



**Elephant in The Room Responses
Peoria Accelerated High School
Summer 2018**

Resources:

For additional resources, please feel free to contact a BLOOM365 advocate

BLOOM365 Advocate	Text or call 602-799-7017 for free, confidential support. Please allow up to 24 hours to receive an initial response.
BLOOM365 Hotline	Call 1-888-606-HOPE (4673)
BLOOM365 Drop-In Support Groups	Every Monday (Holidays excluded). Please email teens@bloom365.org for more information.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

Q: Student

A: BLOOM365 Advocate

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1) Q: Most of my life I have seen men; stepfathers, boyfriends, friends. Co-workers along with my real father be abusive to me and my mom. We're fine now, but still there are memories.

A: If you have experienced abuse, BLOOM365 is here to support you. You can reach out to our Lead Advocate at the number above for a listening ear and free, confidential support. 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. Email teens@bloom365.org or text 602-799-6096 to get involved. Other methods of coping include: Talking to trusted friends or family members or healing arts like painting or yoga. 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!

2) Q: I had a boyfriend who would do and say thing things you talked about.

A: First, we want you to know that the abuse was not your fault. Experiencing abuse can emotionally and physically impact a person, and it's important that this is dealt with properly to help you move forward. We encourage you to text or call an advocate at the number above. A BLOOM365 advocate can help you take the steps to healing. We also encourage you to join us for our Monday night support group!

3) Q: How do I help? Similar question: What can you do to help?

A: If you are interested in getting involved, we have lots of ways to do so! We encourage you to email marli@bloom365.org to learn about opportunities to get involved as a peer educator, peer advocate, peer activist, and more! You can also explore some of this opportunities by visiting: <https://www.bloom365.org/peeradvocates>. Our FREE Digital Media Arts camp this summer is also a great way to get involved! Visit <https://www.bloom365.org/amplify-camp> for more details and to register today!

5) Q: How do you make that person well if he/she has self-esteem?

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. You can try encouraging them to take a moment to remember the things they love about themselves (their strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build their confidence. You can also have them watch the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools in building up their self esteem."