



Elephant in The Room Q & A

Phoenix College Prep HS
January 2023

****This document can also be accessed at www.bloom365.org/faqs**

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</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>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline</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: Is it possible to go from a wilting to a blooming flower?

A: Absolutely! Wilting behaviors can be changed. If a person is willing to see their behavior as harmful, they can make the choice to change that behavior. Being self-aware of your behaviors and seeking the support of a counselor, social worker, advocate, or other trusted adult can be extremely helpful in the journey of changing toxic or abusive behavior. Coping strategies such as journaling, talking with trusted people about your feelings, and using healthy conflict resolution skills along with additional support from a professional can be useful tools in changing harmful behavior. Our advocates are here to help as well, we encourage you to reach out to us at the HelpLine information above if you'd like to talk more about this. With commitment, intention, and additional support - it is possible to change wilting behaviors into blooming ones!

Q: How do I know if I'm the root cause of an unhealthy relationship?

A: Being open to self-awareness and reflection along with tools such as the Wilting and Blooming Flowers can be helpful in recognizing if your behavior is contributing to unhealthy dynamics. If you find that you identify with a lot of the Wilting flowers and petals, it's important to remember that wilting flowers can be transformed into blooming, healthy relationships. Seeking out the support of a professional such as a counselor, social worker, or advocate can be integral to transforming unhealthy behaviors and relationships. Self-awareness and reflection along with the support of a trusted professional can help change wilting flowers into blooming ones! If you'd like to talk more about this, our advocates are here for you - please feel free to reach out to us at the HelpLine information above.

Q: How do I deal with someone who I deeply love but is a narcissist and makes me feel small? (it is my sister)

A: Living at home with a family member who engages in harmful or narcissistic behavior can be a confusing and difficult experience. It can bring up a lot of conflicting and intense emotions. Making intentional time to process your feelings and experiences can be helpful in navigating what is happening at home. We encourage you to reach out for support from trusted people in your life 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. Using coping skills like writing in a journal, yoga, joining a new sports team or club, or simply spending time outside can also be helpful in processing your emotions. You are not alone and if you would like to talk more about these experiences, our advocates are also here to support. Please feel free to reach out to us at the information above.

Q: How do I deal with my twin sister that is going through things she shouldn't be going through alone and has mostly stopped sharing anything with you? I also had to find out from another person that she cut herself for self harm when she told me the fence cut her. I also have to sleep next to her because my mom doesn't want her doing anything (and the cutting happened more than one time) and as well as saying comments that she know will affect me

A: We are really sorry to hear that you and your family are going through this. Living with a family member may be experiencing mental health concerns can be a very heavy experience to process and we are glad that you reached out to us. Please know that it is not your responsibility to "rescue" your family member or to force them to receive help but there are some ways you can help if you so choose. For one, you can serve as a supportive person in their life. This can look like letting your sister know that you are there for her or finding ways to spend time alone with her doing activities you both enjoy. If there are trusted professionals that you feel comfortable talking to such as a school counselor, social worker, or advocate - we encourage you to reach out to them for additional support or resources in getting your family the support you all deserve. Our bloom365 advocates are also here to help, please feel free to reach out to us via our HelpLine. We are here for you.

Q: What to do when being stalked?

A: [The Office on Violence Against Women \(OVW\)](#) defines stalking as someone engaging in a course of conduct directed at a specific person which causes this person to fear for their own or others' safety and to experience emotional distress. Harassment is a way of trying to control or get power over someone else in an unwanted way. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. If you or someone you know is experiencing these things, we highly encourage you to talk to a trusted adult about what's going on. For free, confidential support, you can reach a BLOOM365 Advocate at the number above.

Q: What is 2+2? 7 right?

A: We think it's 4 but we could be wrong! 😊