

Elephant in The Room Q & A

Wilson College Prep Fall 2018



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

Resources:

For additional resources, please visit bloom365.com/resources

<p>BLOOM365 Advocacy Line and Support Groups</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit www.bloom365.org/contact.</p> <p>Text/Call: 1-888-606-HOPE (4673)</p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>National Human Trafficking Hotline</p>	<p>1-888-373-7888</p>
<p>Crisis and Suicide Prevention</p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text TALK to 741741</p>

Wondering how to reach out for help/support?

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

Q: Student
A: BLOOM365 Advocate

DOSE 1

1) Q: What can you do when someone you know is being forced to do something they don't want to?

A: Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals. If someone has been forced to do something you do not want to do, then that is a red flag of power and control. You can reference the "Red Flags Checklist" on page 17 of your workbook. If you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust right away because this means that you or a friend could be at risk of getting injured or even killed. If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

2) Q: How should we handle jealousy?

A: Jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. When jealousy becomes unhealthy or abusive is when it is possessive, obsessive or controlling. We should consider whether the relationships we have currently are built on trust and respect. If we don't have a trustworthy partner or friend, that could lead us to be jealous. You can communicate your feelings and concerns with your partner by using "I" statements. "I feel _____ when you get jealous, could you please _____." If communicating your feelings does not change your partner's behavior, and you are experiencing persistent jealousy, it is a warning sign of power and control and could lead to an abusive relationship. If you are the one experiencing jealousy, you can also communicate with your partner using "I statements". Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy.

3) What's an actual reasonable reason for someone to take out their anger on someone?

A: As we mentioned in Dose 1, anger is a natural emotion and everyone experiences anger at some point in their lives for various reasons. However, when anger becomes controlling and abusive then that is when the individual is making a choice to exert power and control over them. There are a number of root causes for power and control that we explored during doses 3 & 4. 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 this root causes increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom.

4) What should I do if I see a suicide post online?

A: Thank you for reaching out for support. If you see a post where someone may be implying that they are going to commit suicide, we highly recommend reaching out to a trusted adult ASAP. You can also call 9-11 if the situation is extremely urgent. BLOOM365 does not specialize in this field, but we are

always here to listen and connect you to other resources! We work alongside a few organizations and resources that specifically help youth experiencing depression and suicidal thoughts, including Teen Lifeline and the Suicide Prevention Hotline. Both are a great resource to provide to someone who is considering suicide, and they can also assist you in providing information as the friend, family member, or peer of someone who may be considering it. You can find both phone number above. You can also always reach a BLOOM365 advocate by texting or calling the number above if you would like additional resources.

5) How is dating different from a friendship?

A: Dating is defined as two people in a serious or casual, straight or gay, intimate relationship. Friendship would be defined as a casual relationship without intimacy. Even if you are not currently in a romantic relationship or do not have interest in ever pursuing one, this information is still relevant to you. You can apply just about everything we've covered to your friendships as well. Friendships can also be healthy or unhealthy! It can be helpful to really look at whether your friends are helping you to bloom or if they are bringing you down and making you wilt.

DOSE 2

6) What happens if someone does not believe your consent?

A: As we learned during the program, consent is required each and every single time an act of sex is initiated. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). Consent also applies to all aspects of relationships and not just sex. If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

7) What should I prevent from a relationship that could harm me on my future?

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. 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. If you turn to page 17 in your packet, you will find the Red Flags Checklist. We encourage you to use and evaluate it in case you feel your relationship is unhealthy or abusive. If you checked off one or more red flags, your relationship is possibly unhealthy or abusive.

8) What do I do when my friend is abuse by their family?

A: Someone trying to take power and control over their family member can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook and on [our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to your parents or another trusted adult. If you believe your friend is in serious danger, it's important that you reach out as soon as possible to

ensure the safety of your friend. You can also reach out to a BLOOM365 advocate by phone at 1-888-666-HOPE or text at 602-799-7017.

9) What are the signs that someone can give off if someone is in an abusive 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. 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. If you turn to page 17 in your packet, you will find the Red Flags Checklist. We encourage you to use and evaluate it in case you feel your relationship is unhealthy or abusive. If you checked off one or more red flags, your relationship is possibly unhealthy or abusive.

10) What if your friend is in denial?

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

11) What are the types of abuses in a relationship?

A: Abuse has many different forms (verbal, emotional, and physical). It is not an isolated, one time incident, its a pattern of abusive behaviors that a partner uses to gain power and control. 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.

12) How do we handle an abusive relationship?

A: We encourage you to reach out to the trusted adults in your life, the school social worker, and the BLOOM365 advocates. As we learned in the program the most dangerous time is when the victim tries to leave an abusive relationship. Use the safety plan that we worked on in the classroom to map out a safe strategy for exiting a relationship. If you feel there is immediate danger calling 911 is the most important step to take so that no one is harmed. Some resources include: the National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email teens@bloom365.org, local support: 1-888-606-HOPE (4673).

13) When you notice a change in your partners actions, should you assume that things will soon turned out wrong?

A: Communication is always the key. Whether you are communicating to the trusted people in your life or to your partner, effective communication can help both you and the other person to better

understand each other's feelings and this will provide insight on what may be going on with them. If communicating your feelings does not change your partner's behavior or make them respect your boundaries, this could be a warning sign that this relationship is unhealthy.

Dose 3

14) How can I be a social person and not anti-social?

A: Everybody is different, and while some people are very social and extroverted, some are less social and are more introverted. This is totally okay! However, some tips that might help include: Joining a new club or team, getting involved in your community, and finding people with similar hobbies! The first step is to consider what makes you happy and what you enjoy, and then find ways you can get involved in doing these things with others who also enjoy them. For example, maybe you really love animals and want to start volunteering at your local animal shelter; or maybe you really enjoy Social Justice and want to join a social justice club at your school. We also highly recommend getting involved in our Peer Advocate Crew where you can meet new people and experience new things!

15) How do you end a relationship?

A: Leaving an unhealthy or abusive relationship is never easy. While ending a close friendship and or break up is tough it can be a great time for self evaluation and growth. A great tip for coping after a break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your packet, you can reference the "6 Tips for Coping After a Break-Up" to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you're still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

16) Why the friends are bad?

A: We aren't sure what you mean by this question, sorry! If you'd like to clarify for us, we'd be happy to answer your question anytime through our online chat at www.bloom365.org. Or you can text an advocate at the number above!

17) Why would they be afraid to lose their relationship, if they don't know if it works?

A: We aren't sure what you mean by this question, sorry! If you'd like to clarify for us, we'd be happy to answer your question anytime through our online chat at www.bloom365.org. Or you can text an advocate at the number above!

18) How do you end a relationship when it is not working out?

A: Leaving an unhealthy or abusive relationship is never easy. While ending a close friendship and or break up is tough it can be a great time for self evaluation and growth. A great tip for coping after a

break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your packet, you can reference the “6 Tips for Coping After a Break-Up” to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you’re still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

19) How can you tell if a relationship is the abusive kind?

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. 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. If you turn to page 17 in your packet, you will find the Red Flags Checklist. We encourage you to use and evaluate it in case you feel your relationship is unhealthy or abusive. If you checked off one or more red flags, your relationship is possibly unhealthy or abusive.

Dose 4

20) How can you know if someone is jealous of you?

A: Jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. Some signs that jealousy may be unhealthy or abusive is when it is possessive, obsessive or controlling. For example, your partner or friend telling you that you can’t hang out with or talk to certain people. We should consider whether the relationships we have currently are built on trust and respect. If we don’t have a trustworthy partner or friend, that could lead us to be jealous. The first step is recognizing our jealous tendencies and addressing them with our partner or friend so that they know how we feel. You can communicate your feelings and concerns with your partner by using “I” statements. “I feel _____ when you get jealous, could you please _____.” If communicating your feelings does not change your partner’s behavior, and you are experiencing persistent jealousy, it is a warning sign of power and control and could lead to an abusive relationship. If you are the one experiencing jealousy, you can also your partner using “I statements”. Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy.

21) Is rushing things a sign of abuse?

A: If you look at the red flags checklist in your workbook, you will notice that one of the red flags of a potentially unhealthy or abusive relationship is “wants to get serious too quickly.” It’s important in a relationship that both partners can freely and openly communicate their boundaries and what they want within their relationship. If one partner feels that things are going too quickly, they have the right

to communicate that and the other partner has the responsibility of respecting that. Using “I-statements” can be a great way to express your feelings and talk about your concerns. If one partner tries to force the other person to do something that they aren’t ready to do, this is considered coercion. Coercion is one of the characteristics shown on the wilting flower, and something with discussed during Dose 6. A pattern of these types of behaviors is a red flag that this relationship is likely unhealthy and potentially abusive. Please feel free to reach out to an advocate at the number above or chat with us online to discuss this situation in further detail.

22) How can I give advice to stop a suicide?

Thank you for reaching out for support. We recognize that it can be extremely difficult to watch someone you care about considering suicide. BLOOM365 does not specialize in this field, but we are always here to listen and connect you to other resources! We work alongside a few organizations that specifically help youth experiencing depression and suicidal thoughts, including Teen Lifeline. Teen Lifeline is a great resource to provide to someone who is considering suicide, and they can also assist you in providing information as the friend, family member, or peer of someone who may be considering it. You can also give the person the number of the Suicide Prevention Hotline. Both numbers can be found above. If you would like additional resources, you can reach a BLOOM365 advocate by texting or calling the number above.

23) Is it showing emotions equally hard for male & women?

A: That is a great point! Many people struggle with showing emotions, regardless of their gender. However, as we discussed in Dose 3, men are often expected to bottle up their emotions (other than anger.) Many times in our society, men who do express their emotions openly are ridiculed, made fun of, and/or told to “be a man,” “tough it up”, and/or “men don’t cry.” Unhealthy gender norms really limit the ways that men are allowed to express their emotions. BLOOM365 believes that everyone should feel free to express their emotions without fear of ridicule. If you have any further questions about this, please feel free to reach out at the number above, or through our online chat.

24) If I were in a relationship and I no longer wanted to be with them although they threaten to kill themselves how do I break up with them without happening?

A: The act of killing someone can be seen as a final act of total control. We know the most dangerous part of a relationship is when the relationship ends. The perpetrator starts to lose control of the other person. In some situations, such as with Dorothy and May, the perpetrator exerts power and control over killing themselves and/or their partner. This is why it is so crucial that we take these types of threats seriously. If you are concerned about your safety, please contact a BLOOM 365 advocate so that you can create a safety plan. Otherwise, talking to your friends to make sure someone can walk with you to and from class can be helpful if they are bothering you at school. If you continue to have issues at school, you may want to reach out to a trusted school staff member about additional steps you can take. If you are experiencing issues online, you may choose to block their number and social media accounts to keep them from contacting you online.

DOSE 6

25) When having a conflict with people, how can you discuss and resolve the conflict?

A: Communication is an important part 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 reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Offering a resolution to the situation can be beneficial in helping you to come to a compromise and a solution to the issue. If you’d like further support, please text/call the number above.

26) How should we deal with drama?

A: This is a difficult question to answer without context. However, we recommend surrounding yourself with positive, supportive friends that exhibit the characteristics shown in the center of the blooming flower. We recognize that avoiding drama may not always be possible, but encourage you to use the communication tools we discussed in Dose 6. “I-statements” can be effective way to express how you feel without blaming, and allows others to empathize with you. For example, “I feel sad when I think about how this rumor is probably making him/her/them feel, can we all agree to shut it down right here?” You can make the choice to not participate in gossip and drama and to be an UPSTANDER!

27) What can you do when someone is forcing a friend to do something they don’t want to do?

A: Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals. If you or a friend have been forced to do something that you do not want to do, then that is a red flag of power and control. You can reference the “Red Flags Checklist” on page 17 of your workbook. 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 you or a friend could be at risk of getting injured or even killed. If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

28) How should we react to conflict?

A: Depending on each situation, we encourage you to think about what the best way to address and resolve the conflict. Communication is key and talking it out may be hard, but it is one of the most beneficial strategy to address our conflicts. We highly encourage you to use “I-statements” to communicate your feelings, allow your partner or friend to understand where you are coming from, and offer a solution to the issue. It’s also important to think about the true reason for why you and your partner/friend/etc. are arguing. For example, maybe you got into an argument because your partner didn’t reply to your text the day before. The real issue in this situation may be that you don’t feel appreciated. You might communicate to your partner by saying, “It makes me feel unimportant when you don’t talk to me, can we maybe set aside time each week for each other?” This helps to address the real issue and can help your partner empathize with how you are feeling. In some situations, you might have to agree to disagree on specific things to avoid arguing about things that aren’t really that important. Although not always easy, sometimes you will also have to compromise to resolve conflict. Finding a happy medium that will leave you both satisfied is sometimes the best outcome. It’s important to always consider whether the issue you are arguing about is really that important and to always consider your partner's’ point of view and feelings as well.

DOSE 7

29) Do social change have to relate to a relationship? If so, how come.

A: Absolutely! BLOOM365 believes that your generation and future generations have the ability to change the culture and create a culture where blooming, healthy relationships are the norm. We understand that it can be disheartening to see violence and unhealthy relationships as the norm, but that doesn't mean it HAS to be this way. If you think about it, all social change movements started with someone/a group of people standing up against the norm and breaking the silence. Social change cannot happen if we ignore the problem and refuse to talk about it. It's not always easy to talk about, but we truly believe that this isn't how things have to be. Starting the conversation is the first step in creating change.

30) How can we use any of the 4 bystander interventions when someone is getting made fun of?

A: If you feel comfortable, then directly getting involved when you see this happening can make a huge impact. If you do not feel comfortable then using the delegate bystander intervention is also another option. 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.

31) How can we identify correct actions during a situation?

A: This is a difficult question to answer without any context. However, we believe it's important to take a moment to consider your values and what's important to you. This will help guide you as an UPSTANDER. Remember that the 4 D's of Upstander Intervention are: Direct, Delegate, Delay, and Distract. Some things to consider are: Safety, severity, and comfort level. While sometimes you may not feel safe directly intervening, you may also recognize that the person in the situation is in danger if nobody intervenes. In this situation, it'd be best to find someone who can intervene (Delegate) rather than Delaying. However, in other situations that may be less serious, you may be able to Distract one or both parties. It all really depends on the specific situation (safety, severity, etc.) and your comfort level! Feel free to reach out to a BLOOM365 advocate to discuss this further if needed!