



**Elephant in The Room Q & A
Boys and Girls Club
Summer 2018**

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)

Q: Student

A: BLOOM365 Advocate

Dose 1

- 1) Let's say your friend is in an abusive relationship and you tell them but they chose to deny it, how can you convince them to get out of it?**

We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also 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. We cannot make people get help if they do not want to, but we can do everything in our power to 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 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. 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. You can let your friend know that they deserve to be treated with equality and respect and that they deserves to have healthy, blooming relationships.

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

2) What happens if someone’s family member passes away and you want to be with them?

Losing someone close to you is never easy, and it can be difficult to cope. Coping looks different for everyone, but some healthy coping mechanisms you can explore include: Reading, listening to positive music, spending time with people you love, talking a walk, going to the gym, journaling, taking care of yourself, find a new hobby, join a new club/sports team... We encourage you to find what works for you. It may also be helpful to get involved in a support group. Billy’s Place is a great resource for families who’ve experienced a loss. They hold weekly grief support groups, which you can learn more about by visiting <https://billysplace.me/>. For additional tips or for support, please feel free to reach out to an advocate at the number above.

3) How can we let the person who is being the abuser realize it and prevent it if we have a friend?

If you recognize the signs of abusive behavior in a friend, telling a trusted adult about it is often one of the best options. Speaking up could potentially save a life. This can be a hard topic to talk about with a friend, but if you do feel comfortable and it is safe to do so, you can visit page 16 in your workbook for tips on how to start the conversation. You can also text or call a BLOOM 365 advocate at 602-799-7017 if you feel like you need additional support

4) Obviously people can get into fights when in a relationship, what are some major differences between a fight and verbal abuse or emotional abuse?

While conflict is a normal part of relationships, teen dating abuse is defined as a PATTERN of behaviors, such as verbal, emotional, and/or physical abuse, to gain or maintain power and control over a dating partner. If someone is continuously putting you down, calling you names, or intimidating you as a way to gain/maintain power and control over you, that is abusive. 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. Healthy relationships are stemmed in equality and freedom, and exhibit respect, encouragement, and kindness. While conflicts within your relationships is a normal part of life, both parties should feel free to express their feelings and opinions without trying to gain or maintain power and control over the other person.

5) What can I do to tell my friend my opinion about her relationship without sounding judgemental?

We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). It's also 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. We cannot make people get help if they do not want to, but we can do everything in our power to 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 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 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.

6) Why are guys usually the problem?

Our goal with Dose 3 is to shed light on the unhealthy gender norms that are ingrained in our culture 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. Hypermasculinity is "The exaggeration of stereotypical male behavior with an emphasis on strength, sexuality, and aggression." 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.