

# Elephant in The Room Q & A

Legacy Traditional Schools- Surprise  
March 2023

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

<p><b>BLOOM365 HelpLine</b></p>	<p><b>For free, confidential support:</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Monday-Friday from 5PM-9PM (MST)</b></p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p><b>Teen Lifeline</b></p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p><b>National Teen Dating Violence Hotline</b></p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p><b>National Domestic Violence Hotline</b></p>	<p>1-800-799-SAFE (7233)</p>
<p><b>National Sexual Assault Hotline</b></p>	<p>1-800.656.HOPE (4673)</p>
<p><b>Suicide Prevention Lifeline</b></p>	<p>1-800-273-TALK (8255)</p>

**\*Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

**Q: Student**

**A: BLOOM365 Advocate**

**Q: If a fly loses its wings is it now called a walk**

**A:** Thank you for sharing this joke with us! 😊

**Q: I don't like to be stared at. What do you call a sad strawberry? A blueberry! What do you call a pig that knows a karate? A pork chop!**

**A:** It is totally understandable that you do not like to be stared at. Staring can be uncomfortable for some - thank you for sharing your boundary! And thank you for the two in one jokes!

**Q: Why can't you play games in the wild, there's too many cheetahs**

**A:** Good one! 🤔

**Q: What do you need help with?**

**A:** We are not sure what this question is asking but if you are ever needing help or support from bloom365, our advocates are here for you! You can always reach out to us at our HelpLine information above.

**Q: Being bullied for chewing on my finger for anxiety and ADHD problems saying I need to take pills**

**A:** We are sorry to hear that you are being bullied. There is nothing wrong with having anxiety and ADHD and they are common experiences for a lot of people. You deserve to feel safe and welcomed at school. We appreciate you being able to talk about this and reaching out to us. We always encourage you to reach out to a trusted adult at school or at home about what you're experiencing. They'll be able to offer you additional support in navigating this touch experience. You can always reach out to a Bloom365 advocate at the number above if you'd like additional support. You are not alone!

**Q: Be confident and keep going. If someone makes you feel bad talk to someone about it and they can help and you can also help someone else.**


**A:** Thank you for sharing these blooming words of advice! :)

**Q: What do you do when your dad dies and you never got to see him. I never got to go outside and throw a ball with him I didn't even know his name and he never got to come to my football games and I really wanted a dad.**

**A:** We are so sorry to hear that your dad has passed. We send our deepest condolences to you and your family. We are glad you reached out. Death and the grief that follows are such tough things to go through. Talking about what you're feeling can be so helpful in navigating grief and all the different emotions it brings. We hope that you have supportive people in your life that you can lean on during this

time such as close friends, family members, or a school counselor. Our advocates are also here to support you and if you ever need a sympathetic ear, our advocates are here to listen. You can reach out to us at our HelpLine information above. You are not alone!


**Q: Water can boil you, drown you, and freeze you but you still need it to survive.**

**A:** Water inhabits so many forms! Thank you for sharing these facts with us. 


**Q: I feel like my parents don't pay attention to me only my baby sister**

**A:** We're sorry that you're experiencing this. Having a new sibling can be a big change for a family. It could be helpful to have a conversation with your parents about how you have been feeling. They might not know how you are feeling, and they could be ready to support you once they do know. Talking with a trusted person such as a school counselor or close friend about how you're feeling can also be supportive in processing this change. If you would like to talk more about this, our bloom365 advocates are available by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org.

**Q: What did one O say to the other O? Ohio**

**A:** Nice one! 

**Q: What did the sushi say to the bee? Wasabee**

**A:** How clever! 

**Q: You should always be nice, kind, have good manners, loving, caring, fair, honest, peaceful, sharing, supporting, and have a good friendship**

**A:** Thank you for sharing this blooming advice! :)

**Q: I like cows**

**A:** Cows are pretty neat! Did you know that cows are known to make close relationships with other cows and that they have best friends?

**Q: How do I stand up to someone who calls me something I don't like to be called and told my friend she is the f word.**

**A:** We are sorry to hear that you and your friend are going through this. You both deserve to be treated with respect and kindness at school. One way that you can let this person know how you feel and to stop is to use "I" statements to let them know how you feel and what you'd like to happen. This can look like saying something such as "I don't like it when you call me and my friends these awful names. Please stop or I will tell a teacher." Creating physical space between you and this person can also be helpful. If this person does not stop despite you talking with them, we strongly encourage you to reach out to a trusted adult at school and share with them what you're experiencing. You can also reach out to our advocates at the HelpLine above if you'd like additional support!

**Q: My brother got bullied so much he left the school**

**A:** We are so sorry to hear about what happened to your brother. Thank you for sharing this with us. Everyone, including your brother, deserves a safe and welcoming school environment. We hope that your brother has been able to get the support he deserves and that he is having a more positive experience at his new school.

**Q: I have ADD and it's hard to include myself, do you know how to help?**

**A:** Thank you for reaching out about this. Asking for help can be a tough thing to do and it can take courage to do so. Managing ADD symptoms can take a lot of different coping skills and it can sometimes take some time to find what works best for you. We encourage you to reach out to a parent or trusted adult such as a school counselor about your symptoms and how they're impacting you. They will be able to support you in accessing resources such as a licensed therapist that can be supportive to you in managing your symptoms. While this is a bit outside of our expertise, if you'd like someone to talk or support in reaching out to a trusted adult, you can reach out to our advocates at our HelpLine at **1.888.606.4673**.

**Q: I made \$100,000 from a game I made and how do I tell my mom without her taking my money.**

**A:** Whoa, what a big change! We can understand why it would feel nerve wracking to share about this with your mom. We believe that honesty and open communication is always the best way to go! Talking with your mom about your big win and some of your concerns regarding it can be a great way to start. This will allow for an open conversation about next steps that will be inclusive to everyone involved.

**Q: What does a snowman say when he puts on sunglasses? I feel cool. What does a dryer say when he goes home? I need to take a load off.**

**A:** These were adorable, thank you for sharing these dad jokes with us! :)

**Q: What do you call a snail alien? A shellestial. Also me and (redacted) use to not be friends because he was being rude but he stopped so now we're friends**

**A:** We are happy to hear that your friend was able to bloom past his wilting behavior and that you both are able to be friends again! And thank you for sharing this funny joke with us 🙌👁️

**Q: You can't break a mirror it just multiplies. Your youngest picture of you is your oldest picture. You destroy bird houses to make more houses. A papercut is just a tree getting revenge.**

**A:** Whoa, these just blew our minds! 🤯

**Q: What did the math book say to the science book? I have problems.**

**A:** We are glad that the math book had a trusted person to talk to! 🙌 Thank you for sharing this one with us!

**Q: Are you being bullied? Are you in an unhealthy friendship/relationship/siblingship? Do you feel confident in yourself?**

**A:** These are such important questions to be asking ourselves and those we are close to!

**Q: I have cool thing, if you mouth “elephant juice” it looks like you are saying “i love you”**

**A:** Whoa it does! How cool!! 🤩

**Q: I feel like everyone only talks to me just to see my little sister, I also feel like nobody pays attention to me.**

**A:** We are sorry to hear that you are feeling this way. Feeling excluded from others can bring up a lot of different intense emotions. If it feels comfortable to do so, reaching out to those you hang out with most and sharing how you’re feeling could be helpful. Your friends may not know that you have been feeling this way and could be ready to support you once they know how you’ve been feeling. Using communication skills such as “I” statements can be helpful in communicating how you’re feeling. If you’d like to talk more about what you’ve been experiencing, our advocates are here to listen and support you! You can reach out to us via our HelpLine at 1.888.606.4673.

**Q: What emotion are you feeling sad, happy, or mad? How do you feel?**

**A:** These are such important questions to ask that can be so helpful in processing and better understanding our emotions. You can ask these questions to yourself outloud or through a journal. You can even ask these questions to a friend to better understand what they’re feeling!

**Q: Never let others bring you down. What’s going on at school, home, & your sport/practice/game?**

**A:** That is such an important question to ask yourself and others! Thank you for bringing that forward and for sharing those blooming words of advice!

**Q: Why do we do snaps instead of claps?**

**A:** What a great question! We use snaps instead of claps as a less disruptive way to show agreement, appreciation, or support for what a person has shared. :)

**Q: Are you comfortable with your friends?**

**A:** We at bloom365 strongly believe that friendships can be so important and transformative! We like to use tools such as the blooming flowers to build friendships with others that are built on mutual respect and care where everyone feels comfortable within the friendship to be their best blooming selves.

**Q: I like birds**

**A:** Birds are pretty neat! 🦜🐓🐔🦆🦉🦋🦅🦉🦆🦉🦆🦉

**Q: What’s an astronaut's favorite key on the keyboard? The space bar!**

**A:** Nice one!! 🤔

**Q: Thank you for coming in**

**A:** We are happy to have the chance to come in and present to the Legacy Traditional community! Thank you for these blooming words! :)

**Q: Friendship always has love, whether it is dating or just friends. Friendship also always involves trust, kindness, and respect.**

**A:** These are such important components of a blooming friendship - thank you for sharing this with us!

**Q: Thank you for what your doing**

**A:** Thank you for your blooming words! :)

**Q: I like peanut butter on bread**

**A:** Peanut butter on bread is definitely a tasty snack!

**Q: Bullying needs to stop**

**A:** We agree! 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 (only if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must work together to intervene when bullying occurs!

**Q: Red flag = Your ugly, green flag = your smart**

**A:** Those are great examples of red and green flags! You can also use the [blooming and wilting Flowers](#) to identify other red and green flags within relationships.

**Q: Mondays are the worst**

**A:** Mondays can definitely be a tough day! Garfield the cat would agree with this statement as well!



**Q: If there's a watermelon shouldn't there be earthmelon, firemelon, and windmelon. Your pet knows what you named it but you don't know what your pet named you**

**A:** Whoa these are blowing our minds over here! 🤪

**Q: How do you end a friendship with someone nicely?**

**A:** Ending a friendship can be a difficult thing to do. You can end a friend in a way that makes you feel comfortable. "I statements" are an awesome tool for ending friendships or relationships, because they help you explain why you are choosing to end the relationship without placing blame on the other person. For example, you could say "I feel that our friendship isn't compatible anymore and I think we should go our separate ways." If you would like to explore other options of ending a friendship or any

other aspects of this, our bloom365 advocates are here to help. You can reach out to us at our Helpline at 1-888-606-HOPE (4673)!

**Q: How does bloom help us?**

**A:** BLOOM365 offers a variety of support! We offer individual services such as individual advocacy and counseling which includes crisis counseling, safety planning, and emotional support. To learn more about our services you can visit our [site](#) or reach out to an advocate via our Helpline at 1-888-606-HOPE (4673)!

**Q: I am bisexual and I want to be free in knowing that but I feel I will be judged and I want to be normal but I feel people will think I'm weird or not "natural" being genderfluid and bisexual**

**A:** Thank you for being brave enough to share this with us. Coming out and living freely in who you are can be a scary process for many people especially when we are concerned with how others will react. You aren't alone if you're feeling worried, anxious, or afraid. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. The most important thing is for you to stay safe, and know that any negative reactions that others might have are not your fault. If you'd like to talk more about what you're experiencing, we encourage you to reach out to an advocate at BLOOM365 or [The Trevor Project](#). You are not alone!

**Q: My friend is bullying my other friends.**

**A:** We are sorry to hear that your other friends are being bullied by one of your friends. Witnessing bullying, especially when it is perpetrated by someone you know, can be an uncomfortable thing to witness. If it feels safe or comfortable to do so, we encourage you to confront your friend who is bullying directly and share your concerns. If this friend doesn't want to talk about it or if their behavior doesn't change, you might want to consider if this is a friendship that you'd like to continue. If you'd like to talk more about this our advocates are here to listen and support you! You can reach out to us via our Helpline at 1.888.606.4673.

**Q: Messi is the best football player**



**A:**

**Q: I sometimes feel invisible or that no one pays attention to me**

**A:** We are sorry to hear that you are feeling this way. These are big emotions to feel and process on your own. If you'd like support in dealing with these intense emotions, we encourage you to reach out to a

trusted adult like a school counselor or BLOOM365 Advocate. You can reach out to us at the HelpLine number above if you'd like to talk more about this. You are not alone!

**Q: Back in 4th grade I used to be called fat**

**A:** We are so sorry to hear that you have experienced verbal bullying. Thank you for sharing your experience with us. When you are a victim of verbal abuse and bullying, it can feel difficult to reach out and share your experiences with others. By sharing what you went through and reaching out for support, it can help you feel less alone. We encourage you to reach out to a trusted person or adult such as a school counselor or advocate for further support and resources in processing this experience. You are not alone, our advocates are here for you at our Helpline information above!

**Q: How do I get over it? My dog died. He was a labrador retriever. I have his ashes in my room. I'm still sad**

**A:** We are so sorry to hear about the passing of your dog. Experiencing the death of a close companion can be a hard thing to go through. Coping with death can take some time and it's important to give yourself time to process and heal. Finding activities that encourage self-care such as journaling, talking with a trusted person, and even coloring can be supportive in this process. Take some time to find what works for you and if you're wanting additional support, you can always reach out to our advocates at our HelpLine at 1.888.606.4673.

**Q: I am in a situation just like this. My friend has called me names. For example she's called me ugly, stupid, dumb. We started out as really good friends.**

**A:** We are so sorry to hear that you have experienced verbal bullying from someone who used to be your good friend. Thank you for sharing your experience with us. You are deserving of respect and kindness within your friendships. If it feels comfortable to do so, you can try communicating with your friend about how her actions make you feel. A good way to have this conversation is through "I statements." This sounds like "I feel (emotion), when (situation/behavior). Could we/can we (solution)."

This allows a healthy way to express our feelings without making anyone feel attacked. If you find that your friend isn't open to a healthy conversation or that her behavior doesn't change, you might want to take some time to consider if this is a friendship that you'd like to continue. It is important to remember that how your friend reacts is their choice, and we cannot control that. You making the effort to have these healthy conversations with friends show great blooming characteristics!

**Q: Once there was a man, he went to the bank, and he ask for a pizza, and 2 minutes later he got the pizza**

**A:** What a riveting story! We're so happy the man was able to get his pizza! 🍕

**Q: Being made fun of for divorce problems**

**A:** We are sorry to hear this. Experiencing divorce can be a confusing and overwhelming experience that is deserving of support and understanding - not bullying or teasing. We encourage you or anyone else who is experiencing this to reach out to a trusted person such as a teacher or counselor about what you



are going through. Talking about what we're going through can help you to feel less alone and those you share with will be able to offer you support or resources.

**Q: Can we discuss tomorrow how to explain this to a teacher**

**Related Q: How do we talk to a teacher if we are getting bullied?**

**A:** Reaching out to a teacher and sharing what we're going through can feel uncomfortable or intimidating. It can be helpful to remember that your teachers care about you and your wellbeing is important to them. They want to hear about how you're feeling and what you're experiencing. You can reach out to your teacher and let them know that you'd like to talk to them about something important. They will try their best to make some time to talk in a private and safe space. Sometimes talking can feel hard to do, you can also write down what you'd like to say and share the letter with your teacher. If you'd like to talk more about any nervousness you may have with talking to a teacher or would like to explore other ways to start a conversation about these heavy topics, you can reach out to our advocates for additional support and ideas. You can find us at our HelpLine at 1.888.606.4673.

**Q: I was at P.E. and my friend and her friend were bullying me and like hitting me and pushing me into walls. They also pushed me to the floor and kicking me**

**A:** We are sorry to hear that you have experienced this from those you consider friends. You are deserving of respect within your friendships. If it feels safe to you, you can try to have a conversation with them about how their actions make you feel. "I statements" are a great way to solve these types of problems in a healthy way. This sounds like, "I feel (emotion), when (situation/behavior). Could we/can we (solution)?" I statements avoid making someone feel attacked, and allow us to find a mutual solution. Another thing you can do is talk to a trusted adult at school, and see about having the conversation with your friend, together. Your physical safety is important so we encourage you to do whatever makes and keeps you safe!

**Q: My "friend" who has been using me for about 3 years and I got in a really bad fight and she's going around telling people I said something really bad to her which is not true and its ruining my relationship with others even though the others are on my side :|**

**A:** Being on the receiving end of untrue statements or gossip can be a frustrating situation to be in. Especially when it impacts your relationship with others. Sometimes it is best to confront the gossip directly by talking with the person who has started it. This could be saying something like, "I feel betrayed when you talk about me behind my back, can you please come to me with that information next time?" rather than saying something like, "Why are you always spreading rumors about me?" This style of conflict resolution allows for you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. This prevents them from feeling like they need to defend themselves and allows for more effective communication. It is important to remember that how your friend reacts is the conversation is their choice, and we cannot control that. You making the effort to have these healthy conversations with friends show great blooming characteristics!

**Q: Why is your towel dirty if you're clean when you get out of the shower? If you clean your shower are you showers shower?**

**A:** These are important questions! 🧠

**Q: There's this guy that keeps on bringing me down, and his words keep me up at night with guilt. And I really genuinely liked this guy. It hurts me so much.**

**A:** That sounds like a really hurtful thing to have experienced, we are sorry to hear that you went through this. Moving forward from someone that we really liked, even if they weren't very kind or blooming to us, can be a tough thing to do. Finding ways to cope can be really helpful. This could be spending time with the people you love, writing in a journal, coloring, or even listening to your favorite music. Giving yourself time to process feelings and emotions is important. It's also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed!

**Q: I have most of the symptoms of OCD. Do you know where I can be diagnosed?**

**A:** This is a really great question and we are glad you reached out. Reaching out for support in regards to our mental health can be a scary thing to do and can take a lot of bravery. As someone who is under 18 and will need parental/guardian permission to access a therapist or psychiatrist, the best way to get diagnosed for OCD is to talk with your parent or guardian about the symptoms that you have been experiencing. They will be able to take you to a licensed professional who will be able to assess you and get you the care that you need. You can also reach out to a school counselor for additional support and information with this process.

**Q: My friends are leaving me out of everything, what do I do?**

**A:** Being left out or excluded by our friends can feel isolating and confusing. We are sorry to hear that you are experiencing this. Talking with your friends about how you are feeling could be helpful in addressing and changing what is happening. Using "I" statements can be a great way to start this conversation and it allows you to take ownership of your feelings without the other people involved feeling defensive. This could look like saying, "I feel left out when you all do things without me, could we find things to do that includes us all?" How your friends react is not your fault or something you can control but engaging in healthy communication skills is an important part of creating blooming friendships!

**Q: I have a friend who doesn't like my things and makes fun of it sometimes**

**A:** We are sorry to hear about your experience with this friend. Making fun of your things does not sound like very blooming behavior. If you feel comfortable doing so, you could use "I" statements to let your friend know how their behavior makes you feel. Your friend may now know that their behavior is harmful or wilting and they may change how they behave after they know how it makes you feel. However, if your friend's behavior doesn't change despite you telling them how you feel, you may want to take some time to think about whether this is a friendship that you'd like to continue. You cannot

control how your friend reacts but engaging in open and honest communication is a blooming characteristic to have!

**Q: Thank you for taking the time to come and talk to us**

**A:** You are so welcome, we are glad to do so! Thank you for sharing these blooming words with us!

**Q: What do you call a fish with no eyes? ... a fsh! How do you know the vampire was sick? ... he was coffin!**

**A:** Oh wow a double feature! Thank you for sharing not one but two funny jokes with us! 😊

**Q: How does a celebrity cool down? By its fans!**

**A:** Good one!! 🧊👉

**Q: What goes up but never goes down? Your age**

**A:** Oh wow, yeah you're so right! 😬

**Q: What is a pig's favorite karate move? Pork chop**

**A:** Haha what a cool pig! 🐷

**Q: What did the skeleton say before he had a meal? Bone appetit!**

**A:** This was quite humerus and really tickled our funny bone! 😄

**Q: What are security guards outside a Samsung store called? Guardians of the Galaxy. What stays in the corner but goes around the world? A stamp**

**A:** Another double feature!! Thank you for the back to back laughs!

**Q: What breaks but never falls? What falls but never breaks? Daybreak and nightfall**

**A:** Whoa this was quite clever! 🌅🌃

**Q: What time is it when an elephant sits on a fence? Time to get a new fence.**

**A:** Lol very very true!

**Q: I have two cats and a hamster**

**A:** Aw, how cute!! It sounds as though you really care about your pets. Thank you for sharing about them with us :)

**Q: I recently experienced my friend bullying me from another fifth grade class. She called me some pretty mean names. I don't want to tell because I would be called a snitch. I made the decision to not hangout with her anymore :(**

**A:** We are sorry to hear what you have experienced with your former friend. Ending a friendship can be a really tough thing to do, even if the other person was being harmful or toxic. Giving yourself time to process feelings and emotions is important. Journaling, talking about what you have experienced with a

trusted person, coloring, or doing a physical activity are coping skills that can be supportive in this. Be kind to yourself and if you'd like to talk more about this, you can always reach out to a bloom365 advocate at the number above for support and a listening ear.

**Q: How do I fix bad relationships**

**A:** Healthy relationships are stemmed in equality and freedom and exhibit the words seen in the center of the blooming flower. If we are in relationships that feel negative or challenges within the relationship are unable to be fixed by using healthy conflict resolution skills such as "I" statements - it may be a good idea to take some time to think about whether these are relationships that you want to continue. The [blooming and wilting flowers](#) can be helpful in identifying whether a relationship is unhealthy or healthy. You don't have to process this alone. If you would like to talk more about this, bloom365 advocates are here to listen. You can reach out to us at our HelpLine at 1.888.606.4673!

**Q: My BFF used to humiliate me in front of boys she liked**

**A:** We are sorry to hear that your BFF used to treat you that way. You are deserving of kindness and respect within your friendships. If it feels comfortable to do so or something you have interest in, it could be helpful to have an honest conversation with your BFF about her behavior and its impact on you. Talking through past or current conflict using healthy communication can be a great way to build understanding and help a friendship become even more blooming!

**Q: I just want to say you guys help me realize alot you guys are kind and helpful**

**A:** We are so happy to hear that we were able to provide help to you! Thank you for this blooming feedback :)

**Q: I have a dog and I love Stranger Things. It a show. I hate me**

**A:** We are sorry to hear that you are feeling this way about yourself. These sound like intense feelings to process by yourself. Focusing on things we like about ourselves can be a helpful way to lift our self-esteem and get rid of these bad feelings. It can be difficult to do this sometimes when we're surrounded by messages about how we *should* speak, act, or look, but it is important to remember that we are all unique and that's what makes us special. We encourage you to take a moment to find a few things that make you unique (your strengths, personality characteristics, appearance, etc.) and write them down. Thinking about these things that make us unique each day can help to change the way we feel about ourselves. If you'd like to talk more, you can always reach out to one of our advocates via our HelpLine at 1.888.606.4673.

**Q: I'm failing, i got sexually abused by my step brother, i'm switching schools like crazy. My parent about sometimes which leads to fight. All because I said something about getting SA'd. I get bullied**

**A:** We are so sorry to hear that you have experienced such a traumatic event. What you went through is not your fault and you did absolutely nothing to deserve that. Thank you for trusting us with such a vulnerable experience. We encourage you to reach out to a trusted adult such as a school counselor or an advocate from organizations like RAINN or BLOOM365 to receive free non-judgemental support and

resources for navigating such a traumatic experience. You can reach out to us at our HelpLine at the information above. You are not alone and we are here for you!

**Q: I found out that my dad is my stepdad.**

**A:** That is a very shocking thing to discover and can bring up a lot of different emotions. Thank you for sharing this with us. If there are trusted people in your life that you can talk to like a friend or sibling or even your other parent, we encourage you to reach out to them and share about what you're feeling. Giving yourself the space to process this new information and how it's impacting you is so important. Our advocates are also here to listen and support you, if you'd like to talk with us you can reach out to our HelpLine number listed in the chart above.

**Q: I get scared of my brother at home he hits me and pulls my hair.**

**A:** We are sorry to hear how your brother is treating you. You deserve to feel physically safe at home. We encourage you to reach out to any trusted adults that you have in your family or school about what you're experiencing. They will be able to support you in figuring out the safest way to address your sibling's behavior. In the meantime, it could be helpful to spend some time finding coping skills that help you process what you're feeling and experiencing. Some examples could be writing in a journal, spending time with friends, joining a new club or activity, or even spending a bit of time outside. Our advocates are also here to offer support. Please feel free to reach out to us at 1.888.606.4673. You are not alone!


**Q: If I try to distract a fight and they ignore me what else do I do?**

**A:** This is a great question and we are glad that you asked. If you find yourself witnessing a fight or trying to de-escalate a fight but the participants are ignoring you, for the safety of you and others it is best to get an adult immediately. They will be able to safely address the situation.

**Q: Goodbye bloom365 I will kind of miss you guys. Hope you guys get a chance to change the world.**

**A:** Aw, we will miss being at the Legacy Traditional community! Thank you for being so welcoming to us and we appreciate these blooming words :)

**Q: What's the best smelling bug? A deodor-ant!**

**A:** That's a good smelling ant! 

**Q: What's a teacher's favorite dessert? Pi!**

**A:** What a pie-fect joke! 

**Q: What do you get if you cross a prince and wind? The air to the throne**

**A:** Wow, this is a good one! Thanks for sharing!

**Q: The moon taught me something - there is beauty in the darkest times**

**A:** What a beautiful statement, thank you for sharing!

**Q: Thank you for presenting :)**

**A:** Of course, thank you for these blooming words!

**Q:** Kindness is key and water and food and communication and caring for one another lol. You guys are amazing!!!!

**A:** Thank you for sharing these blooming words with us!! :)

**Q:** Do you like snickers or Hersheys better

**A:** Why not both? 😊

**Q:** What's the difference between a fly and an eagle? An eagle can fly but a fly can't eagle

**A:** That is true! 😊

**Q:** Why are elevator jocks so funny? Cause they're on a nother level

**A:** Another knee slapper! 😊

**Q:** Did you hear about the chef that died? Yeah he pasta-way

**A:** How sad that he ran out of thyme 😞

**Q:** The card is like my mental health (the card was ripped and crumpled)

**A:** We are sorry to hear that you feel this way. Sometimes it can be helpful to try writing out how we're feeling before we try putting it into words. Please feel free to reach out to our HelpLine at the number above or another trusted adult like a school counselor if you'd like to talk about some of the things on your mind. We are here for you!

**Q:** I understand when you say ask for permission but what if its your best friend. Like you can kinda do whatever you want to them and they won't care. And for the wilting flower teasing is one of the reasons. But me and my friends tease each other all the time and we're fine

**A:** Consent and asking permission for engaging in any behavior with another person, especially our best friends, is so important. Consent is so important because no one should ever be forced to do anything that they do not want to do and is a huge part of agency and all the rights that we have as individuals. Blooming friendships are built off agency and equity, where both parties feel equal and boundaries are respected. To add, teasing with friends is not uncommon, however, we always want to be aware of how our actions might make our friends feel! What might be a joke to one person, may not be a joke to another person. If your friend has let you know that they are okay with the playful teasing, then you both have set an agreement with each other. It's important we try our best to make sure we are always on the same page with our friends when it comes to playful teasing!

**Q:** My parents are always fighting and I don't know what to do. P.S. Thank you soooo much for everything you do!!! <3

**A:** Thank you so much for these blooming words! :) It can be challenging to be in a home with parents who fight a lot. We encourage anyone in this type of situation to reach out for support and to take some time to find healthy coping skills or strategies that work for you. Spending time with those you love and

trust and sharing what you're going through with them can make you feel more supported and less alone. Other coping skills like writing in a journal, joining a new sports team or club, or simply spending time outside can also be helpful. Our advocates are also here to offer support and additional resources. Please feel free to reach out to us at the information above!

**Q: I want to come out to my parents. I love them but I'm scared they will think of me differently. My parents don't accept LGBTQ. How do I deal with they/them pronouns? I'm nonbinary**

**A:** Thank you for being brave to share this with us and reaching out for help. Coming out can be a scary process for many people. You aren't alone if you're feeling worried, anxious, or afraid. Remember that there's no wrong way or right time to come out. It's your decision, and no one else's. However, there are also some risks to coming out, especially if you worry that your friends and family might not be accepting. The most important thing is for you to stay safe, and know that any negative reactions your friends or parents might have are not your fault. Coming out may be a process and can take time. Some great resources that you may find helpful are the Trevor Project's [Coming Out Handbook](#). If you'd like to talk more about what you're experiencing, we encourage you to reach out to an advocate at BLOOM365 or [The Trevor Project](#). You are not alone!

**Q: Is it okay to tell our BFFs what is going on in our lives? Is it okay to not like someone and stay away from them?**

**A:** It is definitely okay to share what's happening in our lives with our BFFs! Our BFFs can be amazing sources of support, compassion, and understanding. On the flip side, it is also normal and okay to not like someone or to not want to pursue a relationship or friendship with another person as long as we communicate that in a kind and respectful way.

**Q: I feel like my parents aren't proud of me ever since my sister was born. I feel like a disappointment and everything I do isn't enough to impress them, yet everything my sister does impresses them.**

**A:** We're sorry that you are feeling this way at home. Having a new sibling can be a big change for a family and that change can take some time to adjust to. It could be helpful to have a conversation with your parents about how you have been feeling. They might not know how you are feeling, and they could be ready to support you once they do know. "I" statements can be a useful tool in navigating this conversation with your parents. This can sound like "I feel (emotion), when (situation/behavior). Could we/can we (solution)."

This allows a healthy way to express our feelings and allows the other person to understand how we're feeling. Talking with a trusted person such as a school counselor or close friend about how you're feeling can also be supportive in processing this change. If you would like to talk more about this, our bloom365 advocates are available by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org.

**Q: I still don't understand why people can't be nice sometimes or respectful.**

**A:** It can feel confusing or frustrating when we are faced with another's mean or disrespectful behavior. Unfortunately we cannot change the behaviors of others but we do have the power over our own actions and behaviors. When we commit to bringing kindness, respect and compassion into the world - we can be a part of making a difference in the world!

**Q: I have a friend who is constantly running away from me and other friend and wouldn't tell us why. But today she told us why. Now it's a lot of unnecessary drama which she always does and it worsens my mental health. People always think that younger people don't necessarily have "mental health" or think we understand it. We actually understand more than people think. I need help with conflicts and my mental health.**

**A:** We are so sorry to hear what you are experiencing with your friend and the impact that this is having on your mental health. You are so right that younger people experience mental health concerns and other experiences that can have an affect on your mental and emotional health. We at bloom365 deeply believe in the abilities, strength, and wisdom of younger people. We appreciate you sharing your thoughts and experiences with us! Our advocates at bloom365 are here to support you in navigating conflicts and resources to manage your mental health in a healthy way. If you would like to talk more about this, our bloom365 advocates are available by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org. We are here for you!

**Q: My best friend texted me that we couldn't be friends anymore**

**A:** We are sorry that has happened. Losing a friendship, especially without any heads up or conversation, can be a really tough thing to navigate. If your former best friend is open to it, you could reach out to them and ask if they'd like to have a conversation about why to find some closure. If your friend doesn't want to talk about it, finding other ways to receive closure can be helpful. This could look like talking with someone about what you've experienced, journaling, or writing a letter to the other person that you do not actually send can be ways of getting closure without communicating directly to the other person. It's important to be kind to yourself and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Take some time to find what works best for you!

**Q: When you get mad at someone how do you not let it out on the person who said something hurtful**

**A:** Feeling upset or mad in response to a hurtful statement is a normal, human reaction to have. In moments like this, it can be a good idea to take a bit of space from the situation to calm down and process your emotions. You can let the other person know that you need some time by communicating using healthy communication skills such as "I" statements. This can look like saying, "I feel really upset by this conversation and I need some space to process, can we come together later to talk about this?" Using coping strategies such as journaling, talking about our feelings with a trusted friend, and using anger management skills like using deep breathing can be helpful in processing our anger in a healthy way. Take some time to listen to your feelings and find what works best for you!

**Q: Will bloom help with ADHD? It's hard to handle and I get bullied alot.**

**A:** Unfortunately, bloom365 does not specifically help with ADHD but we can support you in finding resources that are a better fit for you. We encourage you to reach out to a school counselor or social worker as they will be able to help you access resources for managing ADHD. We are so sorry to hear that you are being bullied. You deserve to feel safe and welcomed at school. We appreciate you being able to talk about this and reaching out to us. We always encourage you to reach out to a trusted adult at school or at home about what you're experiencing. They'll be able to offer you additional support in



navigating this tough experience. You can always reach out to a Bloom365 advocate at the number above if you'd like additional support. You are not alone!

**Q: I am in a friendship with someone and every time I hang out with her she says little mean comments about me or my other friends and she is very controlling and hurtful. P.s. this really helped**

**A:** Thank you for your blooming feedback, we are so happy that what we have shared has been helpful to you! We are so sorry to hear that you are going through this in your friendship. Using healthy conflict resolution skills such as "I" statements to communicate openly with our friends can be a helpful way to build understanding. If you feel safe and comfortable doing so, using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: "I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?" This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If you find that your friends are not open to talking in a healthy way or things do not change within your friendships despite using skills such as "I" statements, you may want to take some time to consider if these are friendships that are blooming for you. Friendships can be a complicated relationship to process, if you'd like to talk more about this, you can reach out to one of our advocates at the HelpLine above.

**Q: I don't like my friend group but can't find the right people**

**A:** Finding our group of people that we feel safe and blooming around can be a difficult process. It can be helpful to take some time to think about what green flags are important to you when it comes to who you want to be in a friendship with. The [Blooming and Wilting Flowers](#) can be a great tool to help you identify the traits that are important to you. Joining clubs or finding activities that interest you can be an awesome way to connect with others who share the same hobbies or interests as you!

**Q: A group of (redacted) behind me were teasing and mocking me and just being (redacted). If you were there you would feel how I felt. They made it hard to not hit them with my waterbottle**

**A:** That sounds like a really irritating experience to go through, we can understand why you would feel angry and upset. It can feel difficult to control our behavior when we are angry and we're glad you were able to find calming techniques that worked for you and that you were able to stop yourself from responding with physical violence. Finding other calming methods to control big emotions like anger, figuring out ways to avoid interacting with them, or seeking coping strategies or support from a trusted adult can be helpful tools in navigating tough situations like these. We encourage you to find what works best for you and know that bloom365 advocates are also here to support!

**Q: I am a foster kid and I don't have a family. Also I am Russian and I don't have many friends. What am I supposed to do?**

**A:** It sounds like you are going through a lot. We are glad that you reached out and shared with us what you are experiencing. Talking about what we're going through can help us to feel less alone and more supported. If there are trusted adults in your life that you feel comfortable talking with, like a teacher or school counselor, we encourage you to reach out to them and share about what's going on in your life.

They'll be able to find resources to support you as well as introduce you to some clubs or activities where you can connect with others your age. You are not alone and there are people out there who want to support you! Our advocates are also here to listen and support, you can reach out to us at our HelpLine information above if you'd like to talk more.

**Q: My 2 friends always boss me around and make me mad! :(**

**A:** That sounds so frustrating! We are sorry to hear that you are experiencing this with your friends. Talking with your friends about how their behavior makes you mad could be a helpful step in building better understanding in your friendships. You can use healthy communication tools such as "I" statements to start this conversation. This could be saying something like, "I feel mad when you boss me around, can we please \_\_\_\_\_ (resolution)?" Your friends may not know how they're making you feel and they could be ready to change their behavior once they know. It is important to remember that how your friend reacts is the conversation is their choice, and we cannot control that. You making the effort to have these healthy conversations with friends show great blooming characteristics!