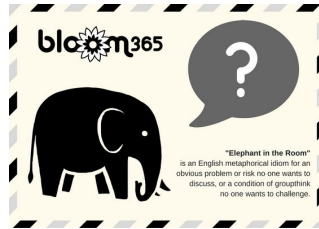


Elephant in The Room Q & A

Central High 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 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>

Video Resources:

- BLOOM365 Story: <https://www.youtube.com/watch?v=j0lgBIUfUZ4>
- Red Flags/Alex & Natalie Video: <https://www.youtube.com/watch?v=Lp2eljXWzgw>
- Gender Norms/Redefining Masculinity Video: <https://youtu.be/IJqwvgLtJyU>
- Jessica's Daily Affirmation Video: <https://www.youtube.com/watch?v=XfEEbhcyEvE>
- Consent is Tea Video: <https://www.youtube.com/watch?v=fGoWLWS4-kU>
- 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>

Q: Student

A: BLOOM365 Advocate

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

DOSE 1

1) Q: How do I get out of a toxic friendship without hurting the other person?

A: As we learned in the program, sometimes friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom.

If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think this friendship is making you "wilt", and that you feel you will be able to do to really "bloom" more if you end the friendship. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self-evaluation and growth, and may even give you greater insight to your relationship and friendship deal breakers and deal makers, like we talked about in Dose 5. Feel free to text/call an advocate for additional support.

2) Q: Do the teens that work for you guys get paid or is it a non-profit organization?

A: BLOOM365 is a non-profit organization. However, we receive funding through several different grants! All of our Lead Peer Advocates (LPAs) are paid staff members.

3) Q: It was very nice to meet you and thx

A: You are very welcome! We appreciate your kind words!

4) Q: How am I supposed to go to college if I can't do or understand anything simple?

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. We recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. We encourage you to check page 32 in your workbook for some more tips on developing a healthy confidence.

Most community colleges and universities have guidance counselors and tutoring services, which may be helpful for you to explore. We encourage you to talk to a trusted teacher or your school counselor for assistance in finding resources at the schools you might be interested in attending. You can also contact our Advocacy Line if you'd like to be connected to additional resources.

5) Q: Thanks! Similar comment- Q: You are amazing, everyone is amazing and the best! :)

A: Thank you for the compliments! We appreciate your positivity!

6) Q: How can you help someone you don't really know, (on a personal level) to overcome an abusive relationship?

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (fear, love, dependency, insecurity, etc.). In your workbook or on our [website](#), you can find a list of the "Top 5 Ways to Help a Friend" for tips on how to start a conversation with this person. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to this person about why you are concerned, being really mindful to come from a place of support and not judgment. You can encourage them to reach out to BLOOM365, but recognize that we cannot make people get help if they do not want to. Providing continual support is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to someone who is experiencing abuse. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that this person could be at risk of getting injured or even killed.

7) Q: Why can't women or men leave the relationship like the next day. Do you guys help people. Thank you for coming in :)

A: It can be difficult to understand why someone would stay in an abusive relationship, but it's REALLY important to understand that the early warning signs of abuse are often hard to catch because they are usually masked as "caring" and not "controlling." For example, jealousy may

be mistaken as a sign that the person really cares. Abusive relationships often don't start off as visibly abusive, there is typically a gradual progression of power and control. It can first show up as possessive jealousy or even in comments about your choice of clothing or friends. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Sometimes it takes direct education, like the 7-Dose Bloom It Up curriculum or a friend's concern to notice what's really going on. We should also understand that there are a lot of barriers to leaving an unhealthy or abusive relationship (things like fear, love, dependency, and insecurity), so we should never blame the victim for not leaving. Nobody deserves to be abused, and it is NEVER the victim's fault. Additionally, it's important to recognize that the most dangerous time in an abusive relationship is when the survivor tries to leave.

8) Q: Toxic behaviors & their roots

A: There are a number of root causes that we explored during Doses 3&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.

DOSE 2

9) Q: How do you get a job application for BLOOM?

A: If you are interested in joining our Peer Advocate Crew (PAC) or learning about any job openings for our Lead Peer Advocate (LPA) positions, please feel free to email marli@bloom365.org!

10) Q: What if someone threatens to hurt themselves to get your attention or to make you stay?

A: Someone threatening to kill you or themselves if you end the relationship is one of the top 5 red flags that increases your risk of being seriously hurt or even killed. It's important that we take these threats seriously. If someone threatens to hurt themselves to get your attention or to make you stay, we highly encourage you to reach out to a BLOOM365 advocate for free, non-judgmental support.

11) Q: If someone has smoked weed during the relationship with a friend, and their partner tells them to stop smoking and hanging out with the bad influence, is that wrong?

A: Trying to encourage our partners to give up unhealthy behaviors or friendships probably wouldn't be considered "wrong." However, we can't force people to change if they don't want to. Our partners have the right to make their own decisions about their choice of behaviors and choice of friends. Deciding to make a healthy change in their life has to be a decision that they make for themselves.

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

12) Q: How do you know if you were a victim of Teen dating Abuse

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. You can also find some red flags of any unhealthy relationship on page 17 of your workbook, or on our [website](#)! If you have any questions or concerns, please feel free to contact our Advocacy Line at the number above for free, confidential support.

13) Q: Victim Blaming R. Kelly

A: Thank you for sharing this. This is definitely relevant to the work we do.

14) Q: I just want you guys to know, you're doing a great job! This organization is helping teens and great job.

A: Thank you so much for sharing that with us, we sincerely appreciate it!!

15) Q: What are ways to deal with an ex who occasionally harasses you after the break-up?

A: Harassment is never acceptable, and nobody should ever feel unsafe or uncomfortable at home or school. We encourage you to talk to a trusted adult about your situation, such as a teacher or school counselor. You can also text or call our Advocacy Line for free, confidential support. Our advocates can talk with you about what steps you can take and safety plan with you.

16) Q: Cardi B or Nicki?

A: Which one is more #blooming? :)

17) Q: Is it more common for women to experience violence than men?

A: Yes. While dating abuse is experienced by girls and young women at higher rates, boys and young men do experience abuse as well. Almost 50% of Arizona teens who have experienced Dating Abuse have said that they never reported it. Sometimes due to the stigmas surrounding gender norms, young boys and men don't feel comfortable reaching out for support because they fear they'd be told to "tough it out" or "be a man." Abuse DOES NOT make any person less of a man or a human being, and we encourage all victims of abuse to seek support from a trusted adult or BLOOM365 advocate.

18) Q: Do you say "data" or "data"?

A: Feel free to call us to get your answer.

19) Q: Should your boyfriend/girlfriend have a close, best friend? If they don't want you to have one?

A: In a healthy relationship, both partners have the right to equality and freedom. Both partners have the responsibility of also respecting their partner's rights- Including the freedom to choose their own friends. If your partner gets overly jealous when you spend time with friends or tries to tell you who you can and can't be friends with, this may be a sign that the relationship is unhealthy. Healthy relationships are stemmed in equality and freedom and exhibit all of the words in the center of the blooming flower!

20) Q: What happens if no one believes you with the abuse

A: If this is something you've experienced, we want you to know that you are not alone and we are so grateful that you reached out for support. Opening up about past experiences can be really difficult, and it can be re-traumatizing when someone doesn't believe you. If someone doesn't respond in a supportive way, we encourage you to talk to another trusted adult or a BLOOM365 Advocate. Abuse is never the victim's fault.

DOSE 3

21) Q: Why do us humans get so attached so quick?

A: Although this is slightly outside of our expertise, we might hypothesize that it has to do with the fact that as human beings, most of us crave connection with others.

22) Q: Why do us humans have to know what "love" is?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is 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. We all have a specific love language

for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

23) Q: Thank you for coming. Similar comments: Q: Thank you for teaching us today you're awesome. Q: Okay thanks for the presentation. Q: Thank you for being here your great. Q: Thx for the info :)

A: Thank you all for listening! We hope that everything you learned during the Bloom It Up program is helpful for 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! Email marli@bloom365.org or text "81010" to sign up. You can also visit www.bloom365.org/peeradvocatecrew to learn more!

24) Q: I don't know how to leave a manipulative person. The relationship is over, but they're being manipulative with my emotions and changes quickly it's confusing.

A: Manipulation or harassment is never acceptable, and nobody should ever feel unsafe or uncomfortable at home or school. We encourage you to talk to a trusted adult about your situation, such as a teacher or school counselor. You can also text or call our Advocacy Line for free, confidential support. Our advocates can talk with you about what steps you can take and safety plan with you. We also encourage you to remember to take care of yourself and your emotions.

25) Q: Do you get paid?

A: Yes, all of our Full-Time Staff and Part-Time Lead Peer Advocates are paid. Although we are a non-profit organization, we receive a number of grants which help fund our staff positions.

26) Q: Can I get you #?

A: You can reach our Advocacy Line at the number above for free, confidential help and support. Our Advocacy Line hours of operation are Monday-Thursday from 3PM to 9PM (Holidays excluded.)

27) Q: Exception -> Drag Queen

A: Thank you for sharing! Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk of having power and control in their relationship. As long as one person does not hold more power than the other because of their gender and both people feel free to be themselves, then that relationship can Bloom.

DOSE 4

28) Q: My sister has a different mom and I feel like it is all my fault she lost everything because our dad is still with me. I don't get it!!

A: Thank you for sharing this with us. Although it can sometimes feel like our fault, we can't blame ourselves for others' actions. We encourage you to text or call our Advocacy Line to discuss this situation further.

29) Q: What are ways to avoid oppressive patriarchy and matriarchy?

A: Unhealthy gender norms are very common in our society. This idea goes back many years and historically it has been passed from generation to generation. We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. 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. 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. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is, we can work together for justice and equality.

30) Q: Is it bad if your gf/bf is hiding their feelings?

A: It can be difficult at times to express our emotions. However, communication is an important component of healthy relationships. It may be helpful to utilize the communication technique we learned in Dose 6 to talk to the person. I statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel frustrated when you get angry. I know you care about me and I don't think you mean to take your anger out on me. I know communicating can be difficult, but I feel communicating in a more healthy and respectful way could help us resolve problems more efficiently and prevent me from feeling hurt." Perhaps providing this person with tips for expressing their emotions and communicating effectively (such as those you learned during Dose 6) could be a good first step. 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.

31) Q: What do you recommend if I have a friend who's dating someone who is abusive. They treat them bad, but they love this person. What do you think they should do?

A: It's important that we 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. Think of these barriers as "roadblocks." Even if we get to the other side of the road block, the victim is left feeling alone (isolated from their friends), often feels insecure, still fearful (ending the relationship doesn't always make the abuse and threats stop), shame, etc. Addressing the road block for the victim still leaves the perpetrator to go on and treat someone else with power and control. Nobody deserves to be abused, and it is never the victim's fault.

On page 19 in your workbook and on our [website](#), you can find a list of the "Top 5 Ways to Help a Friend" experiencing dating abuse. These "Top 5 Ways to Help a Friend" can be a helpful way to start the 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. We encourage you to give your friend the number to our Advocacy Line for free, confidential support and a listening ear. Sometimes people are not ready to accept the help we would like to offer them. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you recognize the top 5 risk factors on the red flags list, it's important to tell an adult you trust because this means that your family member could be at risk of getting injured or even killed. If you need additional support or resources, please don't hesitate to reach out to our Advocacy Line!

DOSE 5

32) Q: Sometimes I feel like I will never make it and I know some people are not believing in me and now I don't believe in myself I feel like I have to fake a smile sometimes.

A: First off, we want to thank you for being brave enough to reach out for support. You are not alone in feeling this way, 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. We recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. Some others tips are:

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

If you'd like additional support or a listening ear, please reach out to our Advocacy Line by texting or calling the number above.

33) Q: If I have some negative traits can I change that? People always say that if someone is negative they will never change.

We encourage you to focus on thinking more positively about yourself. Changing the way you think about yourself changes the way you feel about yourself! Positive affirmations can be a great place to start. Some resources to check out on becoming more positive are:

[-https://www.psychologytoday.com/us/blog/hope-relationships/201409/6-ways-become-more-positive-today](https://www.psychologytoday.com/us/blog/hope-relationships/201409/6-ways-become-more-positive-today)

[-https://www.mindbodygreen.com/0-7949/7-ways-to-become-a-more-optimistic-person.html](https://www.mindbodygreen.com/0-7949/7-ways-to-become-a-more-optimistic-person.html)

34) Q: Scared of my own emotions scared that if I snap I'll hurt the ones I love I'm terrified.

A: It can be difficult at times to express our emotions. However, communication is an important component of healthy relationships. It may be helpful to utilize the communication technique We learned in Dose 6 to talk to the person. I statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, “I feel ____ (emotion) when you ____ (situation), can you/we please ____ (desired outcome/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. It’s important to remember that anger is a natural emotion, and something we all feel at times. However, anger is never an excuse to treat people poorly. If you look at the roots of the two flowers, you’ll see that “choice” is in both. This is because we ALL have a choice in how we are going to treat people- With equality and freedom or power and control. Anger is a warning bell that tells us that something is wrong and can motivate us to correct injustices or prompt us to make positive changes. We all feel anger, and have the ability to make positive choices and manage our anger in healthy ways without taking it out on other people. Anger is not the cause of abuse or violence, abuse and violence are a choice.

35) Q: What are some ways to boost self-esteem in others?

A: Focusing on the things we love about ourselves can be one helpful way to build confidence. A lot of times our society encourages us to focus on the things we don’t like about ourselves and things we are insecure about. It might be helpful to try and encourage those around you to focus on the things that they like about themselves and that make them unique. You can also try to uplift them by telling them positive things and spending time with them doing activities that make them happy. We also recommend having them watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools. You can also share with them some tips for improving self-esteem, which you can find on page 32 of your workbook or on our [website!](#)

36) Q: I want to go home, it’s been almost two weeks and I miss my mom, but I don’t know how to talk to her anymore. Everything’s physical now.

A: First off we want to say thank you for being so brave enough to share, and just know that everything you’ve experienced was never your fault. We want to let you know that BLOOM365 is here to provide advocacy services to any youth who has experienced any kind of power based violence. These services can help you discover new coping skills and learn about other resources available. We also have a free and confidential support group for teens, where all are welcomed. Our support groups offer a safe place where you can connect with other teens who have experienced or are currently experiencing abuse/violence. These groups offer an opportunity to increase your own safety and self-esteem. It’s a place where you will be heard, accepted, and understood. These groups take place every Monday (Holidays excluded).

DOSE 6

37) Q: I wanted to know how to apply for BLOOM365 or how to get a job application?

A: If you'd like to join the Peer Advocate Crew (PAC), you can visit www.bloom365.org/PAC for the link to register or text "bloom365" to 81010! If you'd like to learn about any potential job openings as a Lead Peer Advocate (LPA), you can email marli@bloom365.org!

38) Q: 3/25 6PM Need Ride

A: Text "rsvp365" to 81010 to RSVP. You can then send us another message to request a ride!

39) Q: Is there somewhere I can purchase the BLOOM365 shirts?

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

40) Q: My mom is verbally abusive, she never touches me tho but her words hit my heart. And I get over a little but sometimes I fake a smile.

A: We want to thank you for sharing this with us and for being brave enough to reach out for support. We want you to know that our Advocacy Line is here to support you. You can text/call us at the number above M-Th from 3PM-9PM.

41) Q: Are there alternatives to "I Statements"? If so, do they work?

A: Some great resources we recommend checking out for additional communication tips are <https://belmontwellness.com/wp-content/uploads/Hallmarks-of-Effective-Communication.pdf> and <https://belmontwellness.com/wp-content/uploads/Belmont-WEllness-Checklist-for-Assertive-Behavior-copy.pdf>!

42) Q: Thank you for teaching us I really appreciate it.

A: You are welcome! We hope that everything you learned in the Bloom It Up program is beneficial to you both now and in the future!

43) Q: So I'm having this problem with someone. They want to talk and I want to be more than that so what do I do I but I don't know if they want to be more so I am confused.

A: It might be helpful to have a conversation with this person to discuss how you feel. Effective communication is an important component of healthy friendships and relationships! Effective communication can help both you and the other person to better understand each other's feelings and determine how you both envision your relationship moving forward. I statements allow for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation. This allows for more effective communication and gives the opportunity to also share their thoughts and feelings.

44) Q: Is there ways to boost someone's self-esteem? Like make them not hate themselves?

A: Focusing on the things we love about ourselves can be one helpful way to build confidence. A lot of times our society encourages us to focus on the things we don't like about ourselves and things we are insecure about. It might be helpful to try and encourage this person to focus on the things that they like about themselves and that make them unique. You can also

try to uplift them by telling them positive things and spending time with them doing activities that make them happy. We also recommend having them watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools. You can also share with them some tips for improving self-esteem, which you can find on page 32 of your workbook or on our [website](#)!

45) Q: On average, which gender experiences more violence? Also is it more common people of LGBTQ+ to get the most harm/violence towards them?

A: An average of 1 in 4 women and 1 in 7 men physical violence in relationships. According to Love Is Respect, girls and young women between the ages of 16 and 24 experience the highest rates of intimate partner violence- Almost triple the national average. While dating abuse is experienced by girls and young women at higher rates, boys and young men do experience abuse as well. Almost 50% of Arizona teens who have experienced dating abuse have said that they never reported it. Sometimes due to the stigmas surrounding gender norms, young boys and men don't feel comfortable reaching out for support because they fear they're be told to "tough it out" or "be a man." Abuse DOES NOT make any person less of a man or a human being, and we encourage all victims of abuse to seek support from a trusted adult or BLOOM365 advocate. Additionally, LGBTQ+ identified folks often experience dating violence at higher rates than those who do not identify as LGBTQ+. You can read more about this here: https://www.cdc.gov/violenceprevention/pdf/cdc_nisvs_victimization_final-a.pdf

DOSE 7

46) Q: What's the best way to get over a hard breakup?

A: When you love someone in any kind of relationship, they usually become very integrated into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. 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! We also invite you to get involved in our free Peer Connections group, which provides teens with the opportunity to walk through the healing process alongside others. 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.

47) Q: Sorry about being uncooperative. Thank you for bearing with us and teaching.

A: We appreciate your message. You are very welcome! We are so glad we had the opportunity to bring Bloom It Up to Central High School!

48) Q: What happen if a girl or boy don't help from anyone I mean no one and someone called you guys that she need help but doesn't want help what will you guys do?

A: We cannot force people to get help, that decision is ultimately up to them to make. What we can do is be there to listen to them and provide support. If you look on page 19 in your workbook, you can find a list of the "Top 5 Ways to Help a Friend Going through Dating Abuse". This list can provide some helpful tips on how to start a conversation with the survivor. We cannot make people get help if they do not want to, but we can help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do in these situations is let our friends know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you believe someone is in serious danger, it's important that you reach out to a trusted adult to ensure their safety. Our advocacy services are free and confidential. However, as mandated reporters, we are required to make a report if we believe that a teen is at risk of being hurt or of hurting others, or if there is a disclosure of child sexual abuse. This is not to get anyone in trouble, but to ensure that everyone is safe. When possible, we do everything we can to work with the survivor in making the report.

49) Q: This isn't a question, but I'm really glad this whole lesson took an entire week. I'm also happy that this wasn't just about dating, but about other forms of abuse. Thank you, from the bottom of my heart.

A: We sincerely appreciate you taking the time to share this with us. We enjoyed our time at Central High School, and are glad to hear that you found it helpful! If you'd like to stay involved, we encourage you to visit www.bloom365.org/peeradvocate for more information on our Peer Advocate Crew (PAC) or email marli@bloom365.org

50) I would like to join the group of Bloom. And also become a leader.

A: We are so happy to hear you want to get involved! Please feel free to email marli@bloom365.org to learn how you can get involved!

51) Q: Talking to you here has helped me feel better thank you.

A: We are so glad to hear that. Thank you for taking the time to share that with us. Please know that our Advocacy Line is here for you if you ever need additional support!