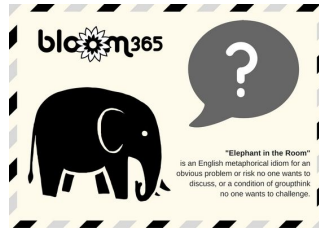


Elephant in The Room Q & A

Central High School
Spring 2019



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

Resources:

For additional resources, please visit bloom365.com/resources

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

Q: Student
A: BLOOM365 Advocate

DOSE 1

1) Q: I want to know about emotional intelligence. I want to learn how I can obtain and work on it.

A: Emotional intelligence is the ability to be aware of, control, and express your emotions and to utilize empathy within your interpersonal relationships. A good place to start is understanding empathy: the ability to understand and share the feelings of another person. Being empathetic might look like taking the perspective of someone, or trying to understand and share their feelings. Communication is also an important part of emotional intelligence and healthy relationships. Using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Ultimately talking about how you feel and helping others get an understanding can help you both get on the same page about your relationship. This is a little outside of our speciality, but a good resource to check out is: <https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm>!

2) Q: What do I do if my biological dad is verbally/mentally abusive? Even though he doesn't live with me, I'm scared he'll find me again.

A: We want to say thank you for reaching out, and please know that everything you've experienced was never your fault. A safety plan is great tool for helping determine practical ways to remain safe. If you are not currently experiencing an abuse, it can still be helpful to have a plan outlined in case you ever experience a situation where a plan is necessary. Check out page 21 in your workbook or our website for some questions that can be helpful as you develop a plan. You can consider things such as: Who are the trusted adults in your life who you can go to or talk to? Who are the friends/peers who you could go to? What are some things you love to do? Where could you go quickly if you needed a safe place to go in an emergency? A BLOOM365 advocate can always help you create a plan. Feel free to text/call the number above for assistance!

3) Q: May I be able to talk with you privately about something that has been bothering me?

A: You are always welcome to text/call our Advocacy Line at the number above M-Th. between 3PM-9PM! An advocate would be happy to provide a listening ear and support. You can also use this line to schedule an individual session with an advocate of your choice!

4) Q: How can you tell you are 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. 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. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower.

DOSE 2

5) Q: How can a toxic family or friend affect your life?

A: It can be difficult to end our relationships with toxic people or to stop them from entering our social circles or other areas of our lives. It is not always easy to identify toxic people, but using the wilting flower could be helpful in recognizing this behavior. If you are not receiving the type of love you would like, you can think about whether or not this is a relationship you want to be in. If the situation is dangerous we should reach out to the trusted adults in our lives, the school social worker, and BLOOM365 advocates for help. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with a toxic person in your life about how you're feeling and why you're feeling that way. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with another person using "I statements," we may consider whether this relationship is one that we want to continue. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries. Page 16 in your workbook explores your rights and responsibilities within a relationship.

6) Q: Is there a way you can tell if a person is an abusive person before dating them?

(Similar question: How would dating abuse go this far?)

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.

DOSE 3

7) Q: How can I obtain mental intelligence?

A: Please see our response to question #1 :)

8) Q: What are gender norms for men and women?

A: Gender norms are rules, beliefs, ideas or expectations about how certain genders should behave. Some examples of unhealthy gender norms 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 relationship. These are unhealthy because people who do not follow norms may be

ridiculed or made fun of. Having a rigid belief in unhealthy gender norms is something that can be a risk factor for having power and control over our partner. If someone believes that they should have power over someone because of their gender and/or their understanding of gender roles, that can create an abusive situation. Also, gender roles can prevent male victims from reaching out if they are experiencing abuse and violence in their relationships. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality.

9) Q: I grew up seeing domestic violence. I lived in another country for a while with my dad and to be honest it wasn't the best. I remember being like 9 years old seeing fights everyday and being questioned by detectives. When I came to Arizona, I was with my mom and then I saw my dad drunk this one day. He hit her and I didn't know he hit her before but it is whatever now. I was in an abusive relationship for a while.

A: Trying to heal after hurtful experiences is a difficult task and journey at times. We can use the coping mechanisms we learned in the program to begin the process of healing. We can write down the things we love about ourselves and remind ourselves of this each day. We can do the daily affirmations we mentioned in class to boost our self esteem. We can enjoy doing the things that make us happy and keep us healthy. Some great examples are eating healthy and exercising because we take care of our body and mind that way. We also highly encourage you to get involved in one of our weekly support groups. This is a great place to connect with peers and develop healthy ways to cope with life's challenges! Giving yourself time to process feelings and emotions related to the challenges you have faced is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know a BLOOM365 advocate is always available to listen. Please feel free to text/call the number above.

10) Q: How could we personify dating relationships with flowers?

A: The flowers are a great tool that we can use if we are ever concerned that a relationship might be unhealthy. It can be helpful to look at the blooming and wilting flowers to see which one looks like a better representation of the relationship. Does the relationship look more like power and control or equality and freedom? Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. It's also important to remember the rights and responsibilities we have 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. We also have the responsibility of respecting these rights of our partner and our partner's boundaries. 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. If you'd like to discuss this further, please don't hesitate to reach out to an Advocate at the number listed above.

DOSE 5

11) Q: How could self-esteem hold us up?

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Insecurity can be a root cause of power and control, as insecurity can lead to bringing others down in an attempt to feel better. When we have a healthy self-esteem we are confident in who we are, which can help us to build and grow healthy relationships. 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.

12) Q: I won't ever be good enough.

A: We want you to know that you are not alone in feeling this way, and we are thankful that you reached out. 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. It's important to remember to take care of yourself and know you are worthy of respect. If you need additional support, please feel free to reach out to our Advocacy Line. 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.

DOSE 6

13) Q: I am trying to get this one girl but most of the kids here think I am a player. But I am not, and I don't want her to think that I am, so what should I do?

A: Communication is an essential part of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Offering a resolution to the situation can be beneficial in helping you to come to a compromise and a solution to the issue. Ultimately talking about how you feel and helping them get an understanding can help you both get on the same page about your relationship.

14) Q: Thanks for your time, we love having you. You really explain things well very well.

A: We are so happy to hear you enjoyed the Bloom It Up program! We encourage you to join our Peer Advocate Crew (PAC) if you are interested in getting involved! By turning to page 8 in your workbook, you can read more about “PAC”. To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

15) Q: How could consent help out during a relationship problem/dating abuse?

A: Consent applies to all aspects of relationships. 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 someone pressures or forces us to do something we do not want to do, this is considered coercion. Openly communicating our boundaries with our partners, respecting our partners’ boundaries, and ensuring we always receive consent can help us to have healthy and safe relationships. If our partners do not respect our boundaries or force us to do something we do not want to do, this can lead to an unhealthy relationship and issues such as assault.

16) Q: What are some ways to make a relationship better? And how do you communicate with them?

A: In any type of relationship, communication is key! Using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. “I-statements” can also avoid others from feeling blamed, which may result in a defensive response. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Ultimately talking about things can help you both get on the same page about your relationship. 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.”

DOSE 7

17) Q: Why do people fight over something (ex. Where to eat, what to wear, etc.) when in a relationship?

A: It is a bit hard to pinpoint the exact reason for why, but we do know that conflict is part of life. Conflicts can occur within the family, with siblings and parents, with friends, and within all relationships. Unfortunately though unresolved conflicts can lead to strained relationships and potentially power and control seeping in. One way that we can resolve our conflicts in a healthy manner is by effectively communicating. A productive argument makes use of “I” statements rather than “You” statements. For example: Saying something like, “I feel betrayed when you talk about me behind my back, can you please come to me with that information next time?” Rather than saying something like, “Why are you always spreading rumors about me?”. This style of conflict resolution allows for you to take ownership of your own feelings, allowing the

other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication.

18) Q: Does God exist? Is God (if any) have anything to do with life?

A: Unfortunately this is outside of our speciality. We encourage you to explore what spirituality means to you and determine what your own beliefs are.

19) Q: How do we know if we are the cause of an unhealthy 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.

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. Remember that we all have a choice in how we are going to treat people. We can practice healthy communication and conflict resolution techniques so that we express our needs and can have them met. We should continually remind ourselves whenever we are being controlling so that over time we are able to get rid of the bad habit and replace it with a good one. If you would like to discuss further, please feel free to text or call our Advocacy Line for free, confidential support!

20) Q: I have an aunt that I haven't seen for about 2 years. She was a big part of my life, but with dealing with some problems. I just want to talk to her and see how she's doing. Any advice? It's kind of complicated.

A: Thank you for sharing and reaching out. We'd be happy to discuss this more with you if you want to text/call our Advocacy Line at the number above.

21) Q: What if you're shy to break-up and feel like you're going to be alone.

A: We want you to know that you are not alone, and we appreciate you reaching out for support. When someone loves us they treat us with kindness, respect, empathy, affection, and so many more great qualities that make us feel cherished. When someone loves us, they are willing to treat us with equality and freedom and not power and control. 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 break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your packet, you can reference the "6 Tips for Coping After a Break-Up" to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process

alongside others. Finding ways to cope can be really helpful. For example: spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you're still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

22) Q: I enjoyed all of the doses, thank you! Similar comment: Very helpful programs.

A: You are welcome! We are so happy to hear you enjoyed the Bloom It Up program! We encourage you to join our Peer Advocate Crew (PAC) if you are interested in getting involved! By turning to page 8 in your workbook, you can read more about "PAC". To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

23) Q: How can you be an upstander when you witness teen dating abuse?

A: We believe it's important to take a moment to consider your values and what's important to you. This will help guide you as an UPSTANDER. Remember that the 4 D's of Upstander Intervention are: Direct, Delegate, Delay, and Distract. 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! Feel free to reach out to a BLOOM365 advocate to discuss this further if needed!

24) Q: It was great having you guys!

A: Thank you for listening! We hope you learned a lot and continue to integrate blooming characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!