

Elephant in The Room Q & A

North High School Fall 2018



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. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit www.bloom365.org/contact. Text/Call: 1-888-606-HOPE (4673)</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>

Wondering how to reach out for help/support?

Check out page 22 in your workbook or visit www.bloom365.org/resources

Q: Student
A: BLOOM365 Advocate

DOSE 1

1) Q: I read a story about a guy who enjoyed being beaten and put down by his partner; Would this be considered abuse?

A: This is where consent comes into play. Consent is needed for any kind of physical action whether it is a kiss, holding hands, etc.. 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. It can be helpful to look at both flowers to determine whether a relationship is blooming or wilting! You can check out our 5 tips for How to Help a Friend on page 15 if you ever have a friend who is experiencing dating abuse!

2) Q: How do you know if you're being emotionally abused?

A: Abuse has many different forms (verbal, emotional, and physical). It is not an isolated, one time incident, its a pattern of abusive behaviors that a partner uses to gain power and control. Some signs of emotional abuse include: Name calling/put downs, threats and intimidation, ignoring/excluding, isolation, and humiliation. Perpetrators will often also use a pattern of minimizing, denying, and blaming. For example: Minimizing the behavior by saying they are just having a bad day or that the victim is being too sensitive, denying that they ever did it, or blaming the victim by saying that it's their fault and they made them do it. If you recognize any of the red flags, we highly encourage you to reach out to a BLOOM365 advocate or trusted adult. BLOOM365 advocates are always here to listen and can also provide more clarity if needed.

3) Q: My dad kicked the s* out of my mom**

A: It can be very difficult to watch your parent as a victim or even a perpetrator in an abusive relationship. Please know that it is not your responsibility to "rescue" your parent, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in your mom's life. 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 (1-800-799-SAFE(7233)). Don't be discouraged if she is not ready to make the call. Remember the importance of not blaming the victim and understand 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. You can also reach out to a BLOOM365 advocate by calling or texting 602-799-7017. We can provide you with local resources and talk with you more about helping a parent in this situation.

4) Q: Are we gonna talk about self harm?

A: First off, we want you to know that you are not alone. Although we do not specifically address self-harm or depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing these issues, including Teen Lifeline. You can contact them at 602-248-TEEN (8336). School social workers and counselors are also a great source for information and support with self-harm and depression. Please know you can always reach a BLOOM365 advocate by texting or calling the number above for a listening ear or if you would like additional resources.”

5) Q: Why when women abuse men, it’s not really reacted to, but when men abuse women it’s heavily reacted to?

A: 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 for help. Being abused does NOT make any person less of a man or human being. If you are experiencing abuse in a relationship or if you are a sexual assault survivor, we encourage you to reach out to a trusted adult or a BLOOM365 advocate who can help you determine what steps you might want to take next.

6) Q: Why is there abuse in some relationships?

A: There are a number of root causes for abuse that we explored during doses 3&4. 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 increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom

7) Q: Instead of how many people experienced the abuse, how many people did the abuse?

A: Great question! The research on rates of perpetration of abuse is scarce. However, based on the data we have collected from clickers between July of 2017 and June of 2018, 64% of teens report that they or someone they has been the perpetrator verbal, emotional or physical Teen Dating Abuse. This breaks down into: 15% report they AND someone they know have perpetrated teen dating abuse, 13% report that just they have perpetrated it, and 36% report that they just know someone who has perpetrated it. Hopefully that provides a little perspective into perpetration statistics within Arizona!

8) Q: I think BLOOM is a great program.

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

9) Q: When you’re getting abused but you’re a boy so you have to grow up and be a man.

A: We want you to know that being abused does NOT make any person less of a man or human being. It's unfortunate that these stigmas exist, but it is our hope that BLOOM365 can help uproot unhealthy gender norms for future generations! We want you to know that you are not alone. If you are experiencing abuse in a relationship or if you are a sexual assault survivor, we encourage you to reach out to a trusted adult or a BLOOM365 advocate who can provide a listening ear and connect you to additional support if desired. We also highly encourage you to get involved in one of our weekly support groups.

10) Q: Thank you for today's lesson. Similar statement: Good having you here.

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

11) Q: Why would someone wanna hurt someone they're trying to make happy? Doesn't make sense to me.

A: There are several "root causes" for why perpetrators choose to exert power and control over their partner. These are the root causes that we explored in Doses 3 and 4. 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 and insecurity can also play a role. 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 this root causes increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom.

12) Q: If you need new ideas you can reach me...

A: Thank you so much for offering! 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! Our PAC is a great opportunity for you to share your ideas!

Dose 2

13) Q: When did Bloom It Up start? Similar question: How long have you been doing this?

A: BLOOM started out in 2006 when Donna Bartos found her voice after her own experiences with teen dating abuse and decided to turn that voice into action. She founded the Purple Ribbon Council to Cut Out Domestic Abuse (now BLOOM365) as a way to mobilize the stories voices, and potential of everyday people to help "uproot abuse." You can read more about Donna's story and how BLOOM365 came to be on page 5 of your workbook! All of us at BLOOM365 have different reasons for why we chose to be involved with BLOOM365. Some of us have experienced or witnessed dating abuse or domestic violence in our own lives or the lives of our friends, while others have not. However, each and everyone of us here at BLOOM365 is passionate about this issue and believes in the ability of YOUR generation to uproot abuse for future generations!

14) Q: Can abuse affect a relationship?

A: Abuse can affect a relationship and a person in numerous ways. Abuse and violence can turn a blooming, healthy relationship into a wilting relationship. Healthy relationships are stemmed in equality and freedom and exhibit the words you see in the center of the blooming flower! When power and control exist within a relationship, chances are that relationship is going to wilt.

15) Q: Why is dating sometimes an abuse?

A: While unhealthy dating relationships exist, BLOOM365 promotes healthy, blooming relationships and friendships. Healthy relationships are stemmed in equality and freedom and exhibit respect, love, communication, and all of the blooming words you see in the center of the blooming flower. When one partner holds more power in a relationship, there's an increased risk that that relationship may become unhealthy or potentially abusive. 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 and insecurity can also play a role. 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 this root causes increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom. We all have a choice in whether we are going to treat are partners with equality and freedom or with power and control!

16) Q: Why don't some people leave when they are in an abusive relationship?

A: Leaving an unhealthy or abusive relationship is never easy. In dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.). Think of these barriers as hooks. It's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's also important to remember that the most dangerous time in an abusive relationship is when the victim tries to leave. On page 15, you can reference the "Top 5 Ways to Help a Friend Going through Dating Abuse for tips on how to help a friend who may be experiencing these issues in a non victim-blaming way.

17) Why is abuse more found in relationships and not in friendships?

A: Abuse can occur in all types of relationships- Whether that be a friend, family member, or dating partner. Oftentimes in an unhealthy or potentially abusive friendship, we see this play out through bullying. When one friend holds more power and attempts to control the other through verbal, emotional, or physical abuse or violence, this friendship is likely wilting. We strongly encourage you to surround yourself with positive, supportive people. Healthy relationships and friendships are stemmed in equality and freedom and exhibit the words shown in the center of the blooming flower such as: Respect, Communication, Kindness, Honesty, and Encouragement. If your friends are bringing you down, humiliating you, or trying to control you anyway, please know you are not alone. You can always reach out to a BLOOM365 advocate at the number above for free, confidential support and a listening ear. We also highly encourage you to get involved in one of our weekly support groups!

18) Q: Abuse does not have a positive effect in any way.

A: You are absolutely right! Abuse can have serious, long-lasting negative impacts on survivors; including increased risk for substance abuse, eating disorders, and domestic violence in future relationships. 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 and insecurity can also play a role. If someone lacks confidence, they may try to gain power or control over their partner in an attempt to feel better. However, even though these root causes increase one's risk of becoming a perpetrator, they still can make the deliberate choice to have relationships based in equality and freedom!

19) Q: How to handle a relationship?

A: Before beginning a relationship, it's important to identify your relationship deal breakers and deal makers for the qualities and traits we do want and do not want in a relationship. When we don't hold true to our deal breakers, this is often when we will see power and control begin to slip into our relationship as we try to make the other person change to be who we want them to be. That's why it's so important that we are aware of our deal breakers and deal makers! It's also important to recognize your rights and responsibilities within a relationship. 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.

20) Q: Does BLOOM help a lot of people?

A: Yes! Between July 2017 and June 2017, BLOOM365 reached approximately 8,000 teens through our 7 Dose program, flash doses, and community outreach events. We expect to exceed this number over the next year! On our website home page, you can also see a count of the number of teens we have reached through the 7 Doses and the number of disclosures we have received since our start. These numbers updated periodically so be sure to check back in the upcoming months to see an update! For every teen who discloses, we provide support and information on available resources. Additionally, we provide individual and group advocacy to teens at several community sites including: One N Ten, Florence Crittenton Girls Ranch, South Phoenix Youth Center, UMOM, and De Colores.

21) Q: What is the smoothest line to come across a girl?

A: Unfortunately that is a bit outside of our speciality. Our work is focused on preventing teen dating and helping teens create and build healthy relationships. Our sole focus is not on teaching you how to get into a relationship, but rather how to grow healthy and safe relationships with your friends, family, and dating partners. Before beginning a relationship, it's important to identify your relationship deal breakers and deal makers for the qualities and traits we do want and do not want in a relationship. When we don't hold true to our deal breakers, this is often when we will see power and control begin to slip into our relationship as we try to make the other person change to be who we want them to be. That's why it's so important that we are aware of our deal breakers and deal makers! It's also important to recognize your rights and responsibilities within a relationship. 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.

22) Q: Why do you do this for your job?

A: All of us at BLOOM365 have different reasons for why we chose to be involved with BLOOM365. Some of us have experienced or witnessed dating abuse or domestic violence in our own lives or the lives of our friends, while others have not. However, each and every one of us here at BLOOM365 is passionate about this work and believes that YOUR generation has the ability to UPROOT abuse! On page 5 of your workbook, you can read more about Donna Bartos, the founder and executive director of BLOOM36, and her experience with dating abuse.

23) Q: In all honesty, I believe the emotional pain rather than the physical pain in an abusive relationship is the most soul breaking.

A: Leaving an unhealthy or abusive relationship is never easy. When you love someone whether it's intimate or a friendship, you integrate them into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. When that all disappears, you feel lost because you actually lost something. Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and or had history with them. With all this said, while ending a close friendship and or break up is tough it can be a great time for self evaluation and growth. A great tip for coping after a break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your packet, you can reference the "6 Tips for Coping After a Break-Up" to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: Spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you're still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

24) Q: What do you do when you find out one of your students are hurting themselves?

A: Since BLOOM365 staff are mandated reporters, if a student discloses that they are at risk for hurting themselves or hurting others, we are required by law to report this to the proper authorities. If you do choose to share, we will work with you to determine the best and safest way to make a report. We want to ensure you are safe and help connect you to resources and support. If you do not feel comfortable reaching out because we are mandated reporters, you can choose to text/call an Advocate or chat online for free, confidential support. If you do not disclose personal or identifying information, we can still provide information and a listening ear.

25) Q: What is the most common abuse for women?

A: According to the Center for Disease Control and Prevention (CDC, 2017), 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner.

30) Q: What happens if you date a boy 10 years older than us?

A: Having a significantly older partner can sometimes lead to power and control in a relationship, as the older partner is likely going to hold more power. Healthy relationships are stemmed in equality and freedom. 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. If you are under 18, this also has legal implications. If you feel that you're in danger, it is a good idea to tell a trusted adult. You can also reach out to a BLOOM365 advocate at the number above. Don't forget to always reference your red flag checklist on page 17 in your workbook or the different traits of a blooming and wilting relationship to determine whether a relationship is blooming or wilting.

31) Q: Is it okay if it's been a year and I'm still thinking about an ex?

A: While ending a close friendship and or break up is tough it can be a great time for self evaluation and growth. A great tip for coping after a break up is to remember to be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. In your packet, you can reference the "6 Tips for Coping After a Break-Up" to find more BLOOM365 suggested tips. We also highly encourage you to get involved in our free support group! Our support group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. For example: Spending time with the people you love, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! If you're still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

32) Q: What if you have a wonderful girlfriend but you still feel alone?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. Sadness is a natural emotion, and we all feel it at times. However, if you are experiencing depression or extreme feelings of loneliness, please know that help is available. Some red flags that you may be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, and sleeping too little or in excessive amounts. If these symptoms are present for more than two weeks for most the day, this may be a sign that it's more serious than just feeling sad. Although we do not specifically work with teens experiencing depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline. You can contact them at the number above. School social workers and counselors are a great source for information on dealing with depression. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

33) Q: Is it considered an unhealthy relationship if the guy tells you not to wear certain things because he's scared other guys will look?

A: Healthy relationships are stemmed in equality and freedom. In a healthy relationship, both

individuals understand their own rights to safety, equality, individuality, and boundaries and respect these rights of their partner. You can explore your rights and responsibilities further on page 12 of your workbook. Unhealthy relationships exhibit unhealthy power and control. Your partner telling you what to wear or telling you who you can or can't hang out with may be a red flag and a sign that your partner is trying to gain control. We would be happy to discuss your situation further if you'd like to reach out to a BLOOM365 advocate at the number above.

34) Q: Why do people get emotional when they break up?

A: When you love someone whether it's intimate or a friendship, you integrate them into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. When that all disappears, you feel lost because you actually lost something. Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and or had history with them. 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, you can always reach out to an Advocate at the number listed above for free, confidential support and a listening ear.

35) Q: Don't know why the women leave?

A: Leaving an unhealthy or abusive relationship is never easy. In dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.). Think of these barriers as hooks. It's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's also important to remember that the most dangerous time in an abusive relationship is when the victim tries to leave. On page 15, you can reference the "Top 5 Ways to Help a Friend Going through Dating Abuse for tips on how to help a friend who may be experiencing these issues in a non victim-blaming way

Dose 4

36) Q: Why do we need to learn about this when we already know about this?

A: The goal of Dose 4 is to help students learn to further understand root causes of power and control and to understand the importance of critically consuming media. We then give you the opportunity to identify root causes and root solutions represented in your own media. One way to create change is through conversation with family, friends and our community. This creates the idea that something in our society needs to change and we the people have the power to change it. We can change the media by changing the types of media we watch, read or listen to. If we as a society no longer tolerate media that portrays abusive behavior/relationships then that will no longer be portrayed in the media. You can always contact BLOOM365 by texting or calling the number above to talk more about root causes and media influences.

37) Q: Why do people bully rape victims?

A: People bully for many reasons, but it all boils down to trying to gain or maintain power and

control over someone else. Some of the reasons that people might choose to gain power and control over others are in your BLOOM IT UP Packet on page 24. They include abusive taught behavior, and insecurity, among other things. People bully for many reasons but we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way. It is not uncommon for our society to not believe victims and to bully them because they think they are lying. BLOOM365 recognizes the importance of believing victims and supporting them in the very difficult process of healing. When victims aren't believed, they're less likely to reach out for support and perpetrators are likely to continue to hurt others. Please know that if you've experienced sexual assault, it was not your fault and you are not alone. If you have any concerns about this matter, please reach out to a trusted adult, school social worker, or a BLOOM365 advocate. We also highly encourage you to get involved in one of our support groups!

38) Q: Why do people copy what they see online?

A: As we learned in Dose 4, body image and appearance is a major influence on teen's 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. Although we can not change how people view us, we can ultimately work on our own self esteem and change the way we view ourselves. At BLOOM365, we encourage you to be the change that you want to see. Self-acceptance and learning to recognize the qualities, skills, and talents that make you special are a great way to increase self-esteem. Additionally, helping others to recognize the great qualities they possess can help improve their confidence as well!

39) Q: I will think about what I follow whether it is blooming or wilting.

A: Thank you so much for taking the time to share this with us! We are so happy to hear that Dose 4 has inspired you to be more aware and conscious of whether the media in your life is blooming or wilting! We encourage you to continue to surround yourself with positive, blooming media! We believe your generation can help make this the norm!

40) Q: Who owns BLOOM365?

A: BLOOM365 was founded by Donna Bartos, a 5-year survivor of dating abuse. On page 5 of your workbook, you can read more about her the founder and her experience! You can also learn more about our story on our website at www.bloom365.org/story.

41) Q: How do you know before time it a relationship will be safe?

A: In class we talked about how a healthy, blooming relationship stems from equality and freedom. Equality is defined as a balance of power (50/50), such as in the decision making process. Overall equality can mean different things to different partners. It comes down to how you and your partner define it for your relationship. It's also important to communicate openly and honestly about the balance in your relationship, especially if one of you is unhappy and uncomfortable. Why does equality matter? At BLOOM365 we know that in an unhealthy abusive relationship, one partner gains and maintains power and control over the other. By learning how to create equality in a relationship, we can prevent unhealthy relationships and build healthier

relationships in our lives. To help determine the level of equality in your relationship, we encourage you to refer to the blooming and wilting flower on the back of your workbook. Feel free to reach out to a BLOOM365 Advocate at the number above if you have any more questions or concerns.

42) Q: Do songs affect our relationships?

A: It just depends, are you constantly exposing yourself to wilting or blooming music? If it is more wilting music, this lends into social acceptance. If we are constantly exposed to wilting media, we may begin to see these things as normal or okay. The social tolerance (or social acceptance) or wilting behaviors and wilting media can be a risk factor that contributes to power and control seeping into our relationships.

43) Q: Why do people become insecure? Also why do people have low self-esteem? What causes low self-esteem?

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves, which can lead to us feeling insecure. Sometimes the unrealistic beauty ideals portrayed in the media can also lead to insecurity. The media often also uses this a way to promote their products and try to sell the idea that their product will make them more beautiful/strong/confident/etc. Low self-esteem can also be a result of someone often being put down by their peers, family, or dating partner through bullying or dating abuse. If someone is putting you down and you can't avoid spending time with them, it's important to make sure that the voice in your head is being kind since those around you are not. If you still have it, take your Hello I Am sheet and orange Post It note (three things you like about yourself) and keep them somewhere that you see everyday to remind yourself of the things that you like about yourself. Remind yourself that the negative things others say about you are not true and keep yourself busy doing things you enjoy!

44) Q: Why do some songs talk about sex?

A: We do not have a definitive answer for this question. Media is often a reflection of what is popular and what will sell. If our society encourages the media to promote more healthy, blooming messages and stops buying into the negative, wilting messages, we will begin to see a shift in the norm!

45) Q: Do we have to sing our rap songs for our project due on Tuesday?

A: We encourage you to share your Creative Project with the class if you feel comfortable, but it is completely up to you what you decide to share and how you decide to share it!

Dose 3

46) Q: What are some advice to date properly?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions

together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower.

47) Q: If you're dating someone and both of you guys know that the relationship is falling apart and they have talked about, what are some ways to try to save the relationship? Can it be fixed if both persons are not happy but still want to be together?

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

48) Q: When getting abuse by your dating partner, and they threaten you to kill you or one or your family if you say anything. What do you do?

A: The act of killing someone can be seen as a final act of total control. We know the most dangerous part of a relationship is when the relationship ends. The perpetrator starts to lose control of the other person. In some situations, such as with Dorothy and May, the perpetrator exerts power and control over killing themselves and/or their partner. This is why it is so crucial that we take these types of threats seriously. We highly encourage you to tell a trusted adult or a BLOOM365 advocate at the number above.

49) Q: What does a norm and exception mean?

A: Research shows that when more than 50% of a population adopts a style, attitude, and a behavior it becomes the "norm" in our society. This does not mean that norm means normal and exception means abnormal, but rather the norm is more common. An exception is defined as behaviors, styles, and attitudes that are less common on our society. It might be helpful to think of "gender norms" as the stereotypes for that gender.

Dose 5

50) Q: Why do people have self-doubt?

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. One way we can stop this is by trying to encourage ourselves to take a moment everyday to remember the things we love about ourselves (our strengths, aspirations, personality/physical characteristics, etc.). Writing these things down as well and having them easily accessible can help build our confidence. You can also watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw80FVHzd4>. Doing our own daily affirmation and spending time doing the things that make us happy can be helpful tools in building up our self esteem.

51) Q: How do you describe the word “love”? What do you think when you hear it?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Loves Me flower on page 28. 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 one person, 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. 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.

52) Q: If someone is constantly texting me and trying to get with me, what do I do?

A: If someone is blowing up another person’s phone or is constantly “checking up” on the other person, this could be a red flag for a potentially unhealthy or abusive relationship. Harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If you or someone you know is facing harassment, we highly encourage you to text or call an advocate at the number above.

53) Q: When is the Bloom event and where?

A: BLOOM365 offers weekly support groups on Monday-Thursday evenings and Saturday mornings at our office near 19th Ave. and Northern. Please check out our flier below for more information and a number to text or call for the full address! If you are referring to our Healing Arts Drumming Circle event, this event will be held on Wed. Oct. 3 from 5PM-6PM at our office!

The flier is titled "OCTOBER 2018" in large blue letters, with the "bloom365" logo to the right. Below the title, it says "LOCATION: BLOOMING POINT- 19TH AVE. & NORTHERN". The flier is divided into five columns for different days of the week:

- MONDAYS:** 10/1, 10/8, 10/15, 10/22, 10/29. Drop In Hours: 2-6:30PM, Dinner: 6PM. Drop-In Support Group: 6:30-7:30PM.
- TUESDAYS:** 5-WEEK SESSION BEGINS OCT. 9. Drop In Hours: 2-6PM, "Snacks provided". Self-Care Closed Group: 6-7:30PM, "Registration Required".
- WEDNESDAYS:** 10/3, 10/10, 10/17, 10/24, 10/31. Drop In Hours: 2-5PM & 6-8PM, "Snacks provided". Drop-In Healing Arts Group: 5-6PM.
- THURSDAYS:** 10/4, 10/11, 10/18, 10/25. Drop In Hours: 2-5PM & 6-8PM, "Snacks provided". Drop-In Self-Esteem Group: 5-6PM.
- SATURDAYS:** 10/6, 10/13, 10/20, 10/27. Drop-In LGBTQ+ Group: 10-11AM.

At the bottom, it says "QUESTIONS // REGISTRATION // TRANSPORTATION REQUESTS // INDIVIDUAL SESSIONS" and provides contact information: "CALL OR TEXT: 602-799-4758" and "EMAIL: SAM@BLOOM365.ORG".

54) Q: Why do people look down on others?

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. One way we can stop this is by trying to encourage ourselves to take a moment everyday to remember the things we love about ourselves (our strengths, aspirations, personality/physical characteristics, etc.). Writing these things down as well and

having them easily accessible can help build our confidence. You can also watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing our own daily affirmation and spending time doing the things that make us happy can be helpful tools in building up our self esteem.

55) Q: The new guy my mom married shows all these signs.

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. For one, you can serve as a supportive person in your parent’s life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don’t be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call. You can also call or text an advocate at the number above. We can provide you with local resources and talk with you more about helping a parent in this situation.

56) Q: I love this! <3

A: We are so glad you enjoyed the 7 Dose Bloom It Up program! We hope that you are inspired to join our Peer Advocate Crew! You can find more information at www.bloom365.org/peeradvocatecrew. You can also email marli@bloom365.org to learn about all of our upcoming opportunities and events for you to get involved in! Keep blooming!

57) Q: How can you help others when you can’t even help yourself?

A: First off, thank you so much for reaching out. We want to let you know that you’re not alone going through this. It’s important to take care of not only your physical health, but your mental health as well. Some self-care activities may include: Taking a bubble bath, listening to soothing music, reading, writing in a journal, taking a nap, taking a walk or spending time in nature. These are just a few, but you can find what works for you. We also encourage you to spend time with positive people in your life. Although a lot of times we tend to isolate ourselves and spend time alone when we are in a low place, it’s important that we don’t isolate ourselves from the positive people in our lives. Spending time with people and doing the things we love can help us to create lasting memories and positive experiences. When and if you do feel comfortable talking or reaching out to someone, please know that anonymous support is also available if you text a BLOOM365 advocate at the number above. You do not have to provide your name if you do not wish to do so. We do encourage you to reach out to a trusted person in your life if these urges and thoughts are more than you can handle or do not go away on their own.

58) Q: Thank you BLOOM for the experience.

A: Thank you for listening! We hope you learned a lot and continue to integrate blooming

characteristics into your life. If you want to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!

59) Q: One of my friends is dealing with depression. What do I do to help him?

A: We want you to know that you are not alone, and we appreciate you reaching out for support for your friend. Although we do not specifically work with teens experiencing depression, we are always here to listen and provide support for you and/or your friend! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline. You can contact them at the number above for additional support in helping your friend, or encourage your friend to reach out to them for support. School social workers and counselors are a great source for information on dealing with depression. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.