

ABOUT BLOOM365



MISSION

Prevent abuse BEFORE it starts.



VISION

Safe and healthy relationships for all.



B.H.A.G. 2030

(Big Hairy Audacious Goal)

Educate and activate 10% of youth as peer advocates and adults as trusted allies across the U.S. by the year 2030 to uproot abuse in a generation.



OUR PROMISE

Our name is our promise and our purpose:
Bring Love On Others More 365 Days A Year.

Preventing and responding to teen dating abuse, domestic violence and sexual violence since 2006.

BLOOM365 | 20403 N. Lake Pleasant Road | Suite 117 Peoria, AZ 85382 | 602.524.9607 | @UprootAbuse



RECOGNIZE

RESOURCES TO RECOGNIZE

ARE YOU BLOOMING OR WILTING?

ANGER V. ABUSE

RED FLAGS

RISK FACTORS

PROTECTIVE FACTORS

ADVERSE CHILDHOOD EXPERIENCES



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Reflection

Recognize Define It



Terminology

Advocate: Peers or professionals trained to offer victims information, support and assistance with accessing resources.

Peer Influencer: A person who has the power to inspire or guide the actions of their peers.

Domestic Violence: A pattern of abusive behaviors used to gain power and control over a partner or family member.

Perpetrator: The individual who is verbally, emotionally or physically abusive.

Victim: The individual who is target of abuse.

Survivor: A person who has gone through and healed from victimization.

Watch "Red Flags" Video

As you watch the BLOOM365 "Red Flags" video be on the look out for signs of power and control. List any unhealthy or abusive behaviors you recognize in the video that are present on the wilting flower.



ARE YOU

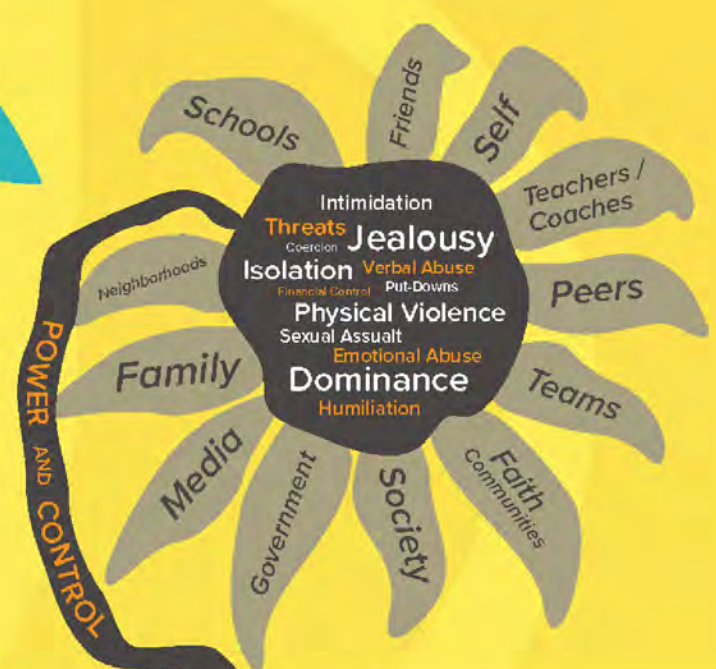
blooming or wilting?

Learn more at

bloom365.org



The **Blooming Relationship**™



The Relationship
Wilting
by Power and Control

Everyone is Part of the **Solution**

Root Cause **Prevention** is the Cure



UPROOT ABUSE IN A GENERATION. CULTIVATE EMPATHY, RESPECT, CONSENT.

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BRING LOVE ON OTHERS MORE
365 DAYS A YEAR

¿ESTAS TU

Floreciendo o Marchitando?

Aprende mas en
bloom365.org



La Relación Floreciente™

Cada persona es parte de la **solución**

Causa primordial **prevención** es la curación



La Relación se Marchita por el poder y el control

Empatía
Autoestima
Relaciones positivas con los compañeros
Aliados adultos de confianza

Cambio social
Elección
Enseñanza de conducta positivas

Normas de genero dañinas
Inseguridad
Maltrato de niñez

Aceptación social
Elección
Enseñanza de conducta abusivas

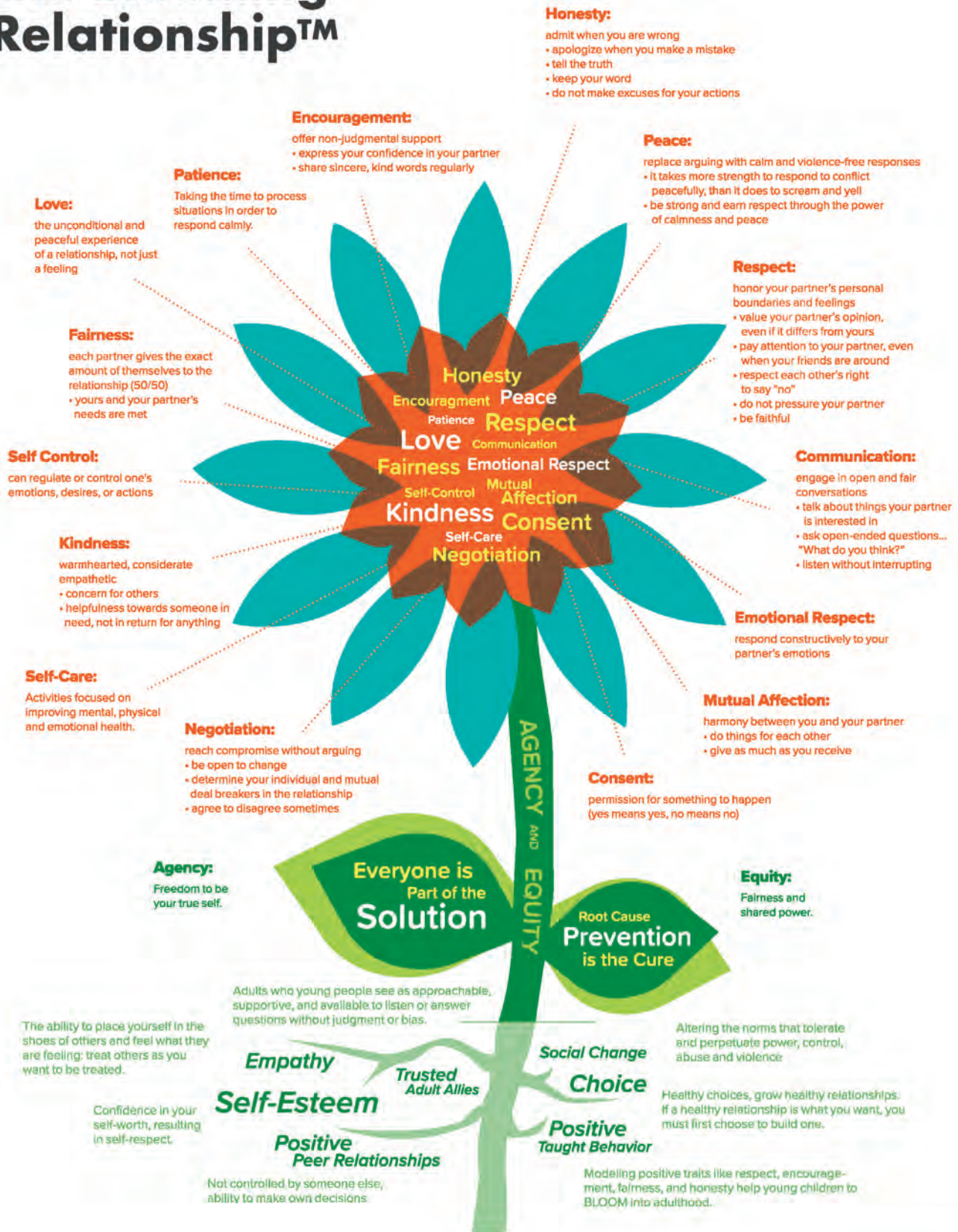
DESARRAIGAR EL ABUSO EN UNA GENERACIÓN. CULTIVAR EMPATÍA, RESPETO, CONSENTIMIENTO.

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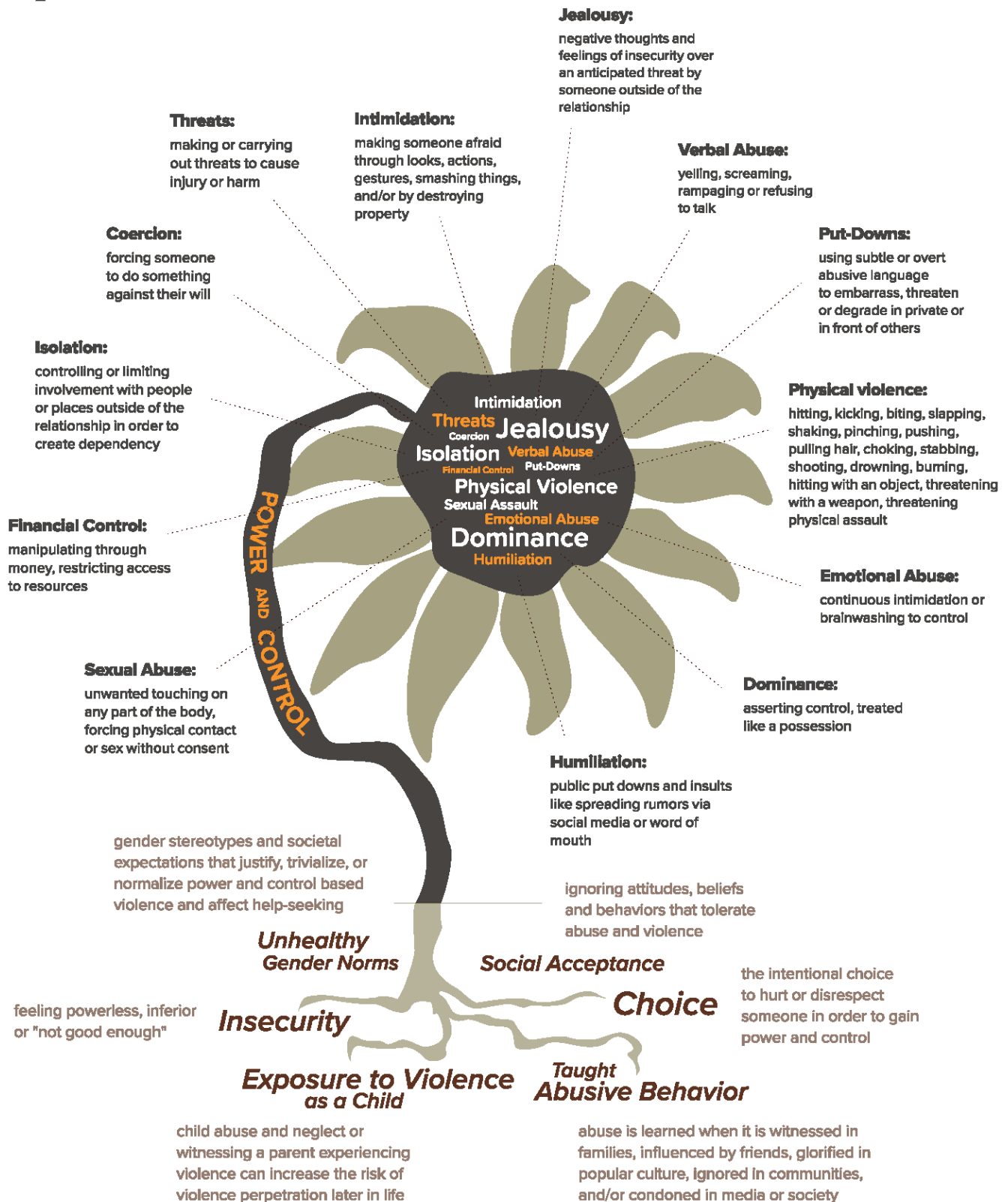
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BRING LOVE ON OTHERS MORE
365 DAYS A YEAR

The Blooming Relationship™



The Relationship Wilting by Power & Control



Is it Abuse or Anger?

When is it ABUSE?

The behavior is abusive when power and control is used to:

- Isolate or manipulate
- Gain emotional or physical control
- Dominate
- Intimidate
- Humiliate
- Instill fear
- Coerce (persuade or do something by using force or threats)

When is it ANGER?

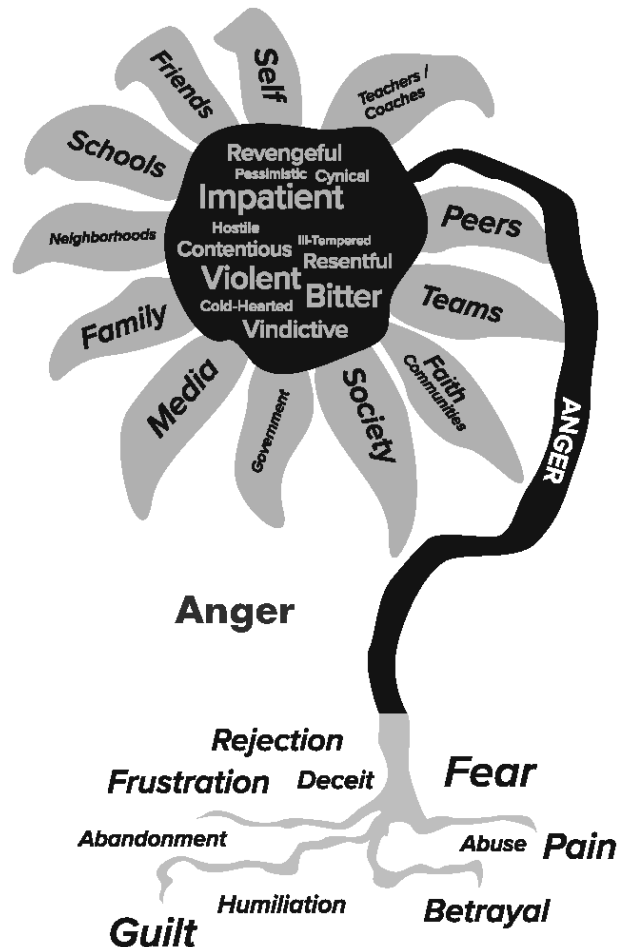
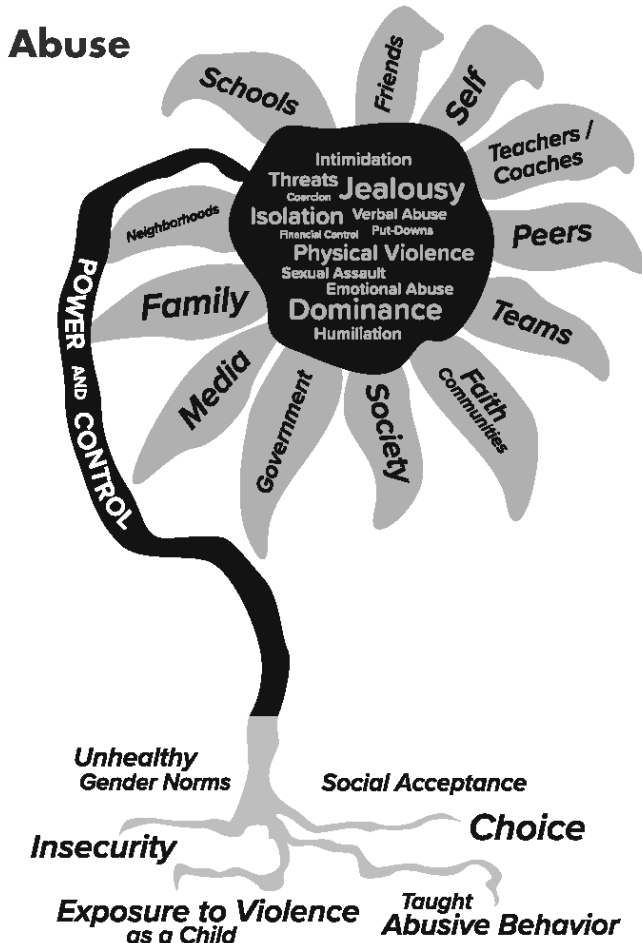
Anger is a natural emotion with a wide range of intensity, from mild irritation to frustration to rage. Anger is a warning bell that tells us something is wrong. Everyone experiences anger and it can be healthy or unhealthy.

Healthy Anger

- Motivates us to stand up for ourselves
- Inspires us to correct injustices
- Prompts us to make positive changes

Unhealthy Anger

- Can be used to get revenge
- Can become overly aggressive
- Can lead to bitterness





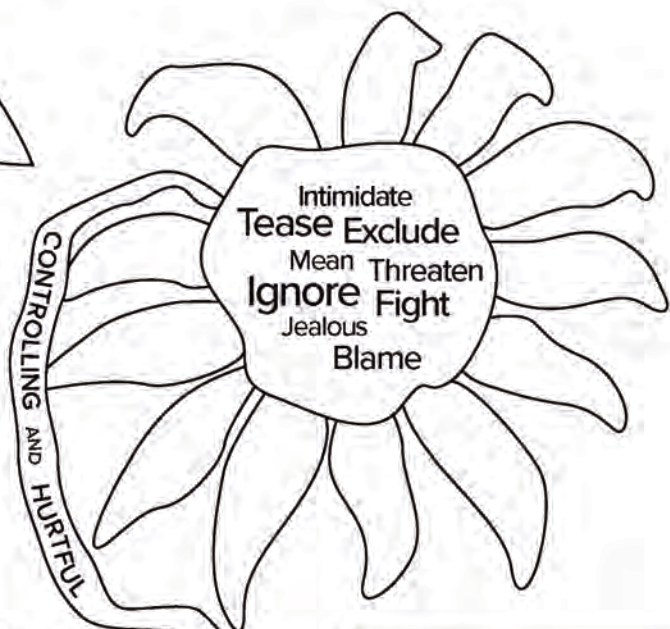
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Learn more at
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Blooming



Wilting

Choice

Self-Esteem

Empathy

Positive Peer Relationships

Choice

Caring Adults

Feeling Insecure

Feeling Unsafe

Feeling Left Out

Choice

UPROOT ABUSE IN A GENERATION. CULTIVATE EMPATHY, RESPECT, CONSENT.



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**BRING LOVE
ON OTHERS MORE**

365 DAYS A YEAR

Reflection

Recognize

Red Flags & Help Seeking

Spot The Red Flags

A RED FLAG is a warning sign that someone could be controlling, abusive or violent. Some red flags might be easier to spot than others, but all of the following behaviors are signs that a dating partner or spouse is using tactics of power and control. Red Flags can be low key, subtle and tough to spot OR high-key, overt and easy to spot.

Read through the RED FLAG Checklist on the next page and think about if you or someone you know has experienced any of these RED FLAGS. If so, check off the box next to the RED FLAG.

Domestic violence isn't just physical. Sometimes it can't be seen.

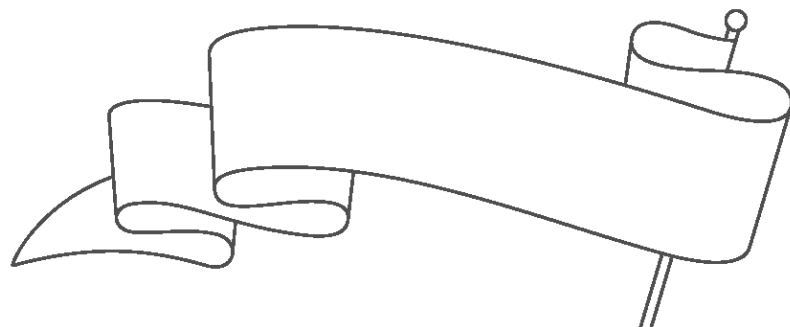
For example:

- **Coercion:** "If you say no, I will just find someone who will say yes."
- **Dominance:** "You belong to me and will do what I say."
- **Emotional Abuse:** "No one else is going to love you."
- **Financial Control:** "If you break up with me, you'll have to repay everything I ever bought for you/spent on you."
- **Humiliation:** "Go ahead and break up with me. I'll send your nudes to everyone."
- **Intimidation:** "Say one more word and you are going to regret it."
- **Isolation:** "If you really cared about me, you would spend your free time with me and not your friends."
- **Jealousy:** "Who are you trying to look good for?"
- **Threats:** "If you break up with me, I'm going to kill myself."

Terminology

Red Flag: Warning sign that someone could be controlling or abusive.

Safety Plan: A personalized plan that helps you determine practical ways to remain safe while in an unhealthy or abusive relationship, before planning to leave or after you leave





Red Flags Checklist

RED FLAG behaviors of an abusive, controlling, or violent partner:

- Wants to move too quickly in the relationship.
- Criticizes or puts you down; says you are crazy, stupid, fat, unattractive, and/or that no one else would ever want you or love you.
- Treats you better when other people are around.
- Screams or yells at you.
- Follows you, tracks your location, or constantly calls/texts to check up on you.
- Pressures you to go places or do things that you don't want to do.
- Bullies or tries to humiliate you via text or social media.
- Throws, hits, or breaks things to scare you.
- Gets overly jealous when you spend time with friends/family.
- Insists you give them your password to your phone or social media accounts.
- Physically/sexually assaults you.
- Denies their abusive behavior.
- Refuses to use your preferred pronouns.
- Guilts, coerces or forces you to send or share inappropriate photos.
- Blames you for their abusive behavior.

These Red Flags increase the risk of being seriously hurt or killed:

- Uses or threatens to use a gun, knife, or other weapon to intimidate or hurt you.
- Threatens to kill you or themselves if the relationship ends.
- Tries to choke or strangle you.
- Forces you to have sex or physically assaults you.
- Is violently or constantly jealous.

How many "Red Flags" did you check off on the list?

(enter # here)

One Red Flag is enough to reach out for help.



Green Flags Checklist

A green flag is a sign of a healthy relationship or friendship, to have a healthy relationship or friendship both people are responsible for the green flags.

- Encourages you to do the things that make you happy.
- Accepts responsibility for their own actions.
- Gives you space to hang out with your friends and family without thinking you're cheating.
- Respects and accepts your boundaries.
- Openly communicates their wants/needs and accepts you for who you are.
- Respects your rights to your own feelings and opinions.
- You make decisions together.
- The relationship feels like it's 50/50.

How many "Green Flags" did you check off on the list?

(enter # here)

Spot some Red Flags?

Feeling controlled by a dating partner or spouse?

Not sure what to do or who to talk to about a **controlling, coercive, abusive or violent** person in your life?

Have questions about **healthy v. unhealthy** relationships?

BLOOM365 advocates are ready to **listen, support and empower** you.

Text or Call: 1-888-606-4673

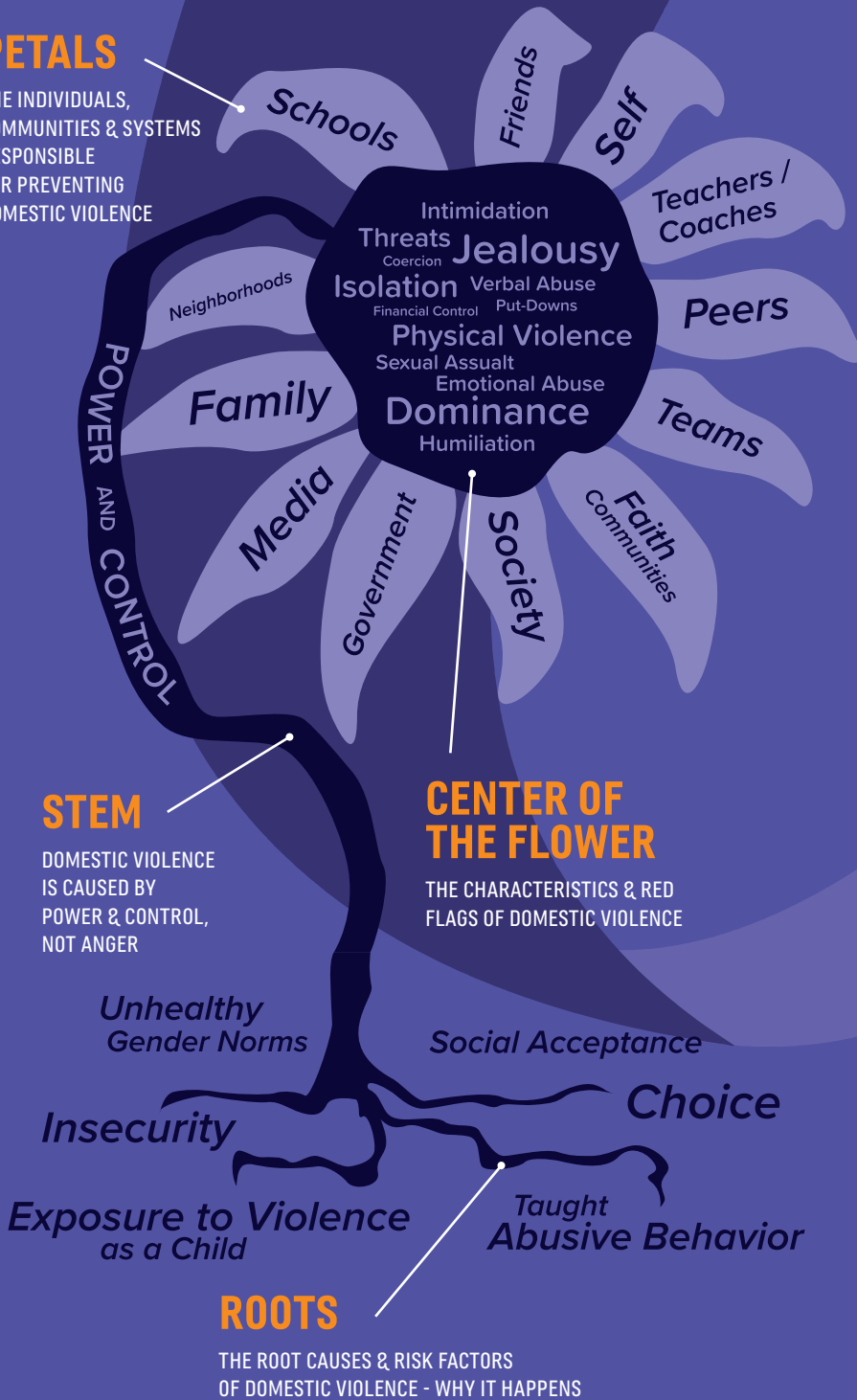
Web Chat: BLOOM365.org

Instagram DM: @888606HOPE

WILTING:

PETALS

THE INDIVIDUALS, COMMUNITIES & SYSTEMS RESPONSIBLE FOR PREVENTING DOMESTIC VIOLENCE



PATTERNS OF DOMESTIC VIOLENCE

MINIMIZING

*"I was just angry."
"It only happened once."*

DENYING

*"I never did that."
"I'm not violent."*

BLAMING

*"You didn't say no."
"You made me do it."*

Domestic Violence is...

Any behavior with the purpose of gaining or maintaining power and control over a dating partner, spouse, intimate partner or family member.

Types of domestic violence:

Verbal, emotional, physical, financial, psychological, coercion and/or sexual abuse.

If you are a young person, age 13-24 and you have witnessed domestic violence or experienced teen dating abuse, sexual violence or gender-based violence...

If you have been threatened or feel unsafe...

If you want to talk to an empathetic, judgment-free advocate who will listen and chat with you...

If you have questions about caring v. controlling relationships...

If you just want to connect with peers for emotional support...

bloom365 trained peer advocates are here to support you.



bloom365

TEXT/CALL: 1.888.606.HOPE (4673)

CHAT: bloom365.org

DM: @888606HOPE

#GoPurple

Emotional Support | Safety Planning | Self-Care | Resource Connections | Peer Support Groups

Recognize

Terminology

Coercion: Persuading someone to do something by the use of force, threats, or making someone feel like they don't have another choice in that situation.

Catcalling: The act of saying sexually suggestive or threatening comments at someone publicly.

Stalking:

1. Repeatedly watching someone
2. Following or harassing
3. Social media stalking

Media Literacy: Learning how to critically consume media messaging.

Rape Jokes: Inappropriate jokes about sexual assault & victims of assault.

Sexual Harassment: Unwelcome sexual advances, requests for sexual favors.

Sexual Violence: Unwanted or coerced contact in a sexual nature.

Sexual Violence is an "Umbrella Term, or a term used to cover a broad category of types of sexual violence.



Sexual Assault • Stalking
Rape Jokes • Victim Blaming

Cat Calls • Sexual Harassment
Relationship Violence • Coercion

Sexual Violence Umbrella Terminology Word Match

Draw a line to match the type of sexual violence on the left with the correct definition on the right.

Draw a line to match the word on the left with the correct example on the right.

Answer Key

Victim Blaming
Removes power from survivors, creates barriers for them to seek help.

Catcalling
The act of saying sexually suggestive or threatening comments at someone publicly.

Sexual Harassment
Unwelcome sexual advances, requests for sexual favors.

Coercion
Persuading someone to do something by the use of force, threats, or making someone feel like they don't have another choice in the situation.

Rape Jokes
Inappropriate jokes made about sexual assault and victims of sexual assault.

Stalking
Repeatedly watching someone, following or harassing.

Sexual Harassment	"Removes power from survivors, creates barriers for them to seek help."
Victim Blaming	"The act of saying sexually suggestive or threatening comments at someone publicly."
Rape Jokes	"Unwelcome sexual advances, requests for sexual favors."
Catcalling	"Persuading someone to do something by the use of force, threats, or making someone feel like they don't have another choice in the situation."
Coercion	"Inappropriate jokes made about sexual assault and victims of sexual assault."
Stalking	"Repeatedly watching someone, following or harassing."

Recognize

Risk & Protective Factors

Risk Factors For Perpetrating Interpersonal Violence



Poor Communication,
Coping, or Social
Skills



Belief in Rigid
Gender Roles



Use of Alcohol
or Drugs



History of
Bullying



Associations with
Violent Peers and/or
Exposure to Violence



Maltreatment
as a Child



Low Self Esteem



No Family Support
No Parent
Supervision
(child/teen)



Use of
Aggressive Media

Protective Factors That Reduce The Risk Of Perpetrating Interpersonal Violence



Parental Support,
Supervision and
Family Connectedness



Empathy



Healthy Coping Style



High Aspirations



Caring Adults
and Teachers



Positive Peer
Relationships



Communities that Support
Violence Prevention



Confidence

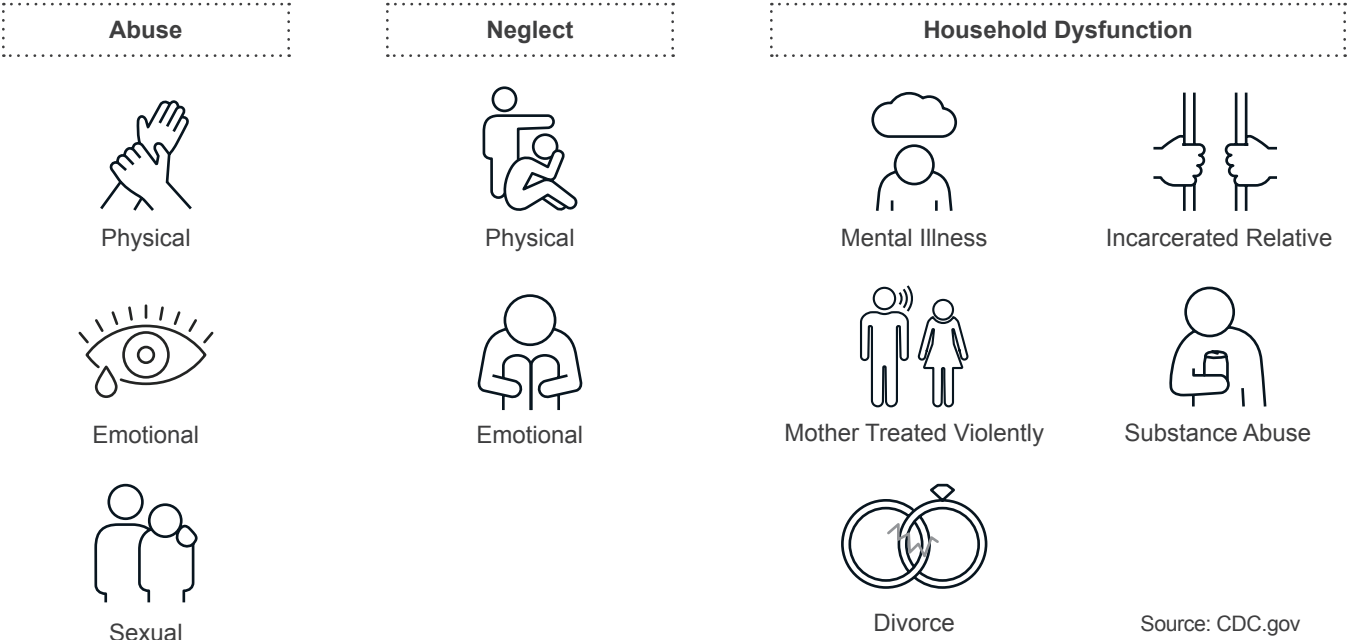
Risk factors are the lived experiences or individual characteristics that put young people more at risk for perpetrating Interpersonal Violence (ie. dating abuse, domestic violence, sexual assault, stalking, bullying, etc.) The above risk factors influence the root causes of violence at the individual, relationship, community, and societal levels. Research suggests that protective factors may reduce the risk of Interpersonal Violence perpetration. For a full list of Risk and Protective Factors, visit www.cdc.gov/violenceprevention.

Source: Centers for Disease Control

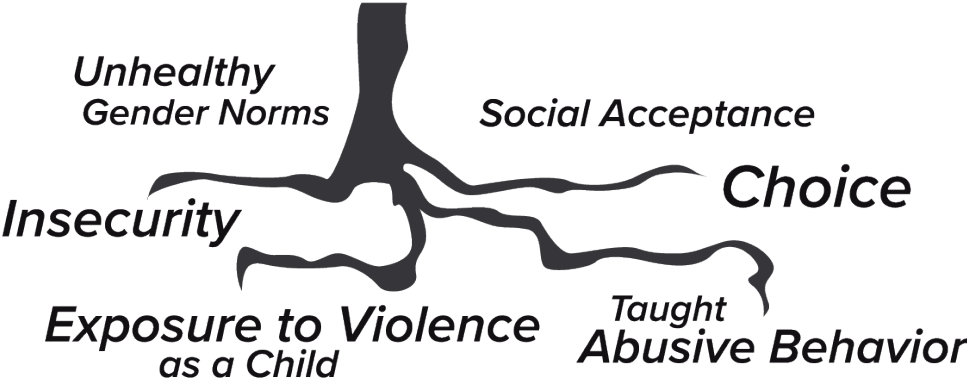
Adverse Childhood Experiences (ACEs):

ACEs are traumatic childhood events. Research has shown that children who are exposed to Adverse Childhood Experiences (ACEs) can exhibit physical, emotional and psychological problems later on that can impact nearly every aspect of life, including relationships.

Types of ACEs



Root Causes:



Unhealthy Gender Norms: gender stereotypes and societal expectations that justify, trivialize, or normalize power and control based violence and affect help-seeking

Insecurity: feeling powerless, inferior or "not good enough"

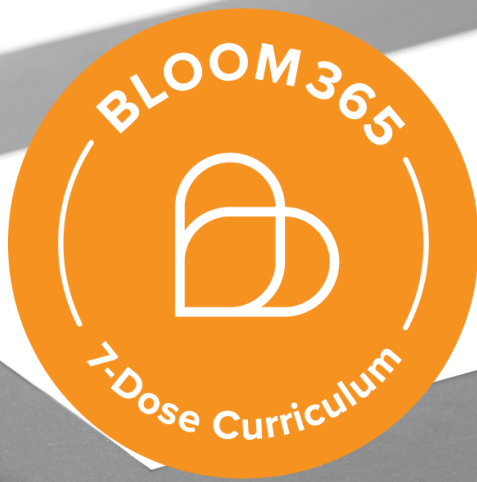
Exposure to Violence as a Child: child abuse and neglect or witnessing a parent experiencing violence can increase the risk of violence perpetration later in life

Social Acceptance: ignoring attitudes, beliefs and behaviors that tolerate abuse and violence

Choice: the intentional choice to hurt or disrespect someone in order to gain power and control

Taught Abusive Behavior: abuse is learned when it is witnessed in families, influenced by friends, glorified in popular culture, ignored in communities, and/or condoned in media or society





EDUCATION CURRICULUM

Teen Dating Abuse &
Sexual Violence Prevention
Healthy Relationship Skills



bloom365[®]

hello@bloom365.org

bloom365.org



**Looking for a comprehensive curriculum to teach healthy relationship skills,
remove barriers to help seeking, and prevent teen dating abuse and sexual violence
from spreading from one generation to the next?
Look no further!**

7-DOSE CURRICULUM

- Dose 1: Define Healthy v. Unhealthy Relationships
- Dose 2: Red Flags, Green Flags & Help Seeking
- Dose 3: Root Causes & Stereotypes
- Dose 4: Peer, Media & Societal Influences
- Dose 5: Self-Esteem
- Dose 6: 3 C's Communication, Conflict Resolution, Consent
- Dose 7: The 4 D's of Bystander Intervention & Tipping Point Theory of Change

- Trauma-Informed
- Relevant & Dynamic
- GenZ Centered
- Adaptable
- Inclusive
- Core Standards Aligned
- Measured
- Research-Based
- Evidence-Informed
- Constant Feedback Loop

CERTIFIED INSTRUCTOR TRAINING

**Designed for: DV/SV Advocates
Youth Development Staff & School Staff**

Apply today to become certified to deliver BLOOM365's innovative 7-Dose teen dating abuse/sexual violence prevention and healthy relationship education curriculum to young people ages 13 and up.

**BECOME A
CERTIFIED
INSTRUCTOR**



**REQUEST BLOOM365
TO DELIVER THE
CURRICULUM IN YOUR
SCHOOL OR ORG**



Ask us about our
REAL TALK
Peer Support Group
Curriculum.