



Elephant in The Room Responses
Maricopa Teen Youth Town Hall- Doses 1&2
January 25, 2018

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 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)

1. How do you face someone if you are in an abusive relationship to tell them you want to break up and what if they don't take you seriously?

It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. If you are concerned about your safety, please contact a BLOOM365 advocate so that you can create a safety plan. If you do not fear for your safety, you may try to communicate how you feel using "I statements", letting them know that you believe this relationship isn't beneficial for you and you'd like to go your separate ways. If your partner is unwilling to let you leave and/or continues to not take you seriously, we encourage you to reach out to a trusted adult or BLOOM365 advocate for assistance in safely exiting the relationship.

2. If you partner posts nonconsensual pictures of you and you don't like it but they won't stop. What do you do?

Consent applies to all aspects of relationships and not just sex. If your partner is posting pictures of you without your consent, we encourage you to reach out to a trusted adult, school social worker, or a BLOOM365 advocate. 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. An advocate can help talk to you about your situation and determine what steps you would like take to address this issue.

3. What would I do if your partner is abusive to you but the partner hurts themselves and blames you for it. And you partner gets away with it?

First, it's important to remember that the abuse was not your fault. An abusive partner may blame their partner for their actions as a way to manipulate and exert power and control over them. We highly encourage you to reach out to a trusted adult, school social worker, or BLOOM365 advocate for help in this situation. It's important that this situation is handled properly to ensure you are safe. You can text/call a BLOOM365 advocate at the number above for free, confidential help and support!

4. How would you deal with a situation with someone you called your best friend and who gives you the silent treatment to make me feel bad, should I try to talk to her or cut out the negativity if I have already tried talking to her? What should I say if I should try again?

Without knowing the specific details of this situation, we can not provide an exact answer, but it is entirely up to you what decision you want to make. If you do want to try talking to her again, we encourage you to use "I-statements." I-statements can be useful in helping you to take ownership of your own feelings, which prevents the other person from feeling attacked and allows them to empathize with you. For example, you can use the format "I feel [emotion] when [situation], can we please [resolution]?" If you would like to discuss this situation further with a BLOOM365 advocate, please text/call the number above for free, confidential support.

5. Can being used count as a type of abuse?

An abusive relationship is stemmed in power and control and exhibits the words seen in the wilting flower: Isolation, jealousy, dominance, verbal or emotional abuse, put-downs, sexual assault, and/or humiliation. Being used may or may not be seen as abusive depending on the specific situation. Healthy relationships are stemmed in equality and freedom and exhibit emotional respect, kindness, fairness, encouragement, etc. If someone is using you, this may not be a healthy relationship/friendship.

6. What is the youngest age you can be in order to sign up for youth council and BLOOM365?

There are numerous ways to get involved with BLOOM365 at any age! Please email teens@bloom365.org for more information on how you can sign up and get involved!

7. You made it kind of seem like you should have sympathy for your abuser just because you are there safety blanket. Please mention that just because they rely on you, does not mean that you have to stay!!!

It's important to never blame the victim for staying, as there are numerous barriers to leaving (dependency, love, hope, fear, etc.) Of course they absolutely do not have to stay in an abusive relationship, but it's important to recognize that it's not always easy to leave. We highly encourage anyone who is trying to leave an abusive relationship to reach out to a BLOOM365 advocate for assistance in creating a safety plan. The most dangerous time in an abusive relationship is when the victim tries to leave, so it's important that the victim creates a safety plan to ensure that they can safely exit the relationship.

8. Why not break up with the couple/partner, instead of having to tell someone else?

It's important to remember that the most dangerous time in an abusive relationship is when the survivor tries to leave. This is why it is often super important that the survivor reaches out for support and assistance when leaving an abusive relationship to ensure they can take the proper steps to do so safely.

9. I understand your problem, Nicole. And I'm sorry for what happened but let's have another example- My friend is doing drugs, having sex, ect. but it does influence me and they have only been kind to me, do you think my parents should still have authority over who my friends are?

We at BLOOM365 encourage you to engage in healthy relationships and friendships. 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. The people you surround yourself with often are the people who have an impact on how you feel about yourself and your general well-being. We encourage you to surround yourself with people who positively impact your life and encourage you to do what makes you happy!

10. Teenage mental health/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. For a person to give consent they cannot be under the influence of drugs or alcohol. 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 at the numbers above.

11. Why don't we address the needs we have to be in a relationship? We are told that they're normal, standard, everyone should, ect.

There is certainly no requirement for you to be in a relationship if you do not want to be! While in middle and high school, there may be peer pressure to be in a relationship, it is perfectly okay for you to not be in a relationship, especially if you are not ready!