



Elephant in The Room Q & A

Sunrise Mountain HS
Spring 2020

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

Resources:

For additional resources, please visit [bloom365.com/resources](https://www.bloom365.com/resources)

BLOOM365 Advocacy Line and Support Groups

Text or call a BLOOM365 advocate for free, confidential support.

Text/Call: 1-888-606-HOPE (4673)

To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.

***Trigger Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: How do I get my friend to realize the signs?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook 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. It's important that we don't blame the victim. In your workbook, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with the survivor. 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. If you'd like to talk more about this, we encourage you to reach out to a BLOOM365 Advocate.

Q: Hey it's [removed name]

Similar comments: Q: Hi Q: Have a good day 😊 Q: Hello Q: Hey

A: Hey, it's Avi and Kristina! Thanks for saying hey and welcoming us!

Q: I have nothing to say! Sorry!

A: You don't have to say sorry, we are happy to hear from you nonetheless!

Q: A lot of people have sent nudes. Related Submission: Q: Is it illegal to send hentai

A: We understand that this is a common occurrence for many teens. However, it's important for teens to know that Arizona has a specific statute regarding teen sexting: [Arizona Revised Statutes Section 8-309](#). According to this law, it is illegal for someone under 18 years of age to knowingly use a device to view or transmit photographs or videos of someone under 18 years that depicts explicit sexual material. It is also against the law for someone under 18 years to knowingly possess explicit sexual material involving someone under 18 years, even if the person sent it to the individual. The only time these actions aren't a crime is if the one didn't solicit the material or if one reasonably tried to delete or destroy the material. We are not lawyers and this is not something we are experts on. If you would like to ask us about anything else, please reach out to us at the number above.

Q: Im all good

Similar comments: Q: Im good Q: We good

A: We are glad that you all are feeling all good!

Q: How was your day

A: Our day is blooming, and we may be feeling a bit punny too 🌻!

Q: Can the same things apply about friendships? Are there different criteria for an abusive friend?

A: Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships. Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships. Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation. We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all!

Q: I love this program!

Related comments: Q: bloom365 is cool Q: Thanks for teaching! Q: Hi! I Love you!! - but I miss PE.

A: Thank you for all the blooming feedback! We are overwhelmed by all your positive feedback. We do recognize that we are talking up some of your class time are glad that you are appreciating our presentation and activities.

Q: Cheese

Similar comments: Q: Beans & Cheese

A: 🧀!

Q: How are babies made?

A: Unfortunately, this is a bit outside of our speciality. We encourage you to talk to a trusted adult or your health teacher. If you'd like to learn more about pregnancy, please talk to an adult you trust.

Q: Is porn bad to watch?

A: First, it's important to consider there may be laws around porn. Depending on your age, pornography may be illegal to buy, consume, and/or share. As it is out of our lane of expertise, we encourage you to talk to an adult you trust about your concerns.

Q: I don't like yoga

A: It is okay if you don't like yoga. We typically mention yoga a lot when talking about self-care and healing. Everyone has a different way and process in which they heal or practice self-care, and that is okay. We encourage you to find what works for you when you need that extra form of support from yourself.

Q: Respect women

A: We agree, women should be respected. Violence against those who identify or who may be identified as female remains an issue across the world, despite significant efforts being made to recognize, eliminate, and prevent it in all its forms. Eliminating violence, especially against women and girls, is pivotal to achieving gender equality, and women's empowerment. Based on the principles of respect and equality, we should ensure where we can, that respect is present/created for preventing violence against everyone. Some goals the UN lists in the framework of respect is below.

- Relationships skills strengthened
- Empowerment of women
- Services ensured
- Poverty reduced
- Environments made safe
- Child and adolescent abuse prevented
- Transformed attitudes, beliefs, and norms

This response is mainly from the [United Nations](#).

Q: Is rape abuse?

A: If you don't consent to sex and someone forces you to do something sexual, this is sexual assault, abuse, and/or rape. Sexual assault or abuse means any unwanted sexual contact. It's when someone uses force or pressure (either physical or emotional) to get you to do something sexual. Rape is a form of sexual assault, but not all sexual assault is rape. Rape is when someone forces or pressures you into having sex. Legally speaking, every state defines crimes like "rape," "sexual assault," and "sexual abuse" differently. Unfortunately, many people experience sexual abuse, assault, or rape at some point in their lives. If you would like someone to talk to if you have experienced rape or abuse, or have questions in general, feel free to reach out to us at the number listed above.

Q: Why do people rape?

A: In general, researchers say the motives of rape are varied and difficult to express. Some of the root causes include unhealthy gender norms, taught abusive behaviors, and other items listed in the roots of our [wilting flower](#). We, among [others](#), also believe that talking about healthy relationships and healthy sexuality is key to reducing and ultimately eradicating rape, assault, and abuse.

If you have experienced rape, BLOOM365 Advocates are available to talk to at the number above. If you would like additional support or resources. We are here for you!

Q: I appreciate you guys coming out to our school and talking about dating and dating abuse. I think it's a topic that needs more recognition among others to prevent abusive relationships. One question I have is do the roots of the flower diagram represent what makes a good or bad relationship?

A: Thank you for appreciating us! We appreciate you for listing and letting us know how you are feeling. The roots in the flower diagram do represent the root cause of unhealthy relationships in the wilting flower and the root solutions of healthy relations in the blooming flower. These diagrams ([1](#) and [2](#)) help to explain what each section of both flower diagrams means.

Q: How do you convince someone to leave an unhealthy relationship?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook 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. It's important that we don't blame the victim. In your packet, you can reference the "[5 Ways to Help a Friend Going Through Dating Abuse](#)" to start a conversation with the survivor. 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.

Q: Why is social change on the healthy side? If a person is about to go into a relationship then that person has accepted them for who they are and, yeah that person would want the person they are about to going to a relationship with to grow but they could accept the person if they are in their social choice.

A: Social change, in the context of the blooming flower, refers more to making changes in society. According to [SNHU](#), "Sociologists define social change as changes in human interactions and relationships that transform cultural and social institutions. These changes occur over time and often have profound and long-term consequences for society." This is the type of social change that we are referring to on the flower. On the flip side, if we understand you correctly, we agree-- trying to change someone into someone they are not, or into someone that you want them to be, might not necessarily be blooming or healthy. If you'd like to talk more about this, we encourage you to reach out to a BLOOM365 Advocate at the number above. We are here for you!

Q: How can I handle my emotions during this?

A: We want you to know that you are not alone, and we are glad that you reached out for support. We recognize that this material can be difficult to talk about and can be triggering when you have experienced these things. We encourage you to do whatever you need to do to take care of yourself.

That might include stepping out of the classroom, putting your head down, or practicing some other form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need support. Additionally, we encourage you to get involved in one of our weekly support groups. Our support groups provide teens with the opportunity to walk through the healing process alongside others. Finding ways to cope can also be really helpful. For example: spending time with the people you love, doing yoga, joining a new sports team or club, spending time in nature, or simply going for a walk can help us through the healing process. 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 need additional support and/or guidance on coping, please reach out to a BLOOM365 advocate at the number listed above.

Q: What happens when its parents instead of romantic partners?

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 or 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 about what you're experiencing. If you feel that you are in immediate danger, we encourage you to talk to a trusted adult or contact 911.

It can be very difficult to watch someone you know as a victim or perpetrator in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your family members, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in their life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE (7233)). Don't be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call.

Q: What do you call an alligator in a vest?

Student Answer: An in-vestigator!

A: 

Q: Why don't women leave their men when they abuse them?

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook 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. It's important that we don't blame the victim.

Some examples on why someone may not leave is that they may be engaging themselves or someone else they love that they cannot take with them such as a child or a pet. They could also see abuse as normal if they have lived in or have been in abusive relationships before, or if they may have never been

in a romantic relationship before. Also, remember that abuse knows no bias. These reasons on why someone may not leave can happen to anyone.

Q: Is it bad to have sex w/ your dog

A: Having sex with an animal is illegal in 46 states. Most states have some provision that criminalizes engaging in sexual conduct with animals. In Arizona, this provision is known as [A.R.S. § 13-1411](#). Remember, consent is required each and every single time an act of sex is initiated. Consent should look like FRIES:

- **F**reely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **R**eversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **I**nformed. You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **E**nthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **S**pecific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

Saying no should be as simple as just, well, saying no. However, if someone, or a pet, is unable to say no, then it is not consent.

Q: Is it illegal to send nudes when I am underage?

A: We are not lawyers and this is not something we are experts on, but we would like to state that Arizona has a specific statute regarding teen sexting: [Arizona Revised Statutes Section 8-309](#). According to this law, it is illegal for someone under 18 years of age to knowingly use a device to view or transmit photographs or videos of someone under 18 years that depicts explicit sexual material. It is also against the law for someone under 18 years to knowingly possess explicit sexual material involving someone under 18 years, even if the person sent it to the individual. The only time these actions aren't a crime is if the one didn't solicit the material or if one reasonably tried to delete or destroy the material.

Q: What made you teach 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. BLOOM365 was founded as the Purple Ribbon Council back in 2006 by Donna Bartos, a survivor of teen dating abuse. You can watch the story of her story [here](#). You can also read more about the history of bloom365 and how we came to be at www.bloom365.org/story.

Q: Does the domestic violence part of this program only apply to relationships?

A: Domestic violence is defined as a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. However, you can use the tools and information you have learned through our time at your school in any type of relationship, such as friendships.

Q: What can I do to confront cat calling or what to do when it happens

A: Everyone reacts differently to catcallers. Whatever you feel most comfortable with and what is safest is the best option. If you're interested in different ways that women and girls react to catcallers, you can check out ihollaback.org!

Q: Why don't they have men come and talk to us?

A: At this point in time, we do not have any masculine-identifying Advocates dedicated to delivering the 7-dose curriculum. However, our Lead Advocate Avi is a masculine-identifying Advocate who assists in answering these EITR Q&A's, as well as responding to calls and texts to our Advocacy Line. You can contact Avi for free, confidential, non-judgmental support at the Advocacy Line number listed above. We also have several open positions if you or someone you know is qualified and looking for a job! Find out more information [here](#).

Q: What's the point of these if your not even doing anything with them

A: If you're referring to the Elephant in the Room cards, we do actually read them and try to answer each one to the best of our abilities. We also use the cards to gather any feedback, messages, and contact information our students might leave. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above!

Q: Are gays strange?

A: No, gays are not strange. 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. You can also always reach out to an advocate at the number above to discuss this further or chat online at bloom365.org for more support.

Q: How do you know if you're getting in a relationship

A: It might be best in a situation like this to not leave anything left unsaid. It's important to consent to being part of a relationship, and it's important to consent to whatever goes on within that relationship. Also, communication is an essential component to have a healthy, blooming relationship. If you are unsure where you stand with someone or how they feel about you, it might be best to have a conversation about what's going on. For more help on this, we encourage you to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support!

Q: Me and my boyfriend haven't talked in months is that relevant?

A: You are the expert in your own life, so only you can make that decision. However, it can be useful to look at the blooming and wilting flowers to help you determine whether this relationship is healthy or unhealthy. It's also important to remember that "communication" is one of the words in the center of the blooming flower because communicating is an essential part of a healthy, blooming relationship. If you'd like to talk more about your individual situation, we encourage you to reach out to our Advocacy Line at the number above.

Q: I've never experienced any of this

A: We are glad to hear that you haven't personally experienced abuse or teen dating violence. Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships! Even if you are not currently dating or experiencing abuse, this information is still relevant to you both now and in future relationships and friendships! Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills. It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation! We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all.

Q: Why do people have to have control over others? Related Submission: Q: Why do people want to hurt people?

A: It's difficult to pinpoint why people hurt others or want to control others, but one reason might be that they are feeling a lack of control in their own lives and are looking to gain control over something. Unfortunately, this can end up being another person. When someone faces oppression, one of the root causes of abuse, they may feel like they do not have control over their lives. It's important to note, though, that this is NOT an excuse for abusive behavior since we all have the option to choose not to hurt others.

Q: Sometimes it feels better to take out your anger by talking out your emotions or even crying out your emotions. Related Submission: Q: What is a healthy way to get rid of anger?; Q: I take my anger out by listening to music and walking away

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 friends, family, or partner before an argument arises so they know to give you some space when you may need to take a step back.

It can be difficult at times to express our emotions. However, communication is an important component of healthy relationships. It may be helpful to utilize the communication technique we learned in Dose 6 to talk about how we are feeling with others. I statements allow us to take ownership of our own emotions and can help avoid defensive responses. For example, "I feel ____ (emotion) when you ____ (situation), can you/we please ____ (desired outcome/solution.)" We encourage you to come up with an I-statement that best suits your situation and what you envision as a solution. It's important to remember that anger is a natural emotion, and something we all feel at times. However, anger is never an excuse to treat people poorly. If you look at the roots of the two flowers, you'll see that "choice" is in both. This is because we ALL have a choice in how we are going to treat people-- with equality and freedom or power and control. Anger is a warning bell that tells us that something is wrong and can motivate us to correct injustices or prompt us to make positive changes. We all feel anger, and have the ability to make positive choices and manage our anger in healthy ways without taking it out on other people. Anger is not the cause of abuse or violence, abuse and violence are a choice. If you'd like to talk more about this, we encourage you to reach out to a BLOOM365 Advocate.

Q: Is sarcastically being rude, like making jokes in the moment, verbal abuse?

A: Abuse does not look the same in every relationship/friendship because every relationship is different. One thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partners. These abusive patterns are what we commonly refer to as red flags. Emotional abuse is the intentional infliction of mental or emotional distress by threat, coercion, stalking, humiliation, or unwanted other verbal or nonverbal conduct. The red flag checklist in your workbook and on [our website](#) might be helpful in determining if your relationship is healthy. If you'd like to discuss this further, we encourage you to reach out to our Advocacy Line at the number above for free, confidential support.

Q: How can I get involved with peer ambassadors?

A: We are glad that you want to be a Peer Advocate! You can read more about PAC and the opportunities available on page 10 of your workbook, or at www.bloom365.org/peeradvocatecrew. For more information, please email teens@bloom365.org!

Q: Social media doesn't influence teens the way adults think it does. It's really annoying because adults think they are all smart by trying to understand teens, but all they do is make teens feel dumb. So adults need to not be dumb and mind their business

A: Thank you for sharing your thoughts with us. We definitely do not intend to make teens feel dumb, and we are sorry if anything in our program has come across that way. We agree, sometimes there is a disconnect between what is really going on in teens' lives and what adults think is going on in teens' lives. There is quite a bit of research that has been published demonstrating the effects (both positive and negative) that social media has on everyone-- adults and teens alike. If you'd like to check some sources out, you can read more [here](#). If you'd like to talk more about this topic, feel free to reach out to an Advocate. We are here for you!

Q: Is incest illegal?; Related Submission: Q: Is it illegal to have sex with your step sister

A: Yes, incest is illegal in the U.S. and there are several laws varying by state that regulate incestual relationships. We are not experts on the law, so we encourage you to reach out to a trusted authority if you want to understand more about incest laws.

Q: Is [simping](#) bad; Related Submission: Q: If boys are nice to girls they get called a simp

A: We realize that people might have different definitions of simping, so we'll do our best to answer your question. While there's nothing inherently wrong with being sad or being in your feelings for a bit, it's important to practice self-care and to recognize when your feelings are a bit deeper than just sadness. If you feel you might be experiencing depression, we encourage you to reach out to someone to talk about what's going on. TeenLifeline is a helpful organization that supports youth experiencing depression or suicidal thoughts. There is also nothing wrong with being open about or sharing your feelings, and there is nothing wrong with boys being nice to girls, but it's important to be genuine and honest in your relationships and friendships. Honesty and Emotional Respect are listed inside of the blooming flower because they are key components of a healthy, blooming relationship. If you're being nice to someone, complimenting them, or pretending to feel a way that you don't really feel in order to gain something from the other person, that would be manipulative/wilting behavior. If you would like to

talk more about this, we encourage you to reach out to our advocacy line at the number above. We are here for you!

Q: Men aren't the problem it's bad people, I have no wish to harass women; Related Submission: Q: Men are not a problem. Bad people are

A: 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 or domestic violence. Due to stigmas surrounding gender norms, men 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 who can help you determine what steps you might want to take next. If you'd like to talk more about this topic, we encourage you to reach out to us at the number above.

Q: Respecting women is certified epic

A: We agree, it's super epic to respect women.

Q: What do you do if your partner starts spreading rumors about you after your break up?

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 in the format: "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 abuse. If you'd like to discuss this more or to talk about what next steps to take, please reach out to an advocate at the number above. We are here for you!

Q: How does being trans affect gender norms?

A: Gender norms are rules, beliefs, ideas or expectations about how certain genders should behave. Some examples of unhealthy gender norms 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 relationship. These are unhealthy because people who do not follow norms may be ridiculed or made fun of. If someone has rigid beliefs in gender norms, they might have expectations, make judgments, or be unaccepting toward someone who is trans.

If someone believes that they should have power over someone because of their gender and/or their understanding of gender roles, that can create an abusive situation. Also, gender roles can prevent male victims from reaching out if they are experiencing abuse and violence in their relationships. The important thing to know is that these norms and stereotypes are not facts but rather some people's opinions. We can engage 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. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above. We are here for you!

Q: I'm scared I'll be lonely 4 ever

A: We recognize how important it is to feel like you have a support system, and how lonely it can feel when we feel like we don't have that. A great way to make friends is to find people who have similar interests as you. For example, if you like listening to a certain type of music and playing video games, you might try sparking up a conversation with someone who you've heard talking about video games or the same type of music. Another great way to make friends is by joining clubs, organizations, or a sports team that you are interested in. Stepping outside of our comfort zones can allow us to grow and develop new friendships. It's important to remember that the people who matter in your life will like you for you! We can't please everyone, but opening up can allow us to find people who we can connect with and who will accept us just the way we are.

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. If you need additional support or a listening ear, please don't hesitate to text or call our Advocacy Line at the number above to talk with an advocate

Q: Is abuse a sin?

A: Unfortunately, the topic of sinning is a bit outside of our area of expertise. We encourage you to talk to a trusted authority in your faith that could answer your questions about sin.

Q: How many genders are there? Related Submission: Q: There's only 2 genders! You can't just be an it!!!

A: Biological sex is different than gender identity. Biological sex is assigned at birth, generally as either male or female based of external anatomy and a combination of things such as: Chromosomes, hormones, reproductive organs, and secondary sex characteristics.

Gender, on the other hand, is how a person identifies. For people who identify as transgender, their own internal gender identity doesn't match the biological sex that they were assigned at birth. People can feel male or female or they can feel like they do not identify on the gender binary. They can identify as neither male or female or both male and female. Gender identity is on an infinite spectrum. For more information about gender identity and expression, please visit <https://www.glaad.org/reference/transgender>. BLOOM365 believes everyone deserves healthy and safe relationships and Blooming Point is a safe place where all are welcome.

Q: Is premarital holding hands ok

A: We encourage you to move at a pace that feels comfortable for you. If you'd like to talk more about your situation with an Advocate, feel free to reach out at the number above.

Q: Is it ok to catfish pedophiles online?

A: This topic is a bit outside of our area of expertise. However, we encourage you to be honest and make safe, blooming choices when using the internet. We also encourage you to make choices within the law when using the internet, and in everyday life.

Q: Stop pushing gay rights it's annoying. It is not normal and you're telling us it is.

A: We realize that everyone is entitled to their own opinions, however it's important to respect the rights of others. There is nothing wrong with being gay. At BLOOM365, we believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else.

Q: How do I help someone who is depressed/suicidal?

A: If you feel that someone might hurt themselves or take their own life, we encourage you to talk to a trusted adult about what's going on as soon as possible. We highly suggest using some of the conversation starters from "How to Help a Friend" from your workbook and on [our website](#) to help you talk to this person. It's best to let them know that they are not alone. Although we do not specifically work with teens with depression or experiencing suicidal ideation, we are always here to listen and provide support! We do work alongside a few organizations that specifically help youth experiencing depression and suicidal thoughts, including Suicide Prevention Lifeline. You can contact them at 1-800-273-TALK (8255). 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.