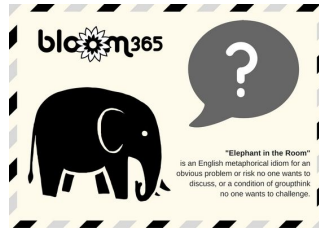


Elephant in The Room Q & A

North 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</p> <p>Peer Connection Mondays bloomMen Tuesdays LGBTQ+ Support Thursdays</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 on Monday, Wednesday, and/or Thursday evening for one of our drop-in 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: Can we talk about toxic friendships?

A: Everything we discuss during the Bloom It Up program is applicable to dating relationships and friendships. As we learned in the program, sometimes friends can be abusive and we would treat this similarly to how we would treat an abusive dating relationship. If the situation is dangerous we should reach out to the trusted adults in our lives, like the school social worker and/or a BLOOM365 advocate. 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 maybe isn't healthy right now, but that you're interested in finding a solution to these issues together in order to improve your friendship. It may also be helpful to have a conversation with this person about how their wilting behaviors impact others, using I-statements to offer suggestions and tips to help them bloom. 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 this friendship is making you "wilt", and that you feel you will be able to do 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, and may even give you greater insight to your relationship and friendship deal breakers and deal makers, like we talked about in Dose 5. Feel free to text/call an advocate for additional support.

2) Q: How to deal with stress or depression?

A: 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.

Finding ways to cope with stress can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. It's also important to be kind to yourself. Find what works for you, and always know BLOOM365 is here to

support you if needed! We also invite you to get involved in our free Peer Connections group, where we often discuss topics like stress and coping. If you're still struggling with coping, you can always reach out to an Advocate at the number above for free, confidential support and a listening ear.

3) Q: Dating a gangbanger?

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. Healthy relationships involve both partners respecting the rights of the other. 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 feel that your relationship might be unhealthy, the red flags checklist in your workbook or [on our website](#) can be a useful tool to evaluate your relationship and identify red flags. Feel free to contact an advocate at the number above if you'd like to discuss further!

4) Q: If my boyfriend controls who I talk to...

A: If someone is controlling or monitoring who you talk to, this could be a red flag that relationship may be unhealthy. If the situation is not dangerous and you feel comfortable, you might start by having a conversation with your partner 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 partner to feel empathy. This may help your partner to recognize that your relationship isn't currently healthy and what can be done to improve your relationship. Identifying your own boundaries and communicating them with our partner is important. We encourage you to also reflect on the "deal-breakers" and "deal-makers" you identified in Dose 5. If you believe you are better off ending the relationship, you may also want to have a conversation with that person to express why you think that this relationship is making you "wilt", and that you feel you will be able to really "bloom" more if you draw the line. Leaving an unhealthy or abusive relationship is never easy. While ending a dating relationship can be tough, it can be a great time for self-evaluation and growth. Feel free to text/call an advocate for additional support.

5) Q: Are you actually going to answer these?

A: Yes! We answer every question, and then ensure it's posted to our website and distributed to your teacher for you to access. Feel free to ask us anything in regard to the topics we've been discussing in the 7 Doses.

6) Q: How do you rebuild confidence after an abusive relationship?

A: We want you to know that you are not alone, and we appreciate you reaching out for support. Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. All people develop different coping skills in the process of healing. Some examples might include: 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 we are here to support you. We also

encourage you to get involved in our free Peer Connections group! This group provides the opportunity to walk through the healing process alongside others. If you'd like to discuss this situation further, please feel free to reach out to our Advocacy Line for confidential support and a listening ear.

7) Q: How do you get your girl to feel good about herself if when she walks up she thinks you don't like her and then when you see her you show what her feelings are towards her in a special way

A: 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. Loving partners 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, and vice-versa. You can take a love language quiz here: [5 Love Languages](#).

Communication is also 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.

8) Q: These questions are very true and it happens a lot.

A: Thank you for sharing your thoughts with us. It's unfortunate that this issue is so prevalent, but it our mission to prevent teen dating abuse before it starts by equipping teens with the skills and knowledge on how to build and grow healthy relationships!

9) Q: Y'all ever heard "Do Better" by Lil Donald? It's about or kinda about dating abuse, you guys should listen to it if you haven't heard it yet. :)

A: Thank you for the suggestion! This is a great song to reflect on utilizing what we discussed during Dose 4! Understanding the impact media (music, TV, etc.) can have on our lives and relationships is important. We encourage you to analyze the lyrics of this song- Does it sound more like power and control or equality and freedom? Do you recognize any of the root causes or root solutions? By being critical and aware of what you are consuming, you can identify and recognize when something is wilting or when the messages are blooming! Overtime, we can work towards consuming and promoting more positive, blooming media.

10) Q: I experienced sexual abuse for 3 months as a child. Contact me if you can help me get over this.

A: We are so sorry to hear that you have experienced this, and we are grateful for your bravery in reaching out for support. Please text or call our Advocacy Line during our hours of operation. An advocate can help talk to you about your situation and provide free, non judgemental listening and support. We also highly encourage you to get involved in our Peer Connections group, which offers the opportunity to walk through the healing process alongside others.

11) Q: Sign me up? I want a job this coming summer plz. I'm 15 ½

A: We are excited that you want to join our Peer Advocate Crew (PAC)! Feel free to text “bloom365” to 81010, fill out the PAC [sign-up](#) form, or email marli@bloom365.org to get involved!

12) Q: How can I tell if I have been abused in a relationship, how can I tell if I ever accidentally abused someone I dated?

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. If you have any concerns about this or would like to discuss further, please feel free to reach out to our Advocacy Line!

13) Q: Will we learn about sexual abuse?

A: In Dose 6, we discussed consent and sexual harassment. Essentially, consent means giving/receiving permission. 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. 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!

The 4 Important Components of Consent are:

1. A firm and enthusiastic YES! While consent doesn’t always have to be verbal, it’s important that it is clear. If you aren’t sure if someone is consenting or not, ASK THEM! Yes means yes, and maybe does NOT mean yes!
2. Freely given (uncoerced) Coercion is emotionally or physically pressuring or forcing someone to do something that they do not want to do. Some examples include: “If you really loved me, you would do it.” “If you don’t do it, I’m going to break up with you.”
3. Not under the influence. Because drugs and alcohol can affect one’s ability to make informed decisions, they often cannot truly give consent. If someone can not give consent, and another person or people take advantage of that, then situations like assault can happen.
4. Must be given/received EVERY single time. Yes once does not mean yes for every future act. Consent must be given/received EVERY single time. This all means that an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol).

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.

14) Q: Why does abuse happen in relationships? / How to prevent it?

A: There are a number of root causes that we explored during doses 3&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. BLOOM365 and the Bloom It Up program exists so that teens like yourself have the skills and knowledge of how to build and grow healthy relationships, in addition to the tools of what to do when you experience or witness any form of power-based violence (bullying, teen dating abuse, domestic violence, etc.).

15) Q: Is there such thing as being the boss of the relationship?

A: BLOOM365 believes everyone deserves healthy, blooming relationships stemmed in equality and freedom. 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.

16) Q: I have love SIKE (cause I'm lonely :()

A: We want you to know that you deserve healthy, happy relationships and friendships. We recognize how important it is to feel like you have a support system where you are, 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.

17) Q: I have love

A: Thank you for sharing! 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. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

18) Q: How can I help a friend that is in a bad relationship?

A: On our [website](#), you can find a list of the “Top 5 Ways to Help a Friend” experiencing or perpetrating dating abuse. These “Top 5 Ways to Help a Friend” can be a helpful way to start the conversation with your friend. We cannot make people get help if they do not want to or to stop their behavior, but we can do everything in our power to help our friends feel supported. We encourage you to give your friend the number to our free and confidential Advocacy Line for support and a listening ear. 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 everyone is 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 the victim 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!

19) Q: What does the fox say?

A: There's one sound....That no one knows... What does the fox say?

DOSE 2

20) Q: Love is key.

A: Thank you for the #blooming message of positivity! 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. We should strive to create the relationships that we want for ourselves and also help others develop healthy relationships as well.

21) Q: How do I cope when my parent in an unhealthy relationship?

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 above. 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.

If you are in danger, it is important that you tell a trusted adult such as a teacher, school social worker, or a BLOOM365 Advocate so that we can do what is necessary to ensure you are safe.

Some examples of healthy coping mechanisms are: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed! We also invite you to get involved in our free Peer Connections group, which provides teens with the opportunity to walk through the healing process alongside others.

22) Q: What to do with displaced anger? Feeling stuck emotionally and physically (can't move on from High School, I feel ready for college but am stuck?)

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 both your physical and mental health. 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. If you would like to thoroughly talk through this with someone, please know that anonymous support is also available if you text a BLOOM365 Advocate at the number above, Monday-Thursday from 3-9pm.

23) Q: How can you prevent abuse?

A: The early warning signs of abuse might be hard to catch because they are usually masked as "caring" and not "controlling." There is a gradual progression of power and control. It can first show up as possessive jealousy or even in comments about your choice of clothing or friends. You can always refer to the red flag checklist for more red flags or early signs of dating abuse at bloom365.org. Oftentimes if we were raised in an environment where abuse was present, the early signs/actions can be really tough to spot because they could be viewed as okay or normal. Sometimes it takes direct education, like the 7-Dose Bloom It Up curriculum or a friend's concern to notice what's really going on. Remember, perpetrators are usually very good at putting on an 'act' when around other people, so other people may assume everything is fine. You can also refer to Dose 7 in your workbook for information on how social change (such as preventing abuse) happens and the importance of bystander intervention. For additional information or support, we encourage you to reach out to a BLOOM365 Advocate at the number above!

24) Q: What if we know someone who is in an abusive relationship and doesn't want help?

A: In your workbook and on our [website](http://bloom365.org), 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 with your friend. 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. We encourage you give your friend the number to our Advocacy Line for free, confidential support and a listening ear. 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!

25) Q: What to do when theirs on and off?

A: If there is constant on and off in a relationship then it may be important to think about what the relationship stems from and if it is a wilting or blooming relationship. It may also be helpful to think about why there is a constant on and off in the relationship and what is causing that; are any of those causes potential red flags or wilting behaviors? The first step is always recognizing behaviors that may need to be fixed and trying to work towards fixing these issues and you can start this by communicating effectively. Try to use I feel...when...can we statements! If this did not answer your question please reach out to our Advocacy Line to clarify and we'd be happy to answer!

26) Q: Why do guys think hitting a girl is ok?

A: There are a number of root causes that we explored during Dose 3 & 4 that underlie abuse. Some people may be abusive to others because they were exposed to violence in their homes as a child and they were taught that this behavior was normal or okay. Rigid beliefs 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, we can still make the deliberate choice to have relationships based in equality and freedom.

27) Q: You should go over how people's lives aren't easy, so most times that's why they are grumpy?

A: This is slightly outside of the scope of the Bloom It Up curriculum, but we truly appreciate the suggestion. We recognize how difficult life can be at times, and we understand how this may impact your mood. We encourage you to identify healthy coping mechanisms and forms of self-care that you enjoy. 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. Using I-statements to share our feelings with the people in our lives that we trust can also be helpful in helping others to empathize with us and understand why we may not be in a good mood. Additionally, we you to join our Peer Connections group, which can provide you with the opportunity to walk alongside others who have experienced difficult life challenges. Stress, social connectedness, self-care and coping are all common topics of discussion with this group.

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 signs 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.

28) Q: Have a good day. Additional comment- Q: Thank you guys for coming in for trying to help us for giving us advice. Also for giving us chances to get help and advice from you.

A: Thank you for your kind words! We are happy you have enjoyed the Bloom It Up program. Please know that we are always here to support you, and that our Advocacy Line is open for free, confidential and non judgemental support from 3PM-9PM on Mondays-Thursdays!

29) Q: What can I do about my self-esteem? It usually interferes with relationships.

A: 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.

30) Q: What happen if you have a friend who is being abusive to their girlfriend or boyfriend? How do you help them?

A: If you recognize the signs of abusive behavior in a friend, telling a trusted adult about it is often one of the best options. Speaking up could potentially save a life. This can be a hard topic to talk about with a friend, but if you do feel comfortable and safe doing so, you can visit page 16 in your workbook for tips on how to start the conversation. It can be difficult for someone to change unhealthy behaviors they have developed, but they certainly can change if they want to! The first step is recognizing the problematic behavior and deciding they want to change. Reaching out to a BLOOM365 advocate at is a great way for them to find someone who can help them identify what behaviors are harming themselves and others so that they can change them into healthy behaviors. You can also text or call our Advocacy Line if you feel like you need additional support.

31) Q: What should you do if your ex wont leave you alone and makes you feel uncomfortable during the day? (details removed for confidentiality)

A: Nobody should ever feel uncomfortable or unsafe at school, and we are sorry that you are experiencing this. We encourage you to reach out to a trusted adult, such as a teacher, school social worker, or a BLOOM365 Advocate. Stalking is against the law and is potentially dangerous. If you do not feel comfortable going to a trusted adult, please reach out to an advocate at the number above so we can help you come up with a plan.

32) Q: How old do you have to be hired?

A: Our BLOOM365 Peer Advocate Crew is open to both middle and high school teens! In order to be hired on as a Lead Peer Advocate, you must be in high school or college! Feel free to email marli@bloom365.org for more information!

33) Q: I know someone who has been a victim of teen dating abuse. This couple was my friends, both of them. It started as arguments screaming was coming from both sides. Then things escalated. The guy became abusive towards his girlfriend. He physically abused her. I could have stopped it way before that, but i was a close friend. I didn't think someone that close to them could do it.

A: Thank you for sharing your experience with us. We recognize that it can be difficult to intervene when we recognize that our friends or people we are close to are exhibiting abusive behaviors. If you recognize the signs of abusive behavior in a friend, telling a trusted adult about it is often one of the best options. Speaking up could potentially save a life. This can be a hard topic to talk about with a friend, but if you do feel comfortable doing so, you can visit page 16 in your workbook for tips on how to start the conversation. You can also text or call our Advocacy Line if you feel like you need additional support.

34) Q: This guy that I'm talking to gets really really jealous when I talk to other people. He also doesn't trust me at all and always accuses me. We are not dating but what do I do?

A: We encourage you to communicate your feelings and concerns with this person by using "I" statements. "I feel _____ when you get jealous, could you please _____." Something you could also talk about is how you may be able to build up your trust and decrease their feelings of jealousy. Trust and effective communication are both important components of healthy friendships and relationships. If communicating your feelings does not change their behavior, and you are experiencing persistent jealousy, it could be a warning sign that the relationship may be unhealthy.

35) Q: What if someone might have a couple of red flags? What if it is an adult?

A: If you identify one or more red flags in a relationship, there is a chance that this relationship may be unhealthy or abusive. 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 the victim could be at risk of getting injured or even killed. The red flags in your workbook can apply to both teen dating abuse and domestic violence. Additionally, you can find some of the Red Flags of Domestic Violence at <https://www.thehotline.org/is-this-abuse/abuse-defined>. If you have any concerns about this or would like to discuss further, we encourage you to text or call our Advocacy Line for free and confidential support. The Domestic Violence Hotline, listed above, is also a resource available to adults.

36) Q: What if you're threatened by your partner, so they won't leave you? Like exposing you, or hurting you.

A: If you ever feel that you are in immediate danger, please call 911. If you are not in immediate danger, we encourage you to reach out to a trusted adult (such as a BLOOM365 Advocate, school social worker, or a teacher) who can help you to create a safety plan. If your partner threatens to hurt you if you end the relationship, creating a safety plan to determine practical ways to remain safe before and after ending the relationship is crucial. You can text or call our Advocacy Line for free, confidential support. An advocate would be happy to help you create a safety plan and to discuss your situation further.

37) Q: How can you help someone out of a situation like dating abuse?

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (fear, love, dependency, insecurity, etc.). It's also important that we don't blame the victim. Nobody deserves to be abused, and it is never the victim's fault. In your workbook or on our [website](#), you can find a list of the "Top 5 Ways to Help a Friend" for tips on how to start a conversation with your friend. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to your friend about why you are concerned, being really mindful to come from a place of support and not judgement. You can encourage them to reach out to BLOOM365, but recognize that we cannot make people get help if they do not want to. Providing continual support for 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. Sometimes it takes more than one conversation to really get through to a friend who is experiencing abuse. 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. 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 friend could be at risk of getting injured or even killed.

38) Q: Abusive relationships are so bad like wow fr this is bad

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 our partners with equality and freedom or with power and control.

39) Q: How can I tell if a friend is being abused in a relationship?

A: It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. It's important to remember the rights and responsibilities each partner has within relationships. In a relationship, each partner has the right to: Make decisions together (equality), have opinions, express their feelings, and choose activities (freedom), be themselves (individuality), and safety. They also have the responsibility of respecting these rights of their partner and their 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!

DOSES 3 AND 4

40) Q: If my mom is being verbally abused should she leave him?

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, it’s important to understand that there are a lot of barriers to leaving an abusive relationship, and we should never blame the victim for staying. Nobody deserves to be abused, and it is never the victim’s fault. Additionally, it’s important to remember that the most dangerous time in an abusive relationship is when the victim tries to leave.

Some things you can do if feel comfortable include: Serving as a supportive person in your mom’s life and letting 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 express your concerns and give her the number to the National Domestic Violence Hotline listed above. Don’t be discouraged if she is not ready to make the call. You can continue to let her know you are there for her, and that the hotline is available whenever they are ready to make the call. You can also reach out to a BLOOM365 advocate by calling or texting our Advocacy Line. If you are concerned for your safety, we encourage you to talk to a trusted adult such as a teacher, school social worker, or an advocate. If you are in immediate danger, please call 9-11.

41) Q: Why do we feel the need to categorize ourselves?

A: As we talked about in Dose 3, gender norms are ingrained into our culture. Historically we have seen these gender norms perpetuated through a system (and the root cause you learned about) called patriarchy. Patriarchy is a system that is designed to benefit men and masculine folks so that they can hold power in society. To make change around this issue we must first begin to break down these stereotypes.

41) Q: Should I tryout for football? I really want to and I’m a girl. I’ve been wanting to try out for like my whole life but am scared to. Need help to build confidence.

A: We encourage you to do what makes you happy! Remember that gender norms are something that have been ingrained in us since we were born, and it is completely normal for you to have some doubts about trying out. Like we learned about in Dose 3, we need to work to create social change and break down these gender norms by challenging the stereotypes that come with them, such as football being only a sport for masculine folks. If this is a sport that you enjoy playing and makes you happy, then we encourage you to pursue it!

Building good self-esteem can take time, but knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem encompasses the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn’t fixed. It can change, depending on the way we think. Once you’re aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself! Here are some tips to building up your confidence:

- 1) Know that mistakes are lessons, view them as learning opportunities.

- 2) Don't ever think you're inferior or less than anybody else. Nobody is perfect. Aim for effort rather than perfection because you'll never be perfect, but you should be content with at least having had tried.
- 3) Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success.
- 4) Try new things and set goals (like joining the football team!)
- 5) Take care of yourself by exercising, eating well, and sleeping properly.

42) Q: I liked today's lecture <3

A: Thank you for the feedback- We are glad you enjoyed it!

43) How do you handle a break in a relationship?

A: Communication is also 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 are on the same page. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)?

Some examples of healthy coping mechanisms are: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. 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!

44) I feel like my parents have an unhealthy relationship

A: First off, we want to let you know that you are not alone. The red flag checklist in the back of your workbook and on [our website](#) can apply to any type of relationship including friendships, sibling, parent, and romantic relationships. If some or all of the red flags on the checklist are present in this relationship, it's a good idea to talk to a trusted adult. If you feel safe and comfortable doing so, you might try sharing tips for healthy relationships with your parents- Such as the communication tool you learned about in Dose 6 ("I-statements!") If you do not feel comfortable doing so or seeking help, some ways you may be able to cope with this situation are to engage in self-care. 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. 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 contact a BLOOM365 advocate at the number above.

45) How can I practice to become a better person to understand and help friends?

A: We encourage you to ask yourself- What does it mean to be a better person? What does that look like for you? A great video we recommend checking out to help explore what empathy looks like is: <https://www.youtube.com/watch?v=1Evwgu369Jw&t=6s>. Everything we have learned about the

blooming and wilting flowers can be applied to friendships and all kinds of relationships. To be a more empathetic and helpful person, employing aspects from the blooming flower on page 29 of your workbook could make a big difference. Healthy, blooming friendships and relationships are rooted in trust, independence, equality, and freedom. These relationships bloom even more when honesty, consent, fairness, communication, and respect are added!

If you'd like to explore this in a more personal way, our BLOOM365 Advocates are here to help- Feel free to text or call our Advocacy Line for confidential support!

Some good questions to ask to better understand friends and their situations might be:

-How did I feel/would I feel when/if I went through a similar situation as this person?

-Why might this person feel differently than me? How might his or her background affect their feelings?

What additional circumstances could play a role in how they feel?

-If I can't relate to their feelings in this situation, what is another set of circumstances when I felt (or would feel) similarly?

-How would I want someone to treat me in those circumstances?

-What can I do to make the situation better?

47) Have a good day

A: Thank you, we hope you have a good day as well!

48) How do I cope with chronic pain?

A: Unfortunately this a little outside of our speciality. However, we encourage you to contact a primary care doctor to discuss this situation. If you would like assistance finding a doctor or have financial barriers, please contact our Advocacy Line and we'd be happy to help. This might also be a helpful resource to check out:

<https://www.webmd.com/pain-management/guide/11-tips-for-living-with-chronic-pain#1>

49) Q: How could I help a friend who is hurting/being abused even though they say that they are fine and doesn't want my help?

A: On our [website](#), you can find a list of the "Top 5 Ways to Help a Friend" experiencing or perpetrating dating abuse. The "Top 5 Ways to Help a Friend" can offer tips for how to start the conversation with your friend. We cannot make people get help, but we can do everything in our power to help our friends feel supported. We encourage you to give your friend the number to our free and confidential Advocacy Line for confidential support and a listening ear. 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 everyone is safe, and let them know that they are not alone. If you recognize the top 5 risk factors on the [red flags checklist](#), it's important to tell an adult you trust because this means that the victim 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!

Dose 5

50) Q: Have a good day! / I hope you're day goes amazing whoever is reading this

A: Thank you! We hope your day is amazing as well!

51) Q: How long has bloom been made?

A: BLOOM365 first started out as the Purple Ribbon Council to Cut out Domestic Abuse in 2006. You can read more about how our story at www.bloom365.org/story!

52) Q: Stay positive

A: Thank you for your blooming feedback! We hope you stay positive as well!

53) Q: What is the best way to get out of a relationship without hurting the person's feelings too much?

A: You can end a relationship in whatever way you feel comfortable. We encourage you to utilize the communication technique we learned about in Dose 6- "I-statements." Effective communication can help both you and the other person to better understand each other's feelings and provide closure. I-statements allow for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth!

54) Q: How would you protect yourself after an abusive relationship ends?

A: It's important to know that the most dangerous time an abusive relationship is when the survivor tries to leave. This is why it's so important for the survivor to create a safety plan to identify ways to remain safe before ending the relationship and after the relationship has ended. If you or someone you know is planning to end an abusive relationship or has recently left an abusive relationship, we encourage you to reach out to a BLOOM365 advocate who can help you in creating a safety plan. You can find a safety plan on page 21 or on [our website](#). The MyPlan app is also a great resource! We encourage you to work with an advocate or a trusted adult (such as a teacher, parent, or school social worker) when creating your plan!

55) Q: How can we build self-esteem?

A: Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem encompasses the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself! Here are some tips to building your self-esteem:

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

5) Take care of yourself by exercising, eating well, and sleeping properly.

56) Q: How do I buy or order a shirt from you guys?

A: You can order a BLOOM365 T-Shirt on our website at www.bloom365.org/shop! Use promo code "TEENDISCOUNT" to get a shirt for only \$10!

57) Q: What are some tips for me to smile on the daily?

A: Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem and bring positivity to your day- Which will often then be reflected in your overall feelings and attitude. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in increasing not only our self-esteem, but also our attitude and positivity!

Dose 6

58) Q: How can you be more confident in yourself? How do I handle harassment?

A: Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem encompasses the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

If you have experienced harassment, we first want you to know that it was not your fault and nobody deserves to be treated this way. It can be helpful to identify healthy coping mechanisms. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. We also highly encourage you to get involved in our Peer Connections group, which focuses a lot on self-care and coping. If you're struggling with finding effective coping tools or would like to talk more about this, we encourage you to call or text our Advocacy Line for free and confidential support!

59) Q: If you're under the influence and initiate anything intimate, as in sex, is it consent? (crossed out and then wrote- "my question was answered thank you")

A: We are glad that your question was answered! Just to reiterate and in case anyone else has a similar question, 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.

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). If you have any concerns about this matter, please feel free to contact an advocate at the number above!

60) What if you guys keep going on with your guys company by 2030? Like you said you guys didn't want to be in business by 2030. What if it doesn't come true like you guys wanted?

A: BLOOM365 believes in the power of your generation to help us reach the "tipping point" moment. Our goal is to have healthy relationships become the norm by 2030. Even if this doesn't happen by 2030 (though we really believe it will), we will continue to work towards our vision to ensure all teens have the knowledge and skills to build and grow healthy relationships free of abuse and violence!

61) I feel afraid to come out to my parents.

A: Thank you for being brave enough to share this with us and reaching out for help. Coming out can be a scary process for many people. You aren't alone in feeling worried, anxious, or afraid. Remember that there's no wrong way, or right time, to come out. It's your decision, and no one else's. There are many positives to coming out to the people around us. It can let people in your life know about an important part of your life, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. However, there are also some risks to coming out, especially if you worry that your friends and family might not be accepting. The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault – They're about them, not you.

Remember, there isn't one right way to come out, and it's your choice. We encourage you to educate the supportive people in your life on what it means to be apart of the LGBTQ community and the barriers that are faced by people in this community. Coming out may be a process and take time. Some great resources that you may find helpful are the Trevor Project's ["Coming Out As You"](#) guide and ["Coming Out Constellation."](#) If you'd like come to a space where everyone is welcome and safe, we encourage you to join our LGBTQ+ weekly support group on Thursdays from 6 to 7 PM. You can also always reach out to our LGBTQ advocate at the number above to discuss this situation or chat online at bloom365.org for more support.

62) Is bloom only for teen dating relationships or it for family and abusive relationships? I have gone through abuse with my family. I still struggle with understanding how to get over it. Some of my family members are verbally abusive.

A: We want you to know that you are not alone, and we appreciate you reaching out for support. BLOOM365 focuses on all types of abuse in all types of relationships. Remember that as the victim, nothing that happened to you is your fault and nothing that may currently be happening to you is your fault. If you feel that you can safely communicate with your family members, then it may be beneficial to talk to them using “I-statements.” We recommend using the format, “I feel.... when.... can we/you please....?” It may help to tell them how their words make you feel and give them possible solutions for better communication with you in the future.

All people develop different coping skills in the process of healing. Some examples might include: 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 we are here to support you. We also encourage you to get involved in our free Peer Connections group! This group provides the opportunity to walk through the healing process alongside others. If you’d like to discuss this situation further, please feel free to reach out to our Advocacy Line for confidential support and a listening ear.

63) If you get pressed into saying yes, could it get held against you in anyway? Or if you get pressured into doing something (sex or something else) but you still held back while doing it it would be held against you?

A: As we learned during the program, consent is required each and every single time an act of sex is initiated. This means 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). Consent also applies to all aspects of relationships and not just sex. If you said no or were pressured into saying yes, this is not consent. If this is something you have experienced, we want you to know that you are not alone. If you want to make a report or discuss this situation further, please text/call our Advocacy Line to talk with an advocate.

64) I feel depressed.

A: We want you to know that you are not alone, and we appreciate you reaching out for support. 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. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

65) What do we do when you like someone but they like another person?

A: When someone doesn't feel the same way about us that we do, sometimes this can feel like rejection. Sometimes we gain feelings for someone that doesn't feel the same way, and that's okay. It's important that you know that this is not a reflection of your worth. However, it's important that we ensure we respect others' boundaries by accepting that they do not feel the same way.

Some ways you might cope with these feelings are: Spending time with the people you love, yoga, joining a new sports team or club, journaling, 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 we are here to support you. If you'd like to discuss this situation further, please feel free to reach out to our Advocacy Line for confidential support and a listening ear.

66) I lost my girlfriend and I feel sad and I don't know what to do.

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. When we invite people into our lives, they become intertwined with our daily activities. We tend to look at the good memories, and when we reflect on them it makes us miss the person. While ending a close friendship or going through 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. Everyone heals in different ways and at different speeds. We also highly encourage you to get involved in our free Peer Connections group! Our Peer Connections group provides teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can be really helpful. 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.

67) Stay positive! I love myself.

A: Thank you for sharing this #blooming message!

68) Is it bad to sorta cat call your friends with their self-esteem or to make them feel good about themselves (hying them up)?

A: Sexual harassment is any unwanted and unwelcome attention of a sexual nature. Cat-calling is typically considered sexual harassment as it is unwanted and unwelcome. If you are boosting your friends self-esteem and hyping them up, this is likely not considered cat-calling. However, this is where boundaries our going to come into play. Everyone has the right to feel safe and set boundaries within friendships and relationships. If your friends are comfortable with this behavior, and it is done so in a way that makes them feel respected, safe, and encouraged, this is likely healthy. If your friends are NOT comfortable with this behavior or it is done in a way that makes them feel unsafe, intimidated, or humiliated, this is likely unhealthy. We recommend having a conversation with your friends about boundaries to ensure you are aware of each other's boundaries!

DOSE 7

69) I really enjoyed the class! Thank you!

A: We are so happy to hear that! Thank you for sharing your feedback! If you are interested in staying involved, we encourage you to join PAC! You can text “bloom365” to 81010, fill out the PAC [sign-up](#) form, or email marli@bloom365.org to get involved!

70) Why are we all treated differently?

A: It is hard to answer this question without any context, however we’d be happy to respond if you can provide more context. Please feel free to text our Advocacy Line to clarify!

71) Thanks for everything this is helpful and I will remember how love/dating isn’t power and control or abuse. I will als use this when I’m older. <3

A: We are so glad you found the information beneficial, and hope that everything you learned will help you to build and grow healthy relationships both now and in the future! Thank you for sharing your feedback! If you are interested in staying involved, we encourage you to join PAC! You can text “bloom365” to 81010, fill out the PAC [sign-up](#) form, or email marli@bloom365.org to get involved!