



**Elephant in The Room Q & A
North HS
Spring 2017**

Resources:

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)
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)

Q: Student

A: BLOOM365 Lead Advocate

Dose 1-

1) What can I do to help someone struggling with addiction?

A good resource to reach out to or to provide to the person is Terros Inspiring Change for Life at 602-685-6000. They offer primary care, outpatient and residential drug/alcohol treatment, recovery, and mental health services. The Substance Abuse and Mental Health Services Administration (SAMHSA) also has a National Hotline for individuals/families facing mental and/or substance abuse disorders. They offer services in both English and Spanish and their services are both free and confidential. If you call 1-800-662-HELP (4357), they can provide you with resources and information about local treatment facilities, support groups, and community-based organizations.

2) What does a relationship really mean?

The term relationship means different things to everyone. You can define what relationship means and looks like in real life to you and apply it to your life. Maybe start with outlining healthy boundaries, mutual respect and whatever else you may feel would fit in that description.

3) How to stop missing my ex even though they really hurt me?

When we learn to love ourselves, and gain that self esteem we all need, this begins to go away. When you realize you deserve a relationship where there is respect, caring, healthy boundaries, and love that does not hurt, you do not miss how that person who hurt you made you feel .

4) What if both partners are abusive?

It's important to recognize that while it sometimes might seem like both partners are abusive, typically there is one partner that holds much more power and control over the other. Often the victim is taking on their perpetrator's tactics as a way to try and defend themselves and gain back their own power, but not as a way of trying to exert power and control over their partner who is the primary aggressor. With that being said, sometimes two partners can try to control each other. We recommend reaching out to an advocate (602-799-7017).

5) Can girlfriends abuse boyfriends?

Yes. Abuse has no bias, so this means that anyone can be abused, even boys and men. Just because someone identifies as masculine does not make them immune from abuse. This type of abuse is more common than everyone thinks. Due to stigmas surrounding gender norms, guys are often treated differently because they are expected to "tough it out" or "be a man." Unfortunately, due to these stigmas, male victims are much less likely to reach out. Being abused does NOT make any person less of a man or human being. If you are experiencing abuse in a relationship, we encourage you to reach out to a trusted adult or a BLOOM365 advocate (602-799-7017) who can help you determine what steps you might want to take next.

6) Is it normal to be afraid to date after some type of abuse?

It is completely normal! When someone is abused, they often lose trust in some people because the person who abused them took advantage of any trust they were given. You can always talk to someone you do trust about how you are feeling. A BLOOM365 advocate is also always here to listen! Feel free to reach out by texting or calling 602-799-7017.

7) What happens if you can't talk about it because it's too hard?

That's okay, sometimes things that happen to us or are happening are very hard to talk about. You can always write it down, type it, or find a way to express your feeling in a way that is comfortable to you (i.e. through music, poems, drawing, etc.). For free, confidential, and non-judgmental support, you can also reach out to an advocate via text or by calling (602)-799-7017.

8) What is mental abuse?

Mental abuse can take several forms. A person may use tactics such as humiliation, intimidation, isolating the person from their friends/family, or name calling and blaming. When these becomes regular patterns of behavior to gain or maintain power and control over a dating partner, we would refer to this a mental abuse.

9) How can I help someone who refuses to talk to an adult?

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

10) Is sexual harassment related to power and control?

Yes. Sexual harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If you or someone you know is facing sexual harassment you can text or call an advocate at (602) 799-7017.

11) How did Bloom365 get started?

Here's a [LINK](#) to a video that tells the story of how BLOOM365 got started. Page 5 in the Bloom It Up workbook also shares part of our “founding” story.

12) I hate this kid for threatening my friend that he'd kill himself if she broke up with him. Is this a good reason to hate him?

So sometimes when people have insecurities about their relationships or themselves, it comes out in bad ways. This person may need some real help, maybe telling an adult at school, a parent, or even some officers. That kind of threat is a red flag for an abusive relationship, and is a tactic of control. You can always be there for your friend as support, and even try to help the person threatening your friend, despite how they are reacting makes you feel.

13) How do you know the difference between power and control and someone just being mean?

Sometimes people use meanness to gain power and control. Other times it is because they are angry and are feeling rejected, betrayed, etc. Check out page 10 in your workbook to compare the differences between power and control and anger. Have you ever heard the saying “hurt people, hurt people?” Mean people, like the bully on the playground, often feel insecure and use their meanness as a way to gain power or control.

14) How do you prevent being abusive?

Social scientists have come up with things called “protective factors.” These are the things teens need more of in order to lower their risk factor for becoming abusive. Empathy, confidence, healthy coping style, caring adults/teachers/mentors, friends/peers who disapprove of violence, etc. In addition, it's important that we work together to find ways to change the attitudes that make dating abuse, sexual assault and domestic violence appear “normal” and expected. One way to do this, which we will talk about in Dose 7, is for your generation to inspire a “tipping point” moment-- the moment when 10% of teens, whether it is at school or in community, model and promote empathy, respect, equality, kindness, consent, and peace as the “norms.”



Dose 2-

15) How do you learn to love yourself when someone keeps putting you down?

If someone is putting you down and you can't avoid spending time with them, it's important to make sure that the voice in your head is being kind since those around you are not. If you still have it, take your Hello I Am sheet and orange Post It note (three things you like about yourself) and keep them somewhere that you see everyday to remind yourself of the things that you like about yourself. Remind yourself that the negative things others say about you are not true and keep yourself busy doing things you enjoy!

16) What if violence is provoked? What if the couple are violent towards each other?

Violence in a relationship is never healthy, and nobody wants to or deserves to be abused. It's important to recognize that while it sometimes might seem like both partners are abusive, typically there is one partner that holds much more power and control over the other. Often the victim is taking on their perpetrator's tactics as a way to try and defend themselves and gain back their own power, but not as a way of trying to exert power and control over their partner who is the primary aggressor. With that being said, sometimes two partners can try to control each other. We recommend reaching out to an advocate in this type of situation (602-799-7017).

17) If one of my friends is dating someone older do I have to say something?

Having an older partner can sometimes lead to power and control in a relationship, so I understand why you are concerned. If you feel that your friend is in danger, it is a good idea to tell a trusted adult. It is up to you to decide if you want to say something. If you do choose to talk to your friend, you can show them the red flag checklist in your workbook or explain the different traits of a blooming and wilting relationship.

18) What do you do when someone has control over you?

Equality and freedom are rights that you have as an individual. When someone does not respect your rights, feelings, and opinions and/or the relationship does not have an equal balance of power, it is up to you to decide what you would like to do. If you would like to talk

through your options or just need a listening ear, please feel free to text or call a BLOOM365 advocate at 602-799-7017.

19) Why are people abusive when the victim is doing what they want?

It really comes down to power and control. Abusers will attempt to gain power and control over their victims through isolation, intimidation, threats, physical violence, and all of those wilting words you see in the center of the flower. Even when the victim is doing what they want, the abuse often continues as the abuser does whatever they can to try and maintain that control.

20) Is it okay for your partner to check your phone?

If you aren't sure if something your partner is doing is healthy, you might ask your partner why they want to check your phone. Once you know this you can ask yourself, "Is this caring or is it controlling?" However, it is important to remember that everyone has a right to privacy in a relationship and if you want to keep your phone private, your partner should respect that.

21) Why does the victim become isolated?

The victim becomes isolated, because the perpetrator often isolates the victim from his or her friends and family as an attempt to gain power and control over the victim. The perpetrator may encourage the victim to spend all their time with him or her and may even tell the victim they can't talk to certain people.

22) Why is it difficult to ask for help?

There are a lot of reasons why it can be difficult. After experiencing dating violence, it can be scary to reach out and tell someone. The victim could be scared that their partner could find out, or might feel embarrassed reaching out to others and sharing what happened. The victim may also not even know who to reach out to and may feel extremely vulnerable.

23) Why are some people controlling?

The reasons for why people are controlling are those root causes we explored in Doses 3&4: Unhealthy gender norms, insecurity, abusive taught behavior, etc. Some people are insecure and attempt to gain control over another to help them feel better about who they are. Others are exposed to domestic violence as a child and taught that these behaviors are normal or okay, which can lead to them exhibiting these same behaviors of power and control in their own relationships. It's important to remember though that while all of these "root causes" increase a person's risk for having unhealthy or abusive relationships, they still have a choice in whether or not they are going to try and gain power and control over another person.

24) **Is it sexual abuse if someone sexually touches his girlfriend but at the end she enjoys it, is it still sexual abuse?

If someone is sexually touching their partner without consent (their partner saying yes to touching them), then it is considered sexual abuse. Just because they enjoy it at the end, does not mean that it is consensual.

25) Is BLOOM an actual job, not just a program?

The 7-dose "Bloom It Up" program is just one component of BLOOM365. The educators you met during the program are all a part of the BLOOM365 staff. The Bloom It Up program is one of their job roles, but our staff also fulfill a number of other advocate and outreach roles. We

have several staff at BLOOM365. You can learn more about our staff by visiting:
<https://www.bloom365.org/copy-of-our-board>.

26) Are false rape accusations considered abuse? Should people who make false rape accusations serve time?

The idea that false rape accusations are a common occurrence is a misconception that perpetuates rape culture. Only 2-8% of accusations are false. We often hear that this is a common occurrence but that is not the case.

27) Why do relationships end?

There can be a number of reasons for why relationships may end. Sometimes people just grow apart and sometimes it is a mutual decision. It can be because of different interests, views, or people. If you are considering leaving an abusive relationship, it's important to reach out to a trusted adult or a BLOOM365 Advocate (602-799-7017) to create a safety plan as we know the most dangerous time in an abusive relationship is when the victim tries to leave.

28) How can I help my parent who is in an abusive relationship?

It can be very difficult to watch your parent as a victim in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your parent, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in your parent's 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. You can also reach out to a BLOOM365 advocate by calling or texting 602-799-7017. We can provide you with local resources and talk with you more about helping a parent in this situation.

29) What can we do if someone does not want help?

Leaving an unhealthy or abusive relationship is never easy. In dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.). Think of these barriers as hooks. It's not easy to 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. On page 15, you can reference the "Top 5 Ways to Help a Friend Going through Dating Abuse. You can be there for your friend and let them know that you are always available to talk. This will let your friend come to you for help whenever they feel comfortable. Try to uplift your friend by telling them positive things and spending time with them doing activities together that will take their mind away from the negatives.

30) Does being jealous mean they care? // Is being jealous ALWAYS a bad thing?

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. “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 is a warning sign of power and control and could lead to an abusive relationship.

Dose 3-

31) Can men be victims of abuse?

While dating abuse is experienced by girls and young women at higher rates, boys and young men do experience abuse as well. Almost 50% of Arizona teens who have experienced dating **abuse** have said that they never reported it. Sometimes due to the stigmas surrounding gender norms, young boys and men don’t feel comfortable reaching out for support because they fear they’re be told to “tough it out” or “be a man.” Abuse DOES NOT make any person less of a man or a human being, and we encourage all victims of abuse to seek support from a trusted adult or BLOOM365 advocate. Legally both men and women are treated equally when they are victims of these crimes.

32) What if a girl likes it if a man is hyper masculine?

Gender roles can be a tricky subject sometimes. Having a rigid belief in unhealthy gender norms is something that puts someone at a higher risk for having power and control in their relationship. Remember, though, that the definition of hyper-masculinity is, “The exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression.” While there is nothing wrong with being masculine, hyper masculinity becomes an issue when it causes the hyper-masculine partner to hold an unequal amount of power in the relationship, which can lead to unhealthy relationship stemmed in power and control. 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.

33) What if someone kept the girl and said if you tell I will kill you?

If someone is keeping someone against their will, that is a definite sign of power and control. One of the five red flags of dating abuse that increases your risk for being seriously hurt or even killed is if someone is violently and constantly jealous. If this is occurring, please know BLOOM365 is here to help. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

34) Can you define and describe feminism?

Feminism is equality between all gender identities, races, sexual orientation, etc. Feminism strives to define and establish political, social, economic, and personal equality of all sexes.

35) What exactly is an “unhealthy” gender norm? Is it unhealthy just because you're a boy and like “male things”?

An unhealthy gender norm is a rule or belief about how certain genders should behave. 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 people who do not follow norms may be ridiculed or made fun of.

36) What is Bloom365's purpose, is it just about dating?

BLOOM365's vision is safe and healthy relationships for all. This applies to friendships as well as dating and domestic relationships.

37) Should I break up with someone if it is bad?

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 to determine whether this relationship is healthy or unhealthy.

38) **If you didn't say no but they still sexually assault you is it still bad?

If you were touched in a sexual way that you did not want and did not consent to, it is sexual assault. Consent is required each and every single time a sexual act is initiated. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

39) Why am I afraid to let people get close?

There are many reasons someone might be afraid to let people get close. This could be related to a trauma we have experienced or even just how comfortable we are opening up. If you ever need anyone to talk to please reach out to a Bloom365 advocate at 602 799 7017. Opening up takes practice and we are here to help!

40) If a student who is 14 was pregnant what would be the best choice to make like should they get an abortion or keep it?

This decision is ultimately left up to that student and whatever they believe is best for them. Planned Parenthood is one local resource you can reach out to for more information about both pregnancy and abortion, in addition to birth control and other sexual health and reproductive health services. You can visit <https://www.plannedparenthood.org/health-center> to find a health care center near you or call 1-800-230-PLAN. Adoption is an additional consideration that this student may look into. Arizona Adoption Help is one resource that provides free assistance for pregnant teenagers. You can visit their website at http://www.azadoptionhelp.com/Teenage_Pregnancy_Support.cfm or call 602-271-9899. A BLOOM365 advocate is available to discuss all of your options, provide you with additional resources, and help you determine which option is best for you. Please feel free to call or text 602-799-7017.

41) If you were in an abusive relationship but didn't realize until after, should you still tell someone?

It is entirely up to you if you want to tell a trusted adult or friend. Feel free to reach out to a BLOOM365 advocate if you would like some resources or if you feel you would benefit from talking about these past experiences. You can call or text 602-799-7017 to speak with an advocate. We are here to support you no matter what you choose to do!

42) How can you help someone in an abusive relationship?

First and foremost, we should understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity) and ensure we do not blame the victim for staying. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with your friend.

43) If my girlfriend beats me up is it okay because she's a girl?

Abuse is never okay, and nobody deserves to be abused. Sometimes due to the stigmas surrounding gender norms, young boys and men don't feel comfortable reaching out for support because they fear they're be told to "tough it out" or "be a man." Abuse DOES NOT make any person less of a man or a human being, and we encourage all victims of abuse to seek support from a trusted adult or BLOOM365 advocate (602-799-7017).

44) What if you can't tell your parents?

Telling your parents about an abusive relationship can be hard, but your parents can help provide support during this difficult time and help you determine the best way to stay safe. If you don't feel comfortable telling them everything, you can just let them know how you feel. For example, you can tell them that you're scared of your partner because of things that have happened. You can come together to talk about ways to keep you safe and if you want to take any legal action (i.e. protective order). You also have the option to reach out to someone who is not your parent for instance the school social worker or a BLOOM365 advocate.

Dose 4-

45) Is there anyway to get help if an ex is harassing you?

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 (602-799-7017). If an ex is harassing you, there is definitely help available. No one deserves to be treated this way. Feel free to reach out to a Bloom365 advocate at 602 799 7017. Together you can discuss your options whether that be safety planning or even an order of protection.

46) What are you supposed to do if they continue to be abusive after you get out of the relationship such as spreading rumors?

If an abusive person is spreading rumors about you after the relationship has ended this might be a form of harassment. Feel free to reach out to a Bloom365 advocate at 602 799 7017. Together you can discuss your options whether that be safety planning or even an order of protection. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

47) Why do people stay?

In dose 2 we talked about the barriers to leaving (fear, love, dependency, hope, etc.) that often make it difficult for people to leave. Think of these barriers as hooks. It's not easy to un-hook them all at once. It can very difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we never blame the victim for staying.

48) What do you do when you want to leave but someone does not let you? Even the police don't help?

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 (602-799-7017). Some additional resources include: The National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522) or 1-888- 606-HOPE (4673). If this person attends school with you and it is happening on campus or 24/7 via texts or social media, it is

important for you to share this situation with your school social worker or another adult on campus that you can trust.

49) *What do you do if someone asks me for dirty pictures then shares them with everyone else and says I'm the perfect girl even though I told them not to share the picture? Now more guys are asking me for pictures?**

No one deserves to be treated this way and something like this is definitely a sign of power and control. If someone has shared your nude or partially nude photos without your permission this is a form of sexual assault and is a crime in the state of Arizona. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

50) Where can I get help with depression? Do you guys help with depression? How can you end depression?

First off, we want you to know that you are not alone. Although we do not specifically work with teens with 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).

51) *Does rape count if it isn't part of a relationship but friendship?**

Regardless of who is involved, if you were touched in a sexual way that you did not consent to, it is considered rape. As we learned during the program, consent is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. This means an act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

52) Can dating abuse be a life or death situation?

Unfortunately, yes. In Dose 2, we saw two examples of local teens who lost their lives after experiencing dating abuse. This can happen as an abusive partners' final attempt to maintain power and control. In both of these examples, teens lost their lives after trying to leave the relationship. We mentioned that one of the most dangerous times in an abusive relationship is when the survivor tries to leave. This is why we encourage anyone who's experiencing abuse to create a safety plan and reach out for support. A BLOOM365 advocate can provide assistance in creating a safety plan if you text or call 602-799-7017. The National Teen Dating Violence Hotline can also provide additional resources and information: 1-866-331-9474 or text "loveis" to 22522.

53) What is the percent of people who have died from an abusive relationship?

Unfortunately many people are killed to domestic violence every year. 1 in 4 women and 1 in 7 men will experience domestic violence in their lifetime. 4,000 women are killed every year in the United States because of domestic violence related issues. If you or someone that you know has experienced or is currently experiencing domestic violence or teen dating violence a Bloom365 advocate is here to provide support. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

54) What are some examples of bad songs?

There are a lot of songs that encourage dating violence by objectifying women or glorifying abusive behavior, an example is the song “Blurred Lines” by Robin Thicke, which talks about sexual assault.

Dose 5-

55) Why do people choose to put people down?

According to our Wilting Flower poster, Put Downs are a symptom or characteristic of Power and Control. Often people make the choice to put others down in order to gain or maintain power and control over them.

56) Is BLOOM365 only for dating violence or do you guys help teens struggling with other things?

While Bloom’s main goal is teen dating violence we do focus on other areas, like domestic violence, sexual violence/assault, self harm and other abusive relationships. We do focus on teens but have resources for anyone who may need them. We also are able to connect you to other resources if you are struggling with something that is outside of our scope. Please feel free to text or call a BLOOM365 advocate at 602-799-7017 for advice or resources.

57) If your boyfriend doesn’t want you to talk to this one guy you are just friends with and in one of the arguments he tells you to shut up and talks to you disrespectfully but later says “I was just playing”.

One tool that we can use if we are ever concerned that the relationship might be unhealthy is by determining 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. Please feel free to text or call a BLOOM365 advocate at 602-799-7017 for more information or resources.

58) What are support groups for?

BLOOM365 offers peer guided support groups for any youth who has experienced or is experiencing teen dating violence, domestic violence, sexual assault, gender based violence, or even bullying. Our groups are designed to help students connect with others who have experienced similar things and begin the process of healing. For more information please reach out to a Bloom365 advocate at 602 799 7017.

59) What if person says they are ok and does not want help?

This is a common problem in abusive relationships as many times they aren’t aware that they are in an abusive relationship or are not ready to leave. The best thing to do as a friend or someone close to them is to listen to them and offer them support and services to get help if/when they are ready. You can be there for your friend and let him know that you are always available to talk. This will let your friend come to you for help whenever he feels comfortable. You can also let your friend know that he deserves to be treated with equality and respect and that he deserves to have healthy, blooming relationships.

60) How can I help when it's an abusive relationship with a parent? How can I help the person?

Parents can experience power and control in their relationships as well. There are resources available for adults experiencing domestic violence including the National Domestic Violence Hotline, 1-800-799-7233. The most important thing, like if we had a friend experiencing this, is to show them support. We can use the phrases and tools from the How to Help a Friend section of the workbook by saying things like “You deserve respect” or “ Do you feel safe?”. Please feel free to text or call a BLOOM365 advocate at 602-799-7017 for more information or resources.

61) What are the main reasons why friendships end?

Friendships can end for a lot of reasons, sometimes people just grow apart and sometimes it is a mutual decision. It can be because of different interests, views, or people.

62) My friend is being abused.

It can be very difficult to see your friend as a victim in an abusive relationship. You can reference the 5 ways to help a friend in your workbook for what you can do in this situation. You may also find it helpful to share the red flag checklist flyer on page 41 with your friend. Feel free to text or call a BLOOM365 at 602-799-7017 to discuss the situation and determine additional ways to help or for resources you can provide your friend.

63) Why do people abuse them if they do all they want them to do?

If someone is being abused, it is never their fault. The abusive person is trying to find a reason to have Power and Control over their partner. It is never about the actions of the victim/survivor. If you or someone you know is experiencing this, please know there is help available. You can reach out to a Bloom365 advocate at 602-799-7017 anytime!

64) Is being friends with benefits or making out with someone you aren't dating unhealthy?

You are the expert on your own life, so it is up to you to decide. For one person, this might be totally fine, but it could be unhealthy for someone else. It may be a good idea for you to identify your own personal boundaries and what you feel is right for you.

65) If a relationship is controlling does that mean someone is mentally disabled?

Struggling with issues of mental health can be difficult, however, there is little connection to mental health issues and domestic violence or teen dating violence. Power and control is a choice that most people with mental disabilities do not choose to make. If you or someone you know is struggling with mental health related issues they can reach out to the national suicide prevention line at 1 800 273 8255 or Teen Lifeline at 602-248-8336 (TEEN).

66) What do I do if someone asks me for dirty pictures and then shows everyone?

No one deserves to be treated this way and something like this is definitely a sign of power and control. If someone has shared your nude or partially nude photos without your permission this is a form of sexual assault and is a crime in the state of Arizona. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate (602-799-7017).

67) What is oppression?

Oppression is the prolonged cruel or unjust treatment or control of an individual or group of individuals. We've seen this throughout history and continue to see this today. Some examples of oppressed groups include: people of color, women, and LGBTQ individuals. If you look at

page 26 in your workbook, you can read about human trafficking, which is an example of modern day oppression.

68) How does losing a friend affect a person?

Losing a friend can be a difficult experience for someone and can cause feelings of immense sadness. We all cope in different ways but if you ever need someone to talk to, please reach out to a Bloom365 advocate at 602-799-7017.

69) If one of my friends are dating a twenty year old but she is 15, would I have to say something?

Age can play a huge factor in how power and control can enter relationships. Large age differences can certainly lead to one partner, generally the older partner, having power and control over the other partner. However abuse can happen between anyone, whether they are the same age or not. One of the root causes for abuse that we have been talking about is choice and this applies to any relationship. Someone can always make the choice to not abuse. If you are concerned for the safety of your friend reaching out a trusted adult is a good place to start.

70) Why do abusive people have no trust?

Often having a lack of trust is related to the root cause of insecurity. If someone is insecure they are more likely to not trust their partner and choose to exert power and control.

71) Does being exposed to violence at a younger age increase your probability of being abusive?

When children are exposed to domestic violence and taught that violent behavior is normal or okay (abusive taught behavior), their risk for perpetrating or becoming a victim of abuse later on in life is increased. However, even if we see abuse growing up it does not mean we are destined to be abusive/abused. Remember how choice is in the roots of both the blooming and wilting flowers? While those who are exposed to violence are at an increased risk, they still have a choice to have their relationships be stemming from equality and freedom rather than power and control.

72) I am dating this girl who has strong feelings for me, but I don't want to be in the relationship anymore and I don't know how to break up with her since she goes to a different school and we don't talk or see each other often. How do I end this relationship?

Breaking up, like anything else, can be eased with good communication. Being open and honest with the person, using I Statements, can help. Letting them know exactly how you feel might help them better understand why you want to breakup.

73) What if your friend doesn't see that she's in an abusive relationship or doesn't want your help?

Sometimes our friends are not ready to accept the help we would like to offer them. 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. You can also reference the five ways to talk to a friend who is a victim page in your Bloom packet in order to get the conversation started. Especially if you recognize the top 5 risk factors 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.

74) Why is it more common to get abused as a teen than an adult?

Age can play a factor in abuse, however abuse has no bias. Many teens and adults experience power based violence. 1 in every 3 teens nationally experience verbal, emotional, or physical dating abuse. 1 in 4 women report domestic violence but those are reported to the police and most often involve only physical violence. If verbal and emotional abuse were calculated that number would be substantially higher.

75) What are the first signs of abuse?

Some of the first signs of abuse can be a partner being overly jealous, controlling, or trying to isolate their partner. You can always refer to the red flag checklist for more red flags or early signs of dating abuse at bloom365.org

76) How can we change the media?

The first step in making a change to media is giving more attention to and sharing more Blooming content. If we can start to normalize spreading Blooming messages the Wilting messages will begin to fade. We can also change the content that we listen to or see on a daily basis.

77) Do you know they how many times the hotline is called everyday? Just in our state?

Because these calls are generally anonymous it is hard to stay how many calls come in just from Arizona. However there are 20,000 phone calls placed each day to domestic violence hotlines nationally each day.

78) I need more information about the 12 week support group? Also, how do you become a bloom member?

BLOOM365 offers peer guided support groups for any youth who has experienced or is experiencing teen dating violence, domestic violence, sexual assault, gender based violence, or even bullying. Our groups are designed to help students connect with others who have experienced similar things and begin the process of healing. For more information please reach out to a BLOOM365 advocate at 602 799 7017. If you are interested in joining BLOOM Crew, you can text our BLOOM365 Crew Mentor, Sierra, at 602-618-9310.

79) Can someone stay in an abusive relationship because they don't think they will get any other kind of love?

It is common for people to stay in abusive relationships because they do not think that they will be loved, but it is not true. This is often a tactic used by abusers to keep control and power over their victims.

80) What do gender norms have to do with Bloom365 because I don't understand how to connect?

Having a rigid belief in unhealthy gender norms is something that can be a risk factor for having power and control over our partner. If someone believes that they should have power over someone because of their gender and their understanding over 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.