



**Elephant in The Room Q & A  
Y-Achievers at Maryvale YMCA  
Fall 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)
BLOOM365 Weekly Drop-In Support Group	Every Monday (Holidays excluded). Please email <a href="mailto:teens@bloom365.org">teens@bloom365.org</a> 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 Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)

**Q: Student**

**A: BLOOM365 Advocate**

**1) How do you set up a one-on-one?**

You can set-up a one-on-one with our Lead Advocate, Sebastian Blackwell, by texting or calling the number above.

**2) How do you enter your program?**

We'd love for you to get involved, and there are several opportunities for you to do so! Please email [teens@bloom365.org](mailto:teens@bloom365.org) to learn about different ways to get involved. If you are interested in becoming trained as a peer advocate, please email [marli@bloom365.org](mailto:marli@bloom365.org)

**3) After making a mistake such as cheating or being dishonest... If you want to be prove to that one person after 3 years that you're all in and want to make things right, what is the best way to start to show that you are serious and want to pursue what you started?**

One of the most important things in these types of situations is communication. One thing we like to use is "I" statements or phrases, such as "I feel...", "I need..", or "I would like..." This helps us to focus and own up to our own feelings without coming off as accusatory, which can lead to our partners responding in a defensive manner. This will also help your partner to better understand your feelings and where you are coming from. Checking in with your partner during the conversation can also be helpful. You can do this by asking questions such as, "How do you feel about...?" We recommend being open and honest with your partner while also being open to hear what he or she has to say.