



Elephant in The Room Q & A

South Mountain High School
Spring 2018

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

Resources:

For additional resources, please visit bloom365.com/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)
BLOOM365 Drop-In Support Groups	Every Monday (Holidays excluded). Please email teens@bloom365.org or text 602-799-6096 for more information.
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

Q: Student

A: BLOOM365 Advocate

Dose 1

Q: So there's this guy and we've been talking since December, but my dad wants me to stop because I can't date until I'm sixteen. I don't want to stop talking to him, what do I do?

A: It may be helpful for you to sit down and have a conversation with each of them individually. Communicating to your dad how you feel using "I statements" may be helpful in helping him to understand how you feel and could help you both come to a compromise. Perhaps your dad will feel more comfortable if he gets to know the guy, and the two of you could potentially maintain a friendship until you turn sixteen. Additionally, communicating these things with this guy is also important so that the two of you are both on the same page.

Dose 2

Q: Why do they threaten to kill themselves or their partner if they break up?

A: The act of killing someone can be seen as a final act of total control. We know the most dangerous part of a relationship is when the relationship ends. The perpetrator starts to lose control of the other person. In some situations, such as with Dorothy and May, the perpetrator exerts power and control over killing themselves and/or their partner. This is why it is so crucial that we take these types of threats seriously and tell a trusted adult or a BLOOM365 advocate.

Q: Every time I get sad I eat, so am I depressed?

A: According to Teen Lifeline, some warning signs of depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, changes in appetite and/or weight, preoccupation with death or dying, difficulty concentrating in school, feeling tired or irritable, and sleeping too little or sleeping excessive amounts. If these symptoms are present for more than two weeks for most of the day, every day, please know that you are not alone. Non-judgmental support is just a phone call or text away. We encourage you to reach out to a BLOOM365 advocate, Teen Lifeline, or the Suicide Prevention Lifeline at the numbers above.

Q: What is your guys' prime goal?

A: While our mission is to prevent teen dating abuse BEFORE it starts, our vision is safe and healthy relationships for ALL people! We believe that your generation can help to grow empathy, respect, kindness, consent, equality and peace as the standard for future generations.

Dose 3

Q: Is it still rape when you're in a relationship and your partner forces you to have sex without your permission even when you don't want it? Similar question: Is it rape if you force it but you enjoy it?

A: 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 do not consent, it is still considered rape even if you're in a relationship. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

Q: I feel feminine, but I'm a boy.

A: Biological sex is different than gender identity. Biological sex is the sex we are assigned at birth, which is generally male or female. Gender identity is different than sex in that gender is how we identify regardless of the sex we are assigned at birth. People may feel more masculine or more feminine 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 please visit the GLAAD resource page about being transgender or gender nonconforming. You can also reach out to our LGBTQ advocate at the number above if you have any questions.

Q: Why would companies hire men if they can get away with only hiring women to pay them less?

A: Great question! This question assumes that all companies will just hire the worker that they can pay the absolute least. This is just not always the case. Oftentimes, biases in race, religion, and/or sex play a role in who an employer chooses to hire even if that means that they are not reaching their max monetary potential. An employer who is biased and believes that men are better workers, may choose to hire a man over a woman, even if this means he will be paying that worker more.

Dose 4

Q: Is it abuse when you constantly hear your mom get yelled at everyday and every morning?

A: This is a difficult question to provide a definitive answer to. A relationship that is potentially unhealthy or abusive is stemmed in power and control, and may exhibit: Jealousy, dominance, put-downs, verbal or emotional abuse, intimidation, threats, coercion, isolation, and/or humiliation. It can be very difficult to watch your parent as a victim in an abusive relationship. 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 (see above). 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 the number above. We can provide you with local resources and talk with you more about helping a parent in this situation.

Q: Is it true that race is involved with beauty standards?

A: Different societies and cultures often have different beauty ideals and standards of beauty. It’s interesting to see how beauty standards differ across different societies. This just goes to show that there isn’t just one body type, one skin color/eye color/hair color, etc. that is beautiful. We are all beautiful in our own, unique ways and we should always strive to recognize the beauty in others, both inside and out!

Dose 5

Q: I need help with my partner.

A: Please text/call an advocate at the number above for free, confidential help and support!

Q: How do you help someone with low self-esteem about themselves

A: A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. You can try encouraging them to take a moment to remember the things they love about themselves (their strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build their confidence. You can also have them watch the following video on daily affirmations:

<https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing their own daily affirmation and spending time doing the things that make them happy can be helpful tools in building up their self esteem.”

Q: How can I stop hearing negative thing about everything? I know you're going to say to ignore it but it is really hard, how can I avoid it? I am right here struggling.

A: We live in a world where people often focus on the negative, and sometimes it's impossible to avoid hearing negative things. If someone is putting you down and you can't avoid being around 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! Additionally, a BLOOM365 advocate is always willing to provide a listening ear and support, please feel free to text/call the number above!

Dose 6

Q: Why do you make me feel bad to be a man, we are not all monsters? Similar question: I feel like men are getting a bad rep/enough appreciation in this class.

A: Gender roles can be a tricky subject sometimes. It is never our intention to alienate a group of people.

Our goal with Dose 3 is to shed light on unhealthy gender norms and how rigid beliefs in these norms is something that puts someone at a higher risk for having power and control in their relationship. 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. the definition of hyper-masculinity is, “The exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression.” 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.

Q: I'm getting back with my ex what should I do?

A: This is a difficult question to respond to without any background information. It can be useful to look at the blooming and wilting flowers to help you to determine whether a relationship is healthy or unhealthy. It's also important to remember your rights and responsibilities within relationships. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner's boundaries. Healthy

relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower 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 the number above.

Q: What schools has Bloom365 visited?

A: . As of now, we have facilitated/are scheduled to facilitate the doses at: Alhambra High School, Boulder Creek High School, Barry Goldwater High School, Compadre Academy, Camelback High School, Empowerment College Prep, Deer Valley High School, Fountain Hills High School, Glendale Success Academy, Ombudsman High School, North High School, Maryvale High School, Metro Tech High School, Peoria Accelerated High School, Sequoia Pathway Academy, South Mountain High School, Wilson College Prep, We have also visited several other schools for resource fairs and workshops, some of which include: Cesar Chavez High School, Copper Canyon High School, Gateway Community College Independence High School, Paradise Valley Community College Sandra Day O'Connor High School, Sierra Linda High School, Sunnyslope High School, Trevor Browne High School, and Westview Community College. We are constantly growing and adding new schools to this list, so make sure to check out bloom365.org/partners for a list of our partners!