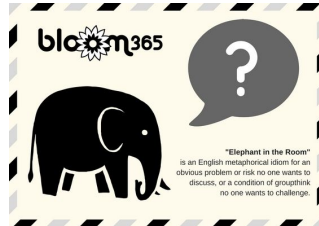


Elephant in The Room Q & A

Sandra Day O'Connor High School
Spring 2019



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

Resources:

For additional resources, please visit bloom365.com/resources

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

Q: Student

A: BLOOM365 Advocate

1) Q: What is hypermasculinity?

A: Hypermasculinity, defined in Dose 3, is the exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression. We talk about hyper-masculinity, and other unhealthy and rigid gender norms, because they happen to be one of the most significant risk factors and root causes of dating abuse. The important thing to know is that these stereotypes are not facts but rather some people's opinions.

2) Q: How do you know someone is going through teen abuse?

A: Some signs of abuse can be witnessing their partner verbally put them down, humiliating them, or threatening them. Also if their partner is trying to isolate them from friends and family.

3) Q: Why is it called BLOOM?

A: BLOOM365 stands for Bring Love On Others More, 365 days a year!

4) Q: What makes people think it's ok to do this?

A: There are a number of root causes that we explored during Doses 3 and 4 for why someone might choose to use power and control over someone else. Some people may be abusive to their partners because they were exposed to violence in their homes as a child and taught that this behavior was normal or okay. Rigid belief in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based on equality and freedom.

5) Q: How do I help someone going through dating abuse?

A: Checking in on a friend is always a good start. Let them know that you are there if they ever want to talk. Let them know that you feel concerned for them. Let them know that they do not deserve this treatment and it is not their fault. Give them resources if they wish to seek help by texting our advocacy line 1-888-606-4673.

6) Q: I was in an emotional abusive relationship and it was hard to leave. How can I make it easier? To make it easier after the fact, try hanging out with friends or dedicating time to a new hobby or skill.

7) Q: How do you reduce stress?

A: We all experience stress at times, and it's important to identify what coping tools work for you. For some people, it's talking to someone like a parent, teacher, counselor, or friend. Other people find it helpful to set goals for themselves and focus on one thing at a time in order to work towards that goal. It's also important to remember that some things aren't in our control and to try and focus on what you can control. Some other coping methods include: Exercising, going for a walk, listening to music, practicing mindful breathing, yoga, taking a nap, writing in a journal, or playing with a pet! We

encourage you to find what works for you. If you need additional support or a listening ear, feel free to reach out to our advocacy line.

8) Q: How does the abuser get help, so they don't continue the cycle of abuse?

A: It can be difficult for a perpetrator to change their ways, but they can certainly change if they want to! The first step is realizing their abusive behaviors. Next, they need to understand the negative impact that the controlling behavior can have on the people they love or care about. Then, they can practice healthy communication and conflict resolution techniques so that they express their needs and can have them met. If you look on page 20, you can find a resource on how to talk a friend who is controlling or abusive. If you recognize that you are the one being controlling or potentially abusive, we encourage you to reach out to a school social worker or our Advocacy Line for support.

9) Q: What are the signs(if there are any) if a friend or family member is going through an abusive relationship?

A: The red flags in your workbook can apply to both teen dating abuse and domestic violence. Additionally, you can find some of the Red Flags of Domestic Violence at <https://www.thehotline.org/is-this-abuse/abuse-defined/>

10) Q: How can we help people be more aware of teen dating violence?

A: You have power in your voice! You can help increase awareness of teen dating violence by sharing your message via hobbies you have (event planning, marketing, artwork, public speaking, project planning, public policy, community collaboration, etc.). In fact, look into joining BLOOM365's Peer Advocate Crew (PAC) on pages 8 and 9 of your workbook!

11) Q: What are the types of sexual abuse?

A: Sexual abuse is undesired sexual behavior by one person upon another. As we learned during Dose 6, consent is required every single time any sexual act is initiated, whether the folks involved are in a long term relationship or not. This means an act is deemed as sexual abuse or 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 are in a relationship. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or our BLOOM365 Advocacy Line.

12) Q: What do I say to leave an abusive relationship?

A: First, it's important to remember that the abuse was not your fault and you are so strong for surviving different forms of abuse. Experiencing abuse can emotionally and physically cause an impact on a person, and it's important that this is dealt with properly to help the survivor move forward. It's also 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. If you are not concerned for your safety and feel comfortable doing so, we encourage you to utilize the communication technique we learned about in Dose 6- "I-statements" to express your concerns and end the relationship.

13) Q: Is coercion the same thing as convincing?

A: Coercion and convincing are slightly different, but the difference is very important. Convincing is typically a way of attempting to make someone believe, or feel sure about something, usually by using logic or evidence. Coercion uses force or intimidation to force control over another person. Coercion is an attempt to persuade someone to do something by using force or threats.

14) Q: Why is having a 1 week anniversary a red flag in a relationship?

A: Blooming relationships are built off equality and freedom, where both parties feel equal. When someone loves us they treat us with kindness, respect, empathy, affection, and so many more great qualities that make us feel cherished. One tool that we can use if we are ever concerned that the relationship might be unhealthy is by determining if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? While getting serious too quickly could be a potential red flag, you are the expert in your own life, so only you can make that decision. However, it can be useful to look at the blooming and wilting flowers to help you to determine whether this relationship is healthy or unhealthy. The red flags checklist in your workbook or on our [website](#) is another great tool to identify potential red flags that a relationship might be unhealthy.

15) Q: Why does social media have to be a huge part of a relationship?

A: You are in charge of your own life, so we encourage you to do what makes you happy! If you don't want social media to be a part of your relationship, it doesn't have to be! The reason we talk about media in the Bloom It Up program is because media has the potential to promote wilting ideas and messages of power and control. By being critical and aware of what you are consuming, you can identify and recognize when something is wilting.

16) Q: Why is sex education only about abstaining from sex and not about how to have safe sex?

A: Arizona focuses on abstinence-only sex education. Sex education that includes a wider range of topics including birth control methods and STI/HIV prevention is referred to as "comprehensive sex education." There is no law in Arizona requiring schools to teach about STIs or birth control methods, but there is a law that states that if a school decides to include sex education, they must stress abstinence.

17) Q: Why do some people stay in an abusive relationship?

A: Leaving an unhealthy or abusive relationship is never easy. In dose 2, we talk 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. It's also important to remember that the most dangerous time in an abusive relationship is when the victim tries to leave.

18) Q: Do abusive relationships happen gradually or does it happen from day 1?

A: The early warning signs of abuse are often hard to catch because they are usually masked as "caring" and not "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. You can always refer to the red flag checklist for more red flags or early signs of dating abuse at bloom365.org. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough

to spot because they could be viewed as okay or normal. Sometimes it takes direct education, like the 7-Dose Bloom It Up curriculum or a friend's concern to notice what's really going on. Remember, perpetrators are usually very good at putting on an 'act' when around other people, so other people may assume everything is fine.

19) Q: How do I get out of sexual abuse or a bad situation?

A: First off, we want you to know that you are not alone. We encourage you to talk to a trusted adult or one of our BLOOM365 advocates. If you feel like the situation could become dangerous, or even just too uncomfortable for you, you can do a couple of things; You can make a safety plan to start with, you can have that conversation in a relatively public space like a park, and of course you could always have someone you trust nearby for emotional and safety support for during and after. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during Dose 6 and find one that best suits you. This could be spending more time with friends or dedicating time to a new hobby or skill. If you are seriously concerned for your safety, we encourage you to tell a trusted adult or BLOOM365 advocate.

20) Q: How do friends and other people encourage a wilting relationship?

A: Popular media often promotes wilting messages related to power and control. Media can have an impact on us and make us begin to see these things as normal or okay. Additionally, perpetrators are very good at putting up a front, which can make it difficult for others to spot the wilting signs.

21) Q: What are more examples of warning signs?

A: The early warning signs of abuse are often hard to catch because they are usually masked as "caring" and not "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. You can always refer to the red flag checklist for more red flags or early signs of dating abuse at bloom365.org/faqs. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Sometimes it takes direct education, like the 7-Dose Bloom It Up curriculum or a friend's concern to notice what's really going on. It can be helpful to look at the blooming and wilting flowers to evaluate your relationship and determine whether the relationship looks more like "equality and freedom" or "power and control."

22) Q: My friend and her boyfriend always argue. I don't think it's abuse, but I don't think it's healthy. How do I help?

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (things like fear, love, dependency, and insecurity). It's also important that we don't blame the victim. In your workbook, 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, being really mindful to come from a place of support and not judgement. You can encourage them to reach out to BLOOM365, but recognize that we cannot 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

23) Q: I automatically think different of people when they use foul language. Is that wrong of me?

A: Thinking back on Dose 5, maybe using foul language is a deal-breaker for you. We encourage you to identify what is important to you and why those things are important to you personally.

24) Q: When was BLOOM365 started?

A: BLOOM365 was founded back in 2006 as 'Purple Ribbon Council' by Donna Bartos. In 2015, the name was switched from 'Purple Ribbon Council' to BLOOM365 in 2015. You can read more about our history at www.bloom365.org/story

25) Q: What do I do when someone I'm talking to is nice to me in person but when we communicate via phone, I get left on read or one word answers?

A: It may be helpful to have a conversation with this person about how you are feeling. We encourage you to utilize the communication technique we learned about in Dose 6- "I-statements." I-statements allow us to take ownership of our own emotions, allow others to empathize with us, and give us the opportunity to discuss what we see as a solution.

26) Q: How do you tell a person who is interested in you that you are not interested in them without hurting their feelings?

A: We encourage you to utilize the communication technique we learned about in Dose 6- "I-statements." I-statements allow us to take ownership of our own emotions and help to prevent others from feeling blamed. For example, "I feel that you are an important friend in my life, and I wouldn't want to do anything that would risk ruining that. I believe we are better off remaining as friends." We encourage you to consider your own situation and come up with an I-statement that best suits your specific situation and feelings. It's important to remember that you have the right to set boundaries and you shouldn't feel bad for establishing those boundaries with people.

27) Q: How do I deal with dishonesty and jealousy in my relationship?

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

28) Q: How do I put myself in other people's shoes?

A: Being able to put ourselves in others' shoes and empathize with them is an important skill to have, however this doesn't always come naturally for people! One thing that can be helpful is active listening.

This involves tuning in and listening to someone as they are talking without judgement, focusing on what they are saying rather than on our response. The next step to active listening is asking whether we heard them right and reflecting. For example, “What you seem to be saying is _____? You must have felt _____ when that happened.” If we are unclear about what they are saying, we should ask the person to help us understand. This can help us to put ourselves in their shoes by identifying some of the emotions they felt or are feeling during the situation they are describing. Showing that we care by checking in on people and actively listening to them can help us to improve our empathy skills. This is also a great resource to check out, “The Six Habits of Highly Empathetic People” - https://greatergood.berkeley.edu/article/item/six_habits_of_highly_empathic_people1.

29) Q: Should someone stay in an abusive relationship because they want to change their partner?

A: Hope that the perpetrator will change is often a huge barrier for victims to leave an abusive relationship. It’s important to recognize that we can’t make people change or get help. That has to be a decision they make themselves. You are the expert in your life, so only you can make the decision on whether or not you want to stay. However, we do want you to know you deserve to be treated with respect and you are worthy of healthy relationships! Feel free to reach out to our advocacy line if you’d like additional support or a listening ear.

30) Q: How do you help someone who went through sexual abuse?

A: In your packet, you can reference the “5 Ways to Help a Friend Going Through Dating Abuse” to a start a conversation with the survivor. This can be a helpful resource for friends who’ve experienced any form of abuse. 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 feel comfortable, you can provide your friend with information about our support groups and advocacy line. Our support groups can be a great place to begin the healing process.

31) Q: How many people contact BLOOM365 a day? Who is answering the calls?

A: It depends! We see more students reaching out when we are at a lot of schools and not as many during weeks we aren’t. However, most of the teens who do reach out actually reach out through text and not calls! We do receive some calls, but texting seems to be preferred by most teens! Texts and calls to our advocacy line are answered by our trained advocates and peer advocates! You can visit www.bloom365.org/crew to see who’s on our team!

32) Q: How do I deal with rejection?

A: We recognize that rejection can be painful and difficult to deal with. We encourage you to identify some healthy forms of self-care that work for you. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. We also highly encourage you to get involved in our free Tuesday night group, which focuses a lot on self-care, depression, and self-esteem.

It’s also important to remember that the people who matter in your life will like you for you! We can’t please everyone, but we can find people who we can connect with and who will accept us just the way

we are! If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our Advocacy Line at the number above! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send us a text!

33) Q: How can we change things that are normalized in our society, such as catcalling?

A: If you look at page 38 in the back of your workbook, you will see how we at BLOOM365 believe social change happens. We believe that changing things that are normalized in society, such as catcalling, has to happen with a group. Even if you start off small, you will soon gain people who believe the same thing. Once you and your group reach 10% of your population, your belief will be adopted by the majority.

34) Q: How can we help someone who is being made fun of for not following "gender norms"?

A: We encourage you to be an upstander if you feel safe and comfortable! You can reflect back on the 4 D's on Upstander Intervention that we reviewed in Dose 7- Distract, Delay, Delegate, and Direct. Some things to consider are: Safety, severity, and comfort level. While sometimes you may not feel safe directly intervening, you may also recognize that the person in the situation is in danger if nobody intervenes. In this situation, it'd be best to find someone who can intervene (Delegate) rather than Delaying. However, in other situations that may be less serious, you may be able to Distract one or both parties. It all really depends on the specific situation (safety, severity, etc.) and your comfort level! "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 or if someone is constantly being bullied, we encourage you to tell a trusted adult or contact a BLOOM365 advocate at the number above.

35) Q: Do you think that "gender norms" will ever change?

A: Yes. At BLOOM365, we believe in a 10% tipping point. The tipping point is when a group rapidly and dramatically changes their behaviors by adopting a previously rare practice. When 10% of the population holds an unshakeable belief, their belief will always be adopted by the majority of the society. If 10% of our society adopts a mindset that is against traditional gender norms, then "gender norms" will change.

36) Q: How were "gender norms" created and why are they still around if they have a negative impact?

A: It is unfortunate that unhealthy gender norms are common in our society. Gender norms have historically been passed from one generation to another. Sometimes, these stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. By engaging in positive conversations that break down some of these unhealthy gender stereotypes, we can work together for justice and equality.

37) Q: Why isn't teen dating abuse talked about more?

A: Most people don't recognize that teen dating abuse is a problem. However, we know that 1 in 3 teens will experience dating abuse. The data we have collected indicates this number may be even higher in Arizona. We believe that by increasing awareness around this issue, we will begin to see these issues discussed more often. You can help increase awareness of teen dating violence by sharing your message via hobbies you have (event planning, marketing, artwork, public speaking, project planning, public policy, community collaboration, etc.). In fact, look into joining BLOOM365's Peer Advocate Crew (PAC) on pages 8 and 9 of your workbook!

38) Q: Why do I feel guilty for never being in a relationship?

A: It is normal to feel guilty, or even hurt, for never being in a relationship. However, it is okay if you have never been in a relationship. When we are in a relationship, we treat the person we love with kindness, respect, empathy, affection, and so many more great qualities. Allowing yourself time to get started into a relationship can help build these skills. If you would like a resource to help build these skills, or to help understand what love language is, I suggest taking the 5 Love Languages Quiz at www.5lovelanguages.com/.

39) Q: Why do girls being sexualized for wearing clothes?

A: In Dose 3, we talked about how unhealthy gender norms can contribute to hypermasculinity, which is an exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression. This pressure to be sexual can also lead to objectification of another person. Objectification means to treat someone as an object or thing and not as a person. Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. While there is nothing wrong with being masculine, hyper masculinity becomes an issue when it causes the normalization of hypermasculinity or objectification. To create change around this issues, we have to first recognize that men don't have to fit into this box to identify as masculine and break down the stereotypes that normalize unhealthy gender norms.

40) Q: How do we break "gender norms"?

A: Engaging in public conversations is a great way to break "gender norms". Historically, productive conversations that help to break down some of these unhealthy gender stereotypes. Together, once we know what the issue is, we can work toward the goal of justice and equality.

41) Q: My friend has this person who won't leave her alone. He won't listen to her when she says "leave me alone." He thinks they're best friends and hugs and touches her. How does she tell him to stop?

A: If you or your friend are concerned for her safety, we encourage you to tell a trusted adult. Your friend has the right to establish boundaries, and the person has the responsibility of respecting these boundaries. Stalking is against the law and is potentially dangerous. If you do not feel comfortable going to a trusted adult and fear for your friend's safety, please reach out to our Advocacy Line so we can help you come up with a plan.

If your friend feels safe and comfortable doing so, your friend might start by having a conversation with this person about how they're feeling and why they're feeling that way. Using "I statements" can help her to take ownership of her own feelings and allow the other person to understand where she is coming from. This may help this person to recognize that their behavior is inappropriate and unwanted without feeling attacked. Cutting off ties with someone who is unhealthy in your life is never easy, but it can be a great time for self evaluation and growth. We all have the right to feel comfortable and set boundaries, and we should never feel bad for enforcing these boundaries with the people in our lives. Feel free to text/call an advocate for additional support.

42) Q: Why do girls get body shamed more than boys?

A: It is common in our society for people to default to criticizing others' appearance when they feel threatened, intimidated, etc. by them. It's hard to say why this is the norm, but it may be because it is easier for us as humans to target physical appearance rather than to be vulnerable and address or express our emotions. We believe body shaming is an unhealthy societal norm and something we would like to see a change.

As we talked about in Dose 3, gender norms are ingrained into our culture. Historically we have seen these gender norms perpetuated through patriarchy. Remember that we learned it 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. Unhealthy gender norms can also lead to hypermasculinity, which is an exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression. This pressure to be sexual can also lead to objectification of another person. Objectification means to treat someone as an object or thing and not as a person. Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. While there is nothing wrong with being masculine, hyper masculinity becomes an issue when it causes the normalization of hypermasculinity or objectification. To create change around this issues, we have to first recognize that men don't have to fit into this box to identify as masculine and break down the stereotypes that normalize unhealthy gender norms.

43) Q: Why aren't there any videos of males going through teen dating abuse?

A: Abuse has no bias, and both boys and girls can be perpetrators and victims of abuse. However, women are vastly more likely to be seriously hurt or killed in these 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. Legally both men and women are treated equally when they are victims of these crimes. Unfortunately we have not yet been able to find any good videos that shown men as the victims of teen dating abuse, but we encourage you to reach out if you'd be interested in helping us to create one!

44) Q: Why does being more feminine equal less power?

A: Unhealthy gender norm is a rule or belief about how certain genders should behave. Some examples are the idea that women should stay home and raise kids or have long hair and that men should be the “breadwinners” and be the “tough” ones in a relationships. Sometimes, stereotypes and norms, such as being feminine means that one has less power, are in place because society wants to limit the rights of a certain group of people. The important thing to know is that these norms and stereotypes are not facts, but rather some people’s opinions.

45) Q: The US Education system was designed in a time where education wasn’t a goal. On top of that, the point based system encourages useless work and stresses students without teaching them anything. It controls their lives and if the student refuses, their life is ruined.

A: It sounds like this topic is something you are passionate about! While this is outside of our speciality, we encourage youth to use their voice to advocate for whatever it is that they are passionate about.

46) Q: No music? We need music.

A: Thank you for the suggestion! We rely on student feedback to continuously improve and ensure our content is always relevant!

47) Q: I missed everything.

A: We are sorry you weren’t able to be here for the entire Bloom It Up program! We have some 7-Dose trainings coming up if you are interested! Feel free to check out www.bloom365.org/calendar or email marli@bloom365.org for more info!

48) Q: Is it more natural to love or dislike yourself?

A: A lot of times our society encourages us to focus on the things we are insecure about and things we wish we could change about ourselves. We have found that the majority of teens we work with say that insecurity is a big problem. However, we believe in the power of your generation to create change and promote self-love as the norm!

49) Q: Signs of a good relationship.

A: It can be useful to look at the blooming and wilting flowers to identify characteristics of healthy vs unhealthy relationships. In healthy relationships, both partners have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be themselves (individuality), and safety. Both partners also respect these rights of their partners and their partner’s boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower!

50) Q: Love yourself! Accept yourself!

A: We love your positivity and encouragement! Keep blooming!

51) Q: Girls can be just as strong/stronger than boys.

A: As we talked about in Dose 3, gender norms are ingrained into our culture. We at BLOOM365 believe that everyone should feel comfortable and safe to be who they are, regardless of their gender identity,

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.

52) Q: I am really interested in these, doses I love learning about these.

A: We are so happy to hear that! We hope that the knowledge you gained through the 7 Doses will be beneficial both now and in your future!

53) Q: Why do negative thoughts always outweigh the positive ones?

A: It is common in our society to focus on the negative. It can be difficult to remember or notice the positive things in our lives when we are constantly focused on the negative. If negative thoughts are something you struggle with, we encourage you to work on developing a more positive mindset. When you catch yourself thinking something negative, it can be helpful to replace this thought with something positive. When you're having a bad day, you can try to identify some things you are grateful for. Positive affirmations can also be helpful! Here's a great quote that fits well- "Every day may not be good, but there's something good in everyday." -Alise Morse Earle

54) Q: Everyone is unique in their own way.

A: We completely agree! This fits well with Self-Esteem Tip #5 (page 32 in your workbook)- "Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique."

55) Q: I am only friends with 25 letters in the alphabet, I don't know why. Another joke: I'm a big fan of whiteboards. I find them quite remarkable.

A: Thanks for the laugh!

56) Q: Why are gender norms a thing?

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. Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. To make change around this issue we must first begin to break down the stereotypes that perpetuate unhealthy gender norms.

57) Q: Super fun today! I love your enthusiasm. Additional comments: Q: Inspirational. Q: Thanks.

A: Thank you all so much for your feedback! We sincerely appreciate it!

58) Q: All my friends tell me I have a nice body but they can't see all the flaws, my scars, my stretch marks.

Often our society encourages us to focus on the things we are insecure about and things we wish we could change about ourselves more than the things that we love about ourselves, so please know you are not the only one feeling this way or having a difficult time with self-love. It's important to recognize that stretch marks and scars are a normal part of being human, and something we all have! Even models and the people you see on the cover of magazines have them. Although our society has often made us

feel like these things are something we have to hide or feel ashamed for, these are all things that are apart of who we are and they are NOT something we should ever feel ashamed for. Focusing on the things we love about ourselves can be one helpful way to build your confidence. Self-love and self-confidence can be a life-long journey! We recognize that you aren't going to wake up every day and feel 100%, but knowing that you are worthy of love and respect can help.

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. 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. Our Monday night support group might also be a great option for you to begin building your self-esteem alongside others. Our Instagram (@bloom365) also has a section under "Tips Tues" that has some additional tips for self-esteem and self-care. It's also important to remember that we are often our biggest critics, and other people don't see the "flaws" we see!

59) Q: Cool. Similar: Q: Extremely cool!

A: Thank you for taking the time to share your feedback! It is much appreciated!

60) Q: Love yourself before you love anyone else.

A: We agree; It's important that we are able to love ourselves and develop a healthy self-esteem so that we can grow and build healthy relationships and friendships with others!

61) Q: Why do people giving "nice" compliments

Lifting others up can help improve their self-esteem and feel better about themselves! Helping others to see the amazing qualities they possess is always a good idea, especially in a society that often encourages people to focus more on their insecurities and flaws.

62) Q: I love the sticky-note activity: it helped me get some things off my chest.

A: We are so happy to hear that! Thank you for taking the time to share your feedback with us! Know that you are never alone! Feel free to reach out to our advocacy line if you ever need to talk to someone who will listen.

63) Q: How can you help someone else with self esteem issue?

Encouraging others to focus on the things they love about themselves can be one helpful way to build their confidence. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. You can encourage them to take a moment to remember the things they love about themselves (their strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help them build their confidence. We also recommend having them watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools. Giving your friend compliments and

helping them to identify their positive qualities can help them to see that others do not see the flaws they see in themselves, as we are often our own biggest critics! You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem.

64) Q: Thank you for today's lesson. Other comments: Q: I liked today's lesson a lot. Q: Learned a lot about people. Q: Have a good day, you're so friend. Q: Thanks! Q: Good job! Q: You did a great job teaching! Q: It was very interesting the past few days it was fun and fresh.

A: Thank you all so so much for sharing! We love hearing your feedback, and we hope that everything you have learned throughout the 7 Doses will be beneficial for you both now and in the future!

65) Q: How do I become more confident?

A: Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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. 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.

66) Q: How to help people overcome their insecurities?

A: Encouraging others to focus on the things they love about themselves can be one helpful way to build their confidence. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. You can encourage them to take a moment to remember the things they love about themselves (their strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help them build their confidence. We also recommend having them watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools. Giving your friend compliments and helping them to identify their positive qualities can help them to see that others do not see the flaws they see in themselves, as we are often our own biggest critics! You can also check out page 32 in your workbook for some more tips on developing a healthy self-esteem.

67) Q: How do I know if I'm getting back in an abusive relationship?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. The red flags checklist in your workbook or on our [website](#) is another great tool to identify potential red flags that a relationship might be unhealthy or abusive.

68) Q: Why aren't we taught about LGBT teen relationships? We rarely if ever hear about these issues and it is very frustrating. Thank you.

A: Within Arizona, there are laws prohibiting the “promotion of homosexuality” (often referred to as as “no promo homo” laws). These laws expressly forbid teachers of health/sexuality education from discussing LGBTQ+ topics in a positive light – if at all. Our Lead Advocate, Chelsea (“Ms. Chill”) specifically works with LGBTQ+ youth. If you have any questions or need support, please reach out to our Advocacy Line for free, confidential support! Ms. Chill also leads our LGBTQ+ group on Thursdays- Which is a great opportunity for youth to discuss these topics that often aren't openly discussed!

69) Q: Nobody cares if I am dead or alive. True friends stab you in the front.

A: We want you to know that you are not alone, and that we care. Sadness is a natural emotion, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, please know that help is available. 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 the number above. School social workers and counselors are a great source for information on dealing with depression. We at BLOOM365 are also here to just provide a listening ear, confidential support, and connection to additional resources if needed. Please feel free to reach out to our Advocacy Line.

70) Q: I learned more about the 4 D's.

A: We are happy to hear that! Thank you for taking the time to share! We hope that this information will help you to be an upstander!

71) Q: How to help the abuser

A: It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! It's important to note that we cannot make people change. It is something that they themselves have to decide to do. The first step is recognizing the problematic behavior and deciding they want to change. If the perpetrator is willing to see their behavior as abusive, they can make the choice to change that behavior. A counselor, social worker, advocate, or other trusted adult can be there to help if the perpetrator is willing. Ultimately, it is up to the perpetrator to recognize his or her actions and to make the choice to change their behavior

72) Q: How do you know if you're an abuser and how do you stop yourself? -

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. Do your actions look more like power and control or equality and freedom? Do you recognize your behaviors or actions resemble any of the words in the center of the wilting flower (i.e. Jealousy, isolation, intimidation, etc.? Do you recognize any of your own behaviors or actions in the red flags checklist found on page 17 (or our our [website](#))?

It can be difficult for someone to change unhealthy 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. Next, they need to understand the negative impact that the controlling behavior can have on the people they love or care about. Then, they can practice healthy communication and conflict resolution techniques so that they express their needs and can have them met. If you look on page 20, you can find a resource on how to talk a friend who is controlling or abusive. If you recognize that you are the one being controlling or potentially abusive, we encourage you to reach out to a trusted adult, school social worker, or our Advocacy Line for support.

73) Q: Let go of power and control and bloom.

A: Thank you for blooming message!

74) Q: Everything happens depending on your choice.

A: Very true! Even though the root causes may increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom

75) Q: There are like -7 guys in this world who want more than sex and nudes

A: We apologize that you've had this experience. We believe in the power of your generation to uproot unhealthy societal norms. We encourage you to think about joining BLOOM365's Peer Advocate Crew (PAC). Check out pages 8 and 9 of your workbook or visit www.bloom365.org/peeradvocatecrew.

76) Q: How come girls can't get a short haircut without being judged/called out?

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."

77) Q: We need more ways for people to be more confident and happy with themselves.

A: Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself. If you are struggling with self-esteem, please feel free to reach out to our Advocacy for free, confidential support!

