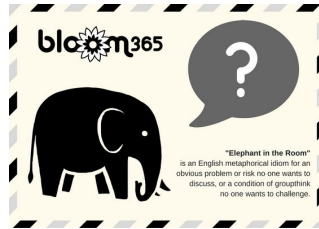


Elephant in The Room Q & A

Desert Heights Preparatory Academy
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: Will this teach us how to love ourselves?

A: Our society often focuses 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. Please know you are not the only one feeling this way or having a difficult time with self-love. 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.

2) Q: Who can I go to for help?

A: We are so glad that you want to reach out for help. You can talk to a trusted adult (such as a teacher, parent, school social worker, etc.) or one of our BLOOM365 advocates. You can contact our Advocacy Line by calling or texting the number above. Teen Lifeline is also a great resource for teens. You can reach them at the number above.

3) Q: Love the program and the message!

A: We are so happy to hear that you've enjoyed the Bloom It Up program and the work BLOOM365 is doing! If you are interested in getting involved, we have lots of ways to do so! If you turn to page 8 in your workbook, you can read more about "PAC". There are also opportunities to become trained as a peer advocate or peer educator! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

4) Q: What if you and your step-dad yell gay things to each other that we shouldn't?

A: In any type of relationship, including familial, communication is key. Communicating in a healthy way can help to resolve conflicts we may have. If you feel safe, we encourage you to utilize the communication technique we learned about in Dose 6- "I-statements." I-statements allows us to take ownership of our own emotions and allow others to empathize with us without feeling blamed. If communicating using "I statements" does not improve your communication or relationship with your

step-dad, it may be helpful to talk to another family member or a trusted adult. We all have the choice to use blooming and wilting language with each other.

5) Q: How do you know if someone is in danger to themselves?

A: This is a great question. Below are some of the questions we might ask to assess risk:

- Is the person able to carry on normal responsibilities: Attending work or school, completing responsibilities such as homework or chores, etc.
- Are they eating/sleeping normally?
- Is the caller catastrophizing? Such as, "No one cares" or "It's hopeless."
- Are there other behavioral indicators of distress? i.e Inappropriate laughing, hearing voices, can't stop crying, inability to concentrate, make decisions, or distorted perceptions of people.

To help determine if we need to intervene, we see how the person has previously responded: If they have a plan to harm themselves, what their plan is, if they are intoxicated, and if person has access to the means to carry off the threat. If you believe someone may be at risk for hurting themselves or hurting someone else, we encourage you to tell a trusted adult to ensure everyone is safe.

6) Q: If all people agree to be equal, or at least a lot of people do, why do they strive to be the best, on the top, or the "attention-getter"?

A: Even though a lot of people agree to be equal, we have parts of our culture in which we place an emphasis on achievement and goal orientation (think of getting a 100 on a test). Sometimes, when people struggle with low self-esteem, they might attempt to be the best, on the top, or the "attention-getter" as a way to feel better. If you are struggling with developing a healthy self-esteem, you can find some tips in your workbook on page 32 or on our [website](#).

7) Q: How come when people bring up abusive relationships people always use the guys as an example as the abuser. No one ever mentions girls "abusing" guys.

A: Even though abuse has no bias, and anyone can be perpetrators and victims of abuse, women are vastly more likely to be seriously hurt or killed in these scenarios. This is why a lot of the examples of abusive relationships 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. Due to stigmas and unhealthy gender norms, men often do not feel comfortable reaching out for help.

DOSE 2

8) Q: What should I do if guys/girls constantly try to get me to send stuff or they send stuff to me?

A: Being forced to send or receiving sexts is a form of sexual harassment. Sexual harassment involved unwanted and inappropriate behaviors of a sexual nature. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. You have the right to say no, and you should never feel bad for setting boundaries. If someone is pressuring you or trying to force you to do something you are not comfortable with, we encourage you to reach out to a trusted adult who can ensure you are safe and prevent this from happening to others. It's important to know that sending or

receiving sexually explicit pictures is a crime. This is not intended to scare you, but rather just so that you are fully informed. You can read more at <https://www.criminaldefenselawyer.com/resources/is-sexting-illegal-adults.htm>. Please feel free to reach out to our Advocacy Line for confidential support and to discuss your situation further.

9) Q: Why do people become a perpetrator in the beginning?

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. A 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 in equality and freedom!

10) Q: Why when you start dating your girl starts talking to other guys but when you aren't dating, she isn't talking to guys as much as when you were dating? Makes no sense!

A: Communication is an important part of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. It might be useful to identify how this situation makes you feel and then determining how you both might be able to work together to ensure both partners feel respected. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Ultimately talking about how this makes you feel can help you both get on the same page about your relationship.

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. Something you could both talk about is how you may be able to build up your trust and decrease your feelings of jealousy.

11) Q: I've recently had a parent issue. My mother forced me out of my bathroom because she complained that I go to her restroom. At that time I was brushing my teeth. We got into an argument when she blamed me for almost everything.

A: Thank you for sharing that with us. A way you may be able to be understood is by using "I" statements rather than "You" statements. For example: Saying something like, "I feel _____ when you _____, can we please _____?" Rather than saying something like, "Why are you _____?". 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. In this case, it can help to prevent your mom from feeling like she needs to defend herself and allows for more effective communication.

12) Q: Why not tell authority? Nowadays it happens constantly, so they would believe you!?

A: Telling an authority member such as a police officer might be a good idea in certain situations where someone is in immediate danger. If someone is in immediate danger, we always recommend calling 9-11. Some people do not feel comfortable going directly to a police officer in situations that might not be as immediately pressing. We encourage you all to identify who your trusted adults are, and always remember that BLOOM365 Advocates are here to help.

13) Q: My ex assaulted me and I didn't realize it until after we broke up. Why do I still miss them?

A: Thank you for sharing this with us. We want you to know that you are not alone. If you want to talk about this situation with an advocate, we encourage you to reach out to our Advocacy Line for free, confidential support and an open, listening ear. We'd be happy to connect you to local, community resources to help meet your needs and relieve some of the stress you may be currently facing. 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!

We recognize that leaving any relationship is not easy, and it's understandable that you have these feelings. Although dealing with a 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. Finding ways to cope can also 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!

14) Q: Should you watch out for your relationship if they "too in love" and they never wanna break up?

A: This is a great question! When someone loves us, they treat us with kindness, respect, empathy, affection, and all of the words seen in the center of the blooming flower. When someone loves us, they are willing to treat us with equality and freedom and not power and control. We should understand how we like to receive and how we show love to others (our "love languages."). Having a partner that shows love in the same way you like to receive love can be an important aspect of a healthy relationship. You can take a love language quiz here: <https://www.5lovelanguages.com/profile/>

Some of the red flags of an unhealthy relationship can be found on page 17 of your workbook, or on our [website](#). If you recognize one or more of these red flags or you feel like your partner may be controlling, we're here to listen and help. Please feel free to reach out to our Advocacy Line for free, confidential support and a non-judgemental listening ear.

15) Q: Can we please finish the video from day 1? If we have time.

A: You are welcome to check out the video here: <https://youtu.be/He1pu4VwKdM!>

16) Q: Thank you!

A: You're welcome! We are so happy to hear that you've enjoyed the Bloom It Up program and the work BLOOM365 is doing! If you are interested in getting involved, we have lots of ways to do so! You can turn to page 8 in your workbook and can read more about "PAC". If you want to become a peer advocate or peer educator, there are opportunities for you to get involved! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

DOSE 3

17) Q: Why is LGBTQ so offensive to talk about?

A: Within Arizona, there are laws prohibiting the "promotion of homosexuality" (often referred to 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!

18) Q: I dislike feminist and I'm a girl.

A: Your opinion and voice matters. Feminism is equality between all gender identities, races, sexual orientation, etc. Feminism strives to define and establish political, social, economic, and personal equality of all sexes. In society today, personal definitions of feminism have changed. We, at BLOOM365, believe in equality for everyone.

19) Q: Thank you for teaching us what a relationship isn't supposed to be despite societies norms.

A: You are so welcome! We are so glad that we have been able to come to Desert Heights Preparatory Academy and teach you and your peers. If you are interested in getting involved, we have lots of ways to do so! By turning to page 8 in your workbook, you can read more about "PAC". If you want to become a peer advocate or peer educator, there are numerous opportunities for you to get involved! To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

20) Q: I was not taught to act like a man, but I do. Is this a mere coincidence?

A: Gender norms, unhealthy and not, are very common throughout our society. You have likely encountered these norms throughout your life through the media and through interactions with those around you. Like we discussed during Dose 3, ideas about the norms for all genders can come from the movies we watch, the music we listen too, the toys we play with, and even advertisements we see. It could be a coincidence that you "act like a man" or it could be what you were influenced by the ideas promoted by the world around you. It is important to note that gender norms and stereotypes are not facts but rather some people's opinions about how someone should look, act, play, feel, etc. based on their gender.

DOSE 4

21) Q: What if the victim thinks they deserve the abuse?

A: Oftentimes the victim is continuously told that the abuse is their fault by the perpetrator, which can make them start to believe these things. However, it's important to remember that the abuse is NEVER the victim's fault. If you know someone who has experienced abuse and blames themselves, we encourage you to let them know that the abuse is not their fault and that they deserve respect.

22) Q: What is consent and how do you prove they gave consent if they try to lie?

A: Consent is the permission for something to happen or agreement to do something. There are 4 important 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.

It is crucial that we communicate our boundaries with our partners early-on in the relationship. It's always 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, continuous communication about boundaries is super important! Healthy relationships involve respecting our partner's boundaries! It's also important to know that healthy relationships exhibit love, peace, kindness, emotional respect, and all of the words you see in the blooming flower.

23) Q: Great lesson today! I am now more aware of my social media.

A: You are so welcome! We are so glad that you enjoyed lesson and that you are more aware of the blooming and wilting aspects in media!

24) Q: Why should I everyone hates me there is no point in being here.

A: Please know that you are not alone and we are thankful you reached out. We are sorry that you have had this experience, but want you to know that you deserve to be here. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do when you have these types of thoughts. 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. 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! 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 the 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. You can reach them at the number above.

25) Q: Social anxiety

A: 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 every day to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down as well and having them easily accessible can help build your confidence. You can also watch 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

26) Q: Why do people think it's okay to hurt other people?

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. A 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 in equality and freedom.

27) Q: What do you do if you're in an abusive relationship?

A: First, it's important to remember that the abuse was not your fault. 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 considering leaving the relationship, we encourage you to reach out to our Advocacy Line or another trusted adult that you can create a safety plan and talk to you about your specific situation. We also invite you to join one of our weekly support groups to walk alongside others in process of healing. If you are not yet ready to leave, we understand. We still encourage you to reach out for support and to discuss what can be done to ensure you are safe.

DOSE 5

28) Q: Is it a red flag when someone S.O. [Significant Other] tells them not to talk to me?

A: Isolation from friends or family can be a red flag that a relationship may be unhealthy or abusive. Some of the first signs of abuse can be a partner being overly jealous, controlling, or trying to isolate their partner from the people that they care about. Providing continual support with a friend is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option.

We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do is let our friends know that we are there for them when they are ready, make sure they are safe, and let them know that they are not alone. You can always refer to the red flag checklist for more red flags or early signs of dating abuse at www.bloom365.org/faqs. You can also check out page 9 in your workbook, or our [website](#) for tips on how to help a friend who is experiencing dating abuse.

29) Q: Hi. Similar comments- Q: Smiley face. Q- Have a good day.

A: Hello! Thank you. We hope you have a good day too! We hope to see you in our Peer Advocate Crew (PAC)! If you want to get involved, there are numerous opportunities for you to do so! To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

30) Q: If you can't set boundaries or if it's hard to, is that a form of self-disrespect?

A: Setting boundaries can be hard for some people. However, understanding our own boundaries as well as the boundaries of our friends and dating partners is an important component of healthy relationships. Boundaries are the limits you set within relationships, such as:

- What you can call each other (i.e. bae, boyfriend, girlfriend, etc.)
- How often you communicate or spend time together
- What you are willing to compromise on and what is non-negotiable (deal-breakers)

Identifying what is important to you is a good first step in setting your personal boundaries. For example, maybe it's important to you that you have time alone to spend with your family and friends. In this case, it'd be important to communicate with your partner a boundary that aligns with this- Such as being okay with not texting/calling during the time you are enjoying with your family. It's also important to identify your deal breakers or qualities/characteristics you do not want in a friend or dating partner. These things are also important when we set our boundaries. Your deal breakers, deal makers, and boundaries will likely change throughout your life. So, it's important to reconsider these things every so often to openly communicate them with the people in your life. Although it may feel uncomfortable at first, you should know that having boundaries is not something we should ever feel bad about. With time, you will begin to feel more comfortable setting boundaries and you will likely also recognize the incredible benefits that come with it!

31) Q: What's worse cyber or physical bullying?

A: Bullying, regardless of whether it's physical or cyber, can leave a lasting emotional impact. Bullying is an unwanted, aggressive behavior that involves a real or perceived power imbalance. People who are bullied can experience negative physical, school, and mental health issues. Kids who are bullied are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints

- Decreased academic achievement—GPA and standardized test scores—and school participation. They are more likely to miss, skip, or drop out of school.

32) Q: Come back! - Next week

A: We are so glad you had a good experience! If you are interested in staying involved with us, we invite you to join the Peer Advocate Crew (PAC)! At your school, PAC happens every Wednesday after school. There are also opportunities to get involved as Peer Advocate or Peer Educator! To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

DOSE 6

33) Q: Is it fine and should a woman get in bigger trouble if a woman makes a false accusation?

A: According to the National Sexual Violence Resource Center (NSVRC), false accusations only happen between 2% to 10% of the time. Meaning, false accusations are not as common as society often portrays.

It is also important to note that there are also ‘unfounded’ classifications of rape. ‘Unfounded’ classification is often confused with false allegations, in part because the definitions may seem similar. Unfounded cases can include those that law enforcement believes do not meet the legal criteria for rape. It does not mean that some form of sexual assault may not have occurred, but only from the legal perspective, in that jurisdiction, the case does not meet the legal criteria. We highly recommend checking out this article:

https://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_False-Reporting.pdf

34) Q: What is “regret sex” and what’s your opinion on it?

A: BLOOM365 believes that consent is so important to all aspects of relationships, because nobody should be forced or coerced into doing something they do not want to do. There are four important 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

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!

An act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

35) Q: Is it not good if your significant other isn't trying to communicate and they shove things under the rug or if they go overboard when dealing with it? Is that a red flag?

A: You are the expert in your own life, so we encourage you to identify for yourself whether this might be a red flag of an unhealthy relationship. It can be helpful to look at the blooming and wilting flowers to identify which characteristics better resemble our relationships. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. Some of the red flags of unhealthy or abusive relationships can be found on page 17 in your workbook or on our [website](#).

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 frustrated when we don't address issues as they come up. I know communicating can be difficult, but I feel communicating in a more healthy and respectful way could help us resolve problems more efficiently and prevent things from building up." Perhaps providing this person with tips for communicating effectively (such as those you learned during Dose 6) 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. If your partner does not care how their actions make you feel or is unwilling to address this issue, it is up to you to decide whether or not this is a deal-breaker for you personally. We encourage you to remember the things you identified as deal-makers in Dose 5, or those things you want in a partner.

36) Q: I feel uncomfortable when I try to talk about my depression with my friends, what should I do?

A: You are not alone in feeling this way. "I-statements" can be a helpful tool in talking about uncomfortable or difficult topics. The first step is to focus on how you are feeling. For example, "I am depressed" or "I am feeling lonely". The next step might be to talk about your specific situation. You can talk about how you have been feeling this way for a while or a recent event that caused you to feel this way. For example, "I have been feeling this way for a few months now" or "I heard someone else laugh about me behind my back." Then, you might consider suggesting a solution. This could be as simple as just telling your friends you want to talk. You could also come up with an idea on ways to boost your mood. For example, you could ask "Can we please talk?" or "I need to start practicing self-care strategies." A good way to set up your "I-statement" is in the format: "I feel (emotion(s)) when (situation), can you/we/I (solution)?" Additionally, "Teen Lifeline" is a great resource to talk to a trained teen about depression and other topics. You can reach them at the number above.

37) Q: I think BLOOM365 is needed in every school. Similar comments- Q: I love you #BloomRocks. Q: Hello

A: We would love to be in EVERY school to share our #blooming message, and are always moving towards making that happen! If you want to be involved, and help spread the message of BLOOM365, we'd love to have you join our Peer Advocate Crew (PAC)! PAC members help to plan and host fun events and outreach activities to break the silence on teen dating abuse and sexual violence, promote healthy relationships and inspire peers to reach out for help if they are experiencing or witnessing verbal, emotional, physical or sexual violence. To get started or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

DOSE 7

38) Q: Has BLOOM ever helped the abuser of the relationship? If so, how?

A: BLOOM365 has received a number of Elephant in the Room and Feedback cards from perpetrators who have shared how the Bloom It Up program has helped them to recognize that the way they were treating their partner was not normal or okay. We've received thank yous and comments from people who have learned what a healthy relationship looks like and recognized that they can make the deliberate choice to treat people with equality and freedom, rather than power and control.

Previously, most of our direct advocacy work has been the victims or survivors. However, we just received a grant from Dignity Health for a Youth Violence Intervention Project! The goals of this project include alleviating the help-seeking barriers faced by teens who are perpetrating violence and increasing access to interventions for youth perpetrating violence!

38) Q: Thank you for coming here and teaching us!

A: You're welcome! We are so happy to hear that you've enjoyed the Bloom It Up program and the work BLOOM365 is doing! If you are interested in getting involved, we have lots of ways to do so! You can turn to page 8 in your workbook and can read more about "PAC". If you want to become a peer advocate or peer educator, there are opportunities for you to get involved! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!