



**Elephant in The Room Q & A
Glendale Success Academy
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)
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) Why does your partner want to have your password to Instagram and other social media?

If a friend or dating partner is insisting that you give them your password to voicemail, email or social media accounts this may be a RED FLAG of power and control. Often this type of action can be related to one person holding more power in the relationship which is the stem of an unhealthy or abusive relationship.

2) How do you tell someone to stop verbally and physically abusing you?

If someone is verbally or physically harming you it might be important to reach out to one of the trusted adults that you wrote down during the BLOOM365 lessons or a BLOOM365 advocate. If you do not feel safe in the relationship or friendship, engaging in a direct conversation **might not** be the best option. However, if you do feel safe, using an I Statement or I Message to express to the person how their behavior makes you feel might be a good option. More information about I Statements or I Messages can be found in your BLOOM IT UP Packet.

3) What do you think dating is, in your own words?

Dating is something that must be defined by the people who are in that specific dating relationship. However, dating can generally be defined as people spending time together and getting to know one another. As long as everyone feels equal and free in a dating relationship, then it is BLOOMING!

4) Is it okay that I am bi?

BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. We even have a staff person dedicated to LGBTQ youth. So in short, YES it's absolutely okay, and if you ever need anyone to talk to about it do not hesitate to reach out to a BLOOM365 advocate at 602 799 7017.

5) Why do you think people are getting bullied and how can you help them?

Bullying is one of the signs or symptoms of Power and Control. Someone bullies others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do SOMETHING.

6) Why do certain people bully? Is it because they are scared?

People bully for many reasons but it all boils down to trying to gain or maintain power and control over someone else. Some of the reasons that people might choose to gain power and control over others are in your BLOOM IT UP Packet on page 24. They include abusive

taught behavior, and insecurity, among other things. People bullying for many reasons but we all have the choice how we choose to treat people. No matter the reason, we can ALL choose to treat people in a caring way instead of in a controlling way.

7) What do you do if people ask you inappropriate things on social media and they don't take no for an answer?

If someone 'does not take no for an answer' and keeps pressuring you that sounds like a word on our wilting flower called *coercion*. Coercion means forcing someone to do something that they do not want to do. If someone is using coercion that is likely a sign of power and control. If you are experiencing this, please know that you can reach out to a trusted adult or the BLOOM365 advocate. You can text or call BLOOM365 at 602 799 7017.

8) What do you do if someone sexts you?

If someone sends you unwanted photos or messages that is a sign or symptom of power and control. If you ask the person not to send you these things but they continue to do so, that might be a time to reach out to the trusted adults in your life or your BLOOM365 advocate.

9) How long have you been working for BLOOM365?

Sebastian: I have worked for BLOOM365 for about a year and have reached over 5,000 youth since!

Marli: I am new to the BLOOM365 team, but I am excited to help teens and young people build healthy and safe relationships!

10) How do you feel about social media?

Social media can be great! If it is used responsibly, it can be a place where people can connect and make change together. However, social media can be a place where bullying happens and can even be unsafe if safe web practices are not in place. Making sure your profiles are on private and your geolocation is turned off is a good place to start when thinking about tech safety.

11) Why do people who are dating cheat on others?

People cheat for many reasons but if someone is cheating that relationship is not likely BLOOMING. Communication is key to a BLOOMING relationship, if someone feel unhappy in a relationship, they should communicate that to their partner instead of cheating. Communication takes practice and all relationships require this skill.

12) Why do people do sexual stuff?

BLOOM365 focuses on building healthy and safe relationships and friendships not sex education. However, we understand that physical affection is part of a healthy and safe relationship. People may choose to do sexual things for a variety of reasons including showing affection to another person. BLOOM365 knows that consent, which is giving permission, is key to a BLOOMING relationship. As long as everyone in the situation feels safe to say yes or no, then consent can be given or not.

13) How can people hurt other people for no reason?

There is no excuse for hurting another person. All people should feel safe and free in their relationships and friendships. Hurting another person (physically, emotionally, or verbally) is one of the signs or symptoms of Power and Control. People may choose to hurt others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. The main takeaway, is to understand that power and control is a choice, which means we can choose to NOT hurt other people as well.