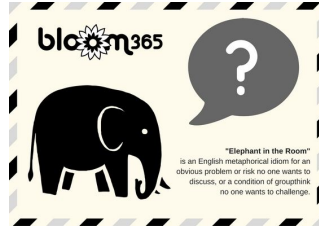


Elephant in The Room Q & A

Barry Goldwater 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

BLOOM365 Advocacy Line and Support Groups	<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.</p> <p>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>
Teen Lifeline	<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>
National Teen Dating Violence Hotline	<p>Text "LOVEIS" to 22522 24/7</p>
National Domestic Violence Hotline	<p>1-800-799-SAFE (7233)</p>
National Sexual Assault Hotline	<p>1-800.656.HOPE (4673)</p>
National Human Trafficking Hotline	<p>1-888-373-7888</p>
Crisis and Suicide Prevention	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text TALK to 741741</p>

Q: Student

A: BLOOM365 Advocate

1) Q: Have you ever been in an unhealthy relationship?

A: 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.

2) Q: I want to come out the closet.

A: BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. 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. 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 5 to 6 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.

3) Q: I would like to know more.

A: If you are interested in knowing more and getting involved, we have lots of ways to do so! If you turn to page 8 in your workbook, you can read more about "PAC". There are also opportunities to become trained as a peer advocate or peer educator! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

4) Q: I like your bracelets and equality shirt.

A: Feel free to check out our website at bloom365.org/shop where you can find all of our shirts and other BLOOM365 products. If you buy a shirt, be sure to take a picture of yourself in it and tag us on social media! Thank you for supporting the movement! BLOOM IT UP!

5) Q: How do you deal with cyber abuse?

A: If you are experiencing issues online, you may choose to block their number and social media accounts to keep them from contacting you online. If you feel that you are in any danger, we encourage you to share this situation with a trusted adult in your life, a school social worker, or a BLOOM365 advocate. Some resources include: the National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email teens@bloom365.org, local support: 1-888-606-HOPE (4673). If this person attends school with you and it is happening on campus or 24/7 via texts or social media, it is important for you to share this situation with your school social worker or another adult on campus that you can trust.

6) Q: Why do I put other people's happiness before my own.

A: First off, we want to let you know that you are not alone. 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.

7) Q: How old were you when you joined this program?

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!

8) Q: How do I help someone dealing with depression and is suicidal?

A: First off, we want you to know that you are not alone. 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 602-248-TEEN (8336). 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.

9) Q: How did you find yourself?

A: Remind yourself that the negative things others say about you and what you think about yourself are not true. Everyone here at BLOOM365 is on their own self-esteem journey. We are always trying to promote healthy self-esteem, positive thinking, and self-care. Keep yourself busy doing things you enjoy! A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. I 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. Building good self-esteem can take a long time and is not always

easy because it takes time to become confident. You can always contact BLOOM365 by texting or calling the number above for more tips on boosting self-esteem.

10) Q: Have you ever been in an toxic or abusive relationship?

A: 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 () of your workbook, you can read more about Donna Bartos, the founder and executive director of BLOOM36, and her experience with dating abuse.

11) Q: Can some “abusive” relationships be healthy if both people openly hate each other?

A: It’s important to recognize that while it sometimes might seem like both partners are abusive, typically there is one partner that holds much more power and control over the other. Often the people become abusive because they believe they have the right to have power & control over another person. Having power and control over another individual is ultimately a deliberate constant choice that we each have to make. People do not usually begin a relationship as overtly abusive or 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. 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. victim is taking on their perpetrator’s tactics as a way to try and defend themselves and gain back their own power, but not as a way of trying to exert power and control over their partner who is the primary aggressor. With that being said, sometimes two partners can try to control each other. We recommend reaching out to an advocate at the number listed above.

12) Q: Why would we always believe a victim? They could be lying. Shouldn’t you be supportive, but cautious?

A: Unfortunately victim blaming is a significant issue in our society. One reason for why people may blame the victim is to convince themselves that this could not happen to them. Often times we like to believe that the world is a just place, and bad things don’t happen to good people. By placing the blame on the victim, people reassure themselves that this could never happen to them if they are good people and that the victim must have somehow deserved it. Truthfully, though, the victim never ever deserves to be abused. It’s important that we show empathy for the victim and recognize that the one and only person at fault is the perpetrator themselves.

13) Q: I feel like nothing matters in my life.

A: If you’d like to talk more about this, a BLOOM365 advocate at the number listed above is always available for free and confidential support! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Teen Lifeline is also a great local organization that specifically works with youth experiencing depression. You can reach them at (602) 248-8336.

14) Q: I wish I had known the warning signs before I took the relationship further.

A: It's important to know that it was not your fault and you did not deserve to be treated that way. An abusive partner does not usually begin a relationship as overtly abusive or controlling. The early warning signs of abuse are often 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. 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.

15) Q: If someone you know has gone through abuse what do you tell them besides "oh I'm sorry" (some people like to open up to me and I would like to say more than "oh I'm sorry")

A: The most important thing we can do in these situations 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 believe your friend is in serious danger, it's important that you reach out to a trusted adult to ensure the safety of your friend. If you look in your packet, you can find a list of the "Top 5 Ways to Help a Friend Going through Dating Abuse". This list can provide some helpful tips on how to start a conversation with the survivor.

16) Q: I don't feel special to anyone.

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. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. I 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. Please know that you are not alone, and additional support is available if needed. Please reach out to BLOOM365 for a non-judgmental listening ear and information about available resources.

17) Q: Could something like an abusive relationship happen between friends?

A: Everything that we discussed during the Bloom It Up program can be applied to friendships and relationships alike. Someone trying to take power and control over you can be just as dangerous and hurtful as dating abuse. The red flag checklist in 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, it's a good idea to talk

to your parents or another trusted adult. You can also reach out to a BLOOM365 advocate by phone at the number above.

18) Q: I used to be abused as a kid by my mom and then my mom exposed me to drugs and then left me for drugs.

A: First off we want to say thank you for being so brave enough to share, and just know that everything you've experienced was never your fault. We want to let you know that BLOOM365 is here to provide advocacy services to any youth who has experienced any kind of power based violence. These services can help you discover new coping skills and learn about other resources available. We also have a free and confidential support group for teens, where all are welcomed. Our support groups offer a safe place where you can connect with other teens who have experienced or are currently experiencing abuse/violence. These groups offer an opportunity to increase your own safety and self-esteem. It's a place where you will be heard, accepted, and understood. These groups take place every Monday (Holidays excluded). Please email sam@bloom365.org or text (602) 799-4758 for more information.

19) Q: I just started dating this guy but it's going kind of fast. Is that a true indicator, or is it fine?

A: It may be beneficial for you to have a conversation with them using "I-statements", letting them know how you feel and what your concerns are. Setting healthy boundaries for your friendship or relationship can also help to ensure that both of you are comfortable and that things go at a pace that you both feel comfortable with.

20) Q: Do you work on subjects other than teen dating abusive relationships?

A: While BLOOM365's main goal is preventing teen dating abuse we do focus on other areas, like domestic violence, sexual violence/assault, self harm and other abusive relationships. We do focus on teens but have resources for anyone who may need them.

21) Q: I feel like telling starts more problems.

A: If you feel as if your life is at risk immediately, call 9-1-1. If you are not in any immediate danger we encourage you to reach out to a trusted adult or to text or call at BLOOM365 advocate at the number above. An advocate can help you to create a safety plan that will help you determine practical ways to remain safe. A BLOOM365 advocate can also talk with you about orders of protection.

22) Q: Did you always have confidence. And if no, how long did it take you to have confidence.

A: All of us here at BLOOM365 are on our own journeys. 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.

23) Q: My lover is controlling, what do I do?

A: The reasons for why people are controlling are those root causes we explored in Doses 3 & 4: Unhealthy gender norms, insecurity, abusive taught behavior, etc. Some people are insecure and attempt to gain control over another to help them feel better about who they are. Others are exposed to domestic violence as a child and taught that these behaviors are normal or okay, which can lead to them exhibiting these same behaviors of power and control in their own relationships. It's important to remember though that while all of these "root causes" increase a person's risk for having unhealthy or abusive relationships, they still have a choice in whether or not they are going to try and gain power and control over another person. Equality and freedom are rights that you have as an individual. When someone does not respect your rights, feelings, and opinions and/or the relationship does not have an equal balance of power, it is up to you to decide what you would like to do. If you would like to talk through your options or just need a listening ear, please feel free to text or call a BLOOM365 advocate at the number above.

24) Q: When I feel depressed (almost everyday around like 6) I go in the bathroom and cry because I have no one to talk and when people ask am I okay. I lie and say yes because it's too hard to talk about.

A: Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. I encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self esteem. Building good self-esteem can take a long time and is not always easy because it takes time to become confident. School social workers and counselors are a great source for information on dealing with thoughts such as these. You can always contact BLOOM365 by texting or calling the number above. You can schedule an appointment with your primary care provider to get a referral for therapy. You can also contact Teen Lifeline at the number above for support. We want you to know that there is always someone available and that you are not alone.

25) Q: How can I stop the pain in my chest, or stop being so depressed?

A: First off, we want you to know that you are not alone. 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 602-248-TEEN (8336). 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.

26) Q: Let's just say someone was sexually abused but this person is scared to tell someone because they think people will think they are lying, and they don't want to change the image of the one who abused them because it's their father's dad. What should this person do?

A: Please text/call our advocate at the number above for individual advocacy.

27) Q: I appreciate the fact that you spend time to show us what's important and how to get help. Thank you.

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

28) Q: Even if he likes you, if a guy gives you a bruise. Is that a no?

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. On page 17 in your workbook, you can also find a red flags checklist which includes warning signs that a relationship may be unhealthy or potentially abusive. If there is physical violence or you fear for your safety, it's important to create a safety plan. Please feel free to reach out to a BLOOM365 advocate at the numbers above for free, confidential support and assistance creating a safety plan.

29) Q: I want to learn more about a abusive relationship and sexual assault.

A: Feel free to text/call one of our advocates at the numbers above to discuss these topics more! You can also reach out anonymously through our online chat at www.bloom365.org! We also highly encourage you to get involved in our Peer Advocate Crew (PAC)! Check out page 8 in your workbook to learn more. You can sign up by emailing marli@bloom365.org or online at www.bloom365.org/peeradvocatecrew.

30) Q: I feel empty inside.

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.

31) Q. Can you visit and teach/educate us more I really think our class needs it. Thank you.

A: We love delivering the 7-Dose curriculum at Barry Goldwater High School. For students who would like learn even more about healthy relationships, you are welcome to join the Peer Advocacy Crew (PAC) where you can learn new leadership skills, best practices in being a resource to your friends, and so much more!

32) Q. After ending a relationship, how do you still care for them without getting caught in feelings or how do you just let go?

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.

33) Q. Why are men portrayed as oppressors on females even though there are many different aspects of the situation (ex. Race, religion, heritage, etc.)?

A: Unfortunately, there is a common misconception in our society that only men are abusers. Abuse knows no bias, and men can also be victims/survivors of sexual assault. Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to "tough it out" or "be a man." Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being. 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 (602-799-7017) who can help you determine what steps you might want to take next.

34) Q. My parents are in an unhealthy relationship. They wouldn't take me seriously if I tried to talk to them about it. I hope I can move out soon.

A: If the parent is not a threat to you, effective communication can be a useful tool. If you refer to the 'I feel...' statements in Dose 6, it is a great way to communicate how you're feeling and offer any solutions. It takes away the confrontational stance and allows the parent to empathize. For example, "I feel upset when I see/hear you and dad (or mom) fighting, can we please look into better ways to

work through conflicts and disagreements?” Introducing your parents to the concept of “I-statements” may help them to avoid or better resolve conflicts within their relationship. If you’d like to discuss your situation with an advocate, please feel free to text or call an advocate at the number above.

35) Q. Don’t you get tired of all of this, doesn’t death seem better than living?

A: If you are experiencing depression or having suicidal thoughts, please know that you are not alone. Please reach out to a BLOOM365 advocate or Teen Lifeline at the numbers listed above for free, confidential support.

36) Q. I’m not okay. I really need help. I don’t want to be here.

A: We want you to know that you’re not alone, and we are happy you reached out for support. If you’d like to talk more about this, a BLOOM365 advocate at the number listed above is always available for free and confidential support! If you simply are needing an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts. Teen Lifeline is also a great local organization that specifically works with youth experiencing depression. You can reach them at the number above.

37) Q. What inspired you to be a part of BLOOM365?

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. 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.

38) Q. What is love?

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is 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. 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.

39) Q. I would like to know more about this program.

A: Great, we’re happy to hear that! For students who would like learn even more about healthy relationships, you are welcome to join the Peer Advocacy Crew (PAC) where you can learn new leadership skills, best practices in being a resource to your friends, and so much more!

40) Q. Can power and control be a good thing?

A: When it comes to answering this question, we must first ask is it anger or is it abuse? Power and control is used to isolate or manipulate, gain emotional or physical control, dominate, intimidate, humiliate, instill fear, and coerce. Unhealthy and abusive relationships stem from power and control, so we don't believe it's a good thing. It's important to know that power on its own is not "bad." As we saw in dose 3, people who hold power have the potential to use their power for good rather than to control or harm others!

41) Q. Have you ever been a part of this specifically?

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. 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.

42) Q. What do you do when your ex talks bad about you?

A: It may be beneficial for you to have a conversation with them using "I-statements", letting them know how you feel and what your concerns are. You can communicate your feelings and concerns with your ex by using "I" statements. "I feel _____ when you talk bad about me, could you please _____." If communicating your feelings does not change their behavior, it is a warning sign of power and control and could lead to an abusive relationship. If you'd like to speak further on this issue and talk about what next steps to take, please reach out to an advocate at the number above.

43) Q. What goes on in the world with dating?

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!

44) Q. Why is it important to learn about dating stuff?

A: It's important to learn about this so we can prevent teen dating abuse BEFORE it starts. We ultimately envision that every teen knows that they have the right to a safe and healthy relationship. We also believe that your generation can help to grow empathy, respect, kindness, consent, equality and peace as the standard for future generations.

45) Q. Can we talk about being in a one-sided relationship or a toxic relationship? I used to be in one and I can't get over them.

A: Thank you for being brave enough to share your story, and please know that what you experienced was not your fault. It is never easy ending a relationship that one sided and or toxic. While ending that relationship 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.

46) Q. Nobody takes cyberbullying, sexual abuse, rape, or abusive relationships seriously.

A: These conversations can sometimes be difficult and uncomfortable to have, and others are unaware of how serious these issues can be. Just know that BLOOM365 takes any form of power-based violence seriously, and we absolutely believe anyone that has experienced these issues. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate. Some resources include: the National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email teens@bloom365.org, local support: 1-888-606-HOPE (4673).

47) Q. Whenever we speak about cyberbullying, sexual assault, or harassment, everyone laughs at the circumstances of examples and makes jokes.

A: These conversations can sometimes be difficult and uncomfortable to have, and some people may use humor as a way to lighten the mood. Some people who have experienced abuse and violence in their lives use humor as a method of coping with these difficult situations. Others are unaware of how serious these issues can be.

48) Q. How can I have more confidence with myself? I feel like looking the way I look, no one will love me.

A: We appreciate your willingness to open and be vulnerable. Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. I 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. Please know that you are not alone, and additional support is available if needed. Please reach out to BLOOM365 for a non-judgmental listening ear and information about available resources.

49) Q. I have been in an abusive relationship in the past and BLOOM365 is a really great way to what I was actually going through. I am happy now and have learned to reconnect with myself and who I am.

A: We are so happy to hear that you are in a good place. Thank you so much for sharing your story of your experiences and healing. We highly encourage you to consider joining our Peer Advocate Crew (PAC) to help others in their healing journeys and to help create change around these issues in your community! Check out www.bloom365.org/peeradvocatecrew or contact Marli for more information! She can be reached at marli@bloom365.org or by text/phone at 602.799.5398.

50) Q. I like learning these new things.

A: We are so happy to hear that! If you're interested in learning more, please consider joining a Peer Advocate Crew (PAC) to share your learning with your peers. Reach out to our Volunteer Coordinator, Marli, for more information! She can be reached at marli@bloom365.org or 602.799.5398.

51) Q. You guys are doing great!

A: Thank you! We hope that you consider getting involved by joining our Peer Advocate Crew (PAC). Check out www.bloom365.org/peeradvocatecrew or contact Marli for more information! She can be reached at marli@bloom365.org or by text/phone at 602.799.5398.

52) Q. I would like to know more of the warning signs and what they mean.

A: Some of the first signs of abuse can be a partner being overly jealous, controlling, or trying to isolate their partner. You can always refer to the red flag checklist for more red flags or early signs of dating abuse in your workbook or at bloom365.org! You can also reach out to an advocate at the number above or through our online chat if you'd like to better understand the warning signs!

53) Q. Why would people ever want to ruin or make their relationship bad because of power or control?

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.

54) Q. Who should someone talk to of abuse if happening?

A: If you feel that you are in any danger, we encourage you to share this situation with a trusted adult in your life, a school social worker, or a BLOOM365 advocate at the number above or through our online chat. If this person attends school with you and it is happening on campus or 24/7 via texts or social media or if it is happening at home, it is important for you to share this situation with your school social worker or another adult on campus that you can trust. Please know that support is available and you are not alone.

55) Q. Can guys get abused?

A: Yes! Abuse knows no bias, and men can also be victims/survivors of sexual assault. Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to “tough it out” or “be a man.” Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being. 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 (602-799-7017) who can help you determine what steps you might want to take next.

56) Q. How do you know “maybe” doesn’t mean “yes”? What if you don’t know?

A: Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of freedom and all the rights that we have as individuals. Consent is needed for any kind of physical action whether it is a kiss, holding hands, etc. Communicating your boundaries with your partner 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, continuous communication about boundaries is super important! 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. Consent involves a firm and enthusiastic YES that is uncoerced and not under the influence. Maybe does not mean yes, because it shows that the person is unsure- And they did not say yes! Healthy relationships involve respecting our partner’s boundaries! If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.”

57) Q. I was in a “relationship” where the other person was suicidal. They never told me specifically that they would kill themselves if I ended it, but they told me many times I was all they had. This caused a year of emotional trauma for me. Do you have any thoughts? Everything is good now!

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 and tell a trusted adult or a BLOOM365 advocate. If you’re still coping with the emotional trauma, we 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 we are here to support you.

58) Q. I have a friend showing signs of abuse, but we aren't together. Is it still abuse?

A: We know that power and control can exist in friendships and relationships alike. This often plays out through bullying. This need for power and control can come from many root causes including insecurity. If you feel safe, it may be beneficial for both of you to communicate how you feel and explain how what they say or do is hurtful. Using "I-statements" is a great tool to communicate how you feel in a non-blaming way, allowing the other person to feel empathy. Effective communication can help both you and the other person to better understand each other's feelings and discuss potential solutions. If they do not take you seriously and/or you decide to end the friendship, "I-statements" can also be helpful. For example, "I feel like this relationship I think we should go our separate ways." This can also apply to friendships. If you are experiencing abuse in a relationship, we highly encourage you to reach out to a trusted adult for support or by texting/calling an advocate at the number above or through our online chat.

59) Q. Earlier this week I was trying to explain to a guy why women are unlikely to report sexual assault. Could you talk about why women might not report an incident? (Victim blaming, trauma, etc?) You could probably explain it better than me.

A: It is very common in our society to blame the victim and put the responsibility of their assault or harassment on them, rather than holding the perpetrator accountable for their actions. Instead of blaming the abuser, we blame the person getting hurt. When we victim blame, survivors tend to believe and internalize that it was ultimately their fault as to what happened. All in all, if perpetrators are not held accountable for their actions, then survivors will less likely reach out for support and or report. We should remember that it is never anyone's fault if they were assaulted or harassed, regardless of what they were wearing or doing at that time.

60) Q. Why do I put others people's happiness before my own?

A: First off, we want to let you know that you are not alone. 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.

61) Q. Why is choice on both the blooming and wilting flower?

A: Choice on the wilting flower is defined as the intentional choice to gain power and control through tactics that instill fear. Choice on the blooming flower is defined as making healthy choices that grow healthy relationships. It's important to remember that you have a choice: Are you going to make the intentional choice to treat someone with equality and freedom or the choice to gain power and control? If a healthy relationship is what you want, you must first choose to build one.

62) Q. Media is something that consumes a lot of people and impacts them a lot.

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. 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!

63) Q. My mom doesn't believe me that my dad exposed himself to me. What should I do?

A: Sometimes people, even our family does not recognize or understand the severity of these situations. Thank you for being brave in speaking up about this situation, and we apologize that you were not taken seriously. Please text/call our advocate at the number above for individual advocacy.

64) Q. How can you tell when anger turns into abuse?

A: The first important step is to recognize when you're angry. Then, if you can, take a deep breath and count to 10. If you need to, you can take a break from talking about it and come back when you feel more calm. It may be useful to communicate this strategy with your partner before an argument arises so they know to give you some space when you may need to take a step back. Anger becomes abuse when you make the **choice** to use power and control over others.

65) Q. What should I do if a guy keeps following me, trying to talk to me, or telling me to get in their car?

A: It's important to remember that sexual harassment or assault is never your fault. If this happens in public, we first advise you to try to move away from the perpetrator. If you can't get away due to being in a close space, then try to shift your body to displace their movements, or get out of their eyesight. If you've managed to get away, or they have left, you have a few options that you can do. First and foremost it is important to look out after yourself. Make sure you're okay. Have a sit down somewhere, go for a walk, or text a trusted friend or adult. It is also a good idea to report these incidents.

66) Q. Do most girl/guys commit suicide from abuse, or do they keep it to themselves?

A: According to Love is Respect (2017), 50% of youth who have been victims of dating abuse and/or rape attempt suicide.

67) Q. I love what you guys do and what you stand for. Thank you and keep going. You are all amazing.

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!

68) Q. Today was really interesting. Thank you. Very informative.

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!

69) Q. If I know that I have a friend in danger, what should I do specifically to help them without putting myself in danger?

A: It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. If you are concerned about you and your friend's safety, please contact a BLOOM365 advocate so that we can help create a safety plan. Otherwise, talking to your friends to make sure someone can walk with them to and from class can be helpful if they are bothering them at school. If they continue to have issues at school, you may want to reach out to a trusted school staff member about additional steps you can take. If they are experiencing issues online, they may choose to block their number and social media accounts to keep them from contacting them online.

70) Q. When teaching you guys are kind of boring.

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

71) Q. How does one appreciate others?

A: Great question. Remember, the first step to making any change is making the change we want within ourselves. This personal change can be spread positively to our friends, family, and everyone else around us. Starting by appreciating ourselves for who we are and what we've accomplished, can help us to better love ourselves. Know that everyone (including yourself) is doing the best they can with the resources they have available. Also complementing one another instead of criticizing and putting down others, we could help build each other up and make a positive change in the world around us. Small changes like this can have a great impact on the world as more people practice and build healthy habits. 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!

72) Q. Why is sex so important in life? Why do men want sex so bad? What is it when girls say no men still try harder until they say yes?

A: Sex can be a healthy part of relationships, as long as it is consensual and agreed upon by both partners. Sex can be a part of affection and intimacy between partners that strengthens the love between individuals. When someone is forced, coerced, or threatened into having sex that is rape and against the law. We need to make sure that there is consent before any type of physical or sexual affection can be shared.

73) Q. Is love a bad thing!!!

A: Love is one of the core characteristics of a healthy, blooming relationship that we looked at on our Blooming flower on page 29. Love is defined as the unconditional and peaceful experience of a relationship, not just a feeling. Defining what love means to you is 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. 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.

74) Q. I appreciate Dose 5, it made me uplifted.

A: Thank you for listening and we are so thrilled to hear that you feel uplifted after Dose 5. Remember developing a healthy self-esteem can take time. Self-love and self-confidence can be a life-long journey! You aren't going to wake up everyday and feel 100%, but knowing that you are worthy of love and respect can help you to bounce back. Focusing on the things we love about ourselves can be one helpful way to lift your self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. I 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.

75) Q. What is one thing you really love about yourself?

A: All of us at BLOOM365 have different things that we love about ourselves. If you'd like to get to know more about our crew, check out the link here: <https://www.bloom365.org/crew>. Remember you can call or text us anytime if needed at the numbers listed above.

76) Q. Do you love, love? Do you!!!!

A: BLOOM365 highly believes in Bringing Love On Others More 365 a year. So yes ultimately we love, love. If you do as well, we highly encourage you to become more involved with BLOOM365, check out our website at <https://www.bloom365.org/peeradvocatecrew> for more information on our Peer Advocate Crew!

77) Q. What are love languages?

A: On page 34 in your packet, you can reference more information about love languages. Taking the 5 Love Languages official assessment helps you to discover your love language and begin improving your relationships. Your love language profile will explain your primary love language, what it means, and how you can use it to connect to others. 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/>

78) Q. Thank you for everything you do!

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!

79) Q. I have been experiencing someone being rude and telling me rude things about my religion and saying it is fake. What do I do?

A: Bullying is one of the signs or symptoms of Power and Control. Someone bullies others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do SOMETHING.

80) Q. Have you posted something wilting about your relationships?

A: All of us at BLOOM365 have different experiences and 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. We encourage you to consume media critically, be aware of how media messages may influence you and recognize that abuse and violence are NOT normal and NOT acceptable.

81) Q. I like this lesson actually.

A: Thank you for listening and participating! 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!

82) Q. Why are colors the main thing to reveal gender?

A: Unhealthy gender norms are very common in our society. This idea goes back many years and historically it has been passed from generation to generation. We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. For example, pink representing girls and blue for boys. The important thing to know is that

these norms and stereotypes are not facts but rather some people's opinions. When we assume that gender is linked to how someone is supposed to look, think, act, feel, work and play, we risk committing ourselves and others to a particular vision and a set of stereotypes that are actually harmful. One way to change this however is engaging in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality.

83) Q. What if games don't affect the person that is playing it?

A: Exposure to mostly wilting media can impact us by increasing the likelihood for us to begin to see these things as normal. Social Acceptance, the social tolerance of violent behavior, is one of the root causes of abuse and violence. It can be hard to understand why society accepts abusive and violent behaviors and actions. We see violence in a lot of movies/video games/TV shows and hear about in music. A lot of people are unaware of how this impacts our attitudes and thoughts. Seeing these things in the media constantly can desensitize us. Desensitize means to make someone less likely to feel shock or distress at scenes of cruelty, violence, or suffering by overexposure to such images. Due to desensitization, we may be less likely to recognize abusive or violent behaviors and actions in our everyday lives or less likely to view them as abnormal. Clearly this is cause for concern not only for victims, but also for bystanders who could have the potential to intervene. We encourage you to consume media critically, being aware of how media messages may influence you and recognize that abuse and violence are NOT normal and NOT acceptable.

84) Q. Why don't people just end a relationship that is abusive?

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. On page 15, you can reference the "Top 5 Ways to Help a Friend Going through Dating Abuse. You can be there for your friend and let them know that you are always available to talk. This will let your friend come to you for help whenever they feel comfortable. Try to uplift your friend by telling them positive things and spending time with them doing activities together that will take their mind away from the negatives.

85) Q. How do you get through a break up?

A: Ending an intimate relationship or tough friendship is never easy. When you love someone, 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.

86) Q. I am learning more new things from this.

A: 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!

87) Q. Why are women softer and more sensitive than boys? Why are girls smarter and way harder to talk to?

A: As we talked about in Dose 3, gender norms are ingrained into our culture. To make change around this issue we must first begin to break down the stereotypes that perpetuate the idea that men and women should not be treated as equals. Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. People often make assumptions based on someone's gender due to stereotypes. Not everyone fits into these stereotypes, though, and it's important as a society that we recognize and understand that your gender doesn't automatically define what you like or your specific personality traits.

88) Q. Do you think you have power?

A: Yes and so does everyone else in this world! Each of us holds an innate power to do great things, and as creatives, we have a unique set of skills for putting that power to work. Part of recognizing your power is acknowledging your obligation to use it to stand up for what's right. There's so much in the world that needs our help and attention. Some things could simply benefit from a little kindness. If everyone complimented one another instead of criticizing and putting down others we could help build each other up and make a positive change in the world around us. Small changes like this can have a great impact on the world as more people practice and build healthy habits. Remember that you have the ability to create impact of some kind, and when your power is rooted in equality and freedom, you're contributing to a more blooming society. Use your power for good! 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!

89) Q. An older junior/senior was walking around alone asking younger girls sexually inappropriate questions. We tried to tell a teacher and she victim blamed. She said he "wasn't doing anything wrong" because my friend didn't tell him to stop, and that "she only got creeped out."

A: Sometimes people, even your school staff do not recognize or understand the severity of these situations. Thank you for being brave in speaking up about this situation, and we apologize that

student was not taken seriously. If you'd like to reach out for a free, listening ear you can call or text an advocate at the number above.

90) Q. It was fun at first, but it got boring.

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

91) Q. Thanks for this experience! It was enlightening!

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!

92) Q. I have been very insecure about everything and I feel like I am not able to trust anyone. I always feel like people on say things because they feel bad for me or they don't really care. I have also had waves of sadness or anger multiple times a day and I randomly get the urge to hurt myself or think about hurting others.

A: Thank you for being brave enough to share your story with us, and please know that you're not alone. 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 602-248-TEEN (8336). 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.

93) Q. I'm very insecure about some parts of my body, I sometimes am insecure about my skin color.

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment to recognize things you like or 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 also 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." When dealing with low self-esteem, some people find it helpful to talk with a school counselor or a therapist who may be able to help you work through the process of improving your self-esteem and becoming more confident in who you are. You can always reach out to a BLOOM365 advocate for information about available resources in your community.

94) Q. My brother is always touching me in inappropriate spots. What should I do?

A: Someone trying to take power and control over their family member can be just as dangerous and hurtful as dating abuse. The red flag checklist in your workbook on page 17 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, it's a good idea to talk to your parents or another trusted adult. Consent is mandatory for any type of physical or sexual contact and if we don't want to be touched than no one has the right to do so. If you or someone you know is facing sexual harassment you can text or call an advocate by phone at 1-888-666-HOPE or text the number listed above.

95) Q. I'm going to KMS tonight.

A: If you are experiencing depression or having suicidal thoughts, please know that you are not alone. Please reach out to a BLOOM365 advocate or Teen Lifeline at the numbers listed above for free, confidential support.

96) Q. I liked when we played games together in class.

A: We are happy to hear that! We try and be as interactive and engaging as possible during the 7-Dose lessons.

97) Q. I want to see a better world.

A: That is so awesome, and what we ultimately envision as well. Remember, the first step to making any change is making the change we want within ourselves. This personal change can be spread positively to our friends, family, and everyone else around us. If everyone complimented one another instead of criticizing and putting down others we could help build each other up and make a positive change in the world around us. Small changes like this can have a great impact on the world as more people practice and build healthy habits. 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!

98) Q. Thank you for teaching us! It was helpful.

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!

99) Q. The Bloom experience was very educational. I learned a lot. Thanks for everything.

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!

100) Q. I'm worried about my friends because the boy who was sexually harassing them wasn't punished for this inappropriate behavior. I worry about the people on campus, I wonder if they have classes with him and feel uncomfortable. I just hope they're safe. I want him to get in trouble.

A: We highly encourage you to reach out to a trusted adult. This may be a parent, a school social worker, or a BLOOM365 advocate. You can also let your friend know that we have drop in support groups on Monday nights, which might be helpful in the healing process. We also offer individual

advocacy. Let your friend know they can text/call an advocate at the number above to determine how they would like to make the report and to learn about the available resources. They can also contact the National Sexual Assault Hotline at the number listed above.

101) Q. What can you do if you have a friend that is going through date rape/abuse but doesn't want help because she said that he "loves her" even though he is abusing her. She told me not to tell anyone So she wears long sleeves so her parents and everyone won't see her bruises.

A: We cannot force people to get help, that decision is ultimately up to them to make. What we can do is be there to listen to them and provide support. They may not feel comfortable talking to an adult, and would rather talk to you. If you look in your packet, you can find a list of the "Top 5 Ways to Help a Friend Going through Dating Abuse.": This list can provide some helpful tips on how to start a conversation with the survivor. We cannot make people get help if they do not want to, but we can help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. The most important thing we can do in these situations 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 believe your friend is in serious danger, it's important that you reach out to a trusted adult to ensure the safety of your friend.

102) Q. Why do people in a relationship become abusive to one another?

A: It's important to recognize that while it sometimes might seem like both partners are abusive, typically there is one partner that holds much more power and control over the other. Often the person becomes abusive because they believe they have the right to have power & control over another person. Having power and control over another individual is ultimately a deliberate constant choice that we each have to make. People do not usually begin a relationship as overtly abusive or 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. 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. victim is taking on their perpetrator's tactics as a way to try and defend themselves and gain back their own power, but not as a way of trying to exert power and control over their partner who is the primary aggressor. With that being said, sometimes two partners can try to control each other. We recommend reaching out to an advocate at the number listed above.