

Elephant in The Room Q & A

Barry Goldwater 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>

Video Resources:

- BLOOM365 Story: <https://www.youtube.com/watch?v=j0IgBIUfUZ4>
- Red Flags/Alex & Natalie Video: <https://www.youtube.com/watch?v=Lp2eljXWzgw>
- Gender Norms/Redefining Masculinity Video: <https://youtu.be/IJqwvgLtJyU>
- Jessica's Daily Affirmation Video: <https://www.youtube.com/watch?v=XfEEbhcyEvE>
- Consent is Tea Video: <https://www.youtube.com/watch?v=fGoWLWS4-kU>
- Kid President's Leadership Lessons Video: <https://www.youtube.com/watch?v=pWmxgYwcrLE>
- Tipping Point Video: <https://www.youtube.com/watch?v=fW8amMCVAJQ&t=1s>
- Self Confidence Tips TedxYouth Talk: <https://www.youtube.com/watch?v=BZ05M1UhPrY>

Q: Student

A: BLOOM365 Advocate

Please note that any potentially identifying information has been modified or removed

DOSE 1

1) Q: Is having a long distance relationship good?

A: That is entirely up to the two partners! Taking time to identify and reflect on your own deal makers/deal breakers and remembering WHY they are important is a great starting point. Finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship. Long distance relationships can be successful if both partners are willing to make the commitment and put in the effort!

2) Q: I know my one friend who always gets hurt emotionally. They don't feel wanted and no one tells them they are loved.

A: It can be difficult to see our friends hurting and down on themselves. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. If you feel comfortable, it might be helpful to encourage your friend to focus on the things they do like about themselves, and remind them of the amazing qualities that make them who they are. 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 work on building their confidence.

Sometimes our friends benefit from us reminding them that they are loved, and that we are there for them. Especially if they feel alone or unloved. Finding time to spend with them doing the things that make them happy might also be helpful in showing them that they are loved and cared for. You can also encourage them to reach out to our Advocacy Line for free, confidential support and a listening ear if they need someone to talk to, but don't feel comfortable sharing with someone they know.

This video offers some great tips: <https://www.youtube.com/watch?v=BZ05M1UhPrY>. Here are some additional tips you can share with your friend: Know that mistakes are lessons, view them as learning opportunities. Don't ever think you're inferior or less than anybody else. Nobody is perfect. Aim for effort rather than perfection because you'll never be perfect, but you

should be content with at least having tried. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success. Try new things, set goals. Take care of yourself by exercising, eat well, and sleeping properly.

3) Q: Why do people judge what they don't understand?

A: That is a good question. It's hard to provide a definitive answer. One reason might be that people make assumptions in an attempt to make sense of what they don't understand. Our minds are always processing information, and sometimes people may jump to conclusions or make judgements to try and make sense of things that don't make sense to them. Othertimes, people may feel insecure, and thus they judge others in a way to feel better about themselves. It can be hard not to judge what we don't understand, but learning to love and accept ourselves and others for who they are can be a good first step. Additionally, being conscious of our own thoughts is super important. If we don't understand something, rather than making judgements... We can use that as an opportunity to learn something new!

4) Q: How do you love?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. 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. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

5) Q: How could you tell the person is abusive before getting together with them? Similar question- Q: How can you tell that the person you are about to date is abusive?

A: Being aware of what the red flags are is super important! You can check out the red flags checklist on page 17 in your workbook or on our [website](#). Sometimes the red flags first show up as possessive jealousy or even in comments about your choice of clothing or friends. A helpful question to ask yourself is: Does this feel more like or look more like equality and freedom or power and control? It can be useful to look at the blooming and wilting flowers to help you to determine whether a friendship or relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within all types of 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. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower.

6) Q: There is a song called “Side Effects” that deals with emotional/physical abuse and the repercussions and effects it has on the victim. It is from her personal experience. I thought it could help to teach violence.

A: Thank you for sharing this with us! This is a great example of the lasting impact abuse can have on the survivor.

DOSE 2

8.) Q: Could you tell the police what’s going on if the guy is targeting you and several other girls?

A: We highly encourage you to tell a trusted adult if you and/or someone you know is being targeted. If it’s happening on or near campus, you might consider talking to school security. If you are in immediate danger or fear for your safety in any way, please call 9-11. Here is a good resource to check out: https://www.loveisrespect.org/pdf/Calling_The_Police.pdf

9) Q: What should we do if our friends are trying to force you out of your relationship or is manipulating you that you’ll lose their friendship if you don’t?

A: If the situation is not dangerous and you feel comfortable and safe to do so, it may be helpful to utilize the communication technique we learned in Dose 6 to express how this person’s actions make you feel. I-statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, “I feel ___ (emotion) when ____ (situation), can you/we please _____ (solution)? Perhaps giving them the opportunity to explain why they don’t want you to be in this relationship and also sharing why this relationship is important to you could be a good first step. If you feel safe, we encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution.

It’s also important to remember that you have the right to set boundaries and the freedom to choose who you spend time with! It’s also important to recognize that friendships can also be unhealthy. If we have a friendship that is built off of power and control and we are not able to make changes by communicating in a healthy way with our friend using “I statements”, we can consider whether or not the friendship is healthy and what steps we might want to take next. Feel free to text/call our Advocacy Line to discuss further!

10) Q: Thanks!

A: You are very welcome! We hope that everything you learned in the Bloom It Up program is beneficial to you both now and in the future!

11) Q: What happens to the person when you report them?

A: If you were to disclose something that qualified as a mandated report to a BLOOM365 advocate or another mandated report, we would work with you to make the report. We would also work with you to create a safety plan. The Department of Child Safety (DCS) would review the report and determine what steps can be taken to address the situation. What happens is

really going to depend on the situation. If you have any further questions about this, please feel free to reach out to our Advocacy Line!

12) Q: People get mad at me when I ask them to not talk/say certain things. They don't always respect my beliefs and it hurts my feelings.

A: We are sorry that you have had this experience, and appreciate you reaching out for support. It may be helpful to utilize the communication technique we learned about in Dose 6-I-Statements. For example: Saying something like, "I feel _____ (emotion) when _____ (situation), can you/we please _____ (solution)?" This style of conflict resolution allows 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 and empathy. Please feel free to text or call our Advocacy Line for free, confidential support and to discuss this situation further!

13) Q: Remember to smile, respect yourself, love yourself, be yourself!

A: Thank you for the #blooming message!!

14) Q: What about the mental side effects of abuse?

A: Experiencing abuse can emotionally and physically impact on a person, and it's important that this is dealt with properly to help the survivor move forward. According to the Joyful Heart Foundation, some physiological effects of abuse include: Anxiety, depression, low self-esteem, withdrawal, dissociation, difficulty making and maintaining relationships, flashbacks,, and persistent fear. Some behavioral effects may include self-harm, eating disorders, alcohol and drug use, trouble sleeping, uncomfortable with physical contact with others, repeating school grades, absent from school often, and criminal activity.

If you have experienced abuse, we encourage you to text or call our Advocacy Line to talk with an advocate who can help you take the steps to healing. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! We also invite you to get involved in our free Peer Connections group, which provides teens with the opportunity to walk through the healing process alongside others.

15) Q: Hi it is ___!

A: Hi!

16) Q: It's not right to be sexually assaulted and go to BLOOM365 and they will help you.

A: It is never okay to sexually assault someone and it is never the fault of one who is sexually assaulted. It is true that BLOOM365 is here to support sexual violence survivors. If you, or

anyone you know has been sexually assaulted, please feel free to call or text our Advocacy Line for free, confidential support. If you could use some support outside of our hours of operation, please contact the National Sexual Assault Hotline at the number above.

17) Q: Do you like pizza?

A: Pizza is always a great choice! :)

18) Q: What happens to the person when they are reported for causing abuse?

A: If you were to disclose something that qualified as a mandated report to a BLOOM365 advocate or another mandated report, we would work with you to make the report. We would also work with you to create a safety plan. The Department of Child Safety (DCS) would review the report and determine what steps can be taken to address the situation. If you have any further questions about this, please feel free to reach out to our Advocacy Line!

19) Q: Why is this subject not talked as much as it should be? Similar question- Q: Why don't we learn about this stuff earlier so we can control it better?

A: That is a great question! Many people are not aware of how significant of an issue these things are, and it can often be considered a "taboo" subject because it's not always comfortable to talk about. At BLOOM365, we hope to change that. In our own efforts, we have a middle school Bloom It Up program that is currently going through its pilot phase. We also have an elementary version of Blooming friendships in the works. By sharing what you have learned and being a positive role model for younger generations, you have the opportunity to be someone who creates real change in society!

20) Q: Why do people believe talking about this situation is bad?

A: Dating abuse, domestic violence, sexual violence, etc. are often considered taboo topics. Because these things can be difficult and sometimes uncomfortable to talk about, they are often swept under the rug. However, BLOOM365 believes everyone deserves happy, healthy relationships and recognizes the importance of talking about these situations!

21) Q: You guys are great :) Similar comment- Q: Do your best today!!

A: Thank you for the supportive and encouraging messages, we sincerely appreciate it!

22) Q: What are your thoughts + opinions on long distance relationships?

A: Long distance relationships can be successful if both partners are willing to make the commitment and put in the effort! BLOOM365 supports healthy relationships stemmed in equality and freedom! Taking time to identify and reflect on your own deal makers/deal breakers and remembering WHY they are important is a great starting point. Long distance relationships are great if both partners are willing to make it work and respect each other's boundaries and rights to equality, freedom, individuality, and safety. Finding someone who is right for you is worth the wait to ensure you can maintain a happy, healthy relationship.

23) Q: How do you love someone?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. 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. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

24) Q: How to stop cutting?

A: We want you to know that you are not alone, and we are thankful you reached out for support. Self-harm is sometimes used as a coping skill. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. 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 Peer Connections group, which focuses a lot on self-care and self-esteem. If you're struggling with finding effective coping tools or would like to talk more about this, we encourage you to text or call our Advocacy Line for free, confidential support and to talk with an advocate. 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. You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Teen Lifeline is also a great local organization that specifically works with youth experiencing depression and/or suicidal thoughts. You can reach them at the number above.

DOSE 3

25) What is norm?

A: A norm is a belief or rule that society believes the majority should follow. Norm doesn't stand for "normal," but rather the majority. When 51% of the population adopts an attitude, a behavior, a style, etc. it becomes the norm!

26) How many years have you been doing bloom?

A: Our grassroots movement began in August 2006 with an idea, written on a napkin! You can read more about our story and how we came to be at www.bloom365.org/story.

27) Thank you!

A: You're welcome! We hope that the information that you have learned throughout the Bloom It Up program will benefit you both now and in the future!

28) Why do we not learn about this stuff early? Similiar question- Why do we not talk about this a lot?

A: That is a great question! Many people are not aware of how significant of an issue these things are, and it can often be considered a “taboo” subject because it’s not always comfortable to talk about. At BLOOM365, we hope to change that. In our own efforts, we have a middle school Bloom It Up program that is currently going through its pilot phase. We also have an elementary version of Blooming friendships in the works. By sharing what you have learned and being a positive role model for younger generations, you have the opportunity to be someone who creates real change in society!

29) If I were to report someone what would happen?

A: If you were to disclose something that qualified as a mandated report to a BLOOM365 advocate or another mandated report, we would work with you to make the report. We would also work with you to create a safety plan. The Department of Child Safety (DCS) would review the report and determine what steps can be taken to address the situation. If you have any further questions about this, please feel free to reach out to our Advocacy Line!

31) How many people have you saved?

A: Through the Bloom It Program, we have reached over 26,000 teens. Through the sharing of our message and the resources we have given, we have probably reached hundred of thousands.

32) It’s not fair to be raped by your boyfriend that’s like power and control and if you help or to tell someone like a teacher, friend, partner, principal or an officer or at go to Bloom365 at www.bloom365.org or call Marli to get someone to find.

A: Thanks for promoting our resources! Nobody deserves to be abused or assaulted, and it is never the victim’s fault! Sometimes people are not ready to accept the help we would like to offer them. In these situations, it’s important that we come from a supportive place. The most important thing we can do is let them know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. If you recognize the top 5 risk factors on the Red Flags checklist, it's important to tell an adult you trust because this means that this person could be at risk of getting injured or even killed. If you need additional support or resources, please don’t hesitate to reach out to our Advocacy Line!

33) Even if you don’t love yourself there’ll be someone who loves you.

A: Thank you for sharing this #blooming message!

DOSE 4

34) I hope you have a good day!

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

35) How many years have you been working for bloom?

we

Hi! I started at BLOOM365 as an intern in January 2018 before I started working as an official employee in August 2018! -Meghan. The BLOOM365 grassroots movement began in August 2006 with an idea, written on a napkin! You can read more about BLOOM365's story and how came to be at www.bloom365.org/story.

36) "A lonely road, crossed another cold state line. Miles from those I love , purpose hard to find. While I recall all the words you spoke to me, can't help but wish that I was there, and where I'd love to be, oh yeah" Dear God - Avenged Sevenfold

A: Understanding the impact media (music, TV, etc.) can have on our lives and relationships is important. By being critical and aware of what we are consuming, we can identify and recognize when something is wilting. Overtime, we can work towards consuming and promoting more positive, blooming media. We encourage you to analyze these lyrics and determine- Does it sound more like power and control or equality and freedom? Do you recognize any of the root causes or root solutions?

37) How do I make myself feel less insecure?

A: You are not alone in feeling insecure. 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. 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. It's important to remember that our level of confidence can change, depending on the way we think!

This video offers some great tips: <https://www.youtube.com/watch?v=BZ05M1UhPrY>. Some additional tips to help you cope with achieving better self-esteem are:

- Know that mistakes are lessons, view them as learning opportunities.
- Don't ever think you're inferior or less than anybody else. Nobody is perfect.
- Aim for effort rather than perfection because you'll never be perfect, but you should be content with at least having tried.
- Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success.
- Try new things, set goals.
- Take care of yourself by exercising, eat well, and sleeping properly.

38) Thanks!

A: You are welcome!

39) What's one of the best things to do to stop it?

A: BLOOM365 believes in root-cause prevention! Youth violence takes many forms- Bullying, teen dating abuse, sexual violence, gender-based violence, stalking, etc. It is rooted at the

individual, relationship, community and societal levels and requires consistent and sustainable solutions to prevent it before it begins. By knowing what the root causes of abuse and violence are, we can work to address this issue at the roots! Through education and youth-led activism, we can work towards positive social change and uproot the norms that tolerate abuse and violence. If you want to get involved in creating change and stop this social disease, we encourage you to join our Peer Advocate Crew (PAC!) You can email marli@bloom365.org or

visit

www.bloom365.org/peeradvocatecrew to learn more!

40) It's ok to let out your feelings.

A: Thank you for sharing this with us! We agree! Freedom and individuality are rights that we have as individuals. An important component of healthy friendships and relationships is the freedom to have opinions, express our feelings, and be ourselves!

41) If someone revokes consent afterwards, what happens?

A: Essentially, consent means giving/receiving permission. Consent applies to all aspects of relationships and interactions. Consent is needed for any kind of physical action whether it is a kiss, holding hands, etc. It's also important to know that people have the right to change their mind, and we have the responsibility of respecting that. If someone initially says yes, but later decides they do not feel comfortable with something, we have to respect that. Communicating your boundaries with your partner and knowing your partner's' boundaries early-on in the relationship is crucial. It's important that both partners are aware of what the other partner is comfortable with to ensure that all actions taken are mutually consented to. As the relationship develops and grows, we recommend continuous communication about boundaries! Healthy relationships involve respecting our partner's boundaries!

Components of Consent:

1. A firm and enthusiastic YES! While consent doesn't always have to be verbal, it's important that it is clear. If you aren't sure if someone is consenting or not, ASK THEM! Yes means yes, and maybe does NOT mean yes!
2. Freely given (uncoerced) Coercion is emotionally or physically pressuring or forcing someone to do something that they do not want to do. Some examples include: "If you really loved me, you would do it." "If you don't do it, I'm going to break up with you."
3. Not under the influence. Because drugs and alcohol can affect one's ability to make informed decisions, they often cannot truly give consent. If someone can not give consent, and another person or people take advantage of that, then situations like assault can happen.
4. Must be given/received EVERY single time. Yes once does not mean yes for every future act. Consent must be given/received EVERY single time. This all means that 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). Additionally, we all have the right to change our mind. Even if someone initially says "yes" if they later say no, we must respect that.

DOSE 5

42) Thanks for the “I am..” activity! It was really refreshing.

A: We are so happy to hear that! Thank you for taking the time to share that with us. We encourage you to remember the amazing qualities that make you, YOU! You can find additional self-esteem tips on page 32 of your workbook. You can also text or call our Advocacy Line if you ever need additional support or someone to talk to!

43) I love your hair

A: Thank you!

44) Everyone are not dolls to play or control. Similar comment: Everyone are like flowers they are meant to bloom and shine, not to tear apart their petals.

A: Thank you for sharing this! Everyone deserves to have happy, healthy relationships where their rights to equality, freedom, individuality, safety, and boundaries are supported and respected!

45) Thank you sm!

A: You are very welcome! We hope that everything you learned in the Bloom It Up program is beneficial to you both now and in the future! We invite you to stay involved by joining our Peer Advocate Crew (PAC)! To get involved or learn more, you can email marli@bloom365.org or visit www.bloom365.org/peeradvocatecrew.

46) I don't know how to love. Similar- Q: How does one love? Q: Why love?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. 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. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook.

47) How can I raise my self-esteem? How can I stop putting myself down?

A: You are not alone in feeling insecure. 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. 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. It's

important to remember that our level of confidence can change, depending on the way we Think!

This video offers some great tips: <https://www.youtube.com/watch?v=BZ05M1UhPrY>.

Some additional tips to help you cope with achieving better self-esteem are:

- Know that mistakes are lessons, view them as learning opportunities.
- Don't ever think you're inferior or less than anybody else. Nobody is perfect.
- Aim for effort rather than perfection because you'll never be perfect, but you should be content with at least having tried.
- Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success.
- Try new things, set goals.
- Take care of yourself by exercising, eat well, and sleeping properly.

48) What should I do to prevent this? If it were to happen where would I go?

A: BLOOM365 believes in root-cause prevention! Youth violence takes many forms- Bullying, teen dating abuse, sexual violence, gender-based violence, stalking, etc. It is rooted at the individual, relationship, community and societal levels and requires consistent and sustainable solutions to prevent it before it begins. By knowing what the root causes of abuse and violence are, we can work to address this issue at the roots! Through education and youth-led activism, we can work towards positive social change and uproot the norms that tolerate abuse and violence. If you want to get involved in creating change and stop this social disease, we encourage you to join our Peer Advocate Crew (PAC!) You can email marli@bloom365.org or

visit

www.bloom365.org/peeradvocatecrew to learn more!

If you have experienced an abusive relationship or friendship, we encourage you to talk to a trusted adult or a BLOOM365 Advocate. You can text or call our Advocacy Line for free, confidential support and a listening ear. An advocate can help you to create a safety plan and talk with you to determine what you want to do.

DOSE 6/7

49) How do I see doses I missed because I was not being enrolled?

A: You can attend our next 7-Dose training at Blooming Point! We typically have a 7-Dose training once a month on Saturdays! You can sign up here:

<https://www.eventbrite.com/e/free-teen-dating-violence-prevention-7-dose-experience-ages-13-tickets-55678468799>. To request a ride or for more details, you can email marli@bloom365.org!

50) How do you talk to someone who hates you if you don't know the reason for the hate?

A: If the situation is not dangerous and you feel comfortable and safe to do so, it may be helpful to utilize the communication technique we learned in Dose 6 to express how this person's actions make you feel. I-statements allow us to take ownership of our own emotions and can

help avoid defensive responses. For example, “I feel ___ (emotion) when _____ (situation), can you/we please _____ (solution)? Perhaps sharing how you are feeling and giving them the opportunity to explain their actions could be a good first step. If you feel safe, we encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution. It’s also important to remember that you have the right to set boundaries and the freedom to choose who you spend time with! It’s also important to recognize that friendships can also be unhealthy. Feel free to text/call our Advocacy Line to discuss further!

51) How do I report sexual harassment if it wasn’t at school? It’s no longer currently happening but I know the person will continue the harassment with some other people. Thank you please continue to help others.

A: We encourage you to talk to a trusted adult or a BLOOM365 advocate who can assist you and walk you through to steps in making the report. You can text/call our Advocacy Line at the number above! If you fear for your own immediate safety or the immediate safety of others, please call 9-11.

52) Thank you for coming!

A: You are very welcome! We hope that everything you learned in the Bloom It Up program is beneficial to you both now and in the future! We invite you to stay involved by joining our Peer Advocate Crew (PAC)! To get involved or learn more, you can email marli@bloom365.org or visit www.bloom365.org/peeradvocatecrew.

53) If you meet someone for the first time and their first impression is “Hey, wanna be friends? What’s your number? Are you single?” and constantly touching my shoulder, does it mean anything?

A: It is difficult to answer this question without any context. However, it’s important to remember that you have a right to set boundaries about your actions, possessions, and body. This means that you have the right to tell someone if you do not want to be touched in this way, and that person has the responsibility of respecting your boundaries. Consent is so important! We encourage to text/call our advocacy line to discuss this situation further.

54) What’s the biggest thing I need to do if this happens to me

A: If you experience an abusive relationship or friendship, we encourage you to talk to a trusted adult or a BLOOM365 Advocate. You can text or call our Advocacy Line for free, confidential support and a listening ear. An advocate can help you to create a safety plan and talk with you to determine what you want to do. The most dangerous time in an abusive relationship is when the survivor tries to leave, so talking with an advocate or trusted adult and creating a safety plan is super important. If you are not yet ready to leave, we still encourage

you

to text or call an advocate for free, confidential support!

55) How do you love someone?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. 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. We all have a specific love language for how we express and communicate love. Which one is your love language? Find out by taking the test at this link here: <https://www.5lovelanguages.com/profile/teens/>. Overall love should be all the positive characteristics that you came up with on page 34 of your workbook.

56) Ways to notice signs before dating?

A: Being aware of what the red flags are is super important! You can check out the red flags checklist on page 17 in your workbook or on our [website](#). Sometimes the red flags first show up as possessive jealousy or even in comments about your choice of clothing or friends. A helpful question to ask yourself is: Does this feel more like or look more like equality and freedom or power and control? It can be useful to look at the blooming and wilting flowers to help you to determine whether a friendship or relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within all types of 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.

57) How to tell someone about the abusive relationship?

A: We recognize that talking about an abusive relationship can be difficult. On page 22 or on our website, you can find "10 Ways to Reach Out for Help." This list provides some suggestions to start the conversation. However, know that there is no right or wrong way to reach out for support, and you can in whatever way you feel comfortable. Know that you are not alone. We encourage you to reach out to our Advocacy Line for free, confidential support and a listening ear.

58) In Dose 3, we learned about doing our best to be open-minded. Recently, my friend was denied his freedom of speech in this very classroom because you guys were not being open-minded. Just something to think about. I will even quote you guys, " We all have the freedom to be ourselves and express."

A: It makes us very sad to hear that you felt our program did not respect your rights. Please contact our Advocacy Line to discuss this further.

59) My mother was raped and molested at 12 years old. She used to do drugs and drinks heavily but then she was raped again. I was the result of that. She doesn't do that anymore.

A: Thank you for being brave enough to share this with us. We want you to know that you are not alone, and we are here to support you if you need someone to talk to. You can text or call our advocacy line at the number above for free, confidential support and a listening ear.

60) Look towards the future <3.

A: Thank you for sharing your positivity with us!