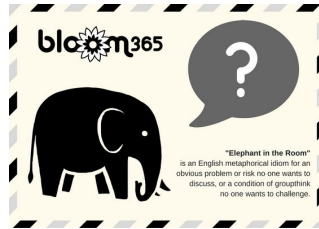


Elephant in The Room Q & A

South Mountain 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 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>
- 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>
- 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

DOSE 1 & 2

1) Q: What do I do? I have a friend that's in a relationship and their partner is isolating them from their friends. WDID?

A: Please reach out to our Advocacy Line to discuss this situation further. We are concerned for your friend's safety, and encourage you to reach out for support.

2) Q: Hi. Thank you! Have a nice day. :)

A: Thank you! We hope you have a great day as well!

3) Q: Make me get off my phone.

A: We apologize that you had this experience. We strive to make each dose fun and interactive. However, student participation is crucial in order for that to be possible! We welcome your suggestions for how we can make our curriculum more teen-centered and fun while still remaining educational. Feel free to send us a text or chat with us online!

DOSE 3

4) Q: Why is there a wage gap between men and women?

A: In the past, the differences in pay between men and women were often justified by the fact that men were typically more educated and qualified. This is no longer a valid justification as this gap still exists today when comparing pay among men and women with the same qualifications and education who hold the same job. Men continue to get paid more than women often due to sex discrimination.

5) Q: Why should you listen to your mom? I am scared of disappointing her and feel a lot of pressure to do better

A: You should definitely listen to your mom if she's helping you to grow and bloom, not if she's bringing you down and putting pressure on you. You might consider talking to them using the

communication tool we learned about in Dose 6- "I-Statements." Communication is a huge component of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel ____ (emotion) when you _____, can we please _____ (resolution)? Working on communicating more effectively may help you and your mom to develop a healthier relationship. Being proud of who you are can help you to have a healthy self-esteem, which can also contribute to healthy relationships and friendships. Remembering the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) and being proud of these things is something to be admired. Being proud of who you are is absolutely something we stand behind and try to encourage for all people!

6) Q: How could you help me feel myself and not get bullied by people by my gender and looks?

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. You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem.

If someone is putting you down and you can't avoid spending time with them, it's important to make sure that the voice in your head is being kind since those around you are not. If you still have it, take your Hello I Am sheet and orange Post It note (three things you like about yourself) and keep them somewhere that you see everyday to remind yourself of the things that you like about yourself. Remind yourself that the negative things others say about you are not true and keep yourself busy doing things you enjoy! If you are being bullied, we highly encourage you to talk to a trusted adult or a BLOOM365 Advocate. Please know that it is not your fault, and that we are here to support you.

DOSE 4

7) Q: Can parents be abusive? How do i know if my parent is treating/making me feel like i'm in an abusive relationship?

A: If a parent is verbally, emotionally, and/or physically abusive towards their child, this is often referred to as "child abuse." According to the Department of Child Safety (DCS), child abuse and neglect is, "When a parent, guardian or custodian inflicts or allows the infliction of physical, sexual or emotional abuse, neglect, exploitation or abandonment." If you are experiencing abuse or neglect, we want you to know it is not your fault. We encourage you to reach out to our Advocacy Line for free, confidential support and to discuss this further.

8) Q: Hello :) you ignored me

A: Hi! We are so sorry to hear that you felt ignored. This was certainly not our intention! Please reach out to our Advocacy Line and we'd be happy to answer any questions you may have or hear your thoughts!

9) Q: My friend needs help. They don't feel comfortable and don't want adults to get involved. I really want them to reach out to bloom. They don't want to. They're worrying me. I don't feel good doing it w/o their permission.

A: It is perfectly okay to be concerned about your friend, and we appreciate you not doing so without their consent. 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. 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 "hooks." 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 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. However 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

10) Q: Can you volunteer outside school?

A: Yes! BLOOM365 has numerous volunteer opportunities. Feel free to contact our volunteer coordinator by emailing marli@bloom365.org or text/call (602) 799-5398 to get involved!

11) Q: I know my worth! Similar: Q: Today really made me think about myself and what you said, thank you for everything

A: We are so happy to hear this! Thank you for taking time to share your feedback with us. We encourage you to always remember the positive qualities that make you, you!

12) Q: Need help with awkwardness with this one girl.

A: BLOOM365 and the Bloom It Up program exists to help provide you with the skills, tools, and knowledge to build and grow healthy relationships, free from abuse and violence. Effective communication is an important component of healthy relationships.

DOSE 7

13) Q: What would be a good way to tell my parents that I need space without being mad at them or them be mad at me.

A: If the situation is not dangerous and you feel comfortable and safe to do so, it may be helpful to utilize the communication technique we learned in Dose 6 to express your needs to your parents. I statements allow us to take ownership of our own emotions and can help avoid defensive responses. We know communicating can be difficult, but we 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 communicating effectively (such as those you learned during Dose 6) could be a good first step. 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.

14) Q: I broke up with my boyfriend yesterday and i’m still not in a mood.

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.

15) Q: Have a good day! :) Similar comments- Q: Thanks for coming!!! Q: Thanks for coming! Q: Thanks for everything :)

A: Thank you all for taking time to share your feedback with us and for the #blooming messages. If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available on page 10 of your workbook, or at www.bloom365.org/peeradvocatecrew. To get involved or for more information, please email marli@bloom365.org or text/call (602) 799-5398!

16) Q: What motivated you to join BLOOM365?

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. However, all of us at BLOOM365 share a passion for dating violence and sexual violence prevention and believe in the power of your generation to create change around these issues!

17) Q: I wish you guys can stay and talk to us more. I’m going to miss BLOOM365.

A: We loved spending time with you all throughout the Bloom It Up program! If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available on page 10 of your workbook, or at www.bloom365.org/peeradvocatecrew. To get involved or for more information, please email marli@bloom365.org or text/call (602) 799-5398!

18) Q: Are men a victim too? Do men get abused by their partner?

A: Abuse knows no bias, and men can also be victims/survivors of sexual assault and teen dating abuse. Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to “tough it out” or “be a man.” Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being. If you are experiencing abuse in a relationship or if you are a sexual assault survivor, please know it is not your fault. We encourage you to reach out to a trusted adult or a BLOOM365 Advocate for free, confidential support and a listening ear.