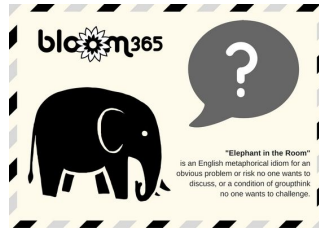


Elephant in The Room Q & A

Deer Valley 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: How to positively deal with thoughts of suicide and self-harm?

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 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 at the number above! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send us a text! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Although we do not specifically work with teens experiencing depression, Teen Lifeline is a great local organization that specifically works with youth experiencing depression. You can reach them at the number above.

2) Q: Since you guys deal with abusive/non-abusive relationships, do you also deal with break-ups? If so, what are some good tips to help to get through a breakup?

A: We want you to know that you are not alone, and we are thankful you reached out for support. Dealing with a break up is tough, but 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! If you're still struggling with coping, please know that a BLOOM365 advocate is here to listen and provide support. You can text/call our Advocacy Line at the number listed above.

3) Q: Women are not property. Women are equal to men. Men can cry. Men do not have to be strong. Women deserve the same opportunities. Women are different but that doesn't mean we are less capable. Agree?

A: BLOOM365 believes in equality and freedom. Abuse knows no bias, and men can also be victims/survivors of sexual assault and teen dating abuse. Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to "tough it out" or "be a man." Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being.

4) Q: I love this group! You guys are changing people into healthier people. But anyways, I have some family members who are possibly in an abusive relationship. I want to talk to them about it but I don't know how.

A: Thank you, we appreciate it! In your workbook on page 20 or on our [website](#), you can find a list of the “Top 5 Ways to Help a Friend” experiencing dating abuse. It’s important that we first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It’s also important that we don’t blame the victim. These “Top 5 Ways to Help a Friend” can be a helpful way to start the conversation. We cannot make people get help if they do not want to, but we can do everything in our power to help our friends or family members feel supported. If your family member is 24 or under, you could give them our Advocacy Line number if they need someone to talk to or help creating a safety plan. If they are over 24, you might consider giving them the number to the Domestic Violence Hotline. Sometimes people are not ready to accept the help we would like to offer them. 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 list, it's important to tell an adult you trust because this means that your family member 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!

5) Q: Why/how do people justify abuse?

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

6) Q: My older sister and mom are in a really bad relationship and they ask me to talk them out of the relationship or to help them out of the bad time. Do you have any advice?

A: In your workbook on page 20 or on our [website](#), you can find a list of the “Top 5 Ways to Help a Friend” experiencing dating abuse. These “Top 5 Ways to Help a Friend” can be a helpful way to start the conversation. We cannot make people get help if they do not want to, but we can do everything in our power to help our friends or family members feel supported.

You might consider talking to them about the communication tool we learned about in Dose 6- “I-Statements.” Communication is a huge component 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)? Working on communicating more effectively may help your sister and mom to develop a healthier relationship. Some additional communication tips we recommend can be found here: https://www.wfm.noaa.gov/workplace/EffectivePresentation_Handout_1.pdf

7) Q: My boyfriend is a little possessive and likes all of my attention. He doesn't get mad when my attention is on someone else, but he gets sad and walks off. Would that be a form of abuse?

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

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 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. If you have any concerns or would like to talk more about this, please feel free to text/call our Advocacy Line at the number above to speak with an advocate!

8) I don't feel right and have no friends at all.

We recognize how important it is to feel like you have a support system, and how lonely it can feel when we feel like we don't have that. A great way to make friends is to find people who have similar interests as you. For example, if you like listening to a certain type of music and playing video games, you might try sparking up a conversation with someone who you've heard talking about video games or the same type of music. Another great way to make friends is by joining clubs, organizations, or a sports team that you are interested in. Stepping outside of our comfort zones can allow us to grow and develop new friendships. It's important to remember that the people who matter in your life will like you for you! We can't please everyone, but opening up can allow us to find people who we can connect with and who will accept us just the way we are.

Sadness is a natural emotional, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, please know that help is available. Some red flags that you may be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, and sleeping too little or in excessive amounts. If these symptoms are present for more than two weeks for most the day, this may be a sign that it's more serious than just feeling sad. Although we do not specifically work with teens experiencing depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline. You can contact them at the number above. School social workers and counselors are a great source for information on dealing with depression. If you need additional support or a listening ear, please don't hesitate to text or call our Advocacy Line at the number above to talk with an advocate.

9) Q: The class was loud but good job teaching!

A: Thank you for participating and listening despite the rowdiness! We hope that you gained some valuable knowledge and tools for building healthy friendships and relationships that will help you both now and in the future! 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!

DOSE 2

10) Q: What is an elephant in the room?

A: The phrase “elephant in the room” is commonly used to refer to a topic or question that people may feel uncomfortable talking about or asking. Urban dictionary describes this phrase as a big issue that everyone is aware of, but that nobody really wants to talk about. An elephant in a room would be a pretty big issue to not be aware of, right? We used this phrase, because this is a serious issue that many teens have questions about but often don’t feel comfortable asking out loud!

11) Q: I just wanted to say that I’ve been sexually assaulted, but I have talked to someone about it and we got it all figured out.

A: We are so happy to hear that you are in a good place. Thank you so much for sharing your story of your experiences and healing. We highly encourage you to consider joining our Peer Advocate Crew (PAC) to help others in their healing journeys and to help create change around these issues in your community! Check out www.bloom365.org/peeradvocatecrew or contact Marli for more information! She can be reached at marli@bloom365.org or by text/phone at 602-799-5398.

12) Q: It’s almost been one month since I last self harmed, yet I still have such strong urges to. I haven’t taken any meds in a year to help out but I don’t own anymore. I flushed all the other pills I had since I kept trying to overdose on them. I just can’t distract myself from cutting. I think about it everyday. It I haven’t done it in fear of going back to an inpatient facility. What do I do? I feel like a failure. My mom doesn’t help. She makes it worse.

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 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 text or call our Advocacy Line at the number above! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call! 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.

13) Q: An online friend of mine who I've known for a long time has occasionally mentioned fights and other "odd" behaviors their partner has had. How do I ask to see if her relationship really is abusive or if I'm just overreacting to normal happenings?

A: One tool that we can use if we are ever concerned that a relationship might be unhealthy is the blooming and wilting flowers. 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 do recognize that your friend may be in an unhealthy or abusive relationship, it's important to understand the barriers to leaving the relationship and to not blame your friend for staying. On page 20 in your workbook, or on our [website](#), you can find some tips on how to start the conversation with your friend!

14) Q: My friends bully me.

A: We want you to know that you are not alone, and we are glad you reached out for support. Someone people bully others in order to gain or maintain power and control over them. This need for power and control can come from many root causes, including insecurity. As we learned in the program, sometimes friends can be abusive and we would treat this similar to an abusive dating relationship. 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 your friend about how you're feeling and why you're feeling that way. Using "I statements" can help you to take ownership of your own feelings and allow your friend to feel empathy. This may help your friend to recognize that your friendship isn't currently healthy and what can be done to improve your friendship. If you believe you are better off ending the friendship, you may also want to have a conversation with that person to express why you think that this friendship is making you "wilt", and that you feel you will be able to really "bloom" more if you end the friendship.. Leaving an unhealthy or abusive friendship is never easy. While ending a close friendship can be tough, it can be a great time for self evaluation and growth. Feel free to text/call an advocate for additional support.

15) Q: Me and my mom have an unhealthy relationship.

A: A good first step might be to utilize the communication technique we learned in the classroom to express our feelings- "I statements". You may choose to use the format: I feel ____ (emotion) when ____ (situation) can we please ____ (solution.) I-statements can be helpful tool for us to express our emotions and offer potential solutions without placing blame. They allows others to empathize with us and avoid defensive reactions/responses. You may even consider having a conversation with your mom about how to improve your relationship. How do these accusations or the words your mother uses make you feel? Perhaps spending time together doing things you all enjoy can strengthen your relationship

and allow for more open-dialogue. Please feel free to text/call our Advocacy Line at the number above to discuss further.

16) Q: This bloom club thing is amazing!

A: We are so glad to hear that you think so! 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!

17) Q: I’ve had abuse in different types of relationships. Some were step-parents as well. Is that any different?

A: If you have experienced any form of abuse, BLOOM365 is here to support you. Please feel free to reach out to our Advocacy Line for a listening ear and free, confidential support. 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.

Other methods of coping include: Talking to trusted friends or family members or healing arts like painting or yoga. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed!

18) Q: I <3 Bloom.

A: We are so happy to hear that! If you are interested in knowing more and 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!

19) Q: I’m sorry but this is all ethos.

A: We apologize that you had this experience. We strive to make each dose fun and interactive. However, student participation and conversation is crucial in order for it that to be possible! We welcome your suggestions for how we can make our curriculum more teen-centered and fun while still remaining educational. Feel free to send us a text or chat with us online!

DOSE 3

20) Q: I worry that my friend’s relationship is toxic. That they’re bad for each other. They always tell me how they both almost died. Literally. I’m not only worried about them, but their partner also.

A: We recognize how difficult it can be to tell someone and not wanting to betray the trust of your friend. However, we encourage you to talk to a trusted adult, such as a school social worker, teacher, or parent to discuss this situation as your friend could be in real danger. Please also feel free to text or call our Advocacy Line to discuss further.

21) Q: My boyfriend and I have been kinda rough. He says if I can't get help to be happier and stop calling myself fat he is going to leave me and go back to his ex once she comes back from Maryland. He says I'm very codependent but I don't see it. I kinda do but not as much as he says. I notice how I kinda need him around to be happy but it's not my fault/ My mom is pretty much verbally abusive and threatens to take away everything that makes happy. So it is hard to always be happy on my own. I don't know how to keep myself happy on my own since I get random mood swings all the time. I just need to stay happy.

A: We want you to know that you are not alone, and we are happy that you reached out for support. 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 sounds like you are going through a lot, and we know how hard it can be to cope when you don't access to the things that make you happy. We encourage you to try and find different tools of coping. For example, maybe you can try going for a walk, writing in a journal, yoga, taking a bath, or listening to music. 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 a BLOOM365 advocate at the number listed above. If you simply are needing an empathetic ear or are looking for mental health resources, 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. You can reach them at the number above.

22) Q: I'm annoyed.

A: We apologize that you had this experience. We strive to make each dose fun, interactive and helpful. We welcome your suggestions for how we can make our curriculum more teen-centered and fun while still remaining educational. Feel free to send us a text or chat with us online!

23) Q: Bloom es encendido.

A: ¡Gracias, estamos de acuerdo!

24) Q: Wouldn't pride be a masculine norm?

A: Gender norms are rules, beliefs, ideas or expectations about how certain genders should behave. We encourage you to consider for yourself whether pride is more of a masculine norm or masculine exception. Some examples of unhealthy gender norms are the idea that women have to stay home and raise kids or have long hair and that men should be the "breadwinners" and be the "tough" ones in a relationships. These are unhealthy because people who do not follow norms may be ridiculed or made

fun of, and can also lead to an unequal distribution of power within the relationship. 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, so whether pride would be included would be based on the individual.

25) Q: I like playing with my games/sports.

A: That is great to hear! It's important to always remember what makes us happy! In healthy relationships and friendships, our partners support us doing what makes us happy! If our partners or friends try to isolate us from the people who make us happy or prevent us from doing the things that make us happy, this could be a red flag that the relationship or friendship might be unhealthy.

26) Q: Do they really love me if they always say "I'm sorry"?

A: It is hard to answer this question without any context. 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 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. Please feel free to text/call our advocacy line at the number above if you'd like to discuss your situation in more detail!

27) Q: So, I've been experiencing flashes of different things, like things I've never had happen to me. My most recent one was me cutting my arm, deeply, and I felt my blood run cold, and I could barely move any part of my body. I've never cut myself before and I've never really wanted to. What would/could be the cause of that happening?

A: Unfortunately this is outside of our speciality. However, we'd be happy to help connect you to the appropriate resources. Please feel free to text/call our advocacy line to discuss further.

28) Q: What if my mom keeps getting into abusive relationships and never believes me until it's too late. My mom has a hard time letting go of her ex's. Her ex was really abusive and we ended up losing everything. He put a gun to my moms head and broke her stuff. Please help me out.

A: It can be very difficult to watch your parent as a victim in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your parent, but there are some ways you can help if you so choose. First and foremost, if there are weapons involved or you feel unsafe, it is important that you reach out to a trusted adult to ensure your safety. If you are in immediate danger, please call 9-11. If you are not in danger, one thing you can do to help you mom is to serve as a supportive person in her life and let her know that you are there for her. You can also find ways to spend time alone with her doing activities you both enjoy. If you feel comfortable, you can give her the number to the National Domestic Violence Hotline. Don't be discouraged if she is not ready to make the call. Remember the importance of not blaming the victim and understand that there are a lot of barriers to leaving an abusive relationship. You can continue to let her know you are

there for her, and that the hotline is available whenever she is ready to make the call. Please know that you can reach out to our advocacy line if you ever need additional support. We would be happy to provide you with local resources and talk with you more about helping a parent in this situation.

29) Q: My boyfriend just recently broke up with me. Now he is taking his anger out on me. And I don't know how to fix things (but he's not being abusive).

A: Anger is a natural human emotion. Most humans have felt or experienced anger. Healthy anger can prompt use to make positive changes and stand up for ourselves. However, anger can become unhealthy and is never an excuse for us to treat someone poorly or for someone else to treat us poorly. We all have the ability to choose how we are going to treat another person, even if we are angry. We all make a deliberate choice in whether we are going to treat someone with equality and freedom or power and control.

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 you get angry. I know you care about me and I don't think you mean to take your anger out on me. 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 me from feeling hurt." 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.

30) Q: There is only two genders male or female there is not OR. No its, gays, or lesbians allowed.

Q: Biological sex is different than gender identity. Biological sex is assigned at birth, generally as either male or female based of external anatomy and a combination of things such as: Chromosomes, hormones, reproductive organs, and secondary sex characteristics.

Gender on the other hand is how a person identifies. For people who identify as transgender, their own internal gender identity doesn't match the biological sex that they were assigned at birth. People can feel male or female or they can feel like they do not identify on the gender binary. They can identify as neither male or female or both male and female. Gender identity is on an infinite spectrum. For more information about gender identity and expression, please visit <https://www.glaad.org/reference/transgender>. BLOOM365 believes everyone deserves healthy and safe relationships and Blooming Point is a safe place where all are welcome.

DOSE 4

31) Q: Why are we worrying about other people's problems and bad relationships?

A: BLOOM365 believes everyone has the right to happy, healthy relationships. Sometimes people grow in environments where abuse and violence are seen as normal, which can increase their risk of having relationships stemmed in power and control in the future. Our goal is to provide you all with the tools

and knowledge to know what a healthy relationship looks like and how we can develop healthy relationships.

32) Q: Why does Bloom focus only on younger people's relationships, not older?

A: Great question! When BLOOM365 was founded originally we were known as the "Purple Ribbon Council to Cut Out Domestic Abuse." In the early years, much of our focus was on raising money for domestic violence programs. In 2008, we conducted study circles in Maricopa County and we began to recognize that dating violence prevention and advocacy services for youth who've witnessed domestic violence was a big gap area. After a few years of research and fundraising, we launched our first pilot education for high school students in 2011! Between 2012 and 2013, we began piloting our multi-dose education! You can read more about our story and history at www.bloom365.org/story. We believe that everyone deserves to have healthy, safe relationships and that early prevention education can help you all build and grow healthy relationships both now and in the future. While much of our work is focused on youth and young adults, there are lots of great organizations that we work in partnership with to work towards our vision of healthy and safe relationships for all. ACESDV and the Domestic Violence Hotline are great resources for adults who are experiencing domestic or sexual violence.

33) Q: "Shot through the heart, and you're to blame. Baby, you give love, a bad name"wilting?

A: We encourage you to analyze the lyrics for yourself. Does it sound more like power and control or equality and freedom? Do you recognize any of the root causes or root solutions? We're not telling you to not listen to this type of music, instead we are encouraging critical consumption of media. We want you all to be able to know if what you are listening to or watching promotes ideas of Power and Control or Equality and Freedom. Understanding the impact media (music, TV, etc.) can have on our lives and relationships is important. By being critical and aware of what you are consuming, you can identify and recognize when something is wilting. Overtime, you can work towards consuming and promoting more positive, blooming media.

34) Q: This Bloom thing is great

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!

35) Q: Be positive.

A: Great attitude! Keep blooming!

DOSE 5

36) Q: Thank you guys so much for helping me. I'm trying out the methods you recommended me and they are working.

A: We are so happy to hear that! Please know that our Advocacy Line is here for you if you ever need additional support! Keep blooming!

37) Q: You guys are great.

A: We are so happy to hear that you've enjoyed the Bloom It Up program! If you are interested in getting involved, feel free to check out page 8 or visit www.bloom365.org/peeradvocatecrew!

38) Q: How do I get involved? Similar question: Can high schoolers help with Bloom?

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!

39) Q: Thank you for teaching me these lessons.

A: You are very welcome! We hope that you everything you have learned will help you to build and grow healthy relationships both now and in the future!

40) Q: Thank you guys so much for helping me. I'm trying out the methods you recommended me and they are working.

A: We are so happy to hear this! Thank you for taking the time to let us know that you've had a positive experience with our advocacy services! Please feel free to reach out to our advocacy line if you ever need additional support or a listening ear.

41) Q: LGBTQ+? Love the respect and understanding.

A: Sorry, we are unsure what you are asking here. Please feel free to call or text our Advocacy Line and we'd be happy to answer your question once we have a better understanding of what you are asking!

42) Q: That activity we did was really cool. Everyone was involved. I also noticed both of you were involved. Similar comment: Very cool.

A: We are so glad you enjoyed the activity! Thanks for sharing your feedback with us! We rely on student feedback and input to update our content/activities to ensure they are always fun and relevant!

DOSE 6

43) Q: I'd love to come to the art thing tonight, but I don't have a ride.

A: Please feel free to text or call our Advocacy Line or email sarah@bloom365.org to request transportation to any of our upcoming groups!

44) Q: Is there a reason why guys expect sex from girls. As if that's what they offer?? It's not.

A: In Dose 3 we talked about how gender norms can force masculine-identified folks into a box of what masculinity means. Often times this looks like hypermasculinity, which is an exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression. This pressure to be sexual can also lead to objectification of another person. Objectification means to treat someone as an object or thing and not as a person. Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and

control in their relationship. While there is nothing wrong with being masculine, hyper masculinity becomes an issue when it causes the normalization of hypermasculinity or objectification. To create change around this issues, we have to first recognize that men don't have to fit into this box to identify as masculine and break down the stereotypes that normalize unhealthy gender norms.

45) Q: Would being forced under the influence of alcohol, a form of rape?

A: 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. Additionally, if someone is forced to have sex then this is considered coercion and is not consent. If you have any additional questions or concerns about this, please feel free to reach out to our advocacy line at the number above!

46) Q: Would being forced to watch an inappropriate movie and asked to have sex sexual harassment?

A: Consent is important because nobody should ever be forced to do something that they do not want to do. If you are forced or pressured into doing something you do not want to do, this is considered coercion. Consent applies to all aspects of relationships and interactions, not just sex. Consent is needed for any kind of physical action whether it is a kiss, holding hands, etc.

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.
2. Freely given (uncoerced)
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. es 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). Sexual harassment involves unwelcome and inappropriate comments of a sexual nature. 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 below.