

Elephant in The Room Q & A

Metro Tech 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

1) Q: If you aren't dating them anymore but they do the same is it still considered abuse?

A: Abuse is not specific to dating relationships, but can be done out of power and control in friendships and family relationships. As discussed in class, a perpetrator will continue to abuse if they aren't told that it's wrong and don't get help. The perpetrator loses control over you when you are out of that relationship and that can make the perpetrator eager for power again; this specific situation sounds like your ex-partner is trying to regain power and control over you. Even if they aren't necessarily abusing anymore, you may still have an unhealthy relationship which can lead to the petal of the wilting flower which contains: intimidation, threats, isolation, dominance, jealousy, physical violence, sexual assault, etc. You can always reach out to a BLOOM advocate or any of the hotlines above if you have further questions on how to get support, an order of protection, or other resources.

2) Q: What can you do to help a friend that feels down due to a situation that involves their crush?

A: Friends need our support when they are going through rough patches in their lives and sometimes that friend may need advice and resources while other times they just need you to listen. It's completely normal for your friend to feel negative emotions towards this situation. Some tips BLOOM 365 suggests are the self-care skills we talk about in dose 2 that include yoga, painting, taking a walk, blogging, and listening to blooming music. Maybe you could suggest that you and your friend do some of these self-care activities together! We also hold free support groups with snacks Monday through Friday that you and/or your friend can attend (listed above!).

3) Q: How can we stop it from getting worse. What if you know someone going through abuse but they are too scared to leave? How would you go about stopping it?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with your peers, 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 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.

4) Q: How do you not get jealous?

A: Jealousy is a natural emotion that all humans feel and, in small doses, usually means we care for someone. As seen by the wilting flower, extreme jealousy can be rooted from insecurity. BLOOM 365 would suggest working on promoting yourself and reinforcing your self-worth through daily or weekly activities we talked about in dose 5. Below is a quick video showing how

affirmations to yourself can directly improve your self-esteem!

<https://www.youtube.com/watch?v=qR3rK0kZFkg>

5) Q: What gender is most likely to be the victim?

A: Research has shown that 63% of sexual assaults are not reported to the police. The Centers for Disease Control have reported that 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner. Both statistics mean that although women are at higher risk to be the victim, there is still a high percentage of unreported assaults which may be the result of the gender discrepancy. The social stigma and silence around male sexual abuse is a barrier to those who want to come forward.

For more information about the statistics, click on the links below!

1. https://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_statistics-about-sexual-violence_0.pdf
2. <https://1in6.org/>

6) Q: When you are threatened by your partner saying they will commit suicide and then you don't leave, what should you do?

A: This is one of the 5 signs we discussed in the classroom that put us or others at risk for being seriously hurt or killed. We need to take this type of threat seriously at all times. We need to reach out to the trusted adults in our lives. This may be the school social worker or even a BLOOM365 advocate (602-799-7017). If the danger is imminent, we need to call 911 to make sure everyone is safe. Some additional resources include: The National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email teens@bloom365.org, local support: 1-888-606-HOPE (4673).

7) Q: Is it abuse if you control what they wear?

A: Healthy relationships are stemmed in equality and freedom. In a healthy relationship, both individuals understand their own rights to safety, equality, individuality, and boundaries and respect these rights of their partner. You can explore your rights and responsibilities further on page 16 of your workbook. Unhealthy relationships exhibit unhealthy power and control. For example, your partner telling you what to wear or telling you who you can or can't hang out with. We would be happy to discuss your situation further if you'd like to reach out to a BLOOM365 advocate at the number above.

8) Q: How many unhealthy relationships have you stopped?

A: Between July 2017 and June 2017, BLOOM365 reached approximately 8,000 teens through our 7 Dose program, flash doses, and community outreach events. We expect to exceed this number over the next year! On our website home page, you can also see a count of the number of teens we have reached through the 7 Doses and the number of disclosures we have received since our start. These numbers updated periodically so be sure to check back in the upcoming months to see an update! For every teen who discloses, we provide support and information on available resources. Additionally, we provide individual and group advocacy to

teens at several community sites including: One N Ten, Florence Crittenton Girls Ranch, South Phoenix Youth Center, UMOM, and De Colores.

9) Q: I've been emotionally abused and wanted to commit suicide now and I can't be in a relationship without being scared. What should I do?

A: We want you to know that you are not alone. If you are experiencing abuse in a relationship or if you are a sexual assault survivor, we encourage you to reach out to a trusted adult or a BLOOM365 advocate who can provide a listening ear and connect you to additional support if desired. We also highly encourage you to get involved in one of our weekly support groups.

10) Q: Any examples of verbal abuse in a family?

A: Both verbal and physical abuse are tactics a perpetrator may use to gain or maintain power and control over their partner. The two may occur simultaneously at times, but they are different. Verbal abuse typically involves yelling, screaming, rampaging, or refusing to talk. On the other hand, physical abuse can involve: Hitting, kicking, biting, shaking, pinching, pushing, pulling hair, choking, hitting with an object, threatening with a weapon, and/or threatening physical assault. Both have the same root causes, however, physical abuse includes all physical actions that hurt/violate the person; while verbal abuse consists of only abusive language.

11) Q: How do you stop someone from making someone else feel uncomfortable?

A: 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 yours or someone else's safety, we encourage you to tell a trusted adult or BLOOM365 advocate at the number above.

12) Q: Is it bad to oversleep?

A: This question is a little outside of our speciality. However, getting a good amount of sleep is part of a healthy routine. While sleeping can often be used as a coping mechanism, sleeping in excessive amounts might be considered self-comfort more so than self-care. We encourage you to reflect back on our discussion during Dose 2 to utilize healthy coping strategies for self-care! Your health teacher might also be a great resource to discuss healthy sleeping habits! Another great resource you might consider checking out is:

<https://www.hopkinsmedicine.org/health/healthy-sleep/sleep-better/oversleeping-bad-for-your-health>.

13) Q: Why does my grandpa abuse me?

A: If you are currently experiencing abuse, and if you feel in immediate danger call 9-1-1. If you have been physically abused you in the past, contact BLOOM365 at 1-888-606-HOPE(4673) and we will connect you with someone who can assist you in taking the necessary steps in your situation. If the parent is not a threat to you, communication is very important. If you refer to the 'I feel...' statements in Dose 6, it is a great way to communicate to express the power and

control within the relationship. This can help take away the confrontational stance and allow your grandparent to empathize with you.

14) Q: So I have liked this guy and I have had so many insecurities and tried to change myself because of it. How do I get over it and be proud of who I am? Is there anyway I can stop being jealous/ insecure?

A: Being proud of who you are can help you to have a healthy self-esteem, which can also contribute to healthy relationships and friendships. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves.

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!

15) Q: How to handle being in an abusive situation?

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

16) Q: Why is it that men are the ones who are mostly abusive? Similar question: Why are men mostly abusive to women?

A: In society, boys and men are often taught to be more aggressive and/or violent because of Unhealthy Gender Norms. Times are changing, and we have hope that future generations are able to change the norm. Women are vastly more likely to be seriously hurt or killed in abusive scenarios, which is why a lot of the examples we chose show women as the survivors and men as the perpetrators. 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. Legally both men and women are treated equally when they are victims of these crimes.

17) Q: What gender is the victim the most?

A: One in four women and one in seven men will report physical abuse from an intimate partner in their lifetime. That number is even higher when it comes to verbal and emotional abuse.

18) Q: What if you know someone going through abuse but they are too scared to ‘draw the line’, how would you go about stopping it?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It’s also important that we don’t blame the victim. In your packet, you can reference the “5 Ways to Help a Friend Going Through Dating Abuse” to start a conversation with the survivor. 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. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do 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 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 friend could be at risk of getting injured or even killed.

19) Q: I kind of have a problem with my parents once in a while, what do I do?

A: Communication is key. If the situation is not dangerous you can try the communication technique we learned in the classroom to express our feeling and the changes we would like to be made in the relationship with your parents using “I statements”. I feel _____ when you _____ can you please do _____ instead. If you’d like to discuss this further, please reach out to an BLOOM Advocate at the number listed above.

20) Q: What do you do if someone says they cut themselves?

A: First off, we want you to know that you are not alone. Although we do not specifically address self-harm or depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing these issues, including Teen Lifeline. You can contact them at 602-248-TEEN (8336). School social workers and counselors are also a great source for information and support with self-harm and depression. Please know you can always reach a BLOOM365 advocate by texting or calling the number above for a listening ear or if you would like additional resources.”

21) Q: Why do you call your company BLOOM365?

A: The number 365 in “BLOOM365” represents the number of days in a year. We want to Bring Love On Others More (BLOOM) and encourage others to BLOOM all 365 days of the year

22) Q: How can I help my sister after her break up with her boyfriend?

A: Let your sister know that experiencing a breakup is never easy. When you love someone whether it’s intimate or a friendship, you integrate them into your life. 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. With all this said, 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 breakup that you can share with her is to remember to be patient and give herself time for her 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 that

you can share. We also would encourage you to inform her of 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. Let her know to find what works for her, and always know BLOOM365 is here to support if needed! If she's still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

23) Q: How can you leave an abusive relationship?

A: It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. If you are concerned about your safety, please contact a BLOOM365 advocate so that you can create a safety plan. Otherwise, talking to your friends to make sure someone can walk with you to and from class can be helpful if they are bothering you at school. If you continue to have issues at school, you may want to reach out to a trusted school staff member about additional steps you can take. If you are experiencing issues online, you may choose to block their number and social media accounts to keep them from contacting you online

24) Q: What should we do if we think an adult we know might be in an abusive relationship ie a parent or an aunt or uncle?

A: It can be very difficult to watch an adult as a victim in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" them, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in their life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don't be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call. You can also reach out to a BLOOM365 advocate by calling or texting 602-799-7017. We can provide you with local resources and talk with you more about helping a parent in this situation.

25) Q: What if you let the love you have for a person keep you from ending things even if you're abused?

A: Feeling love for someone is a common barrier when it comes to ending a relationship. We recognize that letting go of someone you love is not easy. It's important to remember that love is both a noun (a feeling) and a verb (action). You are experiencing love as a noun, but always remember that you also deserve to feel love as an action. As the saying goes it is never easy to say goodbye, but with the coping mechanisms we discuss in the classroom we can help ourselves heal and move past painful moments in life. 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. Email teens@bloom365.org or text (602) 799-6096 to get involved. Other methods of coping include: Talking to trusted friends or family members or healing arts like painting or yoga. 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!

26) Q: How do you know when you're really in love?

A: Love is more than an emotion or a feeling of butterflies and warm fuzzies. Love is also an action. 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. Go back to the “deal breakers” discussed in dose 6. Do they represent love to you? Remember that love can be both an action (verb) and a feeling (noun). Healthy relationships involve love as a feeling and love through actions.

27) Q: What do I do when I am happy in social settings but sad at home?

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.

28) Q: What if the person being abused goes back to that person and the same thing happens again?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your packet, you can reference the “5 Ways to Help a Friend Going Through Dating Abuse” to start a conversation with the survivor. 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. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do 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 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 friend could be at risk of getting injured or even killed.

29) Q: If someone in a relationship make you feel guilty, is that like putting someone down?

A: The abusive partner may lower their partner's self esteem by humiliating them through name calling, guilt and put downs. Ex. "you're dressed like a slut" or "I see you've put on some weight." The abusive partner becomes jealous when their partner spends time with family or friends by saying, "You need to spend more time with me" or "You never show that much affection/attention towards me." If you or a friend are currently experiencing abuse, please reach out to a trusted adult or contact a BLOOM Advocate at the number listed above.

30) Q: What do you think the goal will be after this course?

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.

31) Q: Why was Alex trying to force Natalie?

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

32) Q: When you're raped what are some options you can take or some advice you can give your cousins or your friends?

A: Some advice you could give your cousin or your friends is really encouraging them to reach out to a trusted adult. This may be a parent, a school social worker, or a BLOOM365 advocate. Also let them know we offer drop in support groups on Monday nights, which might be helpful in the healing process. We also offer individual advocacy. They can text/call an advocate at the number above to determine how they would like to make the report and to learn about the available resources. Lastly, they can also contact the National Sexual Assault Hotline at the number listed above.

33) Q: What resources do you guys provide?

A: BLOOM365 is here to provide advocacy services to any youth who has experienced any kind of power based violence including sexual assault. These services can help you discover new coping skills. You can text or call a BLOOM365 advocate at the number above if you feel like you need any support or would like to access these services.

34) Q: If your in a long term relationship and your partner doesn't consent, does that mean your relationship is going bad even if it hadn't happened before?

A: Consent essentially means asking for or receiving permission. It doesn't just have to do with sex. It must be utilized in all interactions and is a huge component of healthy relationships. Effective communication is a key component of healthy relationships! Whether you are

communicating to the trusted people in your life or to your partner, effective communication can help both you and the other person to better understand each other's feelings and this will provide insight on what page you are both on. If communicating your feelings does not change your partner's behavior or make them respect your boundaries, this could be a warning sign that this relationship is unhealthy. It's also important to remember that you deserve healthy relationships that exhibit all of the blooming words you see in the center of the wilting flower.

35) Q: What if a friend wants to do something that is not safe and you want them to not do that. Do you force them or let a trusted adult know?

A: We cannot force people to do anything, that decision is ultimately up to them to make. What we can do is be there to listen to them and provide support. They may not feel comfortable talking to an adult, and would rather talk to you. If you look in your packet, 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 your friend is in serious danger, it's important that you reach out to a trusted adult to ensure the safety of your friend.

36) Q: Who am I? What's my purpose? Was I meant to be somebody?

A: Remind yourself that the negative things others say about you and what you think about yourself are not true. Continue to work on healthy self-esteem, positive thinking, and self-care. Keep yourself busy doing things you enjoy! A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. Building good self-esteem can take a long time and is not always easy because it takes time to become confident. You can always contact BLOOM365 by texting or calling the number above for more tips on boosting self-esteem.

37) Q: I've been sexually assaulted twice but my parents don't know. Should I ever mention it to them? *this happened when I was 5 or 6 and I am now 14*

A: First off, we want you to know that if you were sexually assaulted, it is not your fault and you are not alone. Engaging in these conversations is not easy and ultimately the decision of what you want to do is yours to make. However, the best thing we can do is be honest and open about the situation with a trusted adult in our life. But the most important thing to do is reach out in a way, and to the person, that makes you feel most comfortable. Telling someone about an abusive relationship can be hard, but your parents can help provide support during this

difficult time and help you determine the best way to stay safe. If you don't feel comfortable telling parents everything, you can just let them know how you feel. You can come together to talk about ways to keep you safe and if you want to take any legal action (i.e. protective order). You also have the option to reach out to someone who is not your parent for instance the school social worker or your BLOOM365 advocate. Some resources include: the National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email teens@bloom365.org, local support: 1-888-606-HOPE (4673).

38) Q: If someone was sexually assaulted a long time ago and never told anyone but then they had the confidence, would it still be considered a crime? Can they still get in trouble?

A: Yes, there are some legal measures we can take if any type of physical or sexual abuse has taken place in the past. Please reach out to the trusted adults in your life or a BLOOM365 Advocate that can help to direct you to the proper resources.

39) Q: How far does it have to go to be considered sexual assault?

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

40) Q: How can we make an ignorant person understand a victim's situation?

A: You can explain to them that from media to everyday conversations, we still live in a world where victims of sexual assault are blamed. "She should not have drank that much." "She should not wear leggings or tight clothes." "When she dresses like a slut, what does she expect?" These and other "normalizing" comments create a culture where victims (primarily female victims) are blamed for being sexually assaulted. Abusers and sexual violence predators often use these social norms and "gaslighting" to push the victim into believing they are the one at fault. They use their dominance, put-downs, verbal abuse, and intimidation to build psychological confusion within the victim. The victim then starts believing if they had only "listened" or "did something different" that they could have prevented the sexual violence. Page 18 in your packet also has a lot of great information about victim blaming and how to help. If you'd like to discuss this further with an advocate, please call or text the number above,

41) Q: Do you have to ask 5 times to make sure your partner is safe?

A: Communication is always the key. Whether you are communicating to the trusted people in your life or to your partner, effective communication can help both you and the other person to better understand each other's feelings and this will provide insight on what may be going on with them. If communicating your feelings does not change your partner's behavior or make them respect your boundaries, this could be a warning sign that this relationship is unhealthy.

42) Q: Does consent always have to be verbal?

A: When it comes to consent, there should be 4 things that are recognized. A firm and enthusiastic yes, uncoerced, not under the influence, and must be given every single time. Consent doesn't have to be verbal, but verbally agreeing to different sexual activities can help both you and your partner respect each other's boundaries. If you have any more questions about this matter, please reach out to a BLOOM365 Advocate at the number above.

43) Q: If someone was to get raped and the rapist said that person “never said no” aren't they still going to prison?

A: As we learned during the program, consent is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you do not consent, it is still considered rape even if you're in a relationship. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

44) Q: Can verbal abuse harm someone forever?

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. Regardless of how the abuse is done, it's still abuse! No one deserves it and it's not the victim's fault when it does happen. Verbal abuse can take many forms such as put downs, humiliation and threats. If you or a friend is in a verbally abusive relationship, 24/7 non-judgemental support is just a phone call/text away at the National Teen Dating Violence Hotline: 1-866-331-9474 or text “loveis” to 22522. You can also reach out to a BLOOM365 advocate at the number above.

45) Q: When encountering an alleyway argument, and weapons are present, can I stand around the corner, and yell like a siren to scare away the perpetrators from a victim, or stop a gang-fight?

A: When a weapon is involved we always want to reach out to a trusted adult as soon as possible. We encourage everyone to make sure that they are always safe first. If you do not feel comfortable directly intervening, we recommend using one of the other methods of upstander intervention. You can delay and check in with the victim after the incident, or you can find a trusted adult or friend to intervene with you. It is important to report something like this to a trusted adult. To discuss this situation in greater detail, please feel free to text/call an advocate at the number above.

46) Q: Why are people disgusting?

A: Sometimes people learn abusive behavior growing up from the people around them: this is called abusive taught behavior. The objective of the abusive person is to have power and control at all times and to make sure this is the case they are willing to harm others. The abuser is also

blaming the victim for their actions “look what you made me do” so they never reflect and take ownership for their abusive behavior.

47) Q: Is joking around with your girl considered abuse?

A: There are different type of jokes. If our jokes are hurting others feelings and causing them to feel insecure we should take the time to understand the impact of our words. As we learned during our communication activity with our words we can cause someone to wilt or help them bloom. Positive and healthy jokes are definitely a part of relationships, but we should be careful that our words don't become hurtful.

48) Q: Why are there no girl presidents?

A: As we talked about in Dose 3, gender norms are ingrained into our culture. Historically we have seen these gender norms perpetuated through a system (and the root cause you learned about) called patriarchy. Patriarchy is a system that is designed to benefit men and masculine folks so that they can hold power in society. 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.

49) Q: How may I improve my insecurities? How can I be proud of myself and find positive things?

A: 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. Please know that you are not alone, and additional support is available if needed. Please reach out to BLOOM365 for a non-judgmental listening ear and information about available resources. We also highly encourage you to get involved in our self-esteem and self-care support group on Tuesdays from 6PM-7:30PM. Chat with us online or text/call an advocate for more details!

50) Q: Why did he want to pressure that girl into having sex?

A: The reasons for why people are controlling are those root causes we explored in Doses 3 & 4: Unhealthy gender norms, insecurity, abusive taught behavior, etc. Some people are insecure and attempt to gain control over another to help them feel better about who they are. Others are exposed to domestic or sexual violence as a child and taught that these behaviors are normal or okay, which can lead to them exhibiting these same behaviors of power and control in their own relationships. It's important to remember though that while all of these “root causes” increase a person's risk for having unhealthy or abusive relationships, they still have a choice in whether or not they are going to try and gain power and control over another person. Equality and freedom are rights that you have as an individual.

51) Q: When you like hanging out with them?

A: We aren't sure what you are asking here. Please feel free to reach out to an advocate at the number above or chat with us online to provide more clarification!

52) Q: I am concerned about people judging me for my sexuality because I am letting myself open up to people to make more friends but I am scared of what they will think of me like I am not normal?

A: BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. We encourage you to educate the supportive people in your life on what it means to be apart of the LGBTQ community and the barriers that are faced by people in this community. Coming out may be a process and take time. If you'd like come to a space where everyone is welcome and safe we encourage you to join our LGBTQ+ weekly support group on Thursdays from 5 to 6 PM. You can also always reach out to our LGBTQ advocate at the number above to discuss this situation or chat online at bloom365.org for more support.

53) Q: Why are people so insecure about their body?

A: 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. This can lead to insecurity for a lot of people when they don't feel like they meet these narrow and often unrealistic expectations and ideals. 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 we work to build up our self-esteem and positivity, we will experience self-acceptance and learn to recognize the qualities, skills, and talents that make us special. At BLOOM365, we encourage you to be the change that you want to see. We hope that by recognizing that body insecurity is a huge issue among your generation, you may be inspired to help create change around these issues!

54) Q: What if you don't understand anything?

A: We encourage you to reach out to a BLOOM365 Advocate at the number above or through our online chat. We'd be happy to help break anything in our program down to make it easier to understand!

55) Q: Can abuse also come from friends without noticing?

A: Everything that we discussed during the Bloom It Up program can be applied to friendships and relationships alike. In friendships, we often see this play out through bullying (such as put-downs, humiliation, etc.) Someone trying to take power and control over you can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook and on [on our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present, it's a good idea to talk to your parents or another trusted adult. You can also reach out to a BLOOM365 advocate by phone at the number above. As discussed in class, a perpetrator will likely continue to abuse if

they aren't told that it's wrong and don't get help. If you feel that a friendship you have is unhealthy, it is up to you what you would like to do. It may be helpful to utilize "I-statements" to express your concerns and feelings to your friend. We recognize that leaving an unhealthy friendship is not easy. With all this said, while ending a close friendship is tough, it can be a great time for self evaluation and growth if you do decide to do so.

56) Q: Why does she keep following me?

A: Stalking is against the law and is potentially dangerous. It is important in these situations that we document the incidents in a detailed way to ensure safety. We encourage you to reach out to a trusted adult or a BLOOM365 advocate at the number above to discuss this situation.

57) Q: Why does she keep breaking my heart?

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. Our goal is to equip you with the knowledge and tools 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! It's also important to remember that you deserve healthy relationships that exhibit all of the blooming words you see in the center of the wilting flower. If you'd like to talk to an advocate more about effective communication, feel free to reach out at the number above.

of Youth Requesting Info/Support:

(What Do I Do If...? Where Do I Go...? How can I...? Can you help me...? Etc.)

Disclosure totals:

DV:

TDV:

SV:

GBV:

Other (other power-based violence only):