

Elephant in The Room Q & A

Deer Valley High School 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 is the best way to prevent this?

A: To prevent power and control within your own relationships, it's 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. To prevent these issues within our community and society as a whole, we really have to address the root causes: Unhealthy gender norms, social acceptance, taught abusive behavior, etc. We learned in Dose 7 that social change can take a long time, but with teens like yourself getting involved in the movement, we can see the tipping point moment happen in your generation! We encourage you to join the peer advocate crew (PAC) to help us prevent these issues in future generations! Visit www.bloom365.org/peeradvocatecrew to learn how you can get involved!

2) Q: What is the main cause of dating abuse?

A: There are a number of root causes for abuse that we explore 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 and insecurity can also play a role. 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.

3) Q: Why do toxic relationships exist?

A: Relationships can become toxic when one person believes they have the right to gain and maintain power & control over another person. Choosing to have power and control over someone else or to have equality and freedom in our relationships is a deliberate choice that we all make. People do not usually begin a relationship as overtly abusive or controlling. There is 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 (taught abusive behavior). 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. In Doses 3 and 4, we explored additional root causes of abuse (patriarchy, oppression, unhealthy gender norms, insecurity, etc.)

4)Q: Why is sex before marriage a bad thing?

A: This question is outside of our speciality. Your health teacher or health textbook may be able to provide more information on sex education.

5) Q: How many adults get abused?

A: According to the National Intimate Partner and Sexual Violence Survey conducted by the Center for Disease Control and Prevention (CDC) in 2010, 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence, intimate partner contact sexual violence, and/or intimate partner stalking with impacts such as injury, fearfulness, PTSD, etc. You can find the study here at: https://www.speakcdn.com/assets/2497/domestic_violence2.pdf

6) Q: What exactly is verbal abuse?

A: Verbal abuse includes yelling, screaming, rampaging, or refusing to talk. While one incidence of yelling, screaming, etc. is likely not considered verbal abuse, a pattern of such behaviors might be a red flag that the relationship may be unhealthy or potentially abusive.

7) Q: What else qualifies as a stable relationship?

A: A healthy and stable relationship is stemmed in equality and freedom and exhibits the characteristics in the center of the blooming flower (honesty, respect, consent, communication, etc.) Stable relationships also involve both partners respecting the others' rights. 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.

8) Q: Why did you start this job? Were you abused in anyway?

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. On page 5 of your workbook, you can read more about Donna Bartos, the founder and executive director of BLOOM36, and her experience with dating abuse.

9) Q: If you are stuck with a "friend" out of fear in a controlling friendship, what do you do?

A: We recognize that leaving an unhealthy or controlling friendship is not easy. We encourage you to text/call an advocate at the number above or use our online chat feature to discuss this situation further.

10) Q: Who should I turn to if me or someone I know is being abused?

A: 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. You can also reach out a trusted teacher or the school social worker.

11) Q: What are the physical problems, if you had sex?

A: This question is outside of our speciality. Your health teacher or health textbook may be able to provide more information on sex education.

12) Q: I change myself to accomodate what guys want me to be like, I'm so self conscious. Help?

A: We know that feeling self-conscious is a hard thing to deal with, and we want you to know that you are not alone. We encourage you to get involved in our Thursday night self-esteem support group. For more details, please text 602-799-6096 or email sarah@bloom365.org.

Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. 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. I 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.

13) Q: What happened between high school relationships? Why should you not waste your time on them?

A: It is never our intention to promote the idea that you shouldn't waste your time on high school relationships. You may have heard one of our advocates say that they had wished they went through the BLOOM IT UP program while they were in high school because it would have helped them and/or their friends. We believe everyone should have the knowledge, skills, and confidence on how to build and grow a healthy relationship. We hope that at the end of Dose 7, you are fully equipped with tools and knowledge for preventing power and control from seeping into the relationships you create.

14) Friend's boyfriend cheated, what should she do? She stayed with him, but I think he only wants her for sexual reasons.

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the person for not leaving. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with your friend, if you are feeling empowered. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to your peer about why you are concerned. You can share with your friend that they deserve a healthy, blooming relationship that exhibits the words in the center of the flower. If you are ever concerned for their safety, we encourage you to tell a trusted adult or BLOOM365 advocate.

15) Abuse is a good way to cope (bullying) with hurt in your own life.

A: We highly suggest using other coping mechanisms if you're dealing with bullying at school. If you're experiencing severe bullying, we encourage you to tell a trusted adult in your life. In your packet, you can reference the "6 Tips for Coping" 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 with bullying, please reach out to a Bloom Advocate at the number listed above.

DOSE 2

16) Q: On Page 16, what does “that in a relationship it has to be equal everything” mean?

A: In class we talked about how a healthy, blooming relationship stems from equality and freedom. Equality is defined as a balance of power (50/50), such as in the decision making process. Overall equality can mean different things to different partners. It comes down to how you and your partner define it for your relationship. It's also important to communicate openly and honestly about the balance in your relationship, especially if one of you is unhappy and uncomfortable. Why does equality matter? At BLOOM365 we know that in an unhealthy abusive relationship, one partner gains and maintains power and control over the other. By learning how to create equality in a relationship, we can prevent unhealthy relationships and build healthier relationships in our lives. To help determine the level of equality in your relationship, we encourage you to refer to the blooming and wilting flower on the back of your workbook. Feel free to reach out to BLOOM Advocate at the number above if you have anymore questions or concerns.

17) Q: How am I supposed to breakup with someone for the greater good?

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.

18) Q: What if both people in the relationship are your friends and one is being abusive to the other?

A: It's important to recognize that while it sometimes might seem like both partners are abusive, typically there is one partner that holds much more power and control over the other. Many times the victim is taking on their perpetrator's tactics as a way to try and defend themselves and gain back their own power, but not as a way of trying to exert power and control over their partner who is the primary aggressor. With that being said, sometimes two partners can try to control each other. In this type of situation, we recommend reaching out to an advocate at the number above.

19) Q: If your partner makes you feel worthless for feeling and experiencing depression and dysphoria. Does it count as emotional abuse? If so, what should you do about it?

A: Some signs of emotional abuse include: Name calling/put downs, threats and intimidation, ignoring/excluding, isolation, and humiliation. Perpetrators will often also use a pattern of minimizing, denying, and blaming. For example: Minimizing the behavior by saying they are just having a bad day or that the victim is being too sensitive, denying that they ever did it, or blaming the victim by saying that it's their fault and they made them do it. If you recognize any of the red flags, we highly encourage you to reach out to a BLOOM365 advocate or trusted adult. Emotional abuse can be a sign that a relationship is unhealthy. We encourage you to take a look at the words in the center of each of the flowers as you examine your own relationship. BLOOM365 advocates are always here to listen and can also provide more clarity if needed.

20) Q: I have an ex who was bad for me. She drove me to drinking occasionally. She would blow up at me for not being able to answer her every hour of the day. Anytime I tried to leave, she would threaten suicide. I couldn't leave, she was the reason I came out and I still cared. She wanted to do things in the school bathroom. She was always jealous of other girls I hung out with.

A: We want to say thank you so much for being brave enough to share your story with us. We want you to know that what you have experienced is never your fault and you are not alone. The act of threatening to kill yourself if the relationship ends 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 and tell a trusted adult or a BLOOM365 advocate. If you are still experiencing abuse in a relationship, we encourage you to reach out to a trusted adult or a BLOOM365 advocate who can help you determine what steps you can take next. We also encourage you to get involved in one of our support groups. Peer-to-peer connection and support can assist in the healing process. Feel free to email or text the number above to get connected to one of our groups.

21) Q: I've never been in an abusive relationship, but I may know someone who is. So I wanted to thank you for the presentation.

A: Thank you for sharing! We know it can be difficult to watch someone you know as a victim in an abusive relationship. If you feel inclined, 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."

If your friend is not yet ready to leave, you can be there for your friend and let him know that you are always available to talk. This will let your friend come to you for help whenever they feel comfortable. You can try to uplift your friend by telling them positive things and spending time with them doing activities together that will take their mind away from the negatives. You can let your friend know that they deserve to be treated with equality and respect and that they deserve to have healthy, blooming relationships.

22) Q: How do you end a friendship when the person who's your "friend" still wants to be friends?

A: Communicating your feelings with your friend may be helpful in this situation. Using “I” statements can be useful in helping them to understand why you are wanting to end this friendship. This will also give you the opportunity to offer a solution and for both of you to come to an agreement about where you stand. Feel free to reach out to an advocate for a non-judgemental listening ear and additional support if needed.

23) Q: The elephant in the room is how your statistics for teen abuse are false. The CDC reported 27% of teens will or have been abused during high school, this percentage includes cyber stalking. Also, never once does loveisrespect.org say 33% of all teens have been or will be abused in a relationship. There are about 45 millions high school teens, and the site only says 1.5 millions teens will be abused.

A: We truly appreciate your comment in regards to the statistics we gave you in class. However, there are many studies that model and echo the statistic that we discussed about during Dose 1. A lot of statistics that comes up when you do a quick google search only refer to physical abuse, so perhaps that is where the miscommunication lies. For more information on dating abuse statistics, here are some studies you can check out:

1. <https://www.childrenssafetynetwork.org/sites/childrenssafetynetwork.org/files/TeenDatingViolenceasaPublicHealthIssue.pdf>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1446854/#r10>
3. https://www.cdc.gov/violenceprevention/pdf/nisvs_report2010-a.pdf
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5858695/>

24) Q: I know someone who was in an abusive relationship and she told her parents and shes home schooled and this guy goes to Mountain Ridge. She’s scared to go to high school because of him, but her parents know. Do I do anything or...He said if she goes to school he’ll get people to jump her.

A: Thank you for sharing and reaching out for help. It is unfortunate that your friend can not feel safe going to school, and we hope she knows that this is not her fault. We are pleased to know that her parents are aware of everything that is going on. The most important thing we can do is let our friends know that we are there for them, make sure they are safe, and let them know that they are not alone. Additionally, a victim of dating abuse can get an Order of Protection (commonly known as a “restraining order”) which makes it so that the abuser can be arrested for coming near the victim. BLOOM365 advocates can help teens file protection orders against their abusers. You or your friend can text or call an advocate for free and confidential support or assistance at the number above.

25) Q: What do the perpetrators think when the relationship goes too far?

A: It can be difficult for someone to recognize the abusive behaviors they have developed, but they certainly can change if they want to! The first step is recognizing the problematic behavior and deciding they want to change. If you know someone that is abusive, share with them a red flags checklist that you have in your packet and let them determine. A BLOOM365 advocate can also help connect them to resources for support. Once a perpetrator identifies what behaviors are harming themselves and others, they can make the decision to change them into healthy behaviors and treat others with equality and freedom.

26) Q: How do you know if a relationship is strong and working?

A: A healthy and strong relationship is stemmed in equality and freedom and exhibits the characteristics in the center of the blooming flower (honesty, respect, consent, communication, etc.) Healthy relationships also involve both partners respecting the others' rights. 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.

27) Q: How do you end a relationship without the other person acting out negatively like bullying or saying bad things to get back at you?

A: Leaving an unhealthy or abusive relationship is never easy. In Dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.). Think of these barriers as hooks. It's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. Sometimes we can not control how other people will react, but you can always use our communication techniques and "I Statements" talked about in Dose 6 for conflict resolution. I statements are a great tool to address these types of issues as they allow others to empathize with us rather than responding defensively. If you are seriously concerned for your safety, we encourage you to tell a trusted adult or BLOOM365 advocate.

28) Q: Why don't they stop the relationship at the start?

A: It's important to recognize that unhealthy and abusive relationships often don't start out that way. People do not usually begin a relationship as overtly abusive or controlling. There is 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 (taught abusive behavior). 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. It's important that we never blame the victim for not leaving the relationship, as there are several barriers that can make leaving very difficult.

29) Q: What are good ways to stop dating abuse?

A: If you are interested in getting involved, we have lots of ways to do so! If you turn to page 38 in your workbook, you can read more about "PAC". To sign up, just fill out the sign up sheet on page 39 in your workbook and turn into your advocate! There are also opportunities to become trained as a peer advocate or peer educator! To get involved or for more information, visit <https://www.bloom365.org/advocates> or email marli@bloom365.org.

30) Q: Why do teen victims get abused?

A: There are several "root causes" for why perpetrators choose to exert power and control over their partner. These are the root causes that we explored in Doses 3 and 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 and insecurity can also play a role. 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.

31) Q: What happens if your safety plan falls through?

A: While a safety plan is great tool for helping determine practical ways to remain safe before or after leaving an unhealthy or abusive relationship, it may not always cover all potential situations. We highly recommend reaching out a BLOOM365 advocate or another trusted adult when creating a safety plan to ensure all aspects of the situation can be discussed to create as comprehensive of a safety plan as possible. However, in the event that a safety plan falls through, we encourage you to call 911 immediately if it is an emergency. If it is not as urgent, we recommend reaching out to the advocate or trusted adult who assisted you in creating your safety plan. Drafting a plan B may be a good step to take in the safety planning process in the event that plan A falls through.

DOSE 3

32) Q: Women are currently dominating the job market. LGBTQ's are slowly starting to gain more rights than others in many states. Your ability to talk about "patriarchy" on this scale means that it isn't THAT bad as you claim it is. We don't live in a patriarchy. Period.

A: This is exactly why this conversation of gender and patriarchy are so necessary. As we talked about in Dose 3, gender norms are ingrained into our culture. So although injustices might not be as directly obvious as they were historically, microaggressions are still very prevalent in our society. Historically we have seen these gender norms perpetuated because of the patriarchy. Remember that we learned that all people of all genders contribute, but that it is generally 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. In addition, due to the stigmas surrounding gender norms, young boys and men often don't feel comfortable reaching out for support if they're experiencing abuse because they fear they'll be told to "tough it out" or "be a man." Abuse DOES NOT make any person less of a man or a human being. It's crucial that we talk about these things, otherwise nothing is ever going to change!

33) Q: Instead of saying "dating" you should put "relationships" so it feels like everyone qualifies and maybe they will take it more serious and because I'm feeling left out.

A: We apologize if we ever made you feel left out! It is always our intention to let students know during Dose 1 that this information is still relevant to them even if they aren't currently dating. Everything we've talked about from the very beginning and all the way through Dose 7 is applicable to relationships of all kinds; from friendships and relationships with family members to dating relationships. We hope you know that the information you've learned over the Doses 7 will be beneficial for you in both you current and future relationships!

34) Q: Why do people think this is a joke?

A: These conversations can sometimes be difficult and uncomfortable to have, and some people may use humor as a way to lighten the mood. Some people who have experienced abuse and violence in their lives use humor as a method of coping with these difficult situations. Others are unaware of how serious these issues can be.

35) Q: What if someone you know is getting over a break-up, how can you help? Or know if they are actually okay?

A: When you love someone whether it's intimate or a friendship, you integrate them into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. When that all disappears, you feel lost because you actually lost something. 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. A great tip for coping after a break up is to remember to be patient and give yourself time for your heart to heal.. 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, you can always reach out to an Advocate at the number listed above for free, confidential support and a listening ear.

36) Q: How can someone make a high school relationship more serious?

A: Finding someone who fits what you want in a partner and who you can connect with happens at different times for every person. You can open up your workbook to page 12 for a list of your rights and responsibilities within a relationship. The best advice we can offer is to remember your deal-breakers and deal-makers, and to recognize that finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship. Don't give up hope if it has not happened yet, blooming relationships take time to build and create.

37) Q: I just wanted to say thank you for teaching our class.

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!

38) Q: So why can't men be feminine? Why also can't women be anything they want, it's America right? Similar question: To be honest. I'm going to say it doesn't matter who and what you are you, you can be anything.

A: You're right! We all should be free to express ourselves and be whoever we want to be regardless of gender. This is what we were talking about in Dose 3- having a rigid belief in unhealthy gender norms is something that can be a risk factor for having power and control over our partner. If someone believes that they should have power over someone because of their gender and their understanding of gender roles, that can lead to an unhealthy or potentially abusive relationship.. Gender roles can also prevent male victims from reaching out if they are experiencing abuse and violence in their relationships. We at BLOOM365 believe people should feel free to be who they want to be regardless of what society promotes as the "norm."

39) Q: Everyone has kindness in them somewhere. Why is there so much disrespect to dating relationships? Why can't people just stop dating abuse?

A: We fully agree that everyone has the choice to either treat people with equality and freedom or power and control. We also believe that YOUR generation has the potential to stop the cycle and

40) Q: Why is being sad called depression and why when you're happy you still have that sad feeling that makes you feel bad? Because you're happy or having fun, but you're sad just a little?

A: First off, we want you to know that you are not alone. Sadness is a natural emotion, and we all feel it at times. Some red flags that you may actually 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 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 602-248-TEEN (8336). 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.

41) Q: Not calling someone by their preferred pronouns because someone else doesn't agree, makes me uncomfortable.

A: It makes us uncomfortable too! Here at BLOOM we believe in equality for all people, regardless of race, religion, sexual orientation, gender identity or anything else. If you witness someone misgendering someone or treating anyone unfairly for any reason, and want to intervene, you can use the tools we talked about in Dose 7 for becoming a social upstander. Check out pages 36 and 40 in your workbook for more information, or feel free to reach out to a BLOOM365 advocate at the number above.

DOSE 4

42) Q: How do you know if a girl gives consent?

A: As we learned during the program, consent is asking for permission for something to happen. There are 4 important components involved with consent. Consent involves a firm and enthusiastic yes, is freely given (not coerced), not under the influence, and it must be given every single time. 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.

43) Q: Why does saving a life cost so much? But taking a life cost nothing?

A: While our mission is to prevent teen dating abuse BEFORE it starts, our vision is safe and healthy relationships for ALL people! We believe that your generation can help to grow empathy, respect, kindness, consent, equality and peace as the standard for future generations. We truly believe that if more people stood and followed the movement, we can save many lives together. Remember it

takes all of us as a community to make a change. If you'd like to discuss further, please feel free to reach out to a BLOOM Advocate at the number above.

44) Q: Is there a website or something where I can get a shirt like yours?

A: Yes! Feel free to check out our website at bloom365.org/shop where you can find all of our shirts and other BLOOM365 products. If you buy a shirt, be sure to take a picture of yourself in it and tag us on social media! Thank you for supporting the movement! BLOOM IT UP!

DOSE 5

45) How to get people to like me?

A: As we talked about in Dose 5, self-esteem is confidence within your own self worth, resulting in self-respect and self-love. Building up self-esteem takes time but if we want people to like us, that change ultimately has to start within us. When we are showing others that we love ourselves, we will begin to attract those positive loving supportive people into our lives. At the end of the day, the only person we should want liking us, is us. Try to think more positively about yourself, changing the way you think about yourself will change how you feel about yourself. Try a new hobby, and challenge yourself to set goals for the rest of the year short or big. We can never change another person's thoughts about us, but we can change how we feel about ourselves. Feel free to reach out if you need anymore tips on self-esteem or a listening ear at the number above!

46) What if you're just stuck and don't know what your hobbies are or what makes you happy?

A: It is perfectly okay if you feel stuck that you don't know what your hobbies are and what makes you happy. You'll get there! We encourage you to challenge those fears by trying new things. Trying new things can help you learn what you enjoy. Remember that mistakes are ultimately lessons. Reflect back to your childhood, what hobbies did you enjoy as a kid? This could help you narrow down finding what you're good at! If you're spending time doing those things, this could also help you figure out what makes you happy.

47) How do I decide what I want?

A: Deciding what we want is not always an easy process that happens overnight. We can however start with thinking about what makes us happy. When we figure out what makes us happy, we can start to work towards figuring what we want in our lives. We encourage you to try new hobbies, join a club, and meet new people. There's so many different ways to go in this life, and we encourage you to explore the different options to help guide you in the direction you'd like to go!

48) What if someone makes my deal breakers and my deal makers and so much more?

A: Oftentimes when you begin to really like someone, that attraction and those feelings are going to be just as strong or stronger than the attraction you have to your celebrity crush. The most important thing for us to do is 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 way to break the cycle! Ultimately it is up to you and your partner to have an open and honest conversation about your deal breakers and makers together.

49) Love! Respect! Positivity!

A: YES! BLOOM IT UP!

50) When talking about body image, you should mention everything on social media is fake. It's all angle and photoshop, even fitness models male/females.

A: Great point. As we learned in Dose 5, body image and appearance is a major influence on teen's self esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves, which is often related to unrealistic ideas for men and women that are portrayed in the media. Although we can not change how people view us, we can ultimately work on our own self esteem and change the way we view ourselves. As you work to build up your self-esteem and positivity, you will experience self-acceptance and learn to recognize the qualities, skills, and talents that make you special. At BLOOM365, we encourage you to be the change that you want to see. We hope that by recognizing that the media's portrayal of beauty and society's beauty standards are often unrealistic, you may be inspired to help create change around these issues!

51) I think you guys should address how to talk to people of the opposite sex.

A: Unfortunately that is a bit outside of our speciality. Our work is focused on preventing teen dating and help teens create and build healthy relationships. As much as we address dating, we also address friendships and family relationships as well. Our sole focus is not on teaching you how to get into a relationship, but rather how to grow healthy and safe relationships with your friends, family, and dating partners. Some tips that may be helpful are the tips we discussed during the communication component of Dose 6. "I" Statements are a great way to express your feelings openly! Effective communication is a key component of healthy relationships! If you'd like to talk to an advocate more about effective communication, feel free to reach out at the number above.

DOSE 6

53) Q: If I'm depressed and my girlfriend is depressed yet we make each other happy and we give each other hope. Is it still an unhealthy relationship?

A: Thank you so much for sharing! It is so awesome to hear that your partner has been there to help you up when you're down and to give you hope. A healthy, blooming partnership stems from equality and freedom and having a healthy self-esteem plays a huge role in that! We encourage you to also take a look at page 28 in your workbook, which lists the core characteristics of what a healthy, blooming relationship should look like. Perhaps, reading this page and examining these characteristics with each other can help you always evaluate where you are at and then spark a conversation on how you can continue to create a healthy relationship together in the future. Sadness is a natural emotional,

and we all feel it at times. 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 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 602-248-TEEN (8336). 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.