing but overall I enjoyed it. I didn’t want to mention much about the movie in case I accidentally post spoilers for anyone who has not seen it yet. I’m excited to see Spiderman: Far From Home this summer. -Sam

21) Q: Is it good to fall in love but they get mad and snap only once and you stay in love with the same person? Do u guys like ur job or do you guys just say you do? I learned how to trust because of bloom365.

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our blooming flower. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is an 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. Love can also be an important component of healthy friendships and family relationships. 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 during the Growing Dose! We should remember that people who love us will treat us in ways that are caring and helpful, recognizing that we all have the right to equality and freedom!

Our staff at BLOOM365 all come from different backgrounds, but we all share a passion for the work that we do! We are so happy to hear that our program has helped you learn how to trust! We really

appreciate you sharing that with us! Hearing the positive impact we can have on the lives of students is what makes us love our jobs!

22) Q: Can stereotypes affect jobs?

A: As we talked about in the Rooting Dose, gender norms/stereotypes are ingrained into our culture. Historically we have seen these gender norms perpetuated through a system (and the root cause you learned about) called patriarchy. Patriarchy is a system that is designed to benefit men and masculine folks so that they can hold power in society. Sometimes these gender stereotypes can influence who we think can do certain types of jobs better, which is not the case! To make change around this issue we must first begin to break down the stereotypes that perpetuate the idea that men and women should not be treated as equals.

23) Q: Why people make fun to us? Like the bloom.

A: We aren't entirely sure what you are asking here. However, we want you to know that you are not alone and that nobody deserves to be made fun of. Please text or call us at the number above or chat with us online at www.bloom365.org to help clarify your question. We'd be happy to answer your question if you can provide a little bit more context!

24) Q: Can we also use girls stuff that we would like use as games? Can girls use toys of boys?

A: BLOOM365 believes that everyone should feel safe and comfortable being who they are and expressing themselves. Our society has perpetuated the idea that certain toys are for boys and certain toys are for girls. However, we support that idea that you should play with whatever toys you would like, regardless of whether you identify as masculine or feminine! Toys are just toys, and your gender identity shouldn't impact what you can or can't play with!

25) Q: No one was in the room where it happened

A: Although we do not know the context of this situation, we want you to know that you are very brave for reaching out for support and we are really glad you did. Nobody deserves to be forced or pressured into doing something they don't want to do, or to be abused in any way. If you have experienced sexual assault or any form of abuse (bullying, emotional abuse, physical abuse, sexual abuse, etc.), we encourage you to talk to a trusted adult or a BLOOM365 advocate. We know that opening about these situations can be really difficult, but it's important that you feel safe and talking to a trusted adult or advocate can help you begin the process of healing. You can text or call an advocate at the number above for free, confidential support and a listening ear.

26) Q: Where can I get that cool merch?

A: You can check out our website at www.bloom365.org/store to purchase one of our T-Shirts. You can use code "TEENDISCOUNT" to purchase a shirt for \$10!

27) Q: How do I volunteer for stuff like this (bloom)

A: We are so excited to see that you are interested in volunteering! There are lots of ways to get involved! We encourage you to sign up to join our Peer Advocate Crew by emailing marli@bloom365.org

or at <https://www.bloom365.org/peeradvocatecrew>. Marli is our Volunteer Coordinator and would be happy to talk to you about our upcoming volunteer opportunities!

28) Q: I am gay how do I open up? Do I stay quiet? Or do I tell people?

A: That is entirely up to you. Coming out is when a person decides to reveal an important part of who they are with someone in their life. For many LGBTQ+ people, this involves sharing their sexual orientation and/or gender identity. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. There are many positives to coming out to the people around us. It can let people in your life know about an important part of your life, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. Sharing a big part of who you are with other people can be exciting and tough. That's why The Trevor Project created the "Coming Out As You" guide (<https://www.thetrevorproject.org/wp-content/uploads/2017/09/ComingOutAsYou.pdf>.) We encourage you to check it out. This guide was designed to help you explore important parts of who you are. Inside you will find questions that many young people think about, and blank spaces to brainstorm how you might answer them. There is also the "Coming Out Constellation" that can help you organize your thoughts. After thinking it through you may decide not to come out – and that's ok too. Many people decide not to for different reasons. Remember, there isn't one right way to come out, and it's your choice. You can also write out the pros and cons you might feel about coming out.

If you'd like to talk about this further, please feel free to reach out to our LGBTQ+ Advocate, Chelsea. You can text or call our Advocacy Line at the number above and we'd be happy to connect you with her. The Trevor Project is also a great resource. They have a chat line, text support, and a 24/7 lifeline. They also have a support center on their website with a list of frequently asked questions and a social networking site for LGBTQ+ youth and their allies. Visit <https://www.thetrevorproject.org> for more information

29) Q: I had fun today. Similar comments- Q: I had fun. Q: I had fun today

A: We are happy to hear that and we appreciate you sharing your feedback with us! We strive to make our program as fun and interactive as possible, while still remaining educational! Keeping our content relevant and teen-centered is always our goal and we welcome any input or suggestions you may have!

30) Will we meet other mentors?

A: If you get involved in our Peer Advocate Crew or our AMPLIFY! Camp, you will have the opportunity to meet our other Advocates and Lead Peer Advocates (LPAs!)

31) What does consent look like?

A: Essentially, consent means giving/receiving permission. Consent applies to all aspects of relationships and interactions, not just sex. Consent is needed for any kind of physical action whether it is a kiss, holding hands, etc. Communicating your boundaries with your friends, dating partners, etc. and knowing your friends', dating partner's', etc. boundaries early-on in the relationship is crucial. It's important that both people are aware of what the other person is comfortable with to ensure that all actions taken are mutually consented to. As the friendship or relationship develops and grows, we recommend continuous communication about boundaries! Healthy relationships involve respecting our partner's

boundaries!

4 Important Components of Consent:

1. A firm and enthusiastic YES!

While consent doesn't always have to be verbal, it's important that it is clear. If you aren't sure if someone is consenting or not, ASK THEM! Yes means yes, and maybe does NOT mean yes!

2. Freely given (uncoerced)

Coercion is emotionally or physically pressuring or forcing someone to do something that they do not want to do. Some examples include:

"If you really loved me, you would do it."

"If you don't do it, I'm going to break up with you."

3. Not under the influence.

Because drugs and alcohol can affect one's ability to make informed decisions, they often cannot truly give consent. If someone can not give consent, and another person or people take advantage of that, then situations like assault can happen.

4. Must be given/received EVERY single time.

Yes once does not mean yes for every future act. Consent must be given/received EVERY single time.

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 below.

32) Q: I <3 Food

A: Food is good! :)

33) Q: I was wondering if girls could be gay

A: The Trevor Project provides a great answer to this question: "Gay is an adjective that describe people who are physically, romantically, emotionally and/or spiritually attracted to other people of the same gender. In the past, 'gay' specifically referred to men who are attracted to men. Now, it is common for "gay" to be used by anyone who is attracted to their same gender. It's all up to you and which word fits you the best... Lesbian is a noun that describes women who are predominantly attracted to other women. It can also be used as an adjective. Some lesbian women prefer to identify as 'gay,' and that's ok." Labels are up to the individual to place on themselves but in short, yes! If you'd like to talk about this further or have any additional questions, please feel free to text or call our Advocacy Line at the number above/ The Trevor Project is also a great resource. They have a support center on their website with a list of frequently asked questions: <https://www.thetrevorproject.org/resources/trevor-support-center/#sm.00001obav29563fmbroxrknaylzc8>

34) Q: Have any of you guys been in a bad relationship?

A: 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. BLOOM365 was founded as the Purple Ribbon Council back in 2006 by Donna Bartos, a survivor of teen dating abuse. After twelve years of hiding in shame, embarrassment, and deeply rooted low self-esteem, she found her voice and decided to turn that voice into action. You can read more about the history of bloom365 and how we came to be at www.bloom365.org/story.

35) Q: What do you do when you get bullied?

A: People bully for many reasons but it all boils down to trying to gain or maintain power and control over someone else. This desire for power and control can come from many root causes, including insecurity. However, we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way.

If you are being bullied, we want you to know that you are not alone and we are happy you reached out for support. We encourage you to talk a BLOOM365 advocate or another trusted adult (such as a teacher or school counselor) to discuss your situation and determine what steps you can take. Nobody deserves to be treated that way and nobody should ever feel unsafe or uncomfortable at school.

36) Q: Do you guys work in other schools?

A: Yes! We work in High Schools, Middle Schools, and youth-serving community organizations all across the Phoenix valley! We also have advocates in other counties and states who are trained to deliver our program in their community! BLOOM365 chapters exist in the city of Maricopa, Brooklyn, NY, and Powell County, MT! You can check out the list of schools we've partnered with at <https://www.bloom365.org/partner>

37) Q: You guys are amazing =) Do you like this school? Similar comments: Thank you. Do you like this school? Good job. How long will you be doing this? Q: Thank you for coming and wasting your time one talking about healthy relationships. I wanna be a makeup artist. Similar comments: Thank you for coming to our school. And teaching us about healthy relationships <3 <3 <3

A: Thank you all for your feedback! We are so happy to hear you've enjoyed the Bloom It Up program. We hope that everything you have learned is beneficial to you both now and in the future! As you probably know by the time you are reading this, the Middle School version of our Bloom It Up program is 5 days / 5 doses! We also have a High School version that is 7 days / 7 doses! We have certainly enjoyed our time at Sunland Elementary and feel that we learned a lot from you, just like we hope you learned a lot from us! Keep blooming!

38) Q: Did you have to take certain classes to teach us what your teaching? Do you like doing your job?

A: All of our advocates at BLOOM365 have undergone at 40 Hour Domestic Violence Training. Additionally, we have all gone through training to facilitate the Bloom It Up program! Our staff at BLOOM365 all come from different backgrounds, but we all share a passion for the work that we do!

39) Q: I like dogs!

A: Thank you for sharing! Dogs are great companions :)

40) Q: Is love important? And if it is why?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our blooming flower. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is an 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. Love can also be an important component of healthy friendships and family relationships. 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 during the Growing Dose! We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

41) Q: This kid would not leave me alone! And this kid keep touching me. And problems at home and really need help!!!!

A: We want you to know that you are not alone and we are really glad you reached out for support. We highly encourage you to text or call us or chat with us online at www.bloom365.org so we can discuss this further. If you feel comfortable, you might also consider talking with a trusted adult at your school (such as a teacher or school counselor) who can help ensure you are safe and talk with you about what can be done to help you feel more safe.

GROWING DOSE

42) Q: I'm bigender and don't know how to tell my friends and family.

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 to come to a space where everyone is welcome and safe we encourage you to join our LGBTQ+ weekly support group on Thursdays from 6 to 7 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.

43) Q: How can I keep a healthy relationship

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!

44) Q: How do I stop breaking bones

A: We are unsure of the context behind this question. Please feel free to reach out to our Advocacy Line or chat with us online to provide more clarification!

45) Q: If I have family problems can we talk about it?

A: Yes we are addressing all forms of relationships, including family. You are always welcome to text/call our Advocacy Line at the number above M-TH, between 3PM-9PM! An advocate would be happy to provide a listening ear and support. You can also use this line to schedule an individual session with an advocate of your choice!

46) Q: Thanks!

A: Thank you for listening! 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: What if you hear the same compliments a lot? Should you believe it or just think that they came up with the first thing that they thought of. When I hear compliments they are always common and usually lies.

A: When people lift others up it can help improve their self-esteem and feel better about themselves! Helping others to see the amazing qualities they possess is most likely genuine, especially in a society that often encourages people to focus more on their insecurities and flaws. Continue to accept compliments because it can help you identify the positive qualities and can help you to see that others do not see the flaws you see in yourself, as we are often our own biggest critics! Sometimes it can be hard to see compliments as true because often our culture reinforces ideas that we should always change ourselves rather than love us for who we are! But we encourage you to build the self-love and know that you are amazing! You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem.

48) Q: You are a good person!

A: Thank you for the boost of confidence! Keep blooming :)

49) Q: I feel more confident about my looks and about my personality. Similar comments- Q: I love this I low key feel better about myself. Q: Today was fun and amazing. Q: Today was fun and I like how you made us feel confident in ourselves.

A: We are so happy to hear that you enjoyed the Growing Dose and that it helped boost your self-confidence! 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!

50) Q: Fun today and sad.

A: We are glad that you had fun today! Focusing on the things we love about ourselves can be one helpful way to build your confidence. A lot of times our society encourages you to focus on the things we don't like about ourselves and things we are insecure about. We encourage you to think about the things that you like about yourself and that make you unique. 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. Please know that you are not alone, and we are here for you if you need someone to talk to! You can text or call us to speak with an advocate at the number above!

51) Q: What makes us happy? What makes me happy is sleeping or playing on my phone.

A: Getting enough sleep is important to our overall health! Getting enough sleep can definitely help put you in a good mood! We are glad you were able to identify some things that make you happy! Always remember what makes you happy. Healthy friends and dating partners will support the things that make us happy!

52) Q: Always respect the others around you

A: We agree! Respect is so important in healthy friendships, relationships, and everyday interactions with our peers and the people around us!

53) Q: Thank you for coming to our school. Similar comments- Q: This activity was fun. Good job! Q: Good job at teaching us :) Q: Thank you! How are you? Good job! Q: Thank you for all of your support Q: Q: Thank you guys for coming to our school! Q: I had fun learning about you guys. Thank you. <3

A: Thank you all for your feedback! We are so happy to hear you've enjoyed the Bloom It Up program. We hope that everything you have learned is beneficial to you both now and in the future! We have certainly enjoyed our time at Sunland Elementary and feel that we learned a lot from you, just like we hope you learned a lot from us! Keep blooming!

54) Q: How long has morgan and sam at bloom365?

A: We think you probably meant Meghan and Sam :) Meghan has been at Bloom since February of 2018 and Sam since June of 2018!

55) Q: What is going to be at the camp? Similar question- Q: If we joined camp where would it be?

A: See below for what the camp schedule is going to look like! We will start each day in Peoria (exact location TBD) and then head over to the Apple Store at the Arrowhead Mall in the afternoon (transportation provided.) For more info, visit www.bloom365.org/summer-camps

56) Q: I feel really alone because i don't have a girlfriend

A: 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. However, it's important to know that we can get support from other people in our lives



and we don't need to be dating to not feel lonely! Friends, family members, and other trusted adults in our lives can serve as supportive people. We encourage you to think about who these people are for you and we encourage you to spend time doing what makes you happy with the people that make you happy! 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.

57) Q: What type of things you could help with on the website

A: Sorry, we aren't quite sure what you are asking. We'd be happy to answer your question if you could clarify what you mean. Please feel free to text/call us or chat with us online at www.bloom365.org!

58) Q: What i liked about today was I get to let out my feelings

A: We are so happy to hear that! Thank you for sharing that with us. We know that opening up about our feelings can be hard, and we want to applaud you for your bravery!

59) Q: How many schools have you guys worked with? Why do people have to bully other students?

A: We work in High Schools, Middle Schools, and youth-serving community organizations all across the Phoenix valley! We also have advocates in other counties and states who are trained to deliver our program in their community! BLOOM365 chapters exist in the city of Maricopa, Brooklyn, NY, and Powell County, MT! You can check out the list of schools we've partnered with within Arizona at <https://www.bloom365.org/partner!>

Bullying is one of the signs or symptoms of Power and Control. 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. People bullying for many reasons but we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way.

60) Q: Why do people want attention? Is it important to have attention?

A: We encourage you to consider whether or not getting attention is important to you, as the answer to this question may be different for different people. Some people may enjoy getting attention as it helps them feel loved, while others may not like to be put in the spotlight. BLOOM365 believes that everyone deserves to have healthy, happy relationships and friendships that exhibit honest, respect, kindness, and all of the other words you see in the center of the blooming flower!

61) Q: Do you ever get nervous when you go to different schools every time and present?

A: Our staff at BLOOM365 all have their own unique talents and focus areas. Some of us can relate to feeling nervous about talking to a large group, while others enjoy it! Our advocates who facilitate to

Bloom It Up program enjoy talking to large groups of students! However, please know that public speaking is a common fear for a lot of people. If you'd like some tips on how to reduce anxiety and improve your public speaking skills, we recommend checking out this article:

<https://www.verywellmind.com/public-speaking-tips-3024732>.

62) Q: Are we special and how? How can we convince ourselves that we are special?

A: We all have our own unique talents, skills, and qualities that make us who we are. We definitely believe you are special, because NOBODY else is like you! Focusing on the things we love about ourselves can be one helpful way to build your confidence. A lot of times our society encourages you to focus on the things we don't like about ourselves and things we are insecure about. We encourage you to think about the things that you like about yourself and that make you unique. 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. You can also check out www.bloom365.org/faqs for more tips on developing a healthy self-esteem and helping you to feel special!

63) Q: What animal do you like?

A: I might be a little biased but I have to say an elephant. :) -Meghan

I like most types of animals, but the ones in the feline (cat) families are my favorite, and elephants are a close second! -Sam

BLOOMING DOSE

64) How can you get over an ex boyfriend? Thanks for coming.

A: Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and or had history with them. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth.

Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. 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, you can always reach out to an Advocate at the number above for free, confidential support and a listening ear.

65) Thank you for helping us. Similar comments: Q- Thanks to you guys I learn how to trust someone.

Q- You guys did so great! Thanks for teaching us! Q- Thank you so much!! Thank you so much!! Q-

Thank you for coming to our school. Q- Thank you guys for teaching us. It was great. See you later. Q-

Thank you for teaching us. Imma miss you!! You are super cool! Lots of love <3 <3 Q- See you guys

later you guys were great!!! Thank you. Q- Thank you for coming to our school. You have been so

amazing. I'm glad that you came. I feel really comfortable with you talking to us. Hopefully you guys come next year. Thank you Ms. Sam

A: You are so welcome! We are so happy to hear you've enjoyed the Bloom It Up program. We hope that everything you have learned is beneficial to you both now and in the future! Keep blooming!

66) How can I have a better relationship with my 5 year old brother?

A: Implementing the skills you learned for healthy relationships during the Bloom It Up program is a great place to start! For example, working on communicating effectively. Using I-Statements can be a great to communicate our feelings and avoid conflicts or arguments. For example, "I feel ___ (emotion) when _____ (situation), can you/we please _____ (solution)? We encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution.

67) We love you guys!

A: Thank you for sharing this with us! We have certainly enjoyed our time at Sunland Elementary and feel that we learned a lot from you, just like we hope you learned a lot from us! Keep blooming!

68) Are relationships bad for 6th graders who just got a broken heart?

A: When you decide to get a relationship is entirely up to you, and it's different for everyone. However, we would suggest to start dating only when you feel ready, and you are able to handle the responsibilities that go along with a dating 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. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower.

It may also be helpful to consider where you are in the healing process before beginning another relationship. Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and or had history with them. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. 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!

69) Q: How many school do you guys go to in a year? Similar comments- Q: Do you guys go to a lot of schools?

A: We work in High Schools, Middle Schools, and youth-serving community organizations all across the Phoenix valley and are always growing! We also have advocates in other counties and states who are trained to deliver our program in their community! BLOOM365 chapters exist in the city of Maricopa, Brooklyn, NY, and Powell County, MT! You can check out the list of schools we've partnered with at <https://www.bloom365.org/partner>

70) Q: Where do babies come from?

A: Unfortunately this is a bit outside of our speciality. We encourage you to talk to a trusted adult or your health teacher.

71) Q: Where do bullies come from?

A: Bullying is one of the signs or symptoms of Power and Control. 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. 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. The most important thing to understand is that we must do SOMETHING.

72) Q: Do you think you guys can change the world? Good luck working at other schools! Similar question- Q: Q: What is your future? What are you hoping to see?

A: BLOOM365 believe in the power of your generation to help us reach the Tipping Point moment! We hope to be out of business by 2030, with your generation, paving the way for healthy and safe relationships for all. This requires us to hit the “Tipping Point,” meaning 10% of youth across the United States begin to stand up against bullying/teen dating abuse/domestic violence/sexual assault and promote “blooming” healthy behaviors, which is when we will start to see change. You all have the ability to change the culture around you by giving power to the exceptions: cultivating kindness, respect, consent, peace, equality, and empathy!

73) Q: Good luck with other schools!

A: Thank you for the support! We appreciate it :)

74) Q: What if someone is telling you something to do but don't want to?

A: This is where consent comes into play. Communicating your boundaries is super important. It's important that our friends, dating partners, and peers are aware of what we are comfortable with to ensure that all actions taken are mutually consented to. As our friendships and relationships develop and grow, continuous communication about boundaries is super important! Healthy relationships involve respecting our partner's boundaries! If you have experienced any form of abuse (bullying, emotional abuse, physical abuse, sexual assault, etc.), we encourage you to talk to a trusted adult or a BLOOM365 advocate. We know that opening up about these situations can be really difficult, but it's important that you feel safe and talking to a trusted adult or advocate can help you begin the process of healing. You can text or call an advocate at the number above for free, confidential support and a listening ear.

75) Q: I will miss this hope you come back and I love this hope you make this a class.

A: We are so happy to hear you've enjoyed the Bloom It Up program. We hope that everything you have learned is beneficial to you both now and in the future! We have certainly enjoyed our time at Sunland Elementary and feel that we learned a lot from you, just like we hope you learned a lot from us! Keep blooming!

76) Q: Do you like kpop?

A: Yes! When I was a teen, I used to be a huge fan of Big Bang, Wonder Girls, f(x), and SHINee. I don't listen to much KPop anymore, but I do like BTS. -Sam

77) Q: You are pretty and kind. You have helped all of us a lot. <3 Bloom365

A: Thank you so much! We are so appreciative that you took the time to share this to help boost our self-esteem! We are so happy to hear you've enjoyed the Bloom It Up program. We hope that everything you have learned is beneficial to you both now and in the future! We have certainly enjoyed our time at Sunland Elementary and feel that we learned a lot from you, just like we hope you learned a lot from us! Keep blooming!

78) Q: I really like this lesson.

A: We are so happy to hear that! Thank you for taking the time to share your thoughts with us!

79) Q: What should someone do to stop cutting?

A: We want you to know that you are not alone, 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, 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 Peer Connections group, which focuses a lot on self-care 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. You can reach them at the number above.

80) Q: Do you know teen lifeline?

A: Yes! We work alongside Teen Lifeline as they are one of the organizations we refer students to when they need support related to work Teen Lifeline does!

81) Q: Like your bloom365 do you like your werk? Similar question- Q: Is it fun to be in the Bloom365

A: Our staff at BLOOM365 all come from different backgrounds, but we all share a passion for the work that we do! Hearing the positive impact we can have on the lives of students is what makes us love our jobs!

82) Q: How do you show love to yourself? Before you show love to others?

A: Focusing on the things we love about ourselves can be one helpful way to build your confidence. A lot of times our society encourages you to focus on the things we don't like about ourselves and things we are insecure about. We encourage you to think about the things that you like about yourself and that make you unique. 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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem.

83) Q: How can you make people stop hating you and to stop thinking you are a fake friend?

A: 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.

84) Q: I feel that now that I don't have a boyfriend I get less attention. Is it better to get less attention? Why though?

A: We encourage you to consider whether or not getting attention is important to you, as the answer to this question may be different for different people. BLOOM365 believes that everyone deserves to have healthy, happy relationships and friendships that exhibit honest, respect, kindness, and all of the other words you see in the center of the blooming flower!

85) Q: Where can I sign up for the camp of Bloom365?

A: The link to apply can be found on our website at www.bloom365.org/summer-camps/!

86) Q: The program was fun!

A: We are so glad to hear that! Thank you for taking the time to share your feedback with us! We hope everything you learned through the Bloom It Up program is beneficial to you both now and in the future!

87) Do you guys talk about the stuff that you told us?

A: We talk about healthy relationships and friendships with youth and young adults in High Schools, Middle Schools, and youth-serving community organizations all across the Phoenix valley! We also have advocates in other counties and states who are trained to deliver our program in their community! BLOOM365 chapters exist in the city of Maricopa, Brooklyn, NY, and Powell County, MT! You can check out the list of schools we've partnered with at <https://www.bloom365.org/partner>.

88) What happen if someone touch you? What happen is someone is depression?

A: If someone touches you without your permission (without consent) or tries to force you to do something you don't want to do, we highly encourage you to reach out to a trusted adult (such as a teacher, school counselor, etc.) or a BLOOM365 Advocate. You can text or call us or chat with us online to determine what steps can be taken to ensure you feel safe and to help you begin the process of healing.

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.