

Elephant in The Room Q & A

North Canyon 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

BLOOM365 Advocacy Line and Support Groups	<p>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673) Advocacy Line Hours of Operation: Monday-Thursday from 3PM-9PM</p> <p>To reach a specific advocate directly, visit www.bloom365.org/contact.</p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</p>
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

DOSE 1

1) Q: What do you do when you are experiencing dating abuse?

A: First, it's important to remember that the abuse was not your fault and we are really glad you reached out for support. 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. 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 your safety, please contact a BLOOM365 advocate so that you can create a safety plan. We recognize that there are a lot of barriers to ending an abusive relationship, and we understand if you are not ready to leave. We encourage you to text/call our Advocacy Line for free, confidential and non-judgmental support.

Experiencing abuse can emotionally and physically cause an impact on a person, and it's important that this is dealt with properly to help the survivor move forward. Ending a relationship is also never easy. 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. We also highly encourage you to get involved in our Peer Connections group, which focuses a lot on self-care and self-esteem. If you're struggling with finding effective coping tools or would like to talk more about this, a BLOOM365 advocate at the number listed above is always available for free and confidential support!

2) Q: My friend is having problems with her boyfriend. I've tried to help but it doesn't help. She's getting to a point where she's letting herself get emotionally, mentally, and somewhat physically abused. What can I do to help her?

A: We should first understand the barriers to leaving an unhealthy or abusive relationship (things like fear, love, dependency, and insecurity). 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, you can reference the "Top 5 Ways to Help a Friend Experiencing Dating Abuse" 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. 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 abusive behaviors 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.

3) Q: I'm in a relationship where he is really controlling. He doesn't let me hang out with my friends. He constantly always saying stuff about my body. At first everything was nice but later he started to change. He brings me down emotionally and mentally. I really love him and I can't walk away from him. He has treated me bad and talked to me in a way you just don't talk to your partner. He is

constantly lying to me and breaking promises, I just sit there and take everything because I love this guy and it's just breaking me.

A: We recognize that there are a lot of barriers to ending an abusive relationship, and we understand if you are not ready to leave. We also know that ending a relationship is never easy. We encourage you to text/call our Advocacy Line for free, confidential and non-judgmental support. We also want you to remember that you deserve happy, healthy relationships. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. Looking at the Blooming and Wilting flowers on the back of your workbook can help you figure out what type of relationship you currently have. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with our partner using "I statements," we may consider whether this relationship is one that we want to continue. One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries.

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. We also highly encourage you to get involved in our Peer Connections group, which focuses a lot on self-care and self-esteem. If you're struggling with finding effective coping tools or would like to talk more about this, a BLOOM365 advocate at the number listed above is always available for free and confidential support!

4) Q: What is the difference between verbal and emotional abuse?

A: Emotional and verbal abuse are closely tied together and might look very similar. Verbal abuse is typically using language to hurt or control another person by speaking loudly or aggressively, or by purposely not speaking to someone at all, and could be used as a form of emotional abuse also. Verbal abuse might include threats, put-downs, and humiliation. Emotional abuse typically involves criticism or humiliation of another person, often by using verbal abuse. Some signs of emotional abuse include: ignoring/excluding, isolation, and humiliation. If you'd like more information on this topic, the National Domestic Violence Hotline website breaks down different types of abuse with definitions and examples at: <https://www.thehotline.org/is-this-abuse/abuse-defined/>. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to a BLOOM365 advocate at the number listed above.

5) Q: How do I get more involved in BLOOM?

A: We are so happy to hear that you've enjoyed the Bloom It Up program and the work BLOOM365 is doing! If you are interested in getting involved, we have lots of ways to do so! If you turn to page 8 in your workbook, you can read more about "PAC". There are also opportunities to become trained as a peer advocate or peer educator! To get involved or for more information, email marli@bloom365.org or text "bloom365" to 81010!

6) Q: Can you tell me why heartbreaks hurt so much?

A: When you love someone in any kind of relationship, they usually become very integrated into your life. You spend time with them, they help you do things, they solve problems, and they just exist along with you. 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. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth.

Finding ways to cope 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. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. 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. 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.

7) Q: Why do boys get jealous so much?

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

8) Q: How should you get out of a toxic relationship?

A: We encourage you to reach out to the trusted adults in your life, the school social worker, or a BLOOM365 Advocate for support during the process of leaving an unhealthy relationship. As we learned in the 7 Doses, the most dangerous time for the victim is when they try to leave an abusive relationship. We encourage you to use the safety plan that we worked on in the classroom to map out a safe strategy for exiting the relationship, or download the MyPlan app. A BLOOM365 Advocate can also assist you in creating a safety plan. If you feel there is immediate danger, calling 911 is the most important step to take so that no one is harmed.

9) Q: Why do people sexually assault people?

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, and it is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. There are a number of root causes that we explored during Doses 3 and 4 for why someone might

choose to use power and control over someone else. Some people may be abusive to others because they were exposed to violence in their homes as a child and 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 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 to build and grow healthy relationships, free from abuse and violence.

10) Q: If I have dealt with family abuse both sexually and physically, how can I emotionally get passed that? What are some coping mechanisms or what is one way to emotionally get passed it?

A: First off, we want to let you know that you're not alone and we are thankful you are reaching out. Experiencing abuse can have a lasting impact, and it's important that you are able to deal with these emotions so that you can move forward. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Some people find it helpful to talk to trusted friends or family members or engage in healing arts like painting or yoga. Other coping mechanisms include: going for a walk or listening to music. Find what works for you, and always know BLOOM365 is here to support you if needed!

11) Q: So I was "in love" with this guy and he wanted to have sex. He said this way we could show each other how much we actually loved each other. When it happened, I told him to stop and he didn't. I cried and after it was over I was forced to walk home. This experience has emotionally scarred me from getting close to anyone. I would say it's not worth it. Just wait.

A: Thank you for sharing your story with us. We want you to know that you are not alone, and what you experienced was not your fault. We encourage you to tell a trusted adult, friend, or another person you trust about what you are going through. Talking can be a step towards rebuilding trust within yourself and in others. If family or friends are having difficulty understanding your feelings and experiences, you can refer them to "EMPACT" which they can call 480-787-1500. Recovery can be a slow and individual process. We encourage you to get involved in one of our weekly support groups to begin the healing process alongside others. Additionally, starting a journal can be helpful for a lot of people who've experienced sexual assault. It may provide an outlet for your thoughts and feelings. It can also help you to express yourself when it is difficult to verbally communicate your feelings. Everyone heals at different speeds and in different ways. We encourage you to find a way of coping that works for you, and always know that our BLOOM365 Advocates are here to provide additional support if needed.

12) Q: When you and your partner are arguing, should you discuss and try to fix things instead of ignoring each other?

A: In any type of relationship, communication is key! Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. "I-statements" can allow us to take ownership of our own emotions and can help avoid defensive responses. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Talking about things can help you both get on the same page about your relationship. 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.

13) Q: What if your abuser is the father of your children? So you don't really want to push him away.

A: There are a lot of barriers to leaving an abusive relationship. Having love for an abusive partner, being financially dependent on the person, or having a shared family are huge barriers and can make it difficult for a survivor to leave. It's important that we understand these barriers and never blame the victim for staying. If you or someone you know is in an abusive relationship, we recommend creating a safety plan. Advocates on our Advocacy Line are available to assist in creating a safety plan with teens and young adults ages 13-24. The National Domestic Violence Hotline is also a great resource for adults. The MyPlan app is also a great option!

14) Q: How do you learn to love yourself?

A: You can develop healthy self-esteem by reminding yourself of the positive things in your life. You can do daily affirmations which take about a minute in the morning and can aid in the development of greater self-love and confidence. You can also surround yourself with positive friends and family who remind you of the great qualities you have and don't put you down. You can also check out page 32 in your workbook for some more tips on developing healthy self-esteem.

15) Q: What about unhealthy family relationships? How can you stay positive while living and spending so much time in a toxic environment?

A: First off, we want to let you know that you are not alone. 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 and on bloom365.org 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. If you do not yet feel comfortable seeking help, some ways you may be able to cope with your emotions and deal with these thoughts are to engage in self-care. 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 contact a BLOOM365 advocate at the number above. You do not have to provide your name if you do not wish to do so.

16) Q: How old were you when you joined BLOOM365?

A: All of us at BLOOM365 are different ages and have different reasons for why we chose to be involved with BLOOM365. However, most of our peer advocates are high school students! We have opportunities for teens to get involved and volunteer as well. Teens have the opportunity to become trained as Peer Educators and/or Peer Advocates! To learn more, email marli@bloom365.org or visit <https://www.bloom365.org/peeradvocatecrew>.

17) Q: How do you help yourself find self love?

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 healthy self-esteem.

18) Q: To be honest, I feel alone even though I have friends.

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 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.

19) Q: I enjoyed this class, I had fun!

A: Thank you for listening! If you'd like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! Text "bloom365" to 81010 or email marli@bloom365.org to learn about the different opportunities to get involved!

20) Q: When I was younger I was forced to do things with a boy I liked; I was sexually touched.

A: We want you to know that you are not alone, and we are thankful that you are reaching out for support. We also want you to know what you have experienced is not your fault. If you are a sexual assault survivor, we encourage you to reach out to a trusted adult or a BLOOM365 advocate to discuss the situation and ensure you receive the support you need. You can also contact the National Sexual Assault Hotline at the number listed above. Finding healthy ways to cope with these experiences is so

important. For example: spending time with people you love, yoga, joining a new sports team or team or club, or simply going for a walk or spending time in nature. It's also important to give yourself time to process feelings and emotions. We all cope with things in different ways and at different speeds.

21) Q: I'm shy and unhappy at school. My home is safe for me. I don't like talking to other students from my class. I got bullied in elementary school. I moved to different schools, and it gets hard in life with new kids. Now this year, it was a good day with different people. I'm bisexual and my parents don't know, but my mom would tell me to wait for college. (details removed for confidentiality)

A: Figuring out one's sexuality can be a confusing and scary process that is different for each person. Sometimes folks who feel unsure about their sexuality are made to feel bad about that experience but we are here to tell you that it is totally okay to feel unsure or question your sexuality and we appreciate you sharing that with us. We definitely encourage you to get involved in your school's GSA Club where you can surround yourself with others who might be having similar experiences. BLOOM365 is a safe and inclusive place and we actually have a weekly LGBTQ+ support group every Thursday (holidays excluded) from 6PM to 7PM. If you'd like to be around other teens and meet new people we highly encourage you to check out one of our upcoming groups. Another great organization to check out is [One N Ten!](#) They have support groups and a youth center where you can also be around others in the LGBTQ+ community. You can always text/call/chat with an advocate in the future if you need additional support.

22) Q: What should I do if my boyfriend doesn't want me hanging out with someone and gets mad if I do, but he says he only does it because he cares.

A: Someone preventing you or getting jealous when you spend time with friends or family is a red flag of power and control. Jealousy is a natural, human emotion. Most humans have felt or experienced jealousy. It is not necessarily a bad thing, unless we act out based on our jealousy. When jealousy becomes unhealthy or abusive is when it is possessive, obsessive or controlling. We should consider whether the relationships we have currently are built on trust and respect. If we don't have a trustworthy partner or friend, that could lead us to be jealous. The first step is recognizing our jealous tendencies and addressing them with our partner or friend so that they know how we feel. You can communicate your feelings and concerns with your partner by using "I" statements. For example: "I feel _____ when you get mad at me for hanging out with this person, could you please _____." Your partner cannot force you to stop talking to someone, but it might be helpful to let them know how it makes you feel and why. Something you could both talk about is how you may be able to build up your trust and decrease their possible feelings of jealousy. Together, you can come up with a solution or compromise to help deal with this situation.

DOSE 2

23) Q: Can you love someone if you don't love yourself?

A: Looking at the Blooming flower, one of the root causes of a healthy relationship is self-esteem. Looking at the Wilting flower, one of the root causes of a wilting relationship is insecurity. Self-esteem is having confidence in your self-worth, which results in self-love and self-respect, and typically a healthy expression of love. To help improve self-esteem, you can refer to page 32 in your BLOOM workbook and look at the "Tips for Improving Self-Esteem".

24) Q: What do you do if you're confused about someone?

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 your rights and responsibilities within relationships. In a relationship, you have the right to: make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner's boundaries. Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the Blooming flower. If you have any concerns or would like to talk more about this, please feel free to text/call our Advocacy Line at the number above to speak with an advocate!

25) Q: Talking about some of this stuff gives me anxiety.

A: We apologize if we ever made you feel this way! It is always our intention to let students know during Dose 1 that our program is a safe space for all. We highly encourage utilizing self-care not only during the program, but every single day of your life. Everything we've talked about from the very beginning and all the way through Dose 7 is applicable to relationships of all kinds; from friendships and relationships with family members to dating relationships. We hope you know that the information you've learned over the Doses 7 will be beneficial for you in both your current and future relationships! If you'd like to talk more about this, feel free to reach out to our Advocacy Line at the number above.

26) Q: How do you get involved in doing what you do?

A: That is great to hear that you are interested in BLOOM365. If you would like to be involved you can learn more by contacting marli@bloom365.org or text @BLOOM365 to 81020 to be involved as a Peer Advocate!

27) Q: Why do I miss him if he hurt me so much?

A: 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. Getting over a break-up could take days, weeks or even months. 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. 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.

28) Q: Do you hate rejections? Do you think the fear of telling someone you like them is because of rejection?

A: We recognize that rejection can be painful and difficult to deal with. We encourage you to identify some healthy forms of self-care that work for you. It's also important to remember that the people who matter in your life will like you for you! We can't please everyone, but we can find people who we can connect with and who will accept us just the way we are! If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our Advocacy Line at

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

29) Q: Thank you for taking time out of your day, to help teen girls.

A: Thank you for listening! If you'd like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! If you would like to be involved you can learn more by contacting marli@bloom365.org or text "bloom365" to 81020!

30) Q: What can we (myself) do if my boyfriend isn't violent but have hurt you emotionally, physically, and verbally? It is a joke and game, but they actually hurt you.

A: One tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Even if someone says that they are kidding, that does not mean they get to have power and control over us. One way to address this with your boyfriend is using "I statements". For example: Saying something like, "I feel betrayed when you talk about me behind my back, can you please come to me with that information next time?" Rather than saying something like, "Why are you always spreading rumors about me?". This style of conflict resolution allows for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked.

31) Q: My question is why do they do that? Like what is the reason for them to act that way?

A: 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. It's important to remember that we all have a choice: to make the intentional choice to treat someone with equality and freedom or the choice to gain power and control. A great resource for determining abusive characteristics is the Red Flag Checklist. At BLOOM365, we believe that young perpetrators have the potential to recognize their abuse of power and the consequences of their abusive or violent actions, as well as the courage to make the choice to reach out for help. We cannot force an abuser to reach out for help, but the abuser needs to take the first step in recognizing their problem. From there, they can address the factors, attitudes and "root causes" that have led to their abusive behavior. One thing you can do is let the abuser know that he or she can reach out to a trusted adult or to a BLOOM365 Advocate for help and access to resources.

32) Q: What is teen dating violence?

A: Teen dating violence is a pattern of behaviors, such as verbal, emotional and/or physical abuse, to gain or maintain power and control over a dating partner. If you feel like this is something you or someone you care about is experiencing, we encourage you to connect with a BLOOM365 Advocate Monday- Thursday from 3- 9pm on our Advocacy Line for more information.

33) Q: How do you tell your partner that you don't want to be with them anymore, but you're too scared to talk to them because all they do is yell at you and get mad at you for everything?

A: You deserve to feel safe and loved in your relationship. If you feel safe to do so, it might be useful to use “I statements.” You may choose to use the format: “I feel ____ (emotion) when ____ (situation) can we please ____ (solution).” “I-statements” can be helpful tools for us to express our emotions and offer potential solutions without placing blame on the other person. This allows others to empathize with us and avoid defensive reactions/responses. If your partner is yelling at you when you try to communicate and you feel unsafe, you can try to talk to a trusted adult in your life to ensure that you are safe or contact a BLOOM365 Advocate at 1-888-606-4673, Monday-Thursday from 3-9 pm. You can also look at page 21 of your workbook to help determine a safety plan for your next steps.

34) Q: I learned a lot today and I enjoyed the class today, your talk helped a lot.

A: Thank you for listening! If you’d like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting “bloom365” to 81020!

35) Q: How do you support someone who is ending/going through an abusive relationship?

A: It can be hard to know how to support a friend experiencing Teen Dating Violence. You can refer to the “Top 5 Ways to Help a Friend Experiencing Dating Abuse” on page 19 of your workbook. 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.

36) Q: I would like to learn more about the LGBTQ+ meeting.

A: Our LGBTQ+ support group meets every Thursday from 6-7PM at our Blooming Point location. You can reach out to our LGBTQ+ Lead Advocate who runs the group, Ms. Chill, at (602) 618-9336 to learn more.

DOSE 3

37) Q: This is a fun experience for me. I love and think your program is awesome.

A: Thank you for listening, we have certainly enjoyed BLOOMING up North Canyon! If you’d like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! To learn more, feel free to email marli@bloom365.org or text “bloom365” to 81020!

38) Q: Thank you for today.

A: Thank you for your participation and for listening! If you’d like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting “bloom365” to 81020!

39) Q: Will we talk about LGBTQ+ issues during this?

A: That is a great question. Within Arizona, there are laws prohibiting the “promotion of homosexuality” (often referred to as “no promo homo” laws). These laws explicitly forbid teachers from discussing LGBTQ+ topics in a positive light – if at all. Our Lead Advocate, Chelsea (“Ms. Chill”) specifically works

with LGBTQ+ youth. If you have any questions or need support, please reach out to our Advocacy Line for free, confidential support! Ms. Chill also leads our LGBTQ+ group on Thursdays- Which is a great opportunity for youth to discuss these topics that often aren't openly discussed!

40) Q: I actually love this class so much and I love the conversation about real world topics that we hear about every single day. I'm going to be super sad when we get to Dose 7.

A: Thank you so much for your kind words! We definitely feel the same way when we finish with Dose 7! Although we'll be leaving NCHS for the rest of this semester, check out our social to keep up with us! If you'd like to join the BLOOM365 movement, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting "bloom365" to 81020!

41) Q: I'm a female but sometimes I wear boxers cause they're super comfy.

A: Everyone has the freedom to express themselves in the way that feels comfortable for them! Unhealthy gender norms promote the idea that certain genders have to behave a certain way. Some examples are the idea that women should stay home and raise kids or have long hair and that men should be the "breadwinners" and be the "tough" ones in a relationships. These are unhealthy because: 1) It can lead to an imbalance of power in a relationship, 2) People who do not follow norms may be ridiculed or made fun of and 3) Men who experience abuse are much less likely to come forward. To make change around this issue we must first begin to break down the stereotypes that perpetuate these ideas.

42) Q: When did you join BLOOM365? What age? What year? What month?

A: All of us at BLOOM365 have joined the team at different points and been here for different amounts of time. You can learn more about the history of BLOOM365 at www.bloom365.org/story. If you are interested in being a part of the BLOOMING team, feel free to text "bloom365" to 81010 to learn more about Peer Advocacy Crew (PAC) or email marli@bloom365.org.

43) Q: Thank you, I loved the game.

A: Thank you for listening and participating! If you'd like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting "bloom365" to 81020!

44) Q: Me and my friends were catcalled in a McDonald's parking lot.

A: We are sorry to hear that you experienced this, but we do want to thank you for sharing with us. Catcalling is a form of sexual harassment. It's important to remember that sexual harassment or assault is never your fault. After experiencing these types of things, it's important to look out after yourself and make sure you're okay. We recommend sitting down to process your thoughts, going for a walk, or texting a trusted friend or adult. It is also a good idea to report these incidents if you feel you are in danger.

45) Q: This class is cool.

A: Thank you for listening! If you'd like to stay involved, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting "bloom365" to 81020!

46) Q: I really liked today's conversation about feminine and masculine traits because I like the topics that relate very strongly to things that I hear, see, and even experience first hand on the daily.

A: We are so happy to hear that you enjoyed Dose 3! We hope that the information you learned throughout the Bloom It Up program is beneficial to you both now and in the future! If you'd like to stay involved with BLOOM365, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! You can learn more by contacting marli@bloom365.org or texting "bloom365" to 81020!

DOSE 4

47) Q: Believe by Hollywood Undead is how I feel constantly...

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 the number above. You can always reach a BLOOM365 advocate by texting or calling our Advocacy Line for a listening ear or if you would like additional resources.

48) Q: I want to know if you can get a guy to show you his true emotions?

A: This question is a bit hard to answer, especially not knowing the root causes of why the person you are referring to is not showing their emotions. You might consider talking to them about the communication tool we learned about in Dose 6- "I-Statements." Communication is a huge component of healthy relationships. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. This also can help prevent them from feeling like they are being attacked, which often results in a negative or defensive reaction. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)? Working on communicating more effectively may help this person to be more open. Some additional communication tips we recommend can be found here:

https://www.wfm.noaa.gov/workplace/EffectivePresentation_Handout_1.pdf

49) Q: "I would not have fallen in love - Cornelio Vega"

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. 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: <https://www.5lovelanguages.com/profile/teens/>. 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!

50) Q: Thank you for taking time out of your day to talk to us and share the positivity.

A: Thank you for listening! And thank you for taking the time to let us know that you've had a positive experience with our program so far. If you'd like to join the movement, we encourage you to join the Peer Advocate Crew (PAC) to help us prevent these issues in future generations! Visit www.bloom365.org/peeradvocatecrew to learn how you can get involved!

DOSE 5

51) Q: Currently, I'm living in a group home. I'm dealing with so much anxiety, depression and just overall negativity. It's hard for me to even get through the day and I'm scared for my future. I don't have many people to talk to about this because no one understands. The group home took my phone and my DCS worker won't answer her emails for me to get it back; more struggle. I feel so crappy and I keep digging my own grave. I need a new friend, this is all so overwhelming. I won't be able to answer for awhile, but I just need someone.

A: First off, we want to say thank you so much for being vulnerable and sharing your story with us. Please know that you are not alone, and that we're here to support you. If you find access to a phone or computer, maybe at school or a local library, you can call or text us if you need a friend, or just simply someone to listen to you. You could also reach out to one of our Advocates if you see us around campus and we could try to get you the support you need, especially if you do not have a phone. Don't hesitate to reach out to us through the means that *are* available to you. We are here for you.

52) Q: Today was a really good dose that me me super happy.

A: We are happy you enjoyed today's Dose! We hope that everything you have learned will help you to build and grow healthy relationships both now and in the future!

53) Q: How can you cut someone off if they're your parent and/or sibling?

A: First off, we want to let you know that you are not alone. 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 and on bloom365.org can apply to any type of relationship, including with family members. If you are experiencing multiple red flags from this list or if you do not feel safe, we encourage you to reach out to a trusted adult in your life, such as a school counselor, another family member, or a BLOOM365 Advocate for support. It might also be helpful to refer to the Safety Plan on page 21 of your workbook, or you could check out the following links for safety planning: [Safety Plan](#), [MyPlan App](#). Please know that anonymous support is also available if you text a BLOOM365 advocate at the number above. If you are in immediate danger, please call 9-11.

54) Q: Has this program changed your mindset/perspective on many subjects?

A: It is a bit hard to answer this one. 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, we all believe in BLOOM365's mission to prevent teen dating abuse, and we believe everyone deserves the right to a healthy and safe relationship.

55) Q: If someone gets mad at you for every little thing, what does it mean/what should you do?

A: You deserve to feel safe and respected. If you are not receiving the type of love you would like, it is up to you to decide what you would like to do. As we talked about during Dose 1 and on page 12 in your workbook, anger is a natural emotion resulting from feelings of rejection, frustration, fear, etc. We all experience anger, however we still have the choice in how we treat people and it is not fair for us to take out our anger on other people! Healthy communication is a key component of healthy relationships. We encourage you to use the communication tool we discussed during Dose 6- “I-statements” to discuss your concerns with this person. I-statements can be helpful tools for us to express our emotions and offer potential solutions without placing blame on the other person. This allows others to empathize with us and avoid defensive reactions/responses. We recommend using the format: I feel _____ (emotion) when _____ (situation) can we please _____ (solution.)

56) Q: Favorite activity today!

A: We are so happy to hear that you enjoyed this activity! We encourage you to do this activity with a group of friends! We all have the opportunity every day to help increase the self-esteem of the people we interact with, just by sharing simple compliments! To continue building up your own self-esteem, you can also try implementing daily or weekly positive affirmations like we discussed in Dose 5!

57) Q: Thank you for coming here, you improved my self-esteem.

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

58) Q: I’m no good at basketball but every time I get the chance to, I practice.

A: That’s awesome that you are working to improve! Focusing on what makes you unique and what you’re good at is a great tip for improving your self-esteem. Right now you might not be a pro at basketball, but spending time practicing can help you to develop new skills! Remember that you are on your own journey, so there is no need to compare yourself to others in the process. Please know that we support you in every step of your journey, and if you ever need to talk to someone, we are always here to listen at the number listed above.

59) Q: How do we help ourselves love our body? How do we self-love? Why do we hate ourselves? How do I change myself? I don’t know why I hate my body and self.

A: We want you to know that you are not alone in feeling this way, and we are here to listen and support you on the path to self-love. A lot of times our society encourages us to focus 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.

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 is of 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. We encourage you to get involved in our Peer Connection Group, where we often focus on topics like self-love, self-esteem, and self-care! You can also reach out to a BLOOM365 Advocate to talk more about how to practice self-love and for free, confidential support.

DOSE 6

60) Q: People tend to not care what other people have to think or feel about and people take things to heart.

A: We believe that communication is key to healthy relationships, and that healthy friendships involve our partners and friends showing empathy and respecting our thoughts and feelings. Using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. "I-statements" can allow us to take ownership of our own emotions and can help avoid defensive responses. We recommend using the format: I feel ____ (emotion) when _____, can we please _____ (resolution)?

61) Q: My sister reported my parent sexually harassing me and DCS didn't do anything because he didn't attempt to actually touch me. I'm far away from him now, but I still constantly feel violated when I think about it. Everyone said it was my fault.

A: First and foremost, we want to thank you for being brave enough to share this with us. We are sorry to hear that you had this experience, and want you to know that it was NOT your fault! Nobody deserves to be sexually harassed, and it is NEVER the victim's fault. It's unfortunate that people are not educated about these issues. At BLOOM365, we are working to train trusted adult allies so that adults and people who interact with youth know how to respond and provide unbiased guidance, support and safety to youth who disclose experiencing or witnessing verbal, physical or sexual violence.

We encourage you to talk with a trusted adult, friend, or a BLOOM365 advocate about your experience. Talking can be a step towards rebuilding trust within yourself and in others. If family or friends are having difficulty understanding your feelings and experiences, you can refer them to "EMPACT" which they can call 480-787-1500. Recovery can be a slow and an individual process. Finding ways to cope 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. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. 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. 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.

DOSE 7

62) Q: I really loved this class so much and I'm super sad that this is the last day. I'm definitely going to keep up with BLOOM365 by social media and texting.

A: We are so happy to hear that! Please feel free to or text “bloom365” to 81010 or email marli@bloom365.org if you’d like to learn about upcoming opportunities to get involved with the Peer Advocate Crew (PAC)!

63) Q: You are you. And no matter what, you should be you no matter what anyone says.

A: Thank you for this #blooming message of self-confidence! We totally agree! It’s so important to remind ourselves that everyone excels at different things and to focus on what we’re good at and what makes us unique!

64) Q: I love this, it’s an amazing way to help those in need.

A: Thank you for your feedback! We hope that Dose 7 showed you that there’s multiple ways to be an Upstander, and the most important thing is that we do SOMETHING! We believe your generation has the power to help us reach the Tipping Point! If you want to be a first follower, we highly encourage you to join PAC! Feel free to email marli@bloom365.org to learn about the upcoming opportunities to get involved or text “bloom365” to 81010!

65) Q: Thank you very much for all of these helpful advice. Thank you for your time.

A: You are so very welcome! We hope that the information you learned throughout the Bloom It Up program will help you to build and grow healthy relationships and friendships both now and in the future!

66) Q: How can I cope with emotionally abusive parents?

A: We are sorry to hear that you have experienced this, but are glad you reached out for support. If you are experiencing abuse or believe you may be in danger, we encourage you to talk to a trusted adult such as a school social worker, teacher, or an advocate. If you are in immediate danger, please call 9-11. Self-care looks different for everyone, but some examples of healthy coping mechanisms are: Spending time with the people you love, yoga, journaling, taking a bath, 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 coping and self-esteem. 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.

67) Q: Will we talk about LGBTQ+ issues?

A: That is a great question. Within Arizona, there are laws prohibiting the “promotion of homosexuality” (often referred to as “no promo homo” laws). These laws explicitly forbid teachers from discussing LGBTQ+ topics in a positive light – if at all. Our Lead Advocate, Chelsea (“Ms. Chill”) specifically works with LGBTQ+ youth. If you have any questions or need support, please reach out to our Advocacy Line for free, confidential support! Ms. Chill also leads our LGBTQ+ group on Thursdays- which is a great opportunity for youth to discuss these topics that often aren’t openly discussed!

68) Q: Interesting topic today.

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

69) Q: Is it okay to not be in a relationship (but had things with some guys) for 15 years? I'm not really open towards guys and others. I've seen what my friends go through in a relationship (heartbreaks, etc). And it makes me scared to have one.

A: You are not obligated to do anything you do not want to! It is totally okay to not be in a relationship if you do not want to be! However, we definitely do not want you to feel scared to date! BLOOM365 and the Bloom It Up program exists so that teens like yourself have to the skills and knowledge to build and grow healthy relationships! While heartbreak can happen, break-ups can also be a great time for self-evaluation and growth! Additionally, healthy friendships and relationships can help enhance our lives. Please know that it is absolutely okay to not want to be in a relationship. We would suggest to start dating when you feel ready, and you are able to handle the responsibilities that go along with a dating relationship. Check out page 16 of your workbook for a list of your rights and responsibilities within a relationship.

70) Q: I would like to say that I thought this was going to be boring but you made it fun. I learned a lot from this experience, I am glad you came here to teach us. I hope you help other kids and they will have fun.

A: We are so happy to hear that, and appreciate you sharing your feedback! We use feedback from teens to help ensure our curriculum stays relevant and fun! While the information we discuss is serious, we strive to keep things interactive and definitely not boring!