

Elephant in The Room Q & A

Peoria Accelerated High School June 2019



This document can also be accessed at <https://www.bloom365.org/faqs>

Resources:

For additional resources, please visit bloom365.com/resources

<p>BLOOM365 Advocacy Line and Support Groups</p> <p>Peer Connection Mondays bloomMen Tuesdays LGBTQ+ Support Thursdays</p>	<p>Text or call a BLOOM365 advocate for free, confidential support. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit www.bloom365.org/contact. Text/Call: 1-888-606-HOPE (4673)</p> <p>Join us on Monday, Wednesday, and/or Thursday evenings for one of our drop-in groups (Holidays excluded)!</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>National Human Trafficking Hotline</p>	<p>1-888-373-7888</p>
<p>Crisis and Suicide Prevention</p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255)</p> <p>Crisis Text Line: Text HOME to 741741</p>

Wondering how to reach out for help/support?

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

Q: Student
A: BLOOM365 Advocate

DOSE 1

1) Q: What inspired you to do this?

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.

2) Q: How do you tell someone you're being mentally abused?

A: Mental or emotional abuse can have lasting effects on the mental health of the victim. Oftentimes their self-esteem and feelings of self-worth are damaged. Mental abuse can hurt and cause damage just as physical abuse does. If you are currently experiencing this type of abuse, please know there is help and resources out there for you. If you need to contact someone right now, please contact a BLOOM Advocate at 1-888-606-HOPE.

3) Q: What is emotional abuse like? How simple can it be?

A: Abuse has many different forms (verbal, emotional, and physical). It is not an isolated, one-time incident, it's a pattern of abusive behaviors that a partner uses to gain power and control. Some signs of emotional abuse include: Name calling/put-downs, threats and intimidation, ignoring/excluding, isolation, and humiliation. Perpetrators will often also use a pattern of minimizing, denying, and blaming.

For example: Minimizing their behavior by saying they are just having a bad day or that the victim is being too sensitive, denying that they ever did it, or blaming the victim by saying that it's their fault and they made them do it. If you are experiencing abuse or neglect, we want you to know it is not your fault. We encourage you to reach out to our Advocacy Line for free, confidential support and to discuss this further.

4) Q: Is it okay to be friends after a relationship?

A: We encourage you to consider using the communication technique we learned about in Dose 6- "I Statements." I statements allow us to take ownership of our own feelings and can prevent the other person from feeling attacked, which may result in a defensive response. You might try something like, "I feel that you are like a brother/sister to me. I value our friendship and our relationship as it is. I think we should remain as just friends and avoid doing anything that we jeopardize the wonderful friendship we have currently." This is just an example, and we encourage you to come up with something that fits your own situation and what you envision for the friendship or relationship with this person. Feel free to text/call an advocate at the number above if you need additional support with I-statements!

5) Q: How do I work on my communication skills?

A: Communication is an important component of healthy relationships. It may be helpful to practice using the communication technique we learned in Dose 6 to talk to others. I statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel ____ (emotion) when _____ (situation), can we please OR I wish that _____ (desired outcome/solution.) We encourage you to evaluate your own situation and come up with an I-statement that best suits your situation and what you envision as a solution. Feel free to practice with an Advocate on our line, or attend our groups to practice with others.

6) Q: What's a good element of a healthy relationship?

A: BLOOM365 believes that equality and freedom are the core of a healthy relationship. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of our partners and our partner's boundaries. When relationships are stemmed in equality and freedom, both parties are able to bloom! Healthy relationships also exhibit communication, respect, kindness, consent, encouragement, and all of the other words you see in the center of the blooming flower!

DOSE 2

7) Q: Can you buy me food?

A: Unfortunately this is a bit outside of our specialty, but we encourage you to join us Monday Nights at our free Peer Connections Group! Before group starts at 6:00 PM we always serve fresh pizza and snacks. Our peer support groups are a place where you will be heard, understood, validated and accepted. Text "rsvp365" to 81010 to RSVP. Please feel free to text or call our Advocacy Line or email teens@bloom365.org to request transportation to any of our upcoming groups!

DOSE 3

8) Q: I really liked the subject we talked about today.

A: We are so glad that you enjoyed and learned from Dose 3, we understand gender roles can be a tricky subject sometimes. 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. As long as one person does not hold more power than the other because of their gender and both people feel free to be themselves, then that relationship can Bloom.

9) Q: Do you guys help people that have depression?

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). School social workers and counselors are also a great source for information on dealing with depression. You can always contact BLOOM365 at 1-888-606-HOPE (4673). You can schedule an appointment with your primary care provider to get a referral for therapy. We want you to know that there is always someone available.

DOSE 4

10) Q: Today was fun.

A: We are so happy to hear that! We hope that everything you learned through the Bloom It Up program is beneficial to you both now and in the future! If you'd like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC.) Visit www.bloom365.org/peeradvocatecrew or email marli@bloom365.org for more details!

11) Q: I liked the activity we did today!

A: Thank you for your feedback! We are so happy to hear you've enjoyed the Bloom It Up program so far. We hope that everything you have learned is beneficial to you both now and in the future! We have certainly enjoyed our time at Peoria Accelerated High and feel that we've learned a lot from you, just like we hope you're learning a lot from us! Keep blooming!

DOSE 5

12) Q: I want to be involved in one of the LGBTQ+ programs.

A: If you'd like to come to a space where everyone is welcome and safe we encourage you to join our LGBTQ+ weekly support group on Thursdays from 6 to 7 PM. You can also always reach out to our LGBTQ advocate at the number above to discuss this situation or chat online at bloom365.org for more support.

13) Q: Loved the self-esteem activity.

A: We are so happy to hear that you enjoyed the Hello I am Activity and that it helped boost your self-confidence! 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!

DOSE 6

14) Q: How do you properly get over a toxic breakup? Relationship?

A: First off, we want to say thank you for reaching out and please know that you're not alone. 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. If you're still struggling with coping, please reach out to a Bloom Advocate at the number listed above.

15) Q: If I told my partner no but he coerced me into a yes, is that love?

A: BLOOM365 believes that consent is so important to all aspects of relationships, because nobody should be forced or coerced into doing something they do not want to do. There are four important components of consent:

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

Communicating your boundaries with your partner and knowing your partner's' boundaries early-on in the relationship is crucial. It's important that both partners are aware of what the other partner is comfortable with to ensure that all actions taken are mutually consented to. As the relationship develops and grows, we recommend continuous communication about boundaries! Healthy relationships involve respecting our partner's boundaries!

An act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you have any concerns about this matter or would like additional support please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

DOSE 7

16) Q: Thank you for all of your help!

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!

17) Q: I loved this Dose, it was good.

A: You're welcome! 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! You can turn to page 8 in your workbook and can read more about "PAC". If you want to become a peer advocate or peer educator, there are opportunities for you to get involved! To get involved or for more information, email marli@bloom365.org or register online at www.bloom365.org/peeradvocatecrew!

